

# Help people taking treatment for cancer

Often thoughtful little gifts make all the difference in the world and help lift patients' spirits. Some ideas for items likely to be appreciated by those receiving cancer treatments include:

- Activities
  - Sudoku, crosswords, word finds, journals with pens
  - Coloring books with colored pencils
  - Reading materials, magazines, books 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, etc.
  - Hard candies such as lemon drops, caramels, etc.
  - Mild flavored chewing gum
  - Throat lozenges, sugar-free, lemon flavored
  - Water bottles
- Angel pins or palm crosses
- Cards with messages of hope and inspiration
- File organizer
- Seatbelt cushion
- Sleep mask or ear plugs
- Soft socks or slippers with grippers
- Tote bag or backpack
- Travel pillow
- Unscented moisturizing skin care products such as lotion, soap and lip balm
- Unscented wet wipes or hand sanitizer
- Hand crafted items for adults
  - Blankets
  - Cushions
  - Head coverings such as hats or scarves
  - Knitted Knockers
  - Pillows

## Thank you for your generosity!

Your donation will directly benefit people in our care.

If you have questions or want to schedule your donation drop-off, please call 320-229-5100, ext. 70857, or email [dahlina@centracare.com](mailto:dahlina@centracare.com).

If you would like to donate cash, memorials or host a third-party event, please call 612-845-2479 or email [carolc.thelen@centracare.com](mailto:carolc.thelen@centracare.com).

**These are given freely to people taking treatment for cancer. Donations should be:**

- New — never worn
- Clean — free of perfume, pet hair, odors and smoke. Wash your hands regularly while making them.
- Soft yarn or fabric is best — cotton, acrylic, silk, fleece or a blend is best. Light weight for summer and warmer for winter months. Neutral colors are preferred.
- Do not use wool or alpaca as they can irritate the scalp. Please use patterns without gaps or large holes. A tighter stitch is best so that it covers the scalp.
- Placed individually in clear Ziplock-style plastic bags

Please do NOT include:

- Business cards
- Advertisements or solicitations
- Scented lotions, lip balms or sanitizers
- Used items