



# MISSOURI SLOPE

TAILORED CARE. INSPIRED LIVING.

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## Join our COVID-19 Response

At Missouri Slope, we are doing all we can to keep our residents, tenants and staff safe and comfortable during the COVID-19 Pandemic. We all miss seeing the families, friends, pastors, volunteers and other visitors who, in normal circumstances, bring even more light and love to our Missouri Slope community. We look forward to the day when all can return!

In the meantime, your prayers, letters and messages are powerful gifts and we are grateful for each and every one. We offer the following as additional ways to support our mission and to have a direct impact on our COVID-19 response.

- **Help cover increased supply and equipment costs (please make donations through M-Club) <https://missourislope.com/donate/>**
- **Make fabric masks**
- **Send audio, video or email messages to our residents and staff**
- **Mail handmade artwork and pictures to Missouri Slope**
- **Donate to our annual giving M-Club; 100% of funding is used to enhance the lives of our residents and tenants <https://missourislope.com/donate/>**

Needed donations are accepted by appointment Monday through Friday from 8 a.m. – 4:30 p.m. at Door # 20 on the south side of the Missouri Slope campus (2425 Hillview Avenue, Bismarck). All deliveries are held for 24 hours prior to distribution to reduce risk. Please call 701-221-9365 to arrange donation drop-offs.



## Supplies & Equipment



### **Contribute Funding for Supplies & Equipment**

Supplies, medical equipment and PPE (Personal Protective Equipment) have been in short supply throughout this crisis, and costs have escalated significantly. As examples, a case of surgical masks, required for use at all times by all staff, have increased from \$32.50 per case to \$325 per case; hand sanitizers have increased from 31 cents to 51 cents per ounce. Suppliers of most medical equipment and supplies now require orders to be prepaid.

In addition to meeting our daily preventative supply needs, we need extra equipment such as concentrators (approximately \$650 each) to filter the air and increase the level of oxygen for residents with breathing difficulties.

To respond appropriately to COVID-19, extra supplies, including linens, cleaning products, and concentrator materials are required so that staff can promptly respond to resident needs without the need to enter other units.

#### Supply Needs:

- N95 Masks
- Surgical masks
- Isolation gowns
- Goggles
- Face shields
- Gloves
- Hand sanitizer
- Disinfecting wipes
- Linens

Donated products must be unused and in their original packaging.

<https://missourislope.com/donate/>



## Homemade Cloth Masks



Missouri Slope thankfully accepts homemade masks. We will continue to need more masks for many months to come, and we appreciate your partnership in helping with this effort!

Please review the attached guidance from **Sarahmaker.com** to make sure that masks are large enough and have an interior pocket for filters.

**We currently have material and elastic available for those who are able and willing to make masks for Missouri Slope.**

Please call in advance to make arrangements to pick up the mask-making supplies and drop off completed masks at **Door 7**.

Supplies will be on a shelf labeled, "Sewing Items for Pick-up." When dropping off completed masks, please label them as "Missouri Slope Masks," include your name, and leave them on the drop off table at Door 7.

**If you have any questions, or to make arrangements for picking up supplies or dropping off masks, please contact:**

**Jolynn, 221-9364; Karen, 221-9363; or Vicki, 221-9362**

## HOW TO SEW A FABRIC FACE MASK (SARAHMAKER.COM)



### MATERIALS

- 100% cotton fabric (with a tight weave)
- 1/8" flat elastic for ear loops, (**1/4 flat elastic preferred**) (or 4 fabric ties (you can use the same cotton fabric to make strips, use premade bias binding, or strips of cotton jersey))
- fabric scissors
- ruler
- pins or clips
- sewing machine and thread

### CUT LIST

For an adult size mask:

- Cut 1 fabric rectangle 16" long and 8.5" wide
- Cut 2 pieces of elastic, each 7" long

For elastic ear loops: (**Preferred**)

- Cut 2 7" long pieces for an adult mask

For fabric ties, if you aren't using elastic:

- Cut 4 rectangles 18" long by 1.75" wide. Fold the long sides to meet in the middle, then fold in half again to encase the raw edges. Stitch down the length of the rectangles along the edge to create the ties.

**Note:** Pre-wash fabric before cutting.

## INSTRUCTIONS

1. **Sew the top side**, with pocket opening. Fold the fabric in half, with the right sides facing. Sew along the 8.5" width edge, using a 5/8" seam allowance. Leave a 3-4" opening in the center of this seam to create an opening for the filter pocket, and to allow the mask to be turned right side out after sewing.
2. **Press the seam open**. Turn the fabric so that the seam with the pocket opening is centered in the middle of one side. Using an iron, press the seam open. Fold the excess seam allowance under, encasing the raw edge of the fabric. Topstitch/zig-zag stitch along both sides of the seam for a neater edge.
3. **Pin Elastic or Fabric Ties**. Pin one piece of elastic to each side of the mask, one end to the top corner and one end to the bottom corner. If using fabric ties, pin one tie to each corner, with the rest of the tie sandwiched inside the two layers of fabric.
4. **Sew the Sides**. Sew the sides of the facemask. Be careful not to catch the ties in the side seams. Backstitch over the elastic or fabric ties to secure them. Clip the corners, turn the mask right side out, and press with an iron.
5. **Insert a Flexible Nose Piece**. Cut a 6-inch piece of pipe cleaner or other flexible wire to create a nose piece. I folded the ends of wire back into to keep them from poking through the fabric. Place the wire through the pocket hole and slide it up to the very top of the mask. Stitch around it on all 3 sides to keep it in place.
6. **Sew the Pleats**. Make the mask with three evenly spaced lines. Use your markings to create three evenly spaced 1/2" pleats. Pin the folds in place, making sure all pleats are facing the same direction. Sew down each side to secure the pleats.

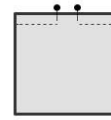
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## ADDITIONAL INSTRUCTIONS

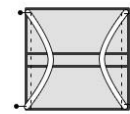
To make bias binding fabric ties: Cut 18" long strips of fabric, 1.75" wide. Fold the long sides together (lengthwise or hot-dog style) so that they meet in the middle. Then fold the strips in half again (lengthwise) to encase the raw edges. Stitch down the strips along the edge to create the ties.



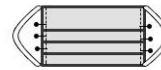
Cut one cotton rectangle, 8.5" wide by 16" long. Cut two 7" pieces of elastic or four 18" fabric ties.



Fold in half and sew along the top edge, leaving a 3" opening for the pocket.



Sandwich the elastic or fabric ties between the layers of the mask. Pin in place at the corners, and sew along each side.



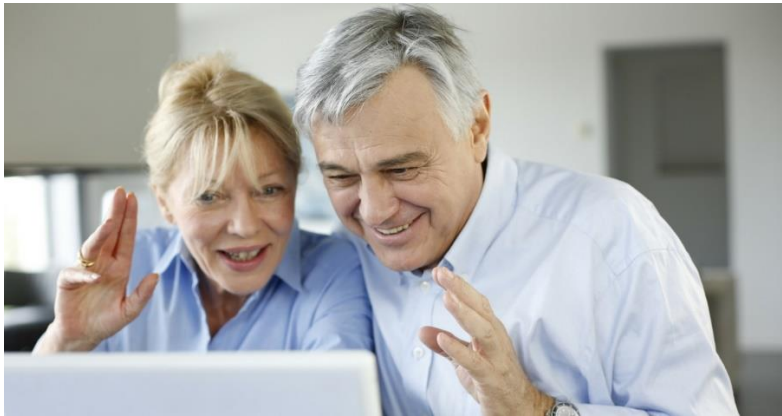
Turn the mask right side out. Fold 3 evenly-spaced 1/2" pleats. Pin in place, and sew to secure.

**Disclaimer:** This pattern has not been industry-tested and is intended for educational purposes only. The decision to use this device is solely your own.

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## **Email Audio, Video and Written Messages and Attachments and use Regular Mail to Send Handmade Art Projects**



### **Send a video message, sing a song, or send an email or regular mail greeting!**

We have been busy implementing new technologies to connect with one another during this time of physical distancing. We are now asking for your help in sending electronic greetings, cheers, well wishes, etc. that can be shared with residents and tenants. We have developed several ways in which you can share your messages with us:

- 1) **Send an email to a specific Resident/Tenant** – [residentemail@mslcc.com](mailto:residentemail@mslcc.com)
  - a. Please be sure to include the name in the Subject line
  - b. Missouri Slope will print out the email along with any attachments for distribution with the regular mail.
  - c. Feel free to scan cards or add photos as attachments!
  
- 2) **Send a video message to a specific Resident/Tenant** – [residentemail@mslcc.com](mailto:residentemail@mslcc.com)
  - a. Please be sure to include the name in the Subject line
  - b. Upload your video message to a digital media site such as YouTube
  - c. Include the link to the video in the body of the email



- d. Video will be played for your loved one on one of our iPads assigned to the specific unit/building
- 3) **Send an email to ALL residents/tenants** – [residentemail@mslcc.com](mailto:residentemail@mslcc.com)
- a. Please be sure to include “ALL” in the Subject line
  - b. We will broadcast the email on our internal Missouri Slope channel to every resident and tenant room
  - c. Feel free to include scanned cards or photos!
- 4) **Send a video message to ALL resident/tenants** – [residentemail@mslcc.com](mailto:residentemail@mslcc.com)
- a. Please be sure to include “ALL” in the Subject line
  - b. Upload your video message to a digital media site such as YouTube
  - c. Include the link to the video in the body of the email
  - d. We will broadcast the video message on our internal Missouri Slope channel to every resident and tenant room
- 5) **Send a card or artwork to a resident via regular mail.**
- a. Please note that all mail is held for 24 hours after it is received to reduce the risk of contamination.



Please call 701-223-9407 with additional questions about audio, video, email and regular mail messages for residents and staff.



## Donate to M-Club

M-Club is Missouri Slope's annual giving club. 100% of M-Club funds are used for projects that enhance the lives of residents and tenants but are not included in the annual operational budget. All contributions are gratefully accepted anytime throughout the year. Anyone who donates to the M-Club is a member. Recognition levels based on the amount of giving are: Bronze (\$100), Silver (\$250), Gold (\$500), and Platinum (\$1,000).

The M-Club committee, made up of individuals from local church congregations and supported by Missouri Slope staff, review project requests that will enrich the lives of our residents and tenants.

<https://missourislope.com/donate/>

