



**The Good Companions  
Seniors' Centre**  
*Supporting a Vibrant Community*

## **Craft Studio - Charity Work** **GIVING BACK TO THE COMMUNITY**

Aside from its over 100 program and services, the Good Companions Seniors Centre also gives back to the community with specific charitable work.

Under the leadership of Mary O'Brien, our members and volunteers craft knitting or weaving products to ease the life of Ottawa cancer patients, improve the life of dementia patients, bring a smile to children visited by our soldiers abroad and improve the living conditions of third-world countries citizens.

Our volunteers love to make these projects that make them feel useful and proud to contribute to the life of others.

-Mary O'Brien

Our charity initiatives include:

### **PICC Line Covers | 812 made to date**

A peripherally inserted central catheter (PICC line) is an intravenous access that can be used for prolonged periods for e.g. long chemotherapy regimens or extended antibiotic. These covers, are knitted or croched in different sizes and colors, are used to protect the injection while site hiding the catheter. Wearing them, make patients feel better about living with it during long periods.

### **Twiddlemuffs | 105 made to date**

These hand warmers are knitted or croched in bright colors adorning with fun to touch or look at buttons, ribbons, pompoms or any decoration items. These muffs aim at easing the agitation and lessening anxiety of people with dementia, thus improving their overall mood.

### **Izzy Dolls | 1,326 made to date**

This project was initiated by Carol, the mother of Master Corporal Mark Isfeld, who knitted a little woollen doll representing a United Nations Canadian soldier. This first doll was made for her son to give away to children in countries where he was deployed. This project (Izzy Dolls) has now an international scope.

### **Wild Bird's Nest | 182 made to date**

Knitted or croched in various colors, these nests are an important part of the rehabilitation of fragile sick or hurt wild birds. This project is conducted in cooperation with the Ottawa Valley Wild Bird Care Centre.

### **Weaving Milk Bags Mats | 86 Mats and 21 Totes made to date**

Woven with a loom, these mats are made from discarded milk bags donated by our members. These colorful mats are tightly woven to prevent bugs from reaching the person sitting or sleeping on them as they are used in third-world countries where houses have clay or mud floors. They can be easily washed by simply hosing them.