

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

With cooler weather approaching, we will be shifting our stitching gears. Each morning our temperatures are a little lower and not rising to quite the levels to which we are accustomed. As a result, we are putting away our cotton until next spring and turning to fibers that will create warmer projects.

Imagine you have no layer of warm hair on your head, or your bedroom is a spot on the ground. Warm hats for both the bald and those sleeping outside would be a great help. Blankets for use during infusions or to pull up under your chin as darkness and dampness creeps up when you sleep out of doors are also needed.

Besides the need for these, we find our project bins are very low in other areas as well. Items for both preemie and full term babies are needed. Hat and scarf sets, with mittens as well if you like, will be necessary for adults and kids connected with the Food Bank and Meals on Wheels. Nice warm items for Children Incorporated and The Frank Foundation are always welcomed.

Help us keep our records straight..... and stay in good graces with IRS

Our new yarn shipment was donated specifically for the use of From the Heart stitchers to make projects which will be sent to the recipients we named in that transfer from yarn donor to From the Heart. Please, be certain that is the exclusive way it is used! Every project from every skein MUST bear a From the Heart dove tag identifying it as such. EVERY item MUST be logged into our inventory. Our inventory records are made public and IRS can audit at any time they wish. Please make this a top priority when taking yarn from the From the Heart shop. There are other yarns which may be taken for a reasonable donation, to make projects for your family and friends. Please consult with a shopkeeper to find out which yarns these are.

An Effort to Help Our Group Leaders

We are adding a loose leaf binder to our front check in/out area. In this you will find a page for each of our recognized groups. In the past we have asked each group representative to log out, in their name, whatever yarn they are removing from the shop as well as logging in the projects they are turning in. This put the responsibility for the yarn and returning projects solely on that one person. Things have changed! Now, when you pick up yarn for your group you simply flip to your group's page in our book, log in by how many bags you are taking out or how many you are bringing in. Put your initials in the proper spot and you are all set! We hope this will make life easier for you hard-working and much appreciated group leaders. We continue to keep our record box for individuals at that front area as well.

New Wednesday Shop Hours

You asked for it, and now you have it! Beginning Wednesday, October 7, 2009, our From the Heart shop will be open from 10 a.m. until 2 p.m. as it is now on Tuesdays, Thursdays and Saturdays. This is wonderful news to most, however, it could be a problem for our ladies attempting to schedule shop workers for that extra day. Please reduce some of their stresses by offering to cover an additional two hour shift once a month to handle these new hours. Could be you have not yet done 'shop duty'. No fear, come on by we will be very happy to show you around, get you acclimated and claim you as one of ours! Our October lady-in-charge is Pat Allen. You may reach her at p.c.allen@comcast.net or 804-750-1606.

Actually, just about anything you enjoy making is needed. Come in to the shop for your yarn and/or patterns and pick up your supply of Dove tags for attaching to each and every item. With the economy in such bad condition our community needs us now more than ever...I KNOW we can come through for them!

Stop by the Shop

When is the last time you sat, stitched and enjoyed the camaraderie at the shop?

Pat Allen is the October Scheduler. Contact her at 804-750-1606 or p.c.allen@comcast.net to volunteer for a shift.

Donation Inventory Numbers

Previous Total
Mid 2002 – 2008:
55,979

2009

Jan-Aug	<u>9107</u>
Sept	<u>1751</u>

Grand Total **66,837**

Kay's Krafters has a new address!

Beginning immediately Kay's Krafters will meet from 2 until 6 (or whenever you can get there between those hours!) at the home of Donna Thomas, 3105 Three Bridge Road, Powhatan, VA 23139. Her phone number is 804-598-7514. You may call Donna for directions. She is very excited to take on this new venture and hopes to see you very soon! We have so much enjoyed meeting at Kay's house each session but her life is taking on a new exciting direction making this impossible at this time. You will still see Kay each meeting so don't think she will not be stitching as fast and furious as ever!

Urgent Needs – Please help!

Our project bins are empty and awaiting whatever you can make. We really need any and all of the following:

- Blankets of all sizes
- Hats or Hat and scarf sets
- Preemie and full term baby hats, outfits and blankets

Basically anything you want to make we can really use to help fill the bins in the shop and warm the hearts and bodies of those in need.

NICU needs

Our supply of burial gowns, hats and blankets is dwindling. These are to fit the tiniest little bodies, sometimes weighing just a few ounces, so need to be very small. One NICU has asked that these be made only in white, cream or yellow with no orange items.

Along those same lines we are still in need of newborn and preemie hats as well as outfits and blankets for taking little ones home from the hospitals. Check out the baby yarn supplies at the shop and I'm sure you will find some beautiful skeins you will not be able to walk away from. You will also find many, many patterns for infants as well.

Clothes for the Homeless

With the cooler weather just around the corner we are requesting that you check thru your closets for items you no longer wear. A good rule usually is if it hasn't been worn it in a year it goes! And I'm sure with the success of your most recent diets you must have clothing that is now much too large for you and needs to go. We can collect those in the rear of the shop or bring them to your next group meeting. I'll bring them all home with me where a volunteer with Friends of the Homeless will be happy to pick up and deliver.

New Patterns!

Be sure to check the website patterns. During the retreat we heard some of the Crocheters mention that we do not seem to have many crochet patterns so we have added some and are working on adding more.

Do you have a pattern you really like that can be posted? Have you created a pattern you really like that we can post? Please send to lois@ftheart.net.

Pictures with the Patterns

We have also heard that our Crocheters would like us to add pictures of the finished items for the patterns we have. If you have by any chance have a completed item and are willing to share the photo please email it to lois@ftheart.net and we will get them added to the pattern. This will help us get the photos out there quickly.

Fall Workshops

We need your help! We would like to start up our workshops on Sunday afternoons again at the shop. But first we need to know where your interests lie. Whether you knit or crochet, these are fun learning times. Just one idea I have for knitters might be magic loop mittens with finger tips grafted using the kitchner stitch. Crocheters could do mittens as well, or maybe you would like to make a hat. Please email Lois at lois@ftheart.net or call 804-305-4971 as soon as you can with your ideas. Once we hear from you we will post a schedule of topics and dates and the fun will begin!

We are also planning our fall stitch-a-longs as well. Again this year we will make those warm little knit jackets and will be crocheting a Bebob Cardi, a really cute little sweater. Those programs will be starting the week of October 12, 2009. Beginning that week, stop by the shop Tuesday, Wednesday or Thursday during open hours to get your pattern, pick your yarn and get started. We hope to make quite a few warm items children this fall.

Annual From the Heart Retreat

The Annual From the Heart Retreat was held on Saturday September 19th from 9 am to 4 pm. While we wish every member could have attended we did have a fantastic turnout. The committee did a wonderful job scheduling our guest speakers and organizing the classes.

Georgianne Ginder from MCV Health & Wellness Center spoke to us about her work with patients. It was very moving to hear her tell us how much the breathing / comfort blankets help patients and how much the blankets really mean to them.

Polly Cole from the Consumer Health Information Cancer Library & Volunteer Program along with Eloise Coyne & Barbara Geer from the Thomas Palliative Care Unit at VCUHS Medical Center gave us lots of information on how the many items you make for From the Heart affect so many lives.



With over 6,000 infusion patients last year you can see why every item you make is so appreciated.

Our speakers really helped us understand that a handmade item not only touches the patient but the volunteer that can give the item to the patient, the person who brought the patient in for treatment that gets to see the patients pleasure in receiving the item and/or the family who knows they do not have the money to buy that needed item and how beautiful that handmade item is that their loved one just received. Can you imagine the face of a patient entering a room, what they expect to be a typical cold sterile room where they really do not want to be, only to find a beautiful colorful handmade blanketing laying on the bed waiting to warm and comfort them?

Request

Please, please...do not remove samples and pattern packages from the shop. You are welcome to a copy of any pattern but the rest must be left on its hook for the next member's use.

If you have a pattern you would like to share with others, just make up a sample, bring it in with the pattern and we will be happy to handle the rest of the procedure for you.

More than one attendee commented that they felt

- compelled to put their hand to work to create more comfort for those in need
- inspired to get busy with making more items
- are motivated to keep their hands as busy as possible and get lots of things finished and to the shop.

Let's put those new skills we learned at the retreat to work and make lots of wonderful items.



We also heard from Kim Bridges from the Central Virginia Food Bank regarding the Kids Café. We are collecting children's hats and scarves to be given to the children the Food Bank help this Christmas. The Kids Café helps to ensure the no child in Richmond goes to bed hungry.

Those who attended the retreat had a lot of fun, learned some new skills, met some wonderful people and had the opportunity to learn first hand how our work touches other lives.

Prison?

Last month we told you about Lois Moore, Alice Linyear, Glen Allen and Susan Michael Hoelschen going to the Central Virginia Correction Unit #13 to be presented with the finished projects of their crocheting group. From the Heart helped to form this group of detainees several months ago.

They presented the group with quite a collection of items they made; very busy hands did lots of work for us so we thought you might enjoy seeing some of the photos.



From the Heart Project List

Socks for the Homeless – prefer white, non - Wool socks. Tube socks work well (no heels to deal with!)

Hats for Adults and children – don't forget the guys!

Hat and scarf sets for the Central VA Food Bank Kids Cafe

Chemo Blankets/Shawls 30" x 48"

Lap Blankets for McGuire's or nursing homes 30" to 42" sq

Tie-ons blankets for Hospice/Palliative Care 27" x 36" (No fringe, w/72" tie I-cord or single chain using double yarn)

Newborn Blankets 28 to 40" sq

Newborn hats and outfits

Preemie blankets 20 to 28" sq

Preemie hats and outfits

Children's blankets (for clutching or draggin') 24" sq up to 36" or 40" & not necessarily square

Bone Marrow Transplant Unit blankets Large and COLORFUL! (Just enough to cover the top of twin bed)

Chemo Hats small, medium and large sizes for men, women, boys and girls

SPCA rounds or squares 15-18 inches up to 3 feet to fit crates using leftovers of mixed yarn, wool, blends, cotton or acrylics

Squares 12 inches to be stitched together into blankets

Infant Hats Preemies- not too small, should fit a large orange. They must be stretchy. Full term newborn should be made to fit a large grapefruit.

Layette Sets used as "take me home" outfits for newborns.

Bears and Toys New bears from Dollar stores, dressed with knitted or crocheted outfits. Given to sick, scared or needy children in ER, clinic, oncology, hospice and other areas.

From the Heart Newsletter

Oct 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon	2 Starbucks – Huguenot 11 am 1:30 pm	3 Atlee Library 1-3:00 p.m. Starbucks Oxbridge Square 10 – noon
4	5 Buford Rd Pharmacy 6:30-8:30 pm Episcopal Church of Our Savior 10 - noon Park @ Ridgedale 2-4	6 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon	7 The Virginian Retirement Center 2 – 3 p.m.	8 Panera Bread 6:30-8:00 pm The Ladies of Gayton Terrace 3:30 p.m. Chamberlayne Hts United Meth Church 12:00	9 Starbucks – Huguenot 11 am 1:30 pm Kay's Krafters 2-6 pm	10 Louisa Group Louisa Library 10 - noon
11 Fun Day 2 – 5 p.m.	12 Episcopal Church of Our Savior 10 – noon Park @ Ridgedale 2-4	13	14 The Virginian Retirement Center 2 – 3 p.m.	15 The Mall Group @ Chesterfield Towne Center (food court) 9 – noon	16 Starbucks - Huguenot 11 am 1:30 pm	17 Starbucks Oxbridge Square 10 – noon
18	19 Atlee Library 6:30-8:30 pm Buford Rd Pharmacy 6:30-8:30 pm Episcopal Church of Our Savior 10 – noon	20 Panera Bread Breckenridge Shop Ctr 10 a.m. – noon Tuckahoe Library 6:30 p.m.	21 The Virginian Retirement Center 2 – 3 p.m.	22 Panera Bread 6:30-8:00 pm The Ladies of Gayton Terrace 3:30 p.m.	23 Starbucks - Huguenot 11 am 1:30 pm Kay's Krafters Group 2-6 pm	24
25 Fun Day 2 – 5 p.m.	26 Episcopal Church of Our Savior 10 - noon Park @ Ridgedale 2-4	27 Summerhill Retirement 1:30 pm Louisa Group Hardees 7 p.m.	28 The Virginian Retirement Center 2 – 3 p.m.	29	30 Starbucks - Huguenot 11 am 1:30 pm	31

Oct 2009

Name	Address	City	Day of Month	Time of Day
Atlee Library	9161 Atlee Rd	Mechanicsville	Saturday 1st	1-3 pm
Atlee Library	9161 Atlee Rd	Mechanicsville	Monday 3rd	6:30-8:30 pm
Buford Road Pharmacy	2608 Buford Road	Richmond	Mondays 1st, 3rd	6:30-8:30 pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Rd	Richmond	Thursday 2nd	1:30-3 pm
Colonial Heights Senior Ctr	157 Roanoke Avenue	Colonial Heights	Wednesday Every	10 am-noon
Episcopal Church of our Saviour	4000 Stigall Drive	Richmond	Monday Every	10 am-noon
From the Heart	1114 Westbriar Drive	Henrico	Tuesday every	10 am-2 pm
From the Heart	1114 Westbriar Drive	Henrico	Wednesday every	10 am-2 pm
From the Heart	1114 Westbriar Drive	Henrico	Thursday every	10 am-2 pm
From the Heart	1114 Westbriar Drive	Henrico	Saturday every	10 am-2 pm
Hardees	413 East Main St	Louisa	Tuesday 4th	7-9pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2nd, 4th	2-6 pm
Louisa Library	881 Jeff Davis Hwy	Louisa	Saturday 2nd	10 am-noon
Panera Bread	12540 Jeff Davis Hwy	Chester	Tuesday 1st, 3rd	10 am-noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1st, 3rd	9 am-noon
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1st, 3rd	6:30-8:30 pm
Park at Ridgedale	5001 Ridgedale Pkwy	Richmond	Monday Every	2-4 pm
Starbucks	5001 Huguenot Rd	Richmond	Friday Every	11 am-1:30 pm
Starbucks	10009 Hull Street Rd	Richmond	Saturday 1st, 3rd	10 am-noon
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Tuesday Last	1:30-3:30pm
The Ladies of Gayton Terrace		Richmond	Thursday 2nd, 4th	3:30 pm
The Virginian Retirement Ctr	300 Twinridge Lane	Richmond	Wednesday Every	2-3 pm
Tuckahoe Library	1700 Parham Rd	Henrico	Tuesday 3rd	6:30-8:30 pm