**Calling All Crafters:**

**Our Brave Healthcare Workers Need Your Help!**

You can help save lives by making simple, reusable cloth facemasks for senior living communities!

People above age 85 face a [10-27% fatality rate](https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e2.htm) if they contract Covid-19. Spring Arbor Assisted Living is doing everything we can to make sure our seniors stay safe. Like all healthcare facilities, however, we are facing long backorders on the supply of disposable facemasks.

You can help! When disposable masks are not available, the [CDC recommends fabric masks](https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html) as an alternative. Easy-to-make cotton masks can be washed, sterilized, and reused, and they offer surprisingly good protection ([up to 73%](https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/) against virus-sized particles).

They aren’t hard to make. Patterns and video tutorials are below.

Every mask you make can cover or take the place of dozens of disposable masks. If we each do our part, we can help keep our seniors and healthcare workers safe!

**How to make masks**

* Several patterns are available at <https://www.itsalwaysautumn.com/how-to-make-a-face-mask.html>
* Rather than elastic, you can use ribbon or straps to tie behind the ears or head (this may hold up better with repeated washing)

**Where to get supplies**

* Use tightly woven 100% cotton fabric
* New material can be bought on clearance and shipped from stores like [Joann Fabrics](https://www.joann.com/). Wash on hot prior to sewing.
* Recycled, clean scraps are okay too!
* Ties: Use ribbon cut long enough to tie behind ears or head, or can use ¼” or 3/8” flat elastic or elastic beading cord (1/16” or 1-2mm). Elastic is still available on [ebay](http://www.ebay.com) if you can’t find it in stores. (Check the delivery date to make sure you can get it soon.)

**Delivering completed masks**

* You can drop off masks at any of the communities below. Please call first and ask for the marketing director so she can meet you at the front door.
* Alternatively, feel free to mail the masks to the address listed
* Collected masks will be immediately sent to laundry/processing to be prepared for use
* Any surplus masks will be distributed to other organizations in need

***Our healthcare workers and seniors thank you!***

**North Carolina**

Spring Arbor of Raleigh

1810 New Hope Rd.

Raleigh, NC 27604  
(919) 250-0255

Spring Arbor of Cary

1705 Kildaire Farm Road

Cary, NC 27511  
(919) 388-9635

Spring Arbor of Apex

901 Spring Arbor Ct.

Apex, NC 27502  
(919) 303-9990

Spring Arbor of Wilson

2045 Ward Blvd.

Wilson, NC 27893-2873  
(252) 234-2100

Spring Arbor of Rocky Mount

1251 South Winstead Ave.

Rocky Mount, NC 27803  
(252) 443-3999

Spring Arbor of Greensboro

5125 Michaux Road

Greensboro, NC 27410  
(336) 286-6404

Spring Arbor of Thomasville

915 West Cooksey Dr.

Thomasville, NC 27360-3359  
(336) 472-7171

Spring Arbor of Albemarle

315 Park Ridge Rd

Albemarle, NC 28001

(704) 982-8205

Spring Arbor of Kinston

3207 Carey Rd

Kinston, NC 28504

(252) 523-3099

Spring Arbor of Greenville

2097 W Arlington Blvd

Greenville, NC 27834

(252) 355-7003

Spring Arbor of Wilmington

809 John D. Barry Dr.

Wilmington, NC 28412-0983  
(910) 799-4999

Spring Arbor of Outer Banks

803 Bermuda Bay Blvd.

Kill Devil Hills, NC 27948  
(252) 449-4455

**Virginia**

Spring Arbor of Williamsburg

935 Capitol Landing Rd.

Williamsburg, VA 23185  
(757) 565-3583

Spring Arbor of Salisbury

14001 Turnberry Ln. Midlothian, VA 23113-6415  
(804) 897-2727

Spring Arbor Cottage Salisbury

14020 Steeplestone Drive

Midlothian, VA 23113  
(804) 897-3332

Spring Arbor of Richmond

9991 Ridgefield Pkwy.

Henrico, VA 23233-3600  
(804) 754-8700

Spring Arbor Cottage Richmond

10603 Barbara Lane

Richmond, VA 23233  
(804) 308-3500

Spring Arbor Fredericksburg

5308 River Rd.

Fredericksburg, VA 22407  
(540) 548-2133

Spring Arbor of Leesburg

237 Fairview St NW

Leesburg, VA 20176-2062  
(703) 777-9300

Spring Arbor of Winchester

2093 Northwestern Pike

Winchester, VA 22603-3969  
(540) 242-7199

**Maryland**

Spring Arbor of Frederick

6601 English Muffin Way

Frederick, MD 21703  
(301) 327-0991

Spring Arbor of Crofton

1495 Reidel Rd.

Crofton, MD 21114  
(410) 451-1140

Spring Arbor of Severna Park

345 Ritchie Hwy.

Severna Park, MD 21146  
(410) 544-7774