



Volunteer Opportunities

Volunteer Day at Hope

Begins September 11, 2018

Every Tuesday 8-12 create materials for teacher's classrooms



Give Hope Get Hope

Parent Training during Sensory Friendly Day

Children's Museum of the Treasure Coast

10am-12pm

Supervise children while parents attend workshops.



Palm City Fall Fest

October 27, 2019

Citrus Grove Community park

Sit at booth with activity to promote Hope Center, sell buttons/shirts/notecards and assist children with sensory activities. Staff will also attend.



Trunk or Treat

October 31, 2018 5-9 pm

Martin County Sherriff's Office

Sit at booth with activity to promote Hope Center, sell buttons/shirts/notecards and assist children with sensory activities. Staff will also attend.



Golf For Hope

April 6, 2019

Santa Lucia Golf Course, Ballantrae

Get sponsorships, golfers, items for the silent auction



Host a Fundraiser

Some of our amazing Hope Center Parents have their own fundraisers; please seek approval prior to planning any events.



Sewing Weighted vests, blankets and lap pads for students

Sew weighted items for students to use. Materials will be made available at volunteer's request.



Volunteer Day Procedures

Begins September 11, 2018

Every Tuesday 8-12 create materials for teacher's classrooms

CLASSROOM BINS-each class has a bin that they put things in to be done. Everything has instructions on what that teacher wants done. Upon completion, write DONE on that sticky so the teacher knows that has been completed. Please do not start a project if you are unable to finish it. This makes it difficult for the staff to figure out what is done and incomplete if something was started and put back into the bin

MATERIALS-All materials needed are in the conference/IEP room. Paper, copy machine, scissors, crayons, paper clips etc..... If there is anything special needed the teachers will provide in their bin.

LAMINATING- Any items the size of a sheet of paper or smaller can be laminated using the small laminating machine. If an item is larger than 8.5X11 that needs to be laminated , please put a sticky on it so we know what class room it belongs to , and place it into the LAMINATING BIN which a teacher or another authorized user will laminate items. TALKING WITH STAFF/THERAPISTS

DURING SCHOOL HOURS- Please refrain from talking with the staff/therapists during school hours. The staff members are more than happy to talk with you about any issues during a scheduled appointment. When a staff is stopped to talk, they are taking time away from their students. This distraction could become a safety issue. Please call or email to schedule an appointment.



DIY Weighted Vest Directions – using fabric

Things You'll Need

- Vest pattern
- Shell fabric
- Lining fabric
- Fabric pencil
- Scissors
- Pins
- Measuring tape
- Sewing machine
- Hand needle
- Thread
- Steel bead weights

Step 1

Cut the shell and lining pieces out according to the pattern instructions. Transfer all pattern markings to the fabric.

Step 2

Match the shell fabric front panels to the shell fabric back with the right sides together. Line up the pattern markings. Stitch the pieces at the shoulder seams. Repeat for the lining fabric.

Step 3

Cut 10 pieces of fabric that measure 4 1/2 inches square. Turn the edges under and hem 1/4 inch on four sides. Stitch to the shell fabric on three sides, leaving the top open. Stitch two at the top front, bottom front, top back and bottom back. Stitch a pocket on the top of each shoulder, with the opened edge pointed toward the back.

Step 4

Pin the lining and shell, right sides together. Stitch from the lower front left corner, around the neck and on to the lower front right corner. Stitch the around both armholes.

Step 5

Turn the vest right side out. Sew the shell side seams together. Turn the raw edges inward. Insert your hands through the open side seams of the lining. Hand stitch the shell fabric from the inside. Sew the lining side seams together using a hand stitch.

Step 6

Open the vest to expose the lining side. Turn the bottom edges of the vest up so the top half is inside the bottom half. This is only temporary. Place the lining and shell fabric right sides together and stitch across the hem. Leave 2 inches open. Turn. Close the opening with a hand stitch.

Step 7

Cut twenty 4-by-4-inch squares of fabric. Pin two squares with right sides together. Stitch around three sides. Repeat until you have created 10 pouches. Fill the pouches with even numbers of steel bead weights. Stitch closed by hand.

Tips

- Add and remove the weight pouches to achieve the weight amount you need.
- Warnings
- Remove the vest every 20 minutes to check for pressure points, indicated by reddening of the skin.



Make a weighted vest out of an old jacket

Materials

- -Old jean vest or jacket (you could probably use a different kind of vest/jacket, as long as it is heavy duty and durable)
- -About 1/4 yd. scrap fabric
- -2 to 4 bean bags
- -Basic sewing supplies

Method

Step 1

Use a seam ripper to take the sleeves off of the jacket.

Step 2

Cut out 2 pieces of fabric, one that is about 1 inch larger (on all 4 sides) than the bean bag and one piece that is about 2 inches longer than the bean bag. Then fold over the tops of the pieces and sew a straight line. This will be the pocket to hold the bean bag.



Step 3

Place wrong sides together of the fabric. Place and pin to the inside of the vest. **Note:** I wouldn't put the bean bags on the front flaps of the vest, I would put them on the sides or at the back. Then attach the little pocket by sewing along the dotted lines shown. The longer part of the pocket will be able to be tucked in.





Step 4

Follow previous steps to make another pocket for a 2nd bean bag. Then you're finished!!

Note

I removed the buttons on the jacket/vest and sewed on Velcro strips to keep the vest closed. That is totally optional. I only did this because I thought the buttons made the vest a little girly and boys will be wearing this vest.





Weighted Blanket Directions

Weighted blanket materials:

- 1 pound of white or clear smooth Quality Bird seed, sand, bean bag pellets, beans per 10 pounds of weight for the user, plus one extra pound
- Fabric of your choice
- 2.5 yds. of fabric for the top of the blanket
- 2.5 yds. of fabric for the bottom of the blanket
- Thread
- Scissors
- Measuring Tape
- Ruler
- A small scale
- Pins
- Sewing machine

Assembling your Weighted Blanket

1. Determine the size. If your blanket is going to be portable, you will want to make it smaller than the one that goes on your bed. The materials above will make a blanket to fit a twin bed (40" x 76"). If you're using a heftier fabric, you may wish to weigh it before beginning and add this weight into the total of your blanket.
2. After you have your blanket size ready, place the fabrics right sides together.
3. Measure two inches in on two of the long sides and one of the short sides, leaving one side open for adding your pellets.
4. Sew on the lines, then turn the fabric inside out. Iron the edges so they are nice and crisp!
5. Prepare for adding the bird seed, sand, bean bag pellets, beans.
 1. Measure out a grid for the remaining area of the blanket. Since we are taking off 4" from each side for an edge, we will have a weighted area of 36" x 72".
 2. Divide the area into even squares, making as neat a grid as you can. If making 6" by 6" square, we will have a perfect six squares across and twelve squares up!
 3. Divide out all of the pellets into the right sized portions. To do that, just follow this handy formula:
Blanket weight in ounces/number of squares you have = number of ounces per square. Remember that 16 US oz. = 1 lb. You can have someone help you measure them out for you as you go!

6. Sew along the vertical lines to make channels six inches apart from each other. This is where you are going to pour the pellets.
7. Once all of the channels are ready, pour the proper amount of fill for each square into each of the six channels. Shake them a little so they settle to the bottom.
8. Measure six inches from the bottom seam and sew a straight line across the fabric, sealing up that line of weighted squares.
9. Repeat steps seven and eight until you have finished the last row of squares at the top.
10. Fold in the two inches of fabric that are left over, then stitch that shut. This will seal up the top row of weighted squares, and you now have a personal, homemade blanket!



Weighted Blanket Care Instructions

Water Temperature for Washing Weighted Items

Start by considering the type of fabric used in your weighted item. Warm water works best for most fabrics and provides grime-fighting power. Warm is also best if you are dealing with a moderately soiled item. If you are working with a more delicate fabric such as “fun fur” or another type of plush select cold. Do not use hot water; it may damage the pellets.

Pre-treating Weighted Items

If you have a particularly bad soiled item you may wish to pre-treat the stain. Wash the soiled section in cold water as soon as possible. If the soil is protein-based such as a bodily fluid, you can use any spray pre-treatment. Spray the soiled portion directly and follow the instructions on waiting time. If you are dealing with grease such as cooking oil you can use dish soap. Just apply directly to the stain, rub in, and wash.

Washing Weighted Laundry

For weighted items such as weighted blankets machine washing is fine. Wash separately or with like colors.

Weighted stuffed animals or “softies” as I like to call them pose other issues. If your softie has delicate features such as glued on embellishments or intricate un-removable clothing it’s best to hand wash or spot clean. To hand wash, fill a bucket, tub, or sink with warm water and a small amount of your favorite laundry detergent and agitate the water as you fill it to mix. Fully

immerse the item in the water. Use a white wash cloth (so no color run occurs) to scrub the softie. Gently rinse your softie in warm running water until it runs clear. To spot clean take your wash cloth, and dip it in the warm, soapy water then gently go over the soiled area in a circular motion. Rinse your wash cloth intermittently and continue the gentle scrubbing until the soil is removed.

Drying Weighted Items

For machine washable items lay flat to dry or if you must use the dryer use the lowest heat setting available. For softies that you were able to machine wash, use the lowest dryer setting and throw in a dryer sheet; all the fluffiness of the fur should return. For hand wash or spot cleaned items sit the item in front of a fan for best results, or you may hang dry. If your softie's fur is looking a bit matted and sad after the wash take a clean towel and "fluff" the fur. You may also use a hair dryer and comb to "style" the fur as it dries. This could be a fun activity for the children too!

My black weighted bird seed, sand, bean bag pellets, beans are not recommended for heat drying.

Patching Weighted Items

Even with the best of care well loved items sometimes spring leaks, especially if they are well loved! To keep your pellets in place you can patch the item. The simplest form is: take a piece of coordinating fabric that is at least ½ inch larger than your tear, use pins to hold the patch in place, and sew the patch on by hand. More detailed instructions can be found here. Steer clear of the "iron on" patches as the required heat from the iron could damage your item.



Directions to make a weighted lap pad

Materials you need to make a weighted lap pad

- Bird seed, sand, bean bag pellets, beans
- Thread, needle, scissors, measuring tape and iron
- Your favorite type of fabric, to make you comfortable

Steps to make a weighted lap pad

1. A lap pad should be about 12"x18" or 12"x30".
2. It should be less than 2 pounds, or 5% of a person's body weight. It doesn't have to weigh much, since it is smaller and more compact.
3. When you cut out your material, you will need two pieces of the same size: one for the front and one for the back. Cut 1" bigger than you want all the way around it.
4. Sew the two pieces together around three sides, leaving one side open.
5. Measure the width of the lap pad on the side with the open end and divide it by 6. With a fabric pencil, draw 6 columns from the open end to the opposite side and then sew along the lines.
6. You will then draw lines going the opposite direction, so that your material is covered with squares. Don't sew these lines yet! Make sure these squares are equally spaced.
7. Count the numbers of squares you have. Divide the weight of bird seed, sand, bean bag pellets, beans you have by the number of squares.
8. Put enough weight for one square into each column; push them all the way to the bottom. Now, sew your line along this row of squares. Repeat the process for the next row, until the entire weighted lap pad is stuffed.