

Sew Much Comfort another way to give

Beulah Rule was watching "Good Morning America" last year when a story aired that not only inspired her, but was perfectly tailored to her talents.

Beulah, who lives in Falls City, is a seamstress. She's sewn most of her life, often for people in need (including with her friends in the Barada area).

The story was about some very special people who have served and sacrificed for their country and have particular needs as a result of that service.

Sew Much Comfort is an organization that provides adaptive clothing free of charge to support the unique needs of injured service members from all branches of the military and national guard. The need for adaptive clothing continues to grow as American military members are injured while serving their country.

Each week, many wounded military members arrive in the United States from Germany for extensive medical treatment for bullet and shrapnel wounds, burns, head and limb injuries and amputations, while tens of thousands are still in the recovery process.

These medical conditions require large fixator, prosthetics and casts that are too bulky to fit under ordinary clothing or underwear. Sew Much Comfort is the only organization providing adaptive clothing in large volumes to attempt to meet those special needs.

Beulah said she altered pants last year and this year is working on t-shirts that are "made especially to suit or fit needs." For example, the shirt might be open on one side, enabling a wounded soldier to get it on. Velcro strips secure the shirt once it's on.

There is no cost to the seamstress, Beulah said. "They (Sew Much Comfort) send the materials (including elastic, Velcro, snaps, etc.) and you tailor them to fit the needs," she said. Those who want to furnish their own materials are welcome to do so.

Once a project is completed the seamstress sends it to Sew Much Comfort to make sure it meets their standards. If it passes muster, the t-shirt, for example, is given to a service member and other shirts can



Beulah Rule displays a t-shirt she altered for Sew Much Comfort, an organization that provides free adaptive clothing to injured soldiers. This shirt is open on one side so that it is easier to put on. Velcro strips secure the open side.

be created in the same style.

"The need is great," Beulah said.

She noted that money can also be donated to Sew Much Comfort and contributions are tax-deductible. "It's a way to give," Beulah said.

Beulah said she read a letter in the Journal written by Jo Schock regarding an effort to gather donated items to be sent to soldiers in Iraq. Mrs. Schock and Patty McAllister received a tremendous response and are still accepting donations.

After reading the letter, Beulah said she realized "a lot of people here sew and would like to give in this way."

The Sew Much Comfort mission statement: "To provide custom-made adaptive clothing, free of charge, to our injured service members, which aides in their recovery, provides a tangible reminder of our gratitude for their sacrifice and gives them an added measure of comfort and freedom as they recover from their injuries and return to everyday life. Adaptive clothing accommodates their medical devices and situations, provides ease of use, increases personal independence and minimizes the visual impact of their

medical condition."

The project is dependent on the generosity and skills of countless volunteers who wish to show their support to the wounded soldiers who have given so much of themselves in serving the country.

Among the facilities served by Sew Much Comfort are Walter Reed Army Medical Center, Bethesda Naval Medical Center, Malcolm Grow Medical Center, Brooke Army Medical Center, Balboa Naval Medical Center, Eisenhower Medical Center, Fort Riley Wounded Soldiers Outreach and Support Center, Womack Army Medical Center, Tripler, Landstuhl Regional Center, combat hospitals in Iraq, Afghanistan and Kuwait and Veterans Administration hospitals throughout the country.

To learn more about Sew Much Comfort, go to the website at sewmuchcomfort.org.

Seamstresses interested in adding their talents to this effort may also contact Beulah Rule.