



Grateful Thread – March 2025

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Big Honors & Big Milestones – A Month to Remember!

February may be known as the month of love, but this year, it was also a time of celebration! If you're a fan of snow, there was plenty to enjoy—but the real highlight was celebrating two incredible women and seeing *From the Heart* gain well-deserved recognition in the media for its amazing work.



Lois Moore (l) and Tricia Ennis at the 2024 FtH Retreat.

A Well-Deserved Honor for Two Inspiring Women

We are beyond thrilled to announce that **Lois Moore**, founder of From the Heart, and past president **Tricia Ennis** have been selected to receive a 2025 "Living Your Dash" Award! This prestigious honor recognizes individuals who embrace life with courage, kindness, and passion—qualities that Lois and Tricia embody every day through their dedication to From the Heart.

A special thank-you to **Shannon Armes** with Skylar's Love Mission for encouraging us to submit a nomination to [Full Circle Grief Center](#), the organization behind these annual awards. Lois and Tricia will be officially recognized at a luncheon on May 8th, at the Country Club of Virginia.

This award takes inspiration from the poem [The Dash by Linda Ellis](#), which reflects on the significance of the "dash" between the dates on a tombstone—the time we spend truly living. Lois and Tricia's unwavering commitment to serving others has left an incredible mark on our community, making this honor so well deserved.

Please join us in congratulating Lois and Tricia on this outstanding achievement!

More Reasons to Celebrate!

As if February wasn't already full of exciting news, From the Heart has also been in the media spotlight after reaching a phenomenal milestone—600,000 handcrafted items donated to those in need!

On February 24th, From the Heart was featured on the front page of the [Richmond Times-Dispatch](#). The article told the story of our journey, from humble beginnings to the incredible impact we have today. Several of our dedicated members who happened to be at the workshop during the interview were also featured, giving a well-deserved spotlight to the hands and hearts behind our mission.



*Sandy D. selects donated yarn to turn into a baby blanket at From the Heart Stitchers on Saturday.
Photo by: Margo Wagner, Times-Dispatch*

And the excitement doesn't stop there! [WRIC-TV ABC 8News](#) recently visited our Richmond workshop to highlight From the Heart on their *Positively Richmond* segment. This fantastic spotlight highlights your generosity as volunteers and the impact your work has on two of our recipient agencies.

It's truly heartwarming to see From the Heart receive the recognition it so richly deserves. None of this would be possible without **you**—our dedicated volunteers and supporters. You are the reason we can keep making a difference, one handmade item at a time. —**Dorothy B.**



REMINDER--Elf Training and Refresher Course for the Richmond Workshop



- Saturday, March 8, 2 pm – 3pm (This session is full)
 - Saturday, March 22, 2 pm – 3pm
 - Tuesday, March 25 2 pm – 3 pm



A refresher course is always beneficial, especially when tasks evolve, as they have in the Richmond workshop.

This mandatory course is for current elves and those interested in becoming an elf.

Email fromtheheartstitchers@gmail.com with your name, phone number, email address and preferred date.

If you're a newly trained elf, we want to ensure you feel comfortable with all workshop procedures. That's why you'll be paired with an experienced elf for your first three to four shifts. This mentorship will help you gain confidence in your role and ensure a smooth transition into the team.

If you would like to become an elf, email us at the above email address, and we will get you on the schedule.



Wednesday, March 26 | 9:30 a.m. - 4 p.m.
Dewey Gottwald Center - Science Museum of Virginia
2301 W. Leigh St., Richmond, VA 23220

The Alzheimer's Association—
Greater Richmond Chapter will host



a [conference](#) on March 26, 2025, at the Dewey Gottwald Center, located within the Science Museum of Virginia. The event will take place from 9:30 am to 4:00 pm.

From the Heart will have an informational table at the conference, showcasing examples of the items we provide to memory care units. We look forward to engaging with attendees and sharing how our contributions support individuals affected by Alzheimer's and dementia.

[Registration](#) is \$15 per person, and a box lunch is included. The deadline is March 15. For anyone wishing to come by just to visit the vendors displays only - they do not need to register, but FtH must provide a list of names the week prior so you are not charged at the door. Email, fromtheheartstitchers@gmail.com and put Alzheimer's in the subject line and leave your name and phone number.



Join Us for "Fabric Cutting Day" in Stony Creek, VA



On Friday, March 28, 2025, from 10:00 a.m. to 2:00 p.m., the *From the Heart* group in Stony Creek, Va., will be hosting a "Fabric Cutting Day." **Rebecca Kennedy**, who coordinates the Stony Creek Group—located approximately one hour south of Richmond—has received an overwhelming number of requests for fabric items. To help meet these requests, she is inviting volunteers from the Richmond area to participate in a morning of fabric cutting and kit assembly for pillows, hats, gloves, drain bags, and more.

Volunteers are asked to bring a pair of sharp scissors and a packed lunch. Since Stony Creek is about an hour's drive, carpooling is encouraged. If you are interested in participating in this productive and enjoyable event, please email your name with "Fabric Cutting Day" in the subject line to fromtheheartstitchers@gmail.com by **March 20th**. **Dorothy B.** will coordinate carpooling and provide additional details to those who would like to participate.



Our Fredericksburg Chapter is planning a SPRING Gathering

Be sure to hold this date and invite a friend!
Tuesday, April 29, 2025, 10am-2 pm
(Come and go or stay all day)

Chancellor Community Center
7300 Old Plank Rd., Fredericksburg, VA 22407

It will be a half-day of fun and fellowship not to mention lots of new ideas, and of course, plenty of “show and tells. What to bring: Lunch and a beverage, a project to work on, a project or ideas for sharing (optional), a small donation to help to cover the cost of the rental and raffles and smiles and laughs!



MARK YOUR CALENDAR!

THE 20TH ANNUAL FROM the HEART RETREAT
SATURDAY, AUGUST 23, 2025, 10:00 a.m. – 3:30 p.m.

At [The Place in Innsbrook](#)

Registration will begin in June.

This BEAUTIFUL 42” x 42” quilt was skillfully made and donated by **Nancy G.** and will be one of our raffle prizes!

Thank you, Nancy, for sharing your time and incredible talent with From the Heart!

Spotlight on a FtH ❤️ Elf!

If you come to the workshop very often, you will likely recognize **Katya A.** She volunteers several times a month in the workshop as an elf, works with the distribution team, and coordinates the bereavement kits.

Katya and her husband came to the US from Russia in 1997, to work as computer programmers in preparation for Y2K. She retired in 2010 and learned about the workshop through her neighbor Ann Bakker. That was good for the workshop, as she has contributed at least 1700 items during the past 11 years! She makes many of the items for the bereavement kits and coordinates the collection of items donated by others. Katya said that the whole purpose was to help others. People helped her when she was sick, and she likes being able to help others now.

Katya learned to knit and crochet when she was 10 or 11 years old, and she taught herself from a book! As is true for so many of our volunteers, she especially enjoys the companionship and social interaction at the workshop. — **Mary Jo F.**



Photo by Mary Jo F.



WOW!!! Rosa C. YOU ARE AMAZING!!!

During 2024, **Rosa C.** knitted over 1,500 items for FtH! When asked, Rosa softly said, "I am really glad From the Heart is available to help so many people in need of comfort, and that I can contribute." In 2024, Rosa made 1,545 hats, 78 scarves, and 28 baby blankets. She said, "I plan to keep going with your many helpers always encouraging me to do what I can." Rosa, please continue to do what you can! Your talent and generosity know no bounds! We thank you with all our hearts! ❤️



Richmond FtH Workshop Happenings!



(Photo left) **Ella B.**, thank you for donating this sweet baby Valentine hat with white hearts! A lucky little baby is going to look absolutely adorable in this little hat! ❤️

Cary H. (photo right) and her mother, **Susan H.**, recently visited the workshop to generously donate handmade wool scarves and dog beds. Cary, an experienced knitter, joined FtH not long ago, and Susan expressed her delight, saying, "I absolutely love having a knitting buddy! We are having so much fun together."



Photo by Mary Jo F.



(Photo left) **Karol C.** had just delivered four adorable bunnies to FtH, and is now busy selecting the next four squares to make into bunnies. She is sticking to her goal of making four bunnies every couple of weeks for FtH. Thank you, Karol! The bunnies are always in demand.

Lydia B. (photo far right) recently had the pleasure of assisting a gentleman during her shift at the USO who was feeling quite flustered. Having flown in from California, he was eager to arrive in time to witness the birth of his grandchild, whose mother is stationed at Quantico. However, with a tight schedule, including a meeting at the Department of Defense, he found himself without time to pick up a gift for the newborn. Thankfully, Lydia and Rebekah were there to lend a helping hand! They quickly resolved one of his concerns by providing him with a beautiful "From the Heart" blanket, ensuring he had a thoughtful gift for the new arrival.





(Photo Left) Tangled but determined! We are sorry to say two friends were tangled up in a mess of yarn today at the From the Heart workshop. They were looping and twisting every which way! But don't despair—**Heidi R.** and **Randi S.** weaved through the knots with patience and care!

(Photo right) **Heidi R.** also skillfully assembled a completed blanket using large squares received by FtH, adding her own creative touch with a few handcrafted blocks—including the beautiful one in the upper right corner. Her generosity and craftsmanship have made this piece truly special!



(Photo left) **Ursula B.** has been BUSY! In the last six months, she's created **41** beautiful, knitted items—each one earning plenty of 'ohhhhs' and 'awwws' at the workshop. Especially the little blue baby hat and blanket, pictured front and center!

The workshop was busy on February 15—maybe because it was closed all week due to the weather. We were happy

to give (photo right) **Michele D.** a tour of the workshop. She had lived in the Richmond area for several years before moving to northern Virginia,

where she joined a group of people who crocheted and knitted at the Jewish Community Center. They donated the items they made to the homeless. When Michele moved back to the Richmond area, she searched on the internet for a similar group and found the FtH website. She brought in 24 hats, 3 infinity scarves and an ear warmer she had made, and stayed and crocheted with other people who were in the workshop. Welcome, Michele! We look forward to seeing you at the workshop and admiring more of your beautiful creations!



On February 18th, the Richmond workshop was very busy again with lots of people stopping in to drop off projects, get yarn, and just socialize together before the next big snowstorm. (Photo left) We all enjoyed seeing **Mary M.** and her whimsical turtles! Mary, you make the cutest little critters!



MY STASH IS LIKE THE BERMUDA TRIANGLE...
YARNS GO IN AND ARE NEVER SEEN AGAIN!

Here are a couple of hilarious internet gems to brighten your day—hope they bring a smile to your face!

When you go to the store for things that aren't yarn but you see yarn over there.





Join the 5th Annual Knit for Food Fundraiser!

FtH will be collecting nonperishable food items from **March 18 – April 5.**

The 5th Annual *Knit for Food* is a 12-hour knitting marathon dedicated to raising funds for four incredible organizations: *Feeding America*, *World Central Kitchen*, *No Kid Hungry*, and *Meals on Wheels*. Want to participate? [Click here](#) to join a national event, or check with your local yarn shop—many

are hosting independent gatherings in support of this cause.

From March 18 to April 5, From the Heart will be collecting nonperishable food donations to support the Welbourne Community Food Pantry, located at 920 Maybeury Drive—just up the road from our Richmond From the Heart workshop. Some of the pantry’s current needs are... canned chicken, mashed potatoes, tomato soup, chicken noodle soup, cereal, individual oatmeal packets and saltines.

We invite you to bring a nonperishable food item each time you visit the workshop during this period. FtH volunteers do it all—not only providing warmth and comfort through our fiber arts, but also helping to ensure nourishing meals for those in need.

Soap Sacks and Toiletry Items Always Needed

From the Heart continues to collect cotton soap sacks (4” x 6”) that will be added to hygiene bags and distributed to the local unsheltered population in Central Virginia. Patterns to loom, crochet or knit can be found [here](#).

Also, FtH collects full *size or sample size (shampoo, conditioner and deodorant for men and women)* for the “unsheltered” in Chesterfield County. These items, along with other donations being provided by other services, will be used to make “Blessing Bags” (hygiene kits) for those in need.

Pop Tops for Ronald McDonald House

HOW IT ALL ADDS UP

10 lbs	1 Meal for Family
27 lbs	1 Night Stay for Family
55 lbs	1 Weekend Stay for Family
190 lbs	1 Week Stay for Family

We are getting a lot of pop tops.... but it takes a huge quantity of pop tops to make a pound. [Ronald McDonald House](#) receives 0.50¢ per pound. Please keep collecting and be sure to drop off yours when you visit the Richmond workshop.



Skylar's Love Mission

Needs Baby Blankets

21” x 21” to 25” x 25”

all in pastels of blue, pink, lavender, mint;
not white, off white or yellow.

Skylar’s Love Mission is a charity located in Wilsons, VA, and founded by Shannon Armes to honor her daughter Skylar. Inspired by faith, hope, and love, the organization provides compassionate support to families facing pregnancy or infant loss.

To learn more about Skylar’s Love Mission, click [here](#). For baby blanket specifications, please click [here](#).



Joann Fabrics IS Closing!

In recent years, there has been widespread discussion about the closure of Joann Fabrics. Well, it looks like it IS going to happen. According to a [US Today](#) article on February 24th, “All Joann locations are set to close after the fabric and craft retailer was auctioned off to a new ownership group.”

Hopefully, other retailers will expand their selection of yarns and fabrics to help fill the gap left by Joann’s departure.



Now is the Time to Help Us Stock the Shelves with Skeins of Yarn

With the unfortunate closure of Joann Fabrics, there may be some significant sales opportunities for craft enthusiasts. If you're passionate about yarn, this could be a great chance to stock up on yarn at reduced prices.

As you take advantage of these deals, consider picking up an extra skein or two of acrylic yarn to donate to FtH. Your generous contributions help ensure our shelves remain well-stocked for the meaningful FtH projects that provide warmth, comfort, and joy to those in need.

The Fabric “Tip Off” by the Material Girls for March Madness!

The Workshop is running a *fast break* toward adding numbers to our total of products made for distribution to our clients. With new sustainable materials and cutting-edge production techniques, our From the Heart Stitchers are making a *slam dunk* in both quality and quantities of pillowcases, walker totes, and bibs, just to name a few. This spring we're seeing *nothing but net* as kits are at *center court*. As we head to the *Final Buzzer*, we expect more game-changing developments in our department. Whether it's lap quilts, or mastectomy pillows, we are taking our *best shot* to keep you up to date on newly donated fabrics. Stay tuned and keep your *eye on the ball*. 🏀 *Stay in the Game!* 🏀 — *The Textile Tip-Off Team* — **Jane W.** and **Chris R.**



[Warren the Charity Bear – a Free Teddy Bear Pattern](#)



Thank you, **Susan W.** for sending the link to make this adorable bear! Susan enjoys making toys and found this pattern last year for a stuffed bear. He's *Warren the Charity Bear*. Susan made him a bit smaller, because you can adjust the pattern size as much as you like. You could even make a whole family of bears! Susan used fleece on the bear's body which is sown together on the machine. You could easily hand stitch this as well. His muzzle and belly were made from felt and hand sewn, as are his facial features. The workshop has a variety of fabrics that would make absolutely adorable bears. A mix of spring prints would make a fun springtime bear. To get the printable pattern, click [here](#). Thank you, Susan, for sharing your adorable bear and where we can get the free pattern!

We are NOT Done with Winter Yet!



Here's a Quick Reminder of Our Inclement Weather Policy

FtH workshop in Richmond **is closed** if the Richmond area (Chesterfield, Henrico, Hanover, Richmond City, etc.) public schools are opening late or closed. Yes, even if the public schools open two hours late, we will be closed. Fredericksburg workshop will be closed if Spotsylvania schools are closed... but unlike Richmond, will open if the schools open two hours late. Please be safe, enjoy any snow days and work on your favorite project(s).



Checkout these Websites!



March means St. Patrick's Day, and it isn't too late to make something in time to celebrate St. Patrick's Day on March 17th. [In the Loop Knitting](#) has St. Patrick's Day knitting patterns with shamrocks on blankets, hats, squares, gloves, and even a leprechaun doll. In the Loop Knitting also has shoulder shawl [patterns](#) to keep you warm for the rest of this cold spring of 2025. There are many types of knitting, but have you tried knitting a banner? [Tech Knitting](#) explains how to create a knitted banner of words. This type of knitting can also be used to create a saying to be framed and given as a gift.



For our crocheters pull up [greenfoxfarmsdesigns.com](#) for 20 ecofriendly crochet patterns you can crochet to replace a few single use items to better our environment. There are also 32 stash busting crochet patterns on this site including a cute freezer pop holder for the kids. Happy St. Patrick's Day! Happy Quilting Day on March 15th —**Janet S.**

I always use a ruler or yard stick when measuring my knits and fabric. (Especially for gauge swatches and blocking.) A flexible cloth or plastic tape measure is not reliably accurate, but it does come in handy when measuring curves; stand it on its edge. —**Dana D.**

The Good and the Bad of Knitting

By **Tricia Ennis**



There was a time in history when it was essential that fishermen know how to knit and/or crochet. This was because they often spent long amounts of time out on the ocean with nets of various types which would require occasional mending. In addition, making different sized holes in the net(s) facilitated the catching of different types of fish.

Usually, you would never think that pirates were equally skilled with their needles and hooks and for the same reason. Blackbeard is one pirate who was considered quite handy with his needles, hooks, and twine.



Sailors and pirates alike often knit their own sweaters and socks to keep them warm and dry at sea. Three particular pattern styles, Aran, Guernsey and Jersey sweaters, are named for the islands the styles originated from.

Actresses Joan Crawford and Norma Shearer were not exactly the best of friends but Joan had a secret weapon to use against Norma. The story goes that once, when she was supposed to be practicing lines with Shearer off-

camera, Crawford broke out a pair of enormous knitting needles and began clacking away as she worked on an afghan she was “making.” When Shearer got annoyed and asked the director to tell Crawford to stop knitting as the noise was distracting, Crawford responded “I will not. I will send her a telegram.” Those of us who knit might take Crawford’s side as knitting does, after all, help one to concentrate.



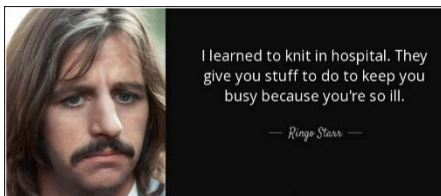
It is well known that First Lady Eleanor Roosevelt enjoyed knitting but her predecessor, Grace Coolidge also loved to knit, calling knitting a “stabilizer in time of perplexity or distress.” Mrs. Coolidge contributed many articles and knitting patterns to ladies' magazines, including [this one](#), which was originally published in the February 1930 *Needlecraft Magazine of Home Arts* and is now to be found in the Lincoln Bedroom at the White House.

World class diver, Tom Daley showed off his skills as he knit poolside at the Tokyo 2024 Olympics.

Daley says he took up the craft during the COVID pandemic to alleviate anxiety and increase focus. Due to the pandemic, Daley is largely self-taught. Daley’s passion grew rapidly and he loves to share his projects on his dedicated Instagram account, @madewithlovebytomdaley, and uses his skills to attempt to raise funds for various charitable organizations.



Many generations of the British Royal family have enjoyed the crafts of knitting and crocheting. Among them are Queen Victoria who enjoyed both but preferred crochet. Elizabeth, the Queen Mother, once quipped that World War 1 was endless “knitting, knitting, knitting.” She taught her two daughters, Margaret and Elizabeth, to knit and there are many photographs of the three knitting together possibly to encourage the women of Britian, during WW2, to make gloves, hats, scarves, and lots of socks (to prevent trench foot) for the forces abroad. Catherine, the Princess of Wales, also knits but claims she is not very good.



Ringo Starr of The Beatles was an avid knitter as he was quite sickly as a child and learned to knit while in the hospital. As he explained in an interview, knitting was “the sort of thing you could do in a bed.”

Perhaps the most infamous knitter is Charles Manson, who died in 2017. Manson was confined to a maximum-security prison and had lots of time to learn new skills. He is reputed to have liked to make socks, which he sometimes unraveled in order to knit dolls. He claimed to have lost one of his teeth when he used them to cut yarn. He was allowed access to knitting needles and yarn but not to scissors.

While Manson’s connection to knitting is certainly an unsettling footnote in the craft’s history, for most, knitting remains a peaceful, meditative pastime—a way to create warmth, express creativity, and even bring people together. Whether making cozy scarves or intricate lace, knitters everywhere continue to stitch stories that are far more comforting than notorious.



Our Sincerest Thanks To:



The Swift Creek Sew ‘n’ Sews Quilt Chapter for sewing up 100 beautiful pillowcases! We truly appreciate all you do for us!

Elizabeth G., thank you so much for your generous donations from our Amazon Wish List! You certainly made several of our wishes come true!

Thank you, **Village Bank**, for donating 11 brand new long sleeve shirts to FtH. These will make very nice dignity bibs!!

A special thank you to **Olivia H.**, from the Fredericksburg area, for organizing a blanket donation drive. A total of 13 beautifully crocheted baby blankets and 11 hats were donated.

Kathy A. for sending another amazing package containing four pairs of fingerless gloves (photo right), a beautiful shawl, and four blankets to FtH all the way from **Lititz, Pennsylvania!**



Martha F., thank you for your generous donation of so many helpful items from our Amazon Wish List! Your support is greatly appreciated!

Anonymous for your donations from our Amazon Wish List! These items will help us provide dignity and warmth to those in need.

Anonymous for your donation from our Amazon Wish List! The baby doll will bring comfort to individuals in a memory care unit and the bright, beautiful yarn is always appreciated.

Anonymous for donating yarn for the FtH Amazon Wish List! It's so pretty and will make lots of lovely items.

Maria S., thank you so much for donating seven packs of fiber fill from FtH's Amazon Wish List. This will make a lot of fun toys and fidgets!

Thank you, **Heidi R.** (pictured right), for not only bringing us adorable blankets but also for gifting us a convenient sweeper! It's perfect for picking up those little bits that end up on the floor. Heidi, your generosity truly sweeps us off our feet!



A Heartfelt Thank You to Our Monetary Donors:

Thank you for your generosity, kindness and support, it truly means the world to us!

Kim and Benjamin L., and **Debbie and Thomas M.**,

♥ “We love getting items for our hospice home patients and for our hospice house...Thank you again for all you do.” **Ellen Manning**, January 29, 2025

♥ “Please accept this gift as a thank you for all your group does for patients of all ages, the homeless, and those in need.” **Maria S.**

♥ “You provide a wonderful service and the atmosphere there is great. Kind regards,” **Pat P.**, February 19

Additional Ways to Help from the Heart



Please consider donating items from the [FtH Amazon Wishlist](#).



FtH members who link their [Kroger Reward Card](#) to FtH can support our organization just by shopping there.

February Distribution

Are you a planner, a responder, or a multi-tasker?

Thanks to each of you that respond to the needs of our recipients and your distribution team whenever we put a request out to you! Here are some suggestions we thought might help you in planning, responding, and creating for us. We distribute between 600 and 900 items each week and our workroom is a busy place with **no storage**. It would be **greatly** appreciated if you would store your finished items until we need them. Hope the list below helps you decide what and when to make things!



Donation Inventory Numbers as of February 27, 2025

Previous Total	
Mid 2002 - 2024.....	597,362
2025	
January.....	2,688
February.....	2,945
Grand Total.....	602,995

January through December- All Year Long!

- All blankets (adult/child/baby)
- Fidgets/toys/bears/bunnies
- Wheelchair/walker totes & market bags
- Shawls/Adult dignity bibs/washcloths/soap sacks
- Knitted knockers/drain bags/port pillows/arm pillows/dialysis sleeves
- Children's Novelty print pillowcases (cotton or flannel only)
- NICU octopus/scent hearts
- Newborn Baby hats - fit 4" ball

August through March

- Hats (adult & child)
- Scarves (adult & child)
- Children's sweaters
- Gloves/fingerless mitts/mittens



Holiday Specials

- Newborn Baby hats: St. Patrick's Day, Easter, Halloween, and Christmas
- Red/White/Blue items for Veterans (donate during October)

Any questions? **PLEASE** email the Distribution Team at fthdistributionteam@gmail.com. Thank you!!!!

Totals	Adult
627	Hats
165	Blankets/afghans/wheelchair blankets
82	Shawls
82	Scarves
50	Underarm and other Pillows
52	Drain tube "Suzy" bags
2	Slippers/socks/booties
42	Sweaters
82	Totes for wheelchairs/walkers/other
44	Bibs
116	Gloves / Mittens/mitts/dialysis sleeves
148	Twiddle muffs
56	Seatbelt protectors
1548	Total

	Baby/Kids
670	Hats
77	Blankets/quilts
27	Sweaters/vests/ponchos
39	Scarves
5	Socks/booties
19	Mittens
39	Infant demise sets
154	Bears/toys
16	Octopus
20	Wash Cloths
138	scent hearts
131	pillowcases
1335	Total



	Other
21	Pet snuggler
7	Misc
18	knitted knockers
15	acrylic squares
1	market bags
62	Total
2945	Grand Total

We are Happy to Welcome Four New Recipients!

- [BrightStar Care](#) – provides respite care, in-home care, skilled nursing, assisted living, and memory care for seniors & adults, children, and veterans in the Fredericksburg area.

- [Little Hands RVA](#), a local nonprofit diaper bank serving the Central Virginia region. Margaret Long, the program director, At Little Hands said, “We provide all the essentials to ensure a child is happy, healthy



and safe from birth-3 years old--and this includes being warm! We fill nearly 250 individual orders each month, almost all requesting a blanket and seasonally appropriate clothing--so to be able to partner with your organization in any capacity would be so tremendously appreciated.”

[Mountain View Nursing Home](#) is a 40-bed long-term care nursing facility owned and operated by the Oak Grove Mennonite Church. They specialize in late-stage dementia and end-of-life care.

[Traditions Health](#) provides home health, palliative, and hospice services. Their goal is to help patients have the best quality of life possible surrounded by the people they love.

Elf of the Month



The Elf of the Month is **Heidi R.** Heidi, please select some of the nicer yarn that is set aside for this purpose. If you need assistance, please contact Dorothy at dbern1939@gmail.com

She will show you where we keep the nicer yarn for personal use in the closet and on the dresser by the desk.

Thank you for your joyful disposition and the many hours you volunteered in February!



Workshop Scheduler for March

Jacqueline Muoio is the Richmond workshop scheduler for this month. Please contact her at msjbangles@yahoo.com to volunteer for a shift.

In Fredericksburg, please contact **Nancy Phillips** at phillips5831@gmail.com.

If you are a new volunteer or would like to become a workshop elf, let your scheduler know, and you will be paired with an experienced elf. It is that easy and so much fun!



Current Needs

Richmond

- Knitted Knockers **HIGH PRIORITY**
- Dialysis blankets (fleece, knit, crochet)
- Bibs/clothing protectors
- Long Bibs with Velcro closures at the neck and fidgets attached to the front for Spring Arbor Senior Living
- Wheelchair totes
- Dialysis sleeves
- Chemo hats
- Chemo shirts
- Fidgets, fidgets and fidget mats....and lots of fidgets!

Fredericksburg

- Continues to need blankets for adults, babies and children. All sizes.

A big **THANK YOU** to those of you who turned in blankets in all sizes at the last Fredericksburg meeting!

*****Reminder ***Fredericksburg Workshop***Reminder***** **Workshop Access**

Reminder: You can no longer access the workshop through the back door. It is no longer permitted. All entry must now be made through the front entrance on Central Park Blvd. You may park in the back, and to get to the FtH front door, enter through the Rappaport Corporate Office glass doors located to the left of the electric room doors. Go all the way through their building to the glass doors that exit onto the street side, turn right, and walk down the sidewalk to the FtH entrance a few doors down. Signs are up to help guide you. In February, the FXBG workshop is open on the second and fourth Tuesday; **March 11th** and **25th** from 10 am to 1 pm. The address is [1320 Central Park Blvd., Suite 108 Fredericksburg, VA 22401](https://www.google.com/maps/place/1320+Central+Park+Blvd,+Suite+108+Fredericksburg,+VA+22401).



Sew Shirt Sleeves into Drain Bag Covers by Marilyn H.

We extend our thanks to **Marilyn H.** for sharing this innovative idea. It offers a creative solution for using sleeves when the rest of the shirt is made into a dignity bib. Or, if the sleeves of a shirt are in good condition, but the rest of the shirt is not usable.

To execute this idea, begin by cutting the sleeve approximately 10 inches from the cuff. French seam the bottom edge inside the bag for a clean finish. Next, cut six 2-inch-wide strips from the top of the sleeve. Sew the strips end to end to create two long strips, each approximately 40" in length. For the finishing touches, fold each strip and either zigzag or serge the edges. Alternatively, you may fold each strip with the right sides together, sew the

edges, and then turn them right side out.

Finally, take one strip and attach each end of the strip to the cuff edge, on the opposite side from the buttons, securing them with a zigzag stitch.

Group Meetings	Address	City	Day of Month	Time of Day	Contact
Atlee Angels	Legacy Park Social Ctr Midday Ln	Mechanicsville	Saturday 1 st , 3 rd	1- 3 pm	Laurie Fuller, 804-467-9109, fullerlc@comcast.net
Chesterfield Heights Comm Ctr	901 Madrona Street	Midlothian	Tuesday, every	2-3:30pm	
Chesterfield Needlework Friends	Central Library, 7051 Lucy Corr Blvd.	Chesterfield	Wednesday, 2 nd , 4 th	1-2:30pm	
Colonial Heights Sr Ctr	Roanoke Avenue	Colonial Hgts	Wednesday, every	8:30am-noon	Laura Logan 804-526-4202
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 st	1.30pm	Betsy Ziomek, betsyziomek@gmail.com 804-221-2217
Chester Stitch Squad	11800 Centre Street	Chester	Wednesday, March 19	6pm – 7:30pm	Barbara R. 804-920-8005 bababs@verizon.net
Dawn Library	31046 Richmond Turnpike	Hanover	Wednesday, every	2:30 – 4:30pm	Ann Wade, 804-632-8241
Dinwiddie Designers	Library, 14103 Boydton Plank Rd	Dinwiddie	Wednesday 2 nd , 4 th	1:00–3:00pm	
Elmcroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 2 nd , 4 th	1:30pm	Kathleen, 804-327-1990
Five Rivers Fiber Guild	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am-noon	Judy Mooers, 804-366-1133, jkmooers@aol.com
Fredericksburg	1320 Central Park Blvd., #108	Fredericksburg	Tuesday, 2 nd , 4 th	10:00am- 1:00pm	Sally Moore 540.295.6224, slmoorefth@gmail.com
From the Heart Quilters	Quilter's Corner, Sycamore Square	Midlothian	Monday 1 st , 3 rd	10:00am -12:30pm.	Betsy Vest. 804-747-0297, epvest3@gmail.com
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm	
Glen Allen Library Knitting Group	10501 Staples Mill Rd	Glen Allen	Thursday, every	1 – 3:00pm	Barbara Robinson 804-310-3790
Hampton Roads		Virginia Beach			Michelle Sartelle Michellesartelle@gmail.com
Hanover Fiber Arts	Atlee Library, 9212 Rutlandshire Dr	Mechanicsville	Tuesday 1 st , 3 rd	1 – 4:00pm	Phaedra Knoller 804-933-0708 Beth Watkins 804-347-9286
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 1 st , 3 rd , 5 th	10am-noon	804-458-6329
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Tuesday 2 nd , 4 th	5:30-7:30pm	804-458-6329
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 nd	1-5pm	Deborah Corbett 804-794-1251 corbett0@gmail.com
Knitwickers, Newfound Church of Christ	14166 Gordon Lane	Glen Allen	Friday, 2 nd	10am-noon	Linda Simon, 804-320-0133
Louisa Hardees	881 Jeff Davis Hwy	Louisa	Saturday, 2 nd	10am-noon	Pat Gibson 540-872-5524
Mathews Group, A Common Thread	Ch of Francis De Sales, 176 Lovers	Mathews	Wednesday, 1 st	10:30am–2:00pm	Not Currently Meeting
Southside RVA Stitchers	Publix upstairs café, 7045 Forest Hill Ave.	Richmond	Tuesday, every	6:30-8pm	Patricia Selinger 804-467-5699
Spring Arbor Senior Living	9991Ridgefield Parkway	Richmond	Wednesday, every	1:30pm	(804) 754-8700
Stitchin' in the Stacks, Heritage Public Library, Charles City	10790 Courthouse Rd	Charles City	Wednesday, 3 rd	2:00pm	Charles City County Library (804) 652-2450 In Person
Stitchin' in the Stacks, Heritage Public Library, New Kent Branch	7791 Invicta Lane	New Kent	Tuesday 1 st	2:00pm	Heritage Public Library, 804-966-2480 In Person Mtg.
Stonebridge Recreation Ctr	230 Karl Linn Drive	N. Chesterfield	Monday every	10:00am–1:00pm	Must call Stonebridge Rec. Ctr. To confirm first
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Thursday 4 th	1:30-3:30pm	
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 nd , 4 th ,	10:30am-12:30pm	Ginger Todaro gbtodaro@gmail.com
Verena at the Glen	10285 Brook Road	Glen Allen	Thursday, every	3pm Tracy Lonski	Tracy Lonski. 804-261-1100, ext./ 207
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday, every	10a-noon	Wendy Alvis - 804-520-9395
Yarn Buddies for Charity	12651 Three Chopt Road	Henrico	Tuesday, every	11:00 am	Rosa Castrechini – 814-831-6391