

## Kansas City Hospice & Palliative Care Memorial Hearts

**Purpose:** Memorial Hearts are used at our hospice houses. They are hung on the door of a deceased patient, and the family is encouraged to take the heart as a memento of their loved one.

**Supplies:** fabric (plain cotton and/or small cotton prints), HeatnBond UltraHold (17 in. x 1 yd.), 3/16 or 3/8 in. ribbon, beads, craft glue (Aleene's Tacky Glue), iron, scissors, and approved heart templates \*

**Friendly Reminders:** When constructing each heart, focus on quality and not quantity. Each heart will be a treasured gift to our families. Keep in mind that these hearts are for both males and females. Take your time and have fun.

**Questions:** Please contact our Community Volunteer Coordinator at [kchvolunteers@kchospice.org](mailto:kchvolunteers@kchospice.org) or 816-941-1095.



### **Directions:**

1. Choose your desired fabric for the large heart, and choose a coordinating piece for the small, center heart. The large heart will have two pieces, a front and back. Each piece will be 4.5 x 6 in. The small, center heart will be one piece of fabric, 3.5 x 5 in. \*\*
2. For the large heart, cut one piece of HeatnBond UltraHold which will be the same size as the piece of fabric you are using for the large heart (4.5 x 6 in.) Apply HeatnBond to the back side of one piece of fabric with a hot iron. When cool, peel off paper backing and place the second fabric on top, front side up. Use the hot iron to fuse the two pieces together.
3. Use the large heart template and trace the heart onto your fabric. After tracing, cut out the heart — avoid pen/pencil outlines showing.
4. When preparing your small, center heart, remember that your piece of fabric and your HeatnBond will be the same size (3.5 in. x 5 in.) Iron the HeatnBond on the back side of your small heart fabric. Using the small heart template, trace and then cut out the heart, avoiding marks showing.
5. Peel off backing and lay the small heart in the center of your large heart. Use iron to fuse together.
6. Choose ribbon and beads that will coordinate with the heart. The width of the ribbon should be either 3/16 in. or 3/8 in. wide. Cut 11 inches of ribbon.
7. Place 3 to 4 beads near each end of the ribbon.
8. Attach each end of the ribbon to the back side of the heart using craft glue (Aleene's Tacky Glue).

\* Heart templates are included here or are available at our hospice houses and [kchospice.org/volunteer](http://kchospice.org/volunteer).

\*\* If making multiple hearts with the same fabrics, use the following dimensions and continue in step 2:

4 large hearts: HeatnBond (1 piece, 3¾ x 16 in.); fabric (2 pieces, each 3¾ x 16 in.)

4 small hearts: HeatnBond (1 piece, 5 x 12 in.); fabric (1 piece, 5 x 12 in.)

Please drop off hearts at Kansas City Hospice House™ (12000 Wornall Rd., KCMO 64145) or NorthCare Hospice House (2800 Clay Edwards Dr., 2<sup>nd</sup> floor, North KCMO 64116, inside North Kansas City Hospital).

**Memorial Heart Templates**

**Kansas City Hospice & Palliative Care**

1 square = 1 in. x 1 in.

