



Mary Washington Healthcare

Acts of Service for Hospital Patients and Their Families

Show your caring spirit to patients and their family members during a hospital stay.

- **Musical performances:** Choir and instrumental performances can be soothing to patients and visitors. Please contact the Volunteer Services office (numbers below) to schedule your group.
- **Hold a coloring book and crayon drive:** Coloring and drawing can help reduce the anxiety of a hospital visit and help families pass time while waiting for loved ones. Coloring is soothing for all ages.
- **Make blankets:** Handmade blankets add a special touch to the healthcare experience, letting family and patients know that someone cares. Blankets should be made from cozy, washable fleece, fabric or yarn, and should come from a smoke-free, pet-free environment.
- **Get creative:** Create individual craft kits such as coloring pages, crayons, washable markers, etc. in sealed zip-top bags.
- **Contribute items:** If you are unable to contribute time or talents, you can contribute supplies needed for individual and group activities. Contributing items from the attached wish list allows our staff and hospital volunteers to distribute items as needs arise.
 - The Jared Box Project is a great resource for ideas. Please visit their website at www.thejaredbox.com for FAQs and downloads.
- For safety purposes, please avoid stuffed animals, used toys/items, food, candy, latex balloons, candles, toy guns, small objects that could be a choking hazard, other unsafe materials, and any personal information.
- Due to infection control and HIPAA privacy laws, we are unable to welcome groups of visitors into patient units to distribute gifts or donations. We ask that you drop items off in the Volunteer Services Office at Mary Washington Hospital and/or Stafford Hospital. Our staff and volunteers are happy to distribute items on your behalf. Photo opportunities for your group can be arranged by contacting the Volunteer Services in advance.

Mary Washington Healthcare Volunteer Services

Mary Washington Hospital: 540.741.1440

Donations can be received between 8:00 a.m. and 4:00 p.m., Monday through Friday. Please call our office in advance for donations of more than 50 items.

Stafford Hospital: 540.741.9660

Please call to arrange a delivery time.



Mary Washington Healthcare

Hospital Care Package Wish List

Thank you for your interest in providing comfort care items to the patients and families of Mary Washington Healthcare. Gifts from compassionate members of the community are extremely comforting to our patients and their families. These ideas may help you plan your donation:

Activities

- Magazines (no more than two months old)
- Puzzle books
- Coloring books and small crayon packets
- Colored pencils/washable markers/pens
- Pencil sharpeners
- Playing cards, UNO, others
- Art supplies
- Needlepoint/craft kits
- Paint by number sets
- Blank greeting cards

Personal Care

These items provide out-of-town family members the comforts of home during long visits.

- Mini hand sanitizers
- Individual tissue packs
- Travel-size toiletries
- Hair products (brushes, combs, dry shampoo, hair ties, clips, etc.)
- Lip balm
- Toothpaste/soft bristle toothbrushes/floss
- Q-Tips
- Facial cleanser & moisturizer
- Warm socks or slipper socks

Crafts

- Baby hats, knitted or crocheted with baby-weight cotton or acrylic yarn (Pattern available by request)
- Lap blankets (knit, crochet, quilted or fleece – no wool please)
- Pre-made craft kits (all age groups) placed in clear zip top bags with materials and instructions included. All materials must be new. Ideas include, but not limited to:
 - Pre-cut thread for friendship bracelets
 - Hoops, thread, decorations and instructions for dream catchers
 - Get more ideas at www.thejaredbox.com

Other

- Local restaurant gift cards (for out-of-town family members)
- Family care packages
 - Clear zip top bag with toiletries and items from personal care section
- Pre-assembled fun bags
 - Clear zip top bags with items listed in the activities section

Please note that for the health, safety and privacy of patients and hospital visitors, all donations must be accepted in the Volunteer Services office or pre-arranged public area of the hospital. Individuals and groups are not permitted to pass out donations directly to patients or families.