



# phil's friends

cancer is strong. hope is stronger.

## Care Package Needs

Adult items only please! All items need to be new and unused, because our friends with cancer have compromised immune systems. Email [info@philsfriends.org](mailto:info@philsfriends.org) or call 224-653-8315 for the greatest need.



### LOTION

Fragrance-free;  
5oz. or smaller



### HATS

Knitted, crocheted,  
baseball, etc.

### FUZZY SOCKS

Womens  
only



### BIOTENE



6oz. or  
smaller

### GIFT CARDS



### LIP BALM



\*\*Due to an  
abundance,  
please inquire  
if needed

### DECKS OF PLAYING CARDS



### PUZZLE BOOKS



### SINGLE TOOTHBRUSHES & TOOTHPASTE

(5 OZ OR LESS)



### TISSUE PACKS



\*\*Due to an  
abundance,  
please inquire  
if needed

### JOURNALS



Size:  
5x7  
(not spiral  
bound)

### BLANKETS

Rolled throw  
blankets, crocheted,  
or fleece tied  
See instructions on back.



NATIONAL HEADQUARTERS & ROSELLE HOPE CENTER: 1350 LAKE ST, SUITE I, ROSELLE, IL 60172

CROWN POINT HOPE CENTER: 1249 ARROWHEAD CT, CROWN POINT, IN 46307

224-653-8315 | [INFO@PHILSFRIENDS.ORG](mailto:info@philsfriends.org) | [WEB: PHILSFRIENDS.ORG](http://WEB:PHILSFRIENDS.ORG)



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## Fleece Blanket Instructions

1. Select fleece material for a two-sided blanket. When selecting the material, choose one that is patterned and one that is a solid coordinating color. Please purchase enough fabric to make a blanket that measures 40"x 50".
2. Spread out the material on a flat surface with the softer or more brightly colored sides facing out. Keep the fleece pieces together and trim the edges, if needed, to meet the size requirements.
3. Cut out a 4"x4" square of fabric out of each corner. Make sure that you are cutting both pieces of fleece at the same time. After the square corners are cut, start cutting strips along the sides of the blanket. Starting at the corner, cut strips approximately 2/3 to 1" wide and 4" long. The strips don't have to be exactly uniform, but they should be approximately the same size.
4. Once your blanket fringes have been cut, tie the strips together using a simple knot, attaching the bottom layer to the top layer. Make sure the knots are tied tight. You'll want to tie two knots in each strip.
5. When finished tying, trim the fringes, so that they are neat and even.

