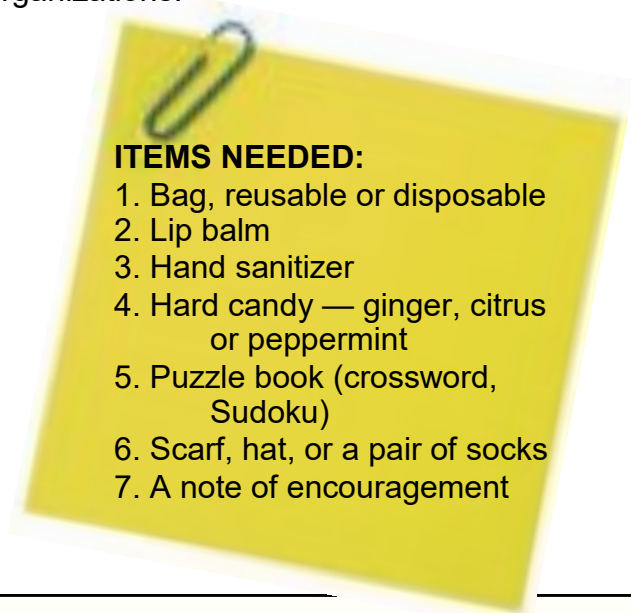


Do It Yourself Volunteer Project: Chemo/Dialysis Care Kits



PROJECT OVERVIEW:

Chemotherapy and Dialysis is a long, difficult treatment for individuals. Let others know you are thinking about them by creating Chemo/Dialysis Care Kits. Simple care packages can offer encouragement and make patients feel supported in their treatment journey. Once you've created Chemo/Dialysis Care Kits, the Helpline Center will deliver to local healthcare systems or cancer support organizations.



ITEMS NEEDED:

1. Bag, reusable or disposable
2. Lip balm
3. Hand sanitizer
4. Hard candy — ginger, citrus or peppermint
5. Puzzle book (crossword, Sudoku)
6. Scarf, hat, or a pair of socks
7. A note of encouragement



WHAT TO DO:
1. Purchase items listed above (try the Dollar Store!)
2. Pack items into bag
3. Write a note of encouragement and add to care kit
ADDITIONAL IDEAS:
• Items listed above are not an all inclusive list. Do not feel obligated to purchase all or stick to items listed
• Your local health system may not provide chemotherapy treatments, but may provide other long-term treatments such as dialysis. A care kit for these patients is another great idea!

DELIVERY:

- Once your DIY volunteer projects are complete, please deliver them to your local Helpline Center Office in Brookings (619 5th Avenue), Rapid City (529 Kansas City Street, Suite. 201), or Sioux Falls (1000 N. West Avenue, Suite 310). Or call 211 for a list of nonprofits accepting DIY projects.

PROMOTE:

- Share with the Helpline Center, family and friends by **posting a picture** and/or comment about the experience on our [Facebook](#) page or **Tweeting** us [@HelplineCenter](#) with hashtag **#DIYVOLSD**

