

You deserve  
*Good things!*



# Everyday Hero

Proof that it only takes one person to make a difference

## “It’s a labor of love to help other women!”

After surviving breast cancer, Barb Demorest found a fun way to help herself and other women who beat the disease restore their self-esteem—by making and donating soft, comfortable prosthetic breasts called Knitted Knockers!

**B**arb Demorest’s heart sank as the doctor spoke. The 59-year-old Washington State native had braved breast cancer treatments, including a mastectomy, and now just wanted to get back to feeling normal. She’d hoped to undergo reconstructive surgery, but the doctor didn’t think she was a good candidate. And when she learned she couldn’t place a plastic prosthesis against her scar for at least six weeks, Barb couldn’t hold back her tears.

Then, suddenly, the doctor surprised her by asking, “Do you knit?” A patient had told him about handmade prosthetics called “Knitted Knockers,” and he shared a link to the pattern online with Barb.

As soon as she got home, Barb called her friend Phyllis Kramer, a fellow knitter. “I’m

not up to knitting right now but...” she began, and Phyllis immediately offered to take on the project.

A week later, Phyllis presented Barb with the handmade prosthesis. Slipping it into her regular bra, Barb marveled.

*This feels so soft against my skin and looks so natural,* she thought. *We need to get these to other women!*

Barb tracked down the woman in Maine who had created the pattern and its whimsical name. She happily agreed when Barb asked if she could use the pattern and name to help other women.

Mindful of the adage “many hands make light work,” Barb shared the pattern online—for free—and started outreach to potential volunteers, contacting yarn shops and attending knitting shows.

Word spread quickly, and soon crafters from across the country were making and donating Knitted Knockers. So many that, in 2014, KnittedKnockers.org became an official nonprofit.



*“The gratitude of recipients fills my heart with joy and makes the project worthwhile,” says Barb*

Today, more than 5,000 volunteer knitters and crocheters around the world craft prosthetic breasts. And the group has donated more than 190,000 to survivors!

*It’s such a blessing to receive these knowing that the hands that made them have hearts of gold!* one recipient wrote.

*These are for my wife. She is struggling after surgery, and I would like to help her understand that I still love her and find her GORGEOUS! Maybe this will help her feel the same about herself;* a grateful husband shared.

“I work harder now than I did for a paycheck,” says Barb, who retired to devote all her time to the project. “But it’s a labor of love—for me and the volunteers. You can only make so many baby booties and scarves. This project has put a purpose and a meaning to our knitting!” —Jen Reeder



**Barb, (front row, far right) with a group of volunteer knitters**

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**We pay \$200!**

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