



The next morning the patient was being prepared for transport to radiology. The daughter said she wanted to keep me with her while her mother was having her procedure. As the patient was wheeled out, the daughter clutched me close to her heart.

In the following days I was repositioned on the patient, folded and placed at the foot of the bed, and shared with family members who wrapped me around their shoulders.

As the patient's illness progressed it became clear that I was more than a blanket; I was a constant presence. I brought comfort and warmth to the patient, brightened the room, and reassured family members that their loved one was being well cared for.

The medical staff acknowledged and appreciated my role as a source of beauty and comfort for their patient, and the patient's family.

Within a few days the family was preparing to have their loved one transferred to Hospice. The patient's daughter folded me and, once again, held me to her heart. She raised me to her face and breathed in the essence of her beloved mother.



*From our hearts to yours, thank you for all that you do for our patients, families, and staff.*

Donna M. Burns Stewart, PhD  
Palliative Care Unit, VCU Health

### **From the Heart Retreat – 2017 Happy Birthday, Sweet Sixteen**

From the Heart is now “officially” 16 years old. Sixteen years of meeting in Starbucks, Panera, people's homes, retirement centers, libraries, grocery stores and, of course, our “shop”. Very close to a quarter of a million items donated to those in need in our communities. Congratulations to all of you 😊

Those of you who came to our 16<sup>th</sup> Birthday Party hopefully had a great time as we celebrated From the Heart by attending classes, listening to invited guests, being treated to a great talk by Lois, Johnnie and Michele about From the Heart's winter Remote Area Medical/Wise County (RAM) sweater project and the RAM event, trying to win fantastic items at the raffle table, playing Bingo, hoping for a door prize, checking out the vendors, and enjoying terrific food alongside terrific people. Many thanks to all who made the day possible.

The classes taught at the Retreat were,

- ✚ Double Sided Knitting (Kulla Ficare)
- ✚ How to Read a Knitting Chart (Tricia Ennis)
- ✚ How to Work the Tunisian Honeycomb Stitch (Nancy Stallard)
- ✚ How to Work Front/Back Loops, Bars, and Posts (Nancy Wright)

Check out the From the Heart webpage where PDFs of these classes are now posted on both the Pattern and the Retreat pages for those who were unable to attend on Saturday 19<sup>th</sup>. Feel free to download any or all the classes and to share them with others.

Also, don't forget to check out all the photos on the webpage and on the From the Heart Stitches Facebook page. The slides of our Wise County (Remote Area Access) Winter Sweater Project are also posted on the website 😊

Webpage: [www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

Facebook: [www.facebook.com/FromtheHeartStitchers](https://www.facebook.com/FromtheHeartStitchers)



### **Change to Fredericksburg FtH Group**

If you attend or plan to attend the Day meetings in Fredericksburg please read the following important information.

In case you were not able to attend the last Fredericksburg From the Heart Day meeting, we are no longer able to meet at Wegman's **only** for the **daytime**

meetings. They have been making some changes to their seating area on the second floor, and their new configuration just will not work with a group of our size.

While Wegman's has been a great meeting place for us for the past 5+ years (plenty of seating, ample parking, centrally located, food and grocery shopping available) we now need to expand our horizons. On a temporary basis, we will be holding our meetings at the Ruritan Building 5994 Plank Rd - out West on Rt. 3. We realize it is slightly further for some, however it is not too far from Central Park and we were able to get it quickly arranged. It is the same place where we have our workshops. On the positive side.... we will not run out of room and no competition to hear when we are talking!

We took a vote at the last day meeting and have changed our meeting times to 10:30AM to whenever we decide to break up for lunch. We can't use the kitchen there, but we can use the refrigerator in case we want to bring our lunch. For those who want to leave and go to lunch, there are plenty of fast food and sit-down restaurants close by.

### **So, to recap...for the DAY meetings only:**

**Dates:** 2nd and 4th Tuesdays of the month - beginning immediately

**Time:** 10:30AM til 12:30PM or 1:00PM or whatever

**Where:** Ruritan Building 5994 Plank Rd Rt. 3, Spotsylvania

The evening meetings will still be held at Wegman's on the 3rd Tuesday of the month from 6:30 - 8:30PM

This is to be a temporary relocation only, so please keep your eyes and ears open for a place that would allow us to meet on a scheduled basis. Preferences are a central location, ample off-street parking, and free for charitable groups. Our location does not matter. It is not the place that defines From The Heart, its the people that make us who we are.

THANKS for doing all that you do.

Pam and Sally

### **Tip of the Month How to Make a "Magic" Knot**

This knot creates a join in your work that is almost invisible and requires no weaving in at the end of your project

Working Yarn = one coming off work

New Yarn = new yarn

Lay the two yarns side by side vertically with the working yarn to the left and the new to the right. With new yarn go under the working yarn, back over the working yarn, creating a loop and pull the new yarn through the loop to create a knot

Now with working yarn – go over new yarn, under new yarn and through the loop

Imagine (for ease of description) one **blue** and one **red** yarn. Take the end of the **blue** yarn and *tie it around* the **red** yarn about 6" from the end of the red yarn. Now take the end of the **red** yarn and *tie it around* the **blue** yarn about 6" from the end of the blue yarn.

**REMEMBER:** You are not tying the blue and red yarns together. You are tying one color around the other (twice).

Then pull gently to slide the knots together

Do a pull test – if you have joined properly it will not separate.

Trim as close as you like. Once you have worked a few more rows of your project, even you will have difficulty finding the join.

### **A Slight Problem**

Several times, recently, when a shopkeeper has gone to work the morning shift, the front door has been found to be unlocked. When you leave in the afternoon, please make sure that the door is locked and that the lockbox is scrambled. I always tug the handle hard after I've locked the door just to make myself absolutely certain that I actually have locked it properly.

If you are a shopkeeper and don't know the code to the lockbox in order to unlock/lock the shop, please give me, Tricia (804-683-9015), or Lois, (804-305-4971), a call.

### **Current Needs**

**Richmond and Surrounding areas** have a need for:

Adult cotton hats.

Layette sets (hat, sweater, and blanket)

Bed-size blankets (32" X 72") for McGuire Hospital

Palliative Care blankets (bed-size)

**Fredericksburg/King George** has a need for:

Baby blankets

Lap blankets

Hats and scarves – all sizes, male and female

As you can see, we need lots of blankets. Blanket patterns (using worsted weight yarn, #4 on the label) can be found at the end of this Newsletter. To make them larger, please refer to the Tip of the Month from July of this year ☺

If you would like to make a “quick knit” blanket, we have several tubs of chunky weight yarn at the shop. They are on and near one of the coffee tables in the main room. There is additional chunky weight yarn in the cubbies on the left hand side of the yarn corridor.

As always, please make whatever you enjoy making. We make the current needs known, not to say that they are something you must make but only to keep you ‘in the loop’ and give you the opportunity to work on these items should you wish to do so. We will find a home for anything you care to create (except cowls, for which we currently have no outlet). Whatever you make, thank you for your untiring efforts and dedication to From the Heart.

### Donation Inventory Numbers Through August

Previous Total	
Mid 2002 – 2016	259,125
2017	
January - July	<u>14,157</u>
August	1,966
Year to date total	16,123
Grand Total	275,248

### Shop-keeper of the Month – August 2017

At the end of every month, we put the names of all the people who have volunteered to staff the shop that month (one chance per shift worked) into a bag, give it a shake, and pull out a name to be the Shop-keeper of the month. This month’s winner (August) is Janette Rooney. Next time you are at the shop, Janette, please pick out some of the nicer yarn for your personal use as a thank you for the times you have volunteered this month.

If you would like to have a chance to have your name entered, contact Ann Robbins at (804) 921-1174, email [aerobbins@live.com](mailto:aerobbins@live.com), Tricia Ennis at (804) 683-9015, [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), or Jacqueline Muoio at (840) 840-4687 [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com) and ask about how you can become a shop-keeper.

### Shop Hours and September Scheduler

Jacqueline Muoio is the September scheduler and she can be reached at [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com) or by phone at (804)840-4687 if you would like to volunteer as a shop-keeper for two hours this month.

Schedulers are responsible for ensuring that the shop is properly staffed and that two people are on duty for each shift. Schedulers are responsible for one month at a time.

If you are interested in becoming a *scheduler* and want to know more, contact one of the current schedulers. They are:

Ann Robbins: [aerobbins@live.com](mailto:aerobbins@live.com), 270-6247 (h), 921-1174 (c)  
Tricia Ennis: [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), 683-9015  
Jacqueline Muoio: [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com), 840-4687

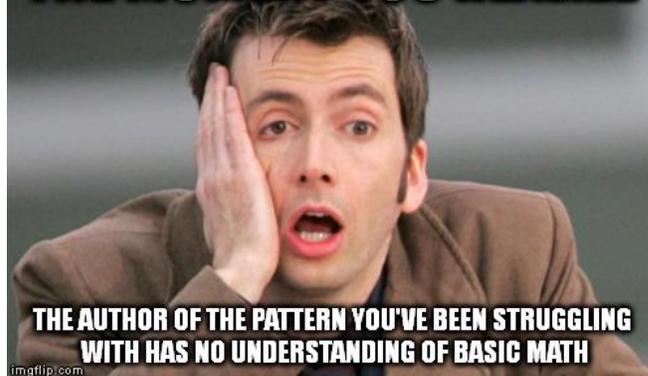
The From the Heart ‘shop’ is located at 1114 Westbriar Drive in Henrico and is open from 10am until 2pm every Tuesday, Wednesday, Thursday, and Saturday. See the calendar at the end of this newsletter for information about the times and places of From the Heart groups which are additional to the shop hours.

### This is YOUR Newsletter

This really is your Newsletter. We really do want it to be something you enjoy receiving and reading so please continue to suggest articles and ideas, or tips such as the one (above) from Sheila this month. You can do that by letting me, Tricia, know by leaving me a note at the shop, by phoning me on (804) 683-9015, or by emailing me at [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com).

Been There and Done That ☺

**THE MOMENT YOU REALIZE**



**THE AUTHOR OF THE PATTERN YOU'VE BEEN STRUGGLING WITH HAS NO UNDERSTANDING OF BASIC MATH**

imgflip.com

## Simple, Easy Crocheted Blanket

**SIZE:** Size will vary depending on yarn and hook. Chain an even number of stitches to measure the desired square, then one more chain. Example: For a 40 inch square, create a chain (even number of sts) 40" plus one more chain. Next follow the directions as shown above for rows 1 and 2.

### ABBREVIATIONS

ch(s) = chain(s)

dc = double crochet sc = single crochet

### MATERIALS

Approx. 16 oz. Worsted (#4) yarn

Size K crochet hook



Make a chain following the instructions above

Row 1:

Sc and dc in 2nd ch from hook, \*skip 1 ch, sc and dc in next ch; rep from \* across. Ch 1, turn.

Row 2:

Sc and dc in first dc, \*skip next sc, sc and dc in next dc; rep from \* across, skip last sc, chain 1 and turn. Repeat row 2 for pattern.

Repeat row 2 until the blanket measures the desired length.

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## Slipped Stitch Knitted Baby Blanket

### Materials:

US Size #10, 29" circular needle

Worsted weight (#4) soft acrylic yarn, approx. 1,200 yards for a blanket 33" X 41". A shorter blanket of about 33" X 31" can be made using a 1 lb skein of Pound of Love

Tapestry needle to weave in ends

### Abbreviations:

k knit

p purl

rep repeat

sl slip stitch PURLWISE with yarn held loosely to back of work – do not pull tight

st(s) stitch(es)

### Pattern:

Cast on 133 sts (long tail method is best).

Rows 1 – 5: k

Row 6 (ws): k5, p to last 5 sts, k5

Row 7 (rs): k

Row 8 (ws): k5, p to last 5 sts, k5

Row 9 (rs): k

Row 10 (ws): k8, sl 1 \*(k3, s1), rep from \* to last 8 sts, k8

Row 11 (rs): k

Row 12 (ws): k8, sl 1 \*(k3, s1), rep from \* to last 8 sts, k8

Row 13 (rs): k



Repeat rows 6 -13 until blanket measures approx. 1" less than you want it to be, ending after row 6.

Knit 4 rows, cast off knitwise, and weave in ends.

# From the Heart Local Group Times

# September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p><b>1</b> Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p>	<p><b>2</b> Atlee Angels Legacy Park 1 – 3 pm</p>
<p><b>3</b></p>	<p><b>4</b> Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p> <p>Midlothian Women’s Group, Starbucks, Ivy Mount Shopping Center 10:00am</p> <p><b>LABOR DAY</b> – please check with your group leader to make sure your group is meeting</p>	<p><b>5</b> Chesterfield Heights Community Center 2:00-3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p><b>6</b> ElmCroft Retirement 1:30</p> <p>Colonial Heights Senior Center 10-noon</p> <p>Mathews Group, Rescue Squad Hudgins, VA 10:30 am – 2:00 pm</p> <p>Colony Critters’, Patriot’s Colony in Williamsburg. 1:3pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Michael’s, Midlothian TnPk. &amp; Courthouse Rd. 12:00-3:00</p>	<p><b>7</b> Hopewell Library 6pm – 8 pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p><b>8</b> Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p> <p>Kay’s Krafters 1 –5 pm</p>	<p><b>9</b> Louisa Group Hardee’s 10 – noon</p>
<p><b>10</b></p>	<p><b>11</b> Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p>	<p><b>12</b> Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Fredericksburg Wegman’s Ruritan Bldg, Plank Rd. - 10:30a -1:30pm</p> <p>Montpelier Crafters 1 – 3pm</p>	<p><b>13</b> Dinwiddie Library 1:00-3:00pm</p> <p>Colonial Heights Sr Center 10-noon</p> <p>Chesterfield Needlework Friends Chester Library. 1pm - 2.30pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>B’mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>King George - Peace Lutheran Church 10 am – noon</p>	<p><b>14</b> Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p>	<p><b>15</b> Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p>	<p><b>16</b> Atlee Angels - Legacy Park 10 – noon</p>
<p><b>17</b></p>	<p><b>18</b> Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p>	<p><b>19</b> Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Fredericksburg Wegman’s 2nd Fl Food Court - 6:30-8:30pm</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p><b>20</b> Colonial Heights Sr Center 10-noon</p> <p>ElmCroft Retirement 1:30</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Michael’s, Midlothian TnPk. &amp; Courthouse Rd. 12:00-3:00</p>	<p><b>21</b> Hopewell Library 6pm – 8 pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p><b>22</b> Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p> <p>Kay’s Krafters 1 –5 pm</p>	<p><b>23</b></p> <p>Redeemer Lutheran Church, Redbridge Rd in the upstairs Conference room. 9 - 11am</p>
<p><b>24</b></p>	<p><b>25</b> Hillcrest UMC, Fredericksburg 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p>	<p><b>26</b> Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Montpelier Crafters 1 – 3pm</p> <p>Fredericksburg Wegman’s Ruritan Bldg, Plank Rd. - 10:30a -1:30pm</p>	<p><b>27</b> Dinwiddie Library 1:00-3:00pm</p> <p>Colonial Heights Sr Center 10-noon</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>B’mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>King George - Peace Lutheran Church 10 am – noon</p>	<p><b>28</b> Hopewell Library 10am – noon</p> <p>Summerhill Retirement Center 1:30 – 3:30 pm</p> <p>Hopewell Library 10am – noon</p>	<p><b>29</b> Starbucks Huguenot Rd 11 am - 1:30 pm</p> <p>Five Rivers Fiber Guild 10 – noon, Rice’s Hotel/Hughlett’s Tavern, Heathsville</p>	<p><b>30</b></p>

**From the Heart Local Group Times – please check reverse for month specific meetings**  
**Shop on Westbriar is open 10am – 2pm Tues, Weds, Thurs, Sat every week unless noted on calendar (see reverse side)**

Name	Address	City	Day of Month	Time of Day
A Common Thread, Mathews area group	Mathews Rescue Squad Building	Hudgins, VA	Wednesday, 1 <sup>st</sup>	10:30am – 2:00pm
Atlee Angels	Legacy Park Social Center Midday Lane	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm/10-noon
Brandermill/Woodlake	Clover Hill Library, Deer Run	Midlothian	Wednesday 2 <sup>nd</sup> and 4 <sup>th</sup> (DS time only)	6.30 - 8.00pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Road	Richmond	Thursday 2 <sup>nd</sup>	1:30 - 3pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, every	2 – 3:30pm
Chesterfield Needlework Friends	Chester Library, 11800 Centre St.	Chester	Wednesday, 2 <sup>nd</sup>	1 -2 :30pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Colony Critters	Patriot's Colony	Williamsburg, VA	Wednesday 1 <sup>st</sup>	1.30pm
Crossings at Bon Air	Bon Air Crossing Drive	Richmond	Monday, every	2:00pm
Dinwiddie Designers	Dinwiddie Library, 14103 Boydton Plank Road	Dinwiddie	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:00pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	1:30pm
Farmville	Farmville Baptist Church, 132 North Main St	Farmville	Wednesday, every	5:00pm
Five Rivers Fiber Guild Charity Stitchers	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am - noon
Fredericksburg Group	Ruritan Building, Plank Rd.	Fredericksburg	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	10:30a – 1:30p
Fredericksburg Group	Wegman's 2 <sup>nd</sup> Floor Food Court, Central Park	Fredericksburg	Tuesday 3 <sup>rd</sup>	6:30 – 8:30pm
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10am - noon
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson Street	Hopewell	Thursday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am - noon
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson Street	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	6 - 8pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 <sup>nd</sup> , 4 <sup>th</sup>	1 - 5pm
King George, Peace Lutheran Church	5590 Kings Highway	King George	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am - noon
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2 <sup>nd</sup>	10am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	9am - noon
Michael's, (craft room)	Midlothian TnPk. & Courthouse Rd	Midlothian	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	Noon – 3pm
Midlothian Women's Group	Starbucks, Ivy Mount Shopping Center	Midlothian	Monday 1 <sup>st</sup>	10:00am
Montpelier Crafters	Montpelier Center for the Arts and Education	Montpelier	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1 – 3pm
Panera Bread	Midlothian and Chippenham	Richmond	Tuesday every	5:30 – 7:30pm
Panera Bread	11649 Midlothian TnPk	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	6 - 8:00 pm.
Prince George Yarnspinners	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	2 - 4pm
Redeemer Lutheran	9400 Redbridge Rd.(upstairs Conference. room)	Richmond	Saturday 4 <sup>th</sup> (except Dec)	9 – 11am
Starbucks	5001 Huguenot Road	Richmond	Friday Every	11am-1:30pm
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4 <sup>th</sup>	1:30 - 3:30pm