



SEWING CIRCLES: PROJECT NORTHWOOD Fabric Face Masks



Northwood, a not-for-profit continuing care organization, is in need of masks for our long-term care and home care clients who are at very high risk during this pandemic.

Cloth masks provide some protection and peace of mind for clients and for staff caring for them.

Northwood would like to have several masks per client. With thousands of clients in our community. - every little bit helps!



Aging 2.0 Halifax is taking the lead in facilitating this **Sewing Circle** project. With over 110 chapters on 6 continents this organization is involved in accelerating innovation to address the challenges and opportunities of aging.

To learn more and join, link to the Halifax chapter at www.aging2.com.

INSTRUCTIONS

Setup

- Set up a *Sewing Circle*(s)
- Designate a *Sewing Circle* manager.
- Have manager contact Glen Hougan from Aging 2.O(ghougan@gmail.com) for instruction document (sewing and pattern instructions).

Production

- Print out instruction document.
- Sew masks based on pattern.
- Wash sewn masks.
- With care, put masks in bag for collection.

Collection

- One member collects bagged masks and puts all in a clean clear plastic lidded storage container.
- Affix program logo to lid of container (logo provided in document).

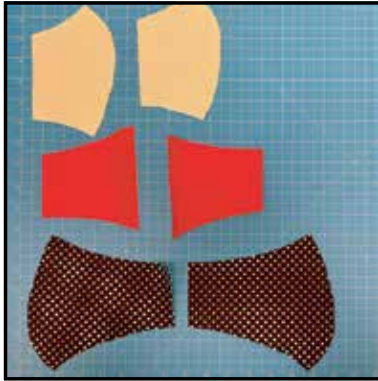
Delivery: Friday (9 a.m - 4 p.m)

- Deliver to: Northwood Corporate
130 Eileen Stubbs Avenue, Suite 1
South Dartmouth, Nova Scotia .
- Call 902 454 8311 (press 4) to coordinate drop off.
- Transfer masks at drop off from your container to a Northwood container using gloves.



Fabric Face Masks

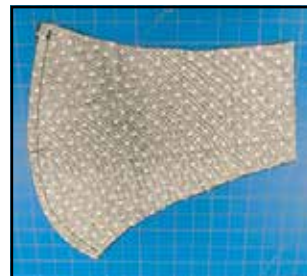
Material: cotton weave fabric , hair ties/elastics



STEP 1: Using the patterns, cut one of each shape. (6 total pieces)

VIDEO Instructions:

Google *Instructional video for sewing the Olson mask (COVID-19)*



STEP 2: Sew face 1 and face 2 together along side 3.



STEP 3: Sew mouth 1 and mouth 2 together along side 3.



STEP 4: On mouth 1 and mouth 2 sew fold side 5 over $\frac{1}{4}$ inch and sew down.



STEP 5: On cheek 1 and cheek 2 fold side 6 over $\frac{1}{4}$ inch and sew down.



STEP 6: Match cheek 1 and mouth 1 at the dotted line (7). Sew a 1-inch tack at side 1 and side 2 where the two pieces overlap.

STEP 7: Repeat STEP 6



STEP 8: With the fronts of the fabric facing each other, sew along the entire perimeter of the mask.



STEP 9: Use one of the slits between the mouth and the cheek to turn the mask right-side out.



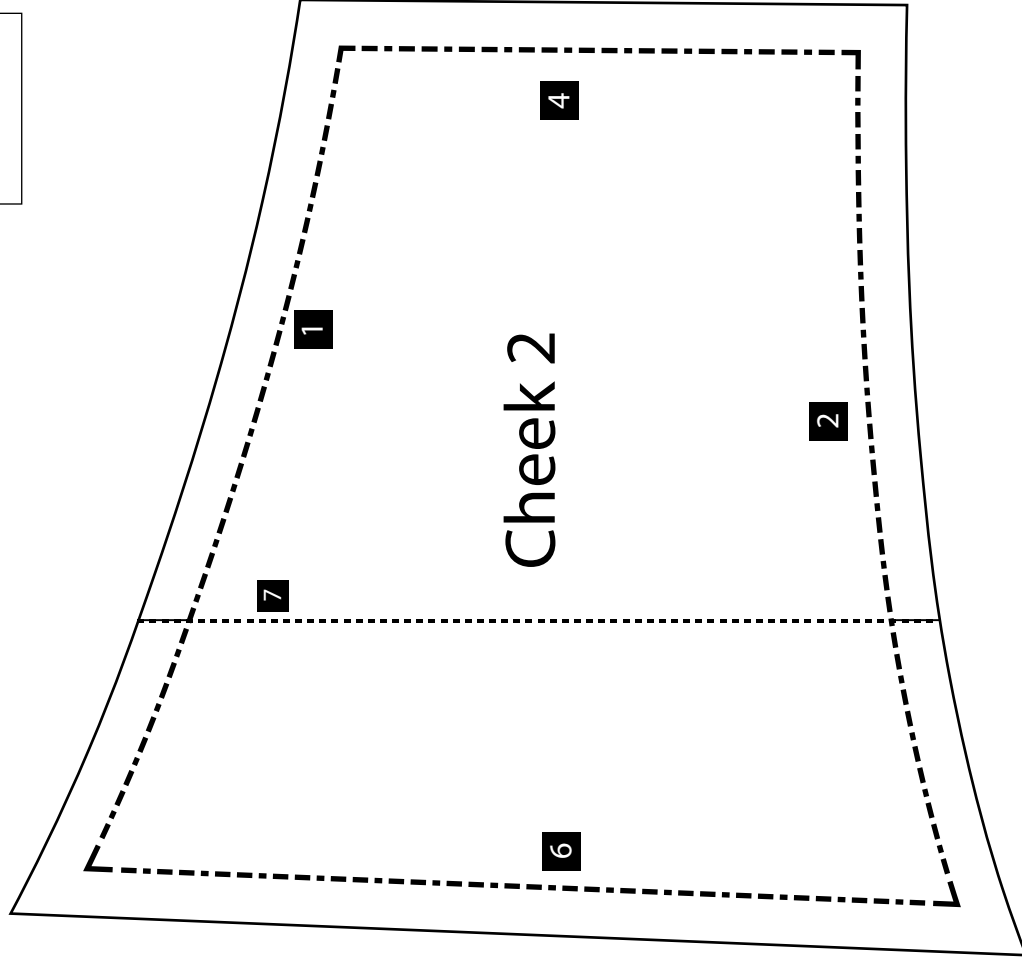
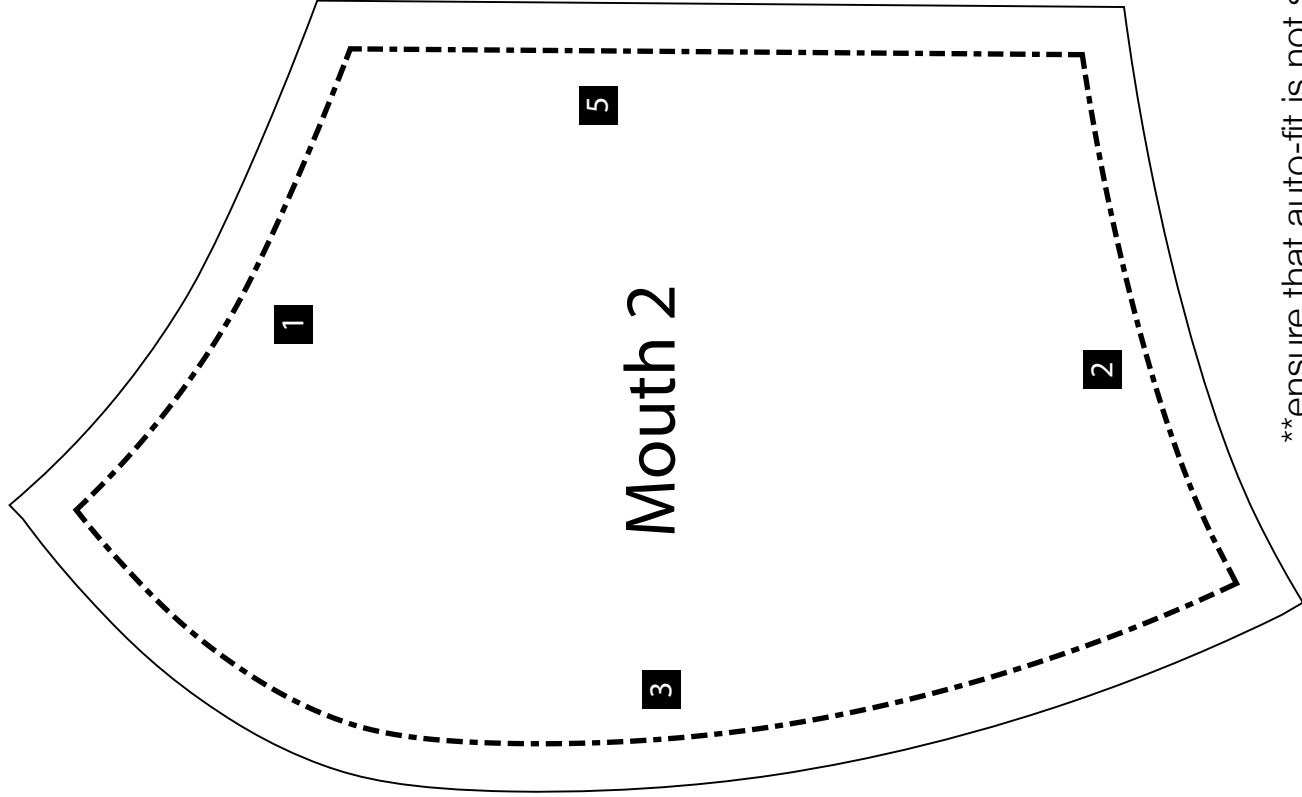
STEP 10: Add hair tie/ elastic to each side by folding the fabric on the end of the mask over the tie and sew down. * This last step is open to creative variations.



Instructions and pattern:

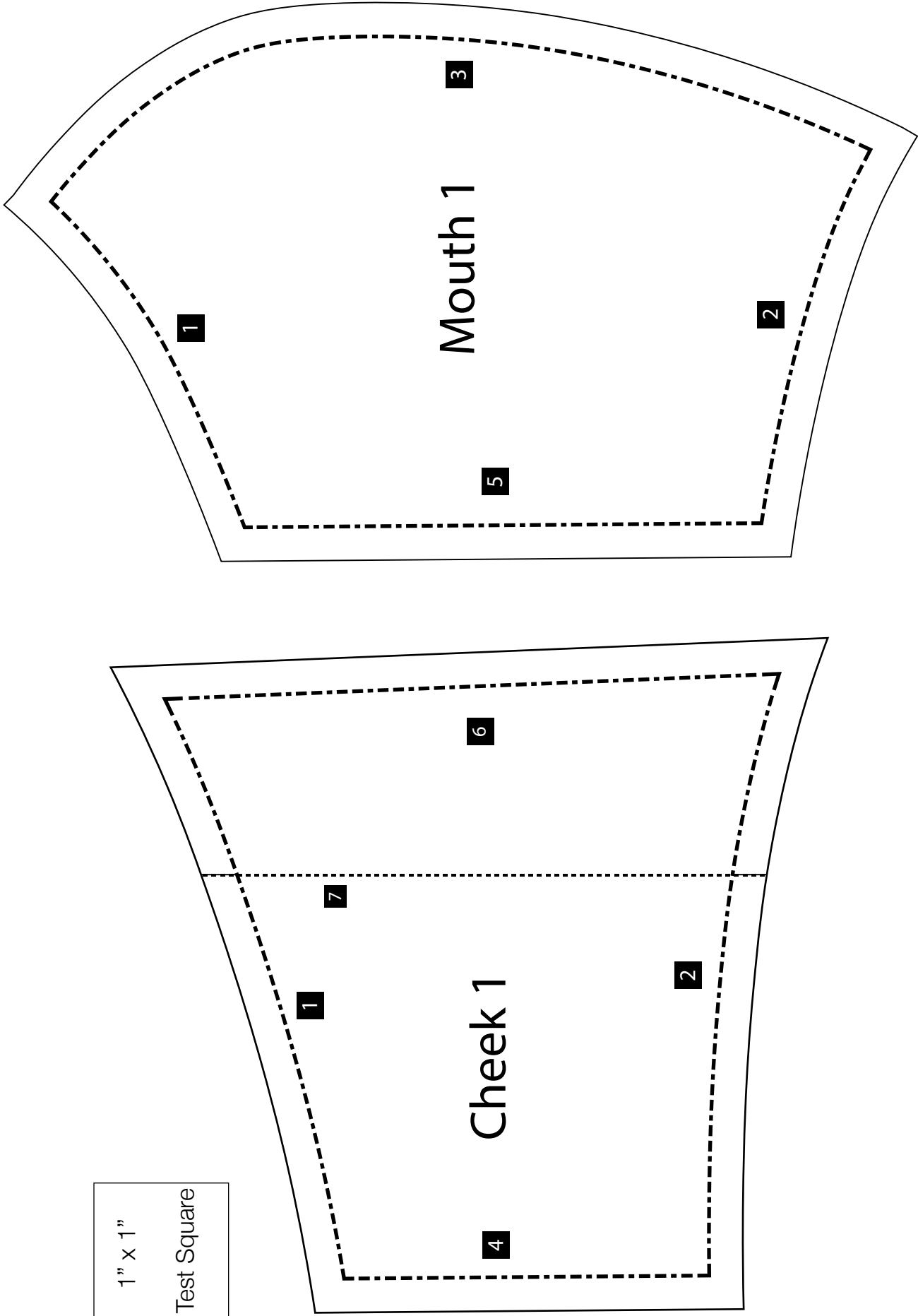
Adapted from UnityPoint Health – Cedar Rapids
Created by Clayton Skousen & Rose Hedges
<https://www.unitypoint.org/cedarrapids/sewing-surgical-masks.aspx>

1" x 1"
Test Square

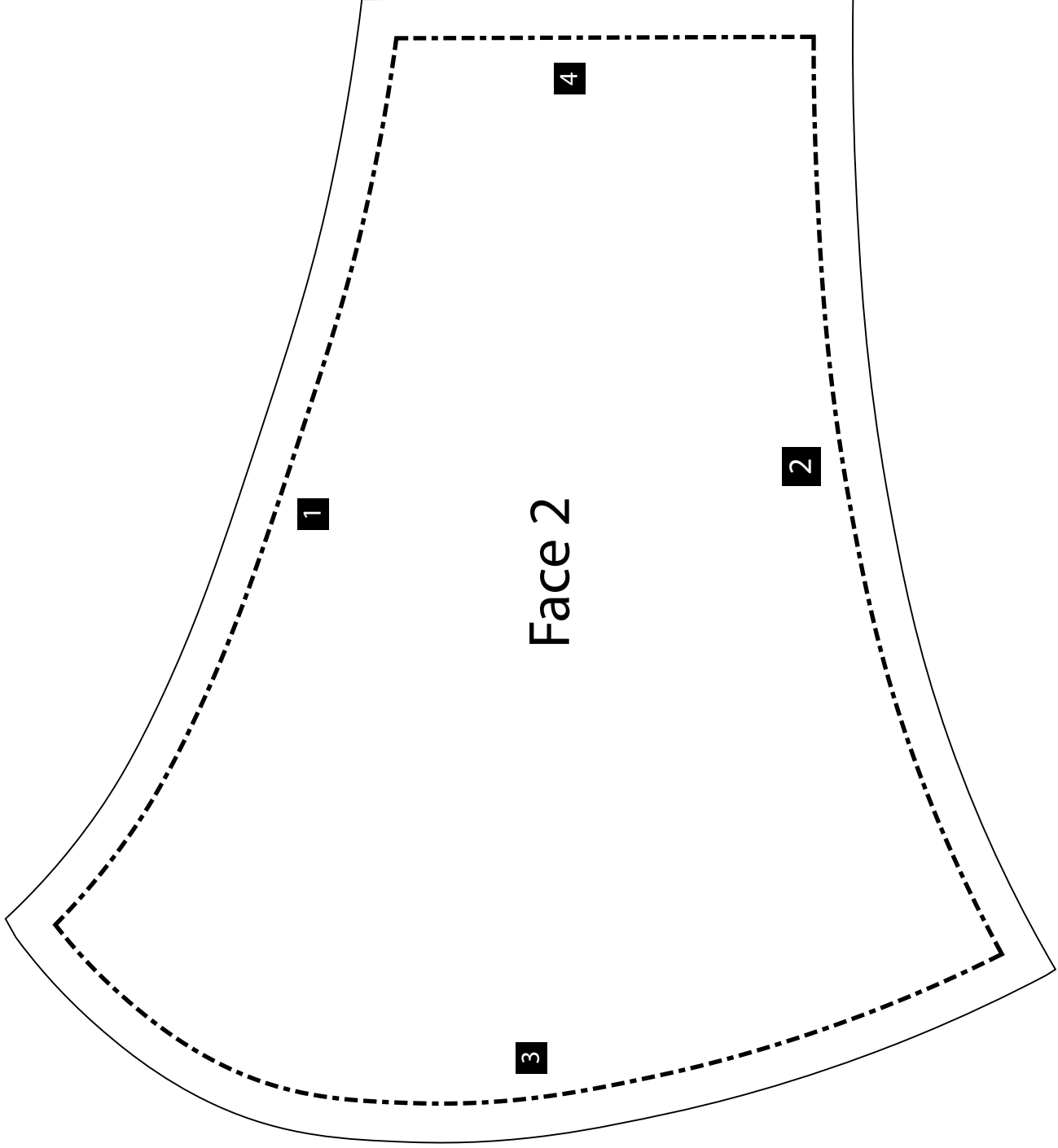


**ensure that auto-fit is not selected when printing to ensure pattern measurements are not altered

1" x 1"
Test Square



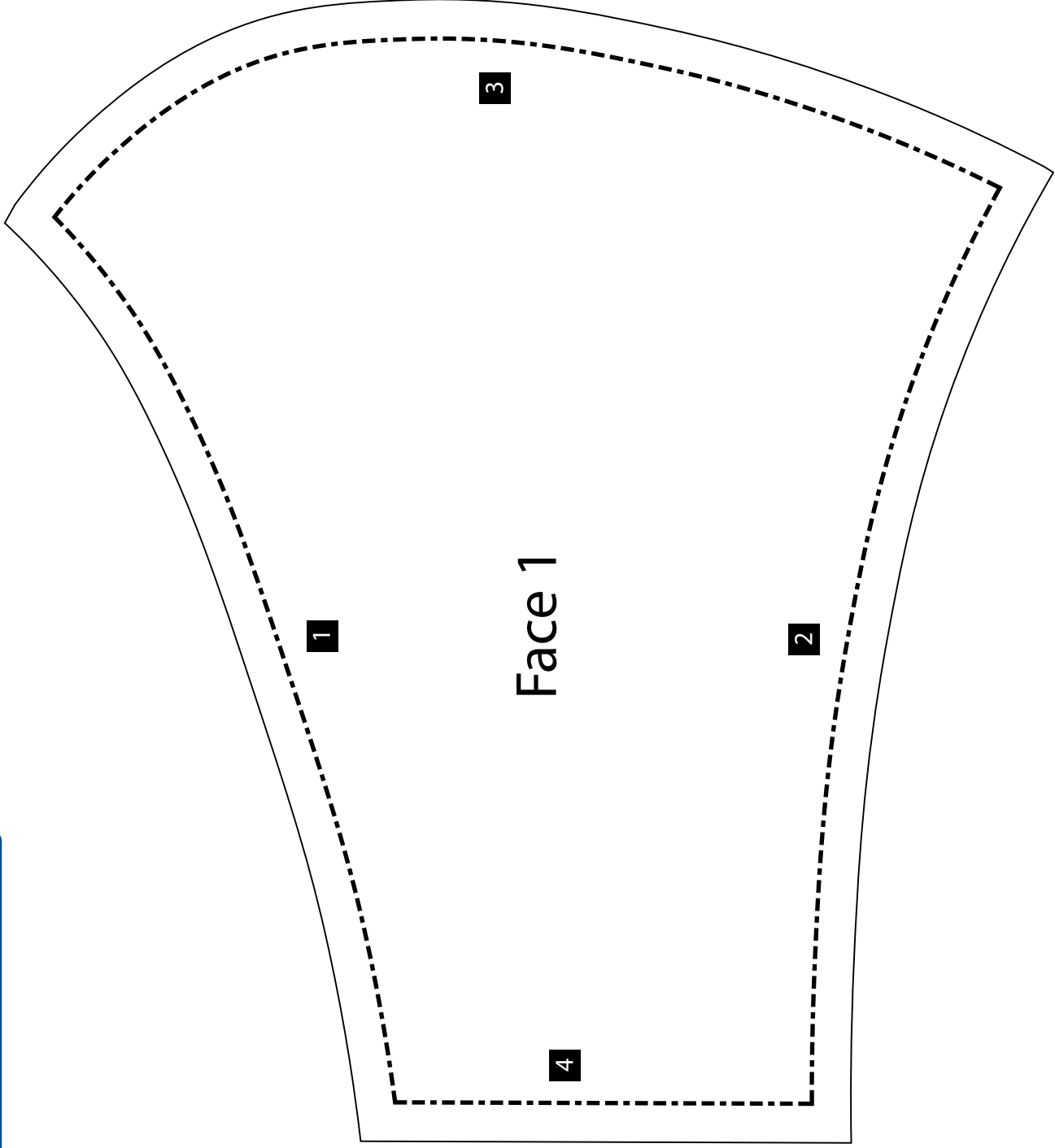
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Print off and put on mask storage container lid

