

Sew Comforting!

Pioneers Put Together Heart Pillows for Coronary Patients

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A Heart Pillows the SaskTel Pioneers helped to create.

Throughout the course of the year, the SaskTel Pioneers play a role in many heart-warming stories. Their participation in the creation of Heart Pillows is literally one of those stories!

The Bridge City SaskTel Pioneers in Saskatoon, along with members of the Coronary Rehab Group (CARG) held a Heart Pillow bee on 27 Oct 2019 at Grace Westminster Church in Saskatoon.

“Heart Pillows are designed to aid patients recovering from heart surgery at Royal University Hospital (RUH),” said Ken Johnston, a member of CARG who are made up of individuals who have had open heart surgery and who provide the pillows to the RUH. “We like to have one for every patient who has had open heart surgery.”

The pillows serve as comfort after surgery. If a patient coughs, they can press the pillow against their chest to alleviate any pain that may exist.

The making and distribution of the Heart Pillows is coordinated by RUH along with CARG. Cloth is ordered, heart shapes are cut out of the cloth, and graphics are placed on each pillow.

The Heart Pillows are then sewn together twice a year by SaskTel Pioneer members (as well as volunteers from CARG).

In the latest Heart Pillow bee, 175 pillows were made. Ken says about 40 pillows are handed out every six to eight weeks.

Ken, who had quadruple by-pass surgery himself 15 years ago, says the Heart Pillows were a comfort to him when he went through surgery. "By being presented with the Heart Pillows after their surgery, it provides some comfort and lets patients know someone cares about them."

"We feel this is a very important project, and one we are very happy to be a part of," said Brenda Iwasiuk, who coordinates the Heart Pillows project for the Bridge City Pioneers. "It's a great cause and like with any Pioneer project, it's a chance to be reacquainted with familiar faces, all while adding an element of caring into the community."

"The Pioneers are a great organization to work with," added Ken. "Brenda and the group do a tremendous job for us and we are pleased that they continue to take this project on, helping those who have gone through heart surgery."