

## Sewing Location

Grace United Methodist Church  
311 2nd Ave West  
Spencer, IA 51301

## Sewing dates for 2022

**Fellowship Hall**

**Time: 9:00 AM to 3:00 PM**

Wednesday, January 28  
Wednesday, February 23  
Wednesday, March 23  
Wednesday, April 27  
Wednesday, May 25  
Wednesday, June 22  
Wednesday, July 27  
Wednesday, August 24  
Wednesday, September 28  
Wednesday, October 26  
\*Wednesday, November 16  
(\*3rd week)  
December NO Sewing



## Contact Us

### Website:

[Weightedworkswithlove.weebly.com](http://Weightedworkswithlove.weebly.com)

### Facebook:

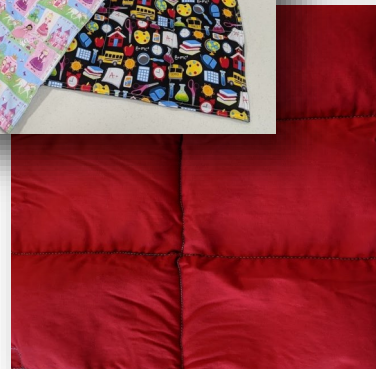
Weighted Works With Love  
[www.facebook.com/Weighted-Works-With-Love-108360118219042](http://www.facebook.com/Weighted-Works-With-Love-108360118219042)

### Email:

[weightedworkswithlove@gmail.com](mailto:weightedworkswithlove@gmail.com)

### Phone:

Brownie (712) 262-7420  
Sue (712) 262-7604



## Weighted Works With Love

Our purpose is to provide quality custom made weighted blankets, lap pads and shoulder wraps for individuals who could benefit from deep pressure therapy.



## Our History...

In 2017 one of our members was searching for a meaningful project to spend her time doing when she heard about the benefits of a weighted blanket, a 100% cotton blanket designed to provide deep pressure therapy, bringing comfort and relief for a wide variety of diagnoses. After a visit to an established group in Pella she came away ready to get started. She contacted friends who sewed and asked them to bring the idea of forming a local group to their sewing and quilting groups. Before long there were lots of enthusiastic volunteers ready to dig in and get busy.

Since then this ecumenical group has met once a month producing quality made to order blankets and lap pads, mostly for children diagnosed with Autistic Sensory Processing Disorder, Sensory Processing Disorder, Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Post-Traumatic Stress Disorder and Anxiety. These orders were received from a group founded in Illinois and the items were sent throughout the United States.

Today Weighted Works with Love is looking to share our work on a more regional level, offering to make weighted blankets, lap pads or Shoulder wraps for people of any age who would like one for themselves or to share with friends or family.

## How does deep pressure therapy work?

Deep pressure therapy is a recognized, highly successful means of using touch or weight to help those who experience sensory sensitivity. During a sensory sensitivity episode a weighted blanket, lap pad or shoulder wrap is applied to the person's lap, back or wrapped around the individual as a means of providing a sense of safety and calm. It becomes the safe place to be when the world seems out of control and is used as a way to allow the individual to de-stress and regroup.

**Please note: Our products are all machine washable/ air dry.**



## How to request...

Requests for our weighted products can be made by telephone... the number on this brochure. Our products are completed on a first come first serve basis. We are able to complete about seven to eight orders per month. Be prepared to know the weight and age (if child) of the individual you are ordering the item for. We will be glad to help you determine the correct size to order. Please have a fabric print and color choice in mind when calling. Current material on hand is located on our Facebook page, however if you have in mind a color you are wanting we can show you what is available on our sewing day.

## We ask for a suggested donation for each weighted item order as follows:

- Weighted Blankets: \$20.00
- Weighted Lap Pads: \$10.00
- Weighted Shoulder Wraps: \$15.00

## How do we use your donations?

Every donation is used for:

- Additional fabric 50%
- Weighted charity items 25%
- Sewing supplies 15%
- Operating expense 10%