

## Help people with cancer

Donations should be:

- New never worn. (used wigs OK)
- Clean free of pet hair, perfume, odors and smoke.
- Comfortable -- soft yarn, cotton, acrylic, silk, fleece or a blend.
  Do NOT use wool or alpaca.
  A tighter stitch without gaps helps cover the scalp. Neutral colors are popular.
- Individually in plastic bags.

Please do NOT include:

- Business cards, ads or solicitations
- Used items





### Gifts help lift patients' spirits including:

# **Punch Cards to Coborn Healing Center**, for acupuncture, music therapy, art therapy, classes, workshops and more **Activities**

- Sudoku, crosswords, word finds, journals with pens
- · Coloring books with colored pencils
- Reading materials or deck of playing cards
- · Travel sewing kits
- New board games or puzzles

#### Individually wrapped:

- Healthy snacks granola bars, dried fruit and nut mix, rice cakes, pudding, sugar-free candy
- Hard candies such as lemon drops, caramels, etc.
- · Mild flavored chewing gum
- Throat lozenges, sugar-free, lemon flavored Hand crafted items for Adults:
- Blankets
- · Cushions to sit on with cover
- Head coverings (hats, turbans, scarves)
- Knitted Knockers
- Crescent Shaped Pillows
- · Cards with messages of hope and inspiration

#### More ideas:

- · Gently used wigs
- Water bottles
- · Angel pins or palm crosses
- · Seatbelt cushion
- Sleep mask, ear plugs, travel pillows
- Soft socks or slippers with grippers
- Tote bag or backpack
- Unscented skin care products (lotion, soap, lip balm)
- Unscented wet wipes or hand sanitizer
- New, unused t-shirts or sweatpants for the Dignity Closet

#### Thank you for your generosity!

Questions or to schedule a donation drop-off, 320-229-5100 | dahlina@centracare.com

To donate cash, memorials or host a charitable event, 320-654-3687 | carol.thelen@centracare.com