

COVID-19 Needs List:

Items listed below are needed at all Minnesota Veterans Homes and both St. Cloud and Minneapolis VA Medical Centers.

Please contact the closest facility to arrange a time to donate.

- Masks (Handmade and medical grade (see included CDC recommendations on sewn cloth face covering)).
- Long sleeve exam gowns (Medical grade or handmade from 100% cotton).
- Hand sanitizer
- Small craft kits (for individuals)
- Adult coloring books
- Large print word finds
- Small packs of crayons or colored pencils
- Large piece puzzles (100, 300 or 500 piece)
- Magazines (current and brand new)
- Handheld games (such as poker, blackjack, or solitaire)
- Gift cards to Amazon or Walmart to use online
- Snacks (individually wrapped, examples below)
 - Cheese and cracker packs
 - Snack bags of chips
 - Hostess products (twinkies, cupcakes, donuts etc.)
 - Candy bars
 - Werther's caramels

Specific Facility Needs:

Hastings Veterans Home

Ground Coffee

Silver Bay Veterans Home

CDs with 50s, 60s & 70s music

Minneapolis Veterans Home

12 packs of soda (Pepsi, Diet Pepsi, Mountain Dew & 7up)

Event sponsorship (examples: ice cream social, grill out, happy hour or pizza party)

Luverne Veterans Home

Event sponsorship (examples: ice cream social, grill out, happy hour or pizza party)

Contact Information:

Fergus Falls Veterans Home: 218-736-0400

Hastings Veterans Home: 651-539-2442

Luverne Veterans Home: 507-283-6200

Minneapolis Veterans Home: 612-548-5751

Silver Bay Veterans Home: 218-353-8700

St. Cloud VAMC: 320-255-6365

Minneapolis VAMC: 612-725-2050

Sewn Cloth Face Covering

Materials

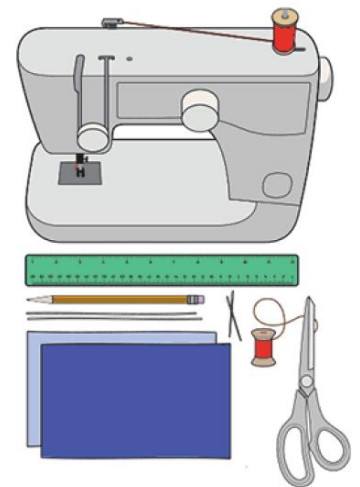
Two 10"x6" rectangles of cotton fabric

Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)

Needle and thread (or bobby pin)

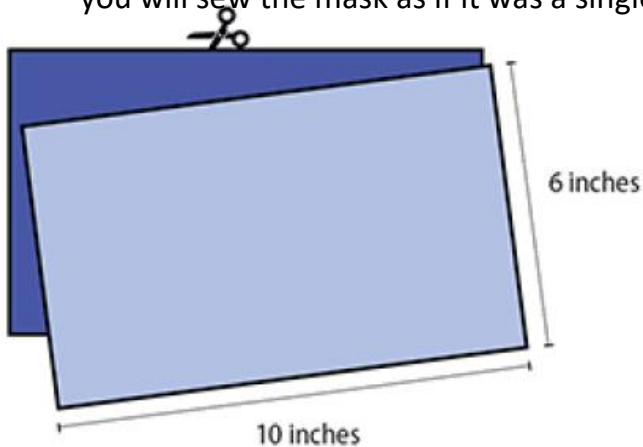
Scissors

Sewing machine

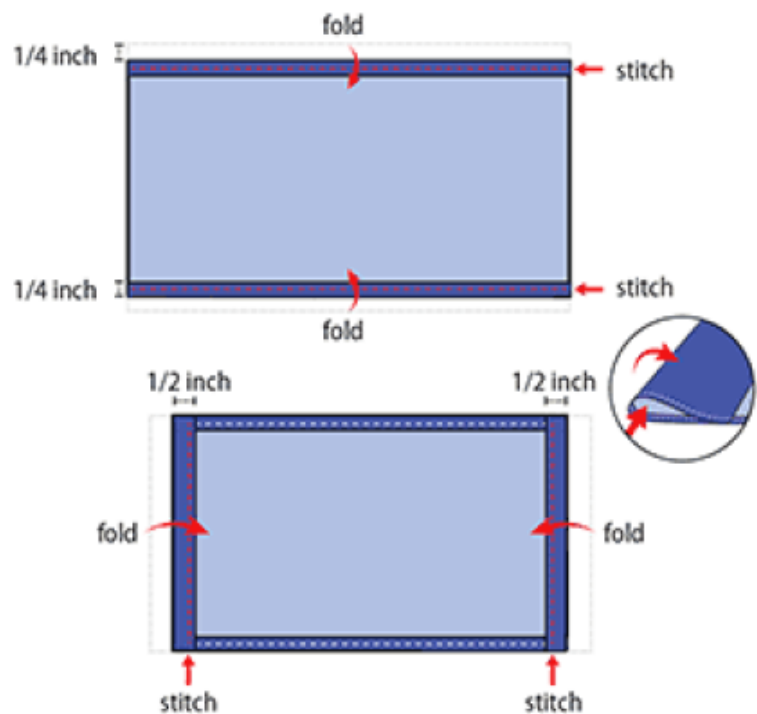


Tutorial

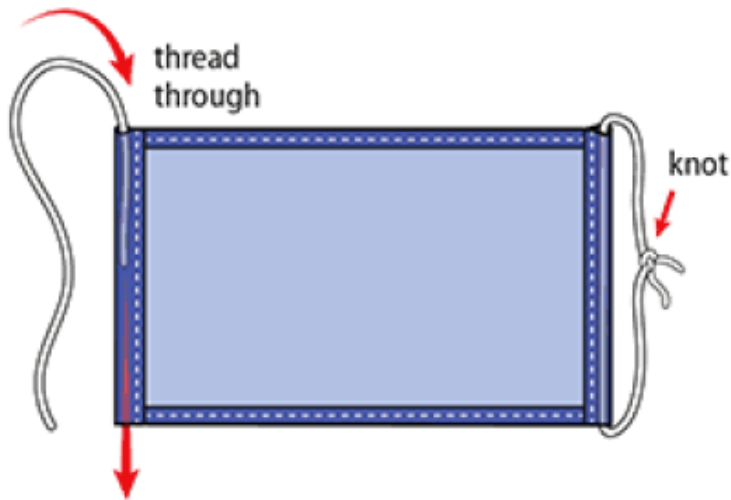
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

