



Leaving a Legacy of Care

Small comforts. Community kindness. Support for local cancer patients.

You can help the Astera Health Foundation provide everyday comfort to patients receiving cancer care close to home.

Items needed:

- **Gas gift cards**
- **Fragrance-free lotion and lip balm**
- **Extra-soft toothbrushes**
- **Soft, warm socks — nonslip grips are a bonus**
- **Eye masks**
- **Neck pillows**
- **Plain, fragrance-free, travel-size tissues**
- **Adult coloring books**
- **Activity books, such as word searches, crosswords, and Sudoku — large print is appreciated**
- **Colored pencils and pencil sharpeners**
- **Notebooks, journals, and note cards**
- **Pens**
- **Charging cords, 6-10 feet long — USB-C and Apple Lightning with compatible USB wall charging blocks**
- **Small zippered pouches for personal items, chargers, and earbuds**
- **Playing cards — large print is appreciated**
- **Reusable water bottles**
- **Soft beanie hats in neutral colors — no wool**

New items only. Personal-care products must be unopened. No food, candy, beverages, nutritional supplements, or scented products.

Share a little encouragement

Individuals, schools, service clubs, and community groups are invited to create handwritten encouragement cards for patients. Simple messages such as “Thinking of you” or “Sending a little kindness your way” are welcome. Please avoid medical advice, promises about recovery, or messages that pressure someone to stay positive. Leave cards unsealed so our team can review and distribute them.

Interested in donating quilts?

We partner with groups that provide quilts for our patients. Please contact **Kim at 218-631-7499** to coordinate.

Businesses: Help bring this collection to your community!

Make giving convenient by hosting a collection site. Contact **Kim at 218-631-7499** to learn more.

Current collection sites include: **218 Insurance, Johannes State Farm Insurance, Astera Health Main Campus, and satellite clinics in Bertha, Henning, Ottertail, Sebeka and Verndale.**

Together, our small acts of generosity can leave a lasting legacy of care.

Astera Health
FOUNDATION