



Grateful Thread – January 2026

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Dear From the Heart Members,

Happy New Year! As we celebrate the beginning of 2026, please join me in thanking our outgoing President, **Dorothy Bernstein!** Dorothy is the creative force behind our monthly newsletters, our celebration and media recognition of our 600,000 items distributed milestone reached in early 2025, our amazing retreat in August, and countless other projects. Please join the board in thanking Dorothy for all she has done, and for her continued service on the board and in creating our newsletters!

I look forward with excitement to serving as your President alongside **Ellen Dukette**, your Vice President. **From the Heart is 25 years old this year**, and we are looking forward to celebrating this in many ways. Thank you, **Susan Rickman**



L – R: Ellen Dukette and Susan Rickman



Don't Miss Fidget Mat/Mitt Saturday

When: January 24, 2026 • 10 a.m.–2 p.m.

Where: Richmond FtH Workshop

Fidget mats and mitts feature a variety of textures, items, and activities sewn onto them. They are designed to engage the user's senses and keep hands busy, helping to ease anxiety, agitation, and boredom often experienced by individuals living with dementia.

We receive many requests for fidget mats, and they are easy and fun to make! So bring a friend, let your creativity run wild, and enjoy a meaningful day of giving. We'll provide all the supplies you need to create one—or even two—fidget mats or mitts to donate to one of our many recipient agencies.



From the Heart Inclement Weather Policy

If the schools are closed, or opening late, the workshop will be closed.

This rule applies regardless of where you live. For the Richmond-area, we look at Chesterfield, Henrico, Hanover, and Richmond City schools. For Fredericksburg, we look at Spotsylvania County schools. If the schools that determine your meeting location are closed or opening late, your meeting spot will be closed. A separate notice will be sent out on Friday evening if we are not opening on a Saturday, since the schools cannot be the guide.

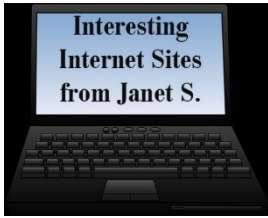
Leading with Heart: Dinwiddie Library Group Supports Christmas Share Project

Betty M. and **Andie J.**, former Dinwiddie County school teachers and active members of the **FtH Dinwiddie Library Group**, headed up this year's *Christmas Share Project*, which provides assistance to children up to 14 years of age during the holiday season.

Everyone involved works on this wonderful project throughout the year, and this season the group collected



more than 315 hats and assisted on distribution day, helping parents pick up the donated items. Super job, Betty, Andie, and everyone who helped ensure that many local children experienced a brighter, warmer holiday season!



I am nosey. I have always been nosey. Knitting and crochet have changed so much in my lifetime you have to be nosey to keep up with it. There are several websites to at least try to see the evolution and advancement of our lovely knitting and crocheting. One of my favorites is yarnspirations.com which has free patterns showcases new yarns and sells the yarn. Another site is vogueknitting.com which has magazines, trips, cruises, books, and seems to show off new ideas. Knotions is showing off the color of the year and how to use it in a yearlong KAL (knit along) where color is taught by completing a block a month to make a 12 block blanket by December 26. Check out clover-usa.com it has one or two patterns different and usually purposeful. I peruse these sites every month and enjoy the information they give. —**Janet Spartzak** Happy New Year's Day Jan 1st! Happy Epiphany Day Jan 6th!



Horn of America Sewing Table Available

From the Heart has received a generous donation of a Horn of America sewing table, currently located in the front room of the Richmond workshop.

The table is in excellent condition. Unfortunately, two wheels were broken during transport, but we are hopeful this will be an easy repair. It measures approximately 48" wide x 39½" deep.

As much as we love this beautiful and highly functional table, we do not have the space to keep it in the workshop. Therefore, we are making it available to anyone who would like to add it to their sewing room in exchange for a kind donation. If you are interested, please email us at fromtheheartstitchers@gmail.com.



Needed: Valentine Hats and Pillowcases!

**We have a request from local hospitals for
100 - 150 Newborn Valentine Red Hats with White Hearts
Deadline is February 1, 2026**



These full-term baby hats can be knit or crochet, any stitch or pattern (but no straps), any weight yarn except chunky/bulky. They need to be red and include a white heart somewhere, if possible, although red hats with heart shapes clearly visible in the pattern are also OK. If necessary, a white heart securely fastened to a red hat is also fine. To crochet a heart for your red hat, click [HERE](#). The red and white hat pictured to the right is a free pattern on Ravelry called "Milda," and the pattern is available [here](#). For a crochet

hat pattern (photo left), click [HERE](#).

We also need 100 Valentine Pillowcases (standard size pillowcases)

A pillowcase pattern with photo instructions is available on the FtH website - click [HERE](#)



Our Sincerest Thanks to...

Kimberly L. for your generous financial donation which will certainly be put to very good use.

Kim H. for her generous donation of a sewing table, embroidery machine, accessories, and quilting supplies, given in memory of her mother, **Susan C.** These wonderful and cherished tools will be put to excellent use, helping to create many beautiful items that will bring comfort and warmth to those we serve.

Michelle L. for your **extraordinary** donation of yarn. We are still oohing and aahing over the beautiful and incredibly useful skeins! This generous gift represents a significant savings for our organization and will be used to create many warm, comforting items for those in need this winter.

Our sincere thanks also go to **Barbara R.** for coordinating the pickup and delivery of the above bountiful yarn supply to the FtH workshop, and to her husband for his assistance with the delivery.

Joe and Mary R. for your kind donation of yarn, which will be used to create many much-needed items for members of our community.



Latanya C., who has moved to **Sierra Vista, AZ,** continues to support From the Heart by mailing 38 lovely hats to us (photo right). This winter, her generosity will bring warmth and comfort to so many.

Sue G. from **Laurinburg, NC,** for mailing us the beautiful lap blanket. We will certainly find it a much-needed home.



Thank you to the 86 households (6 more joined since October 1) who have linked their **Kroger Rewards** card to From the Heart! Your everyday grocery shopping is making a real difference. Between Aug. 31 and Nov. 30, your purchases generated a Kroger donation of **\$217.31** to From the Heart! Thank you for your support! It's easy to join and costs nothing to participate!

On August 17, 2025, **Chris J.,** member of the Kingz of the South Motorcycle Club, invited me to attend their community service project in Richmond. Their members were distributing new backpacks to children in the City of Richmond full of back-to-school items. They were also holding an on-site cookout for residents of the neighborhood. These generous members expressed their appreciation and kindness of our mission to those in Central Virginia. And we certainly appreciate their generous deeds locally as well as their kind monetary donation to From the Heart. We are sending our thanks along with a "biker's wave" to the Kingz of the South and wish them safe riding. — **Kulla F.**



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

← **Additional Ways to Help From the Heart!** →

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

Card received December 2025

To all our wonderful stitchers,

Thank you from the bottom of our hearts for your beautiful handmade gifts. Your baby blankets, caps, cloth hearts, prayer shawls, and all the other pieces you create with such love are treasures to the families who received them.

Your most recent delivery, including **100 precious Santa hats (!)** has already brought so many smiles. The time, care, and compassion you pour into every stitch truly wrap our tiniest patients with their families in comfort and joy.

We are deeply grateful for your generosity, your talent, and the grace you share with our community. Thank you for continuing to bless us in such a meaningful way.

With warmest appreciation, **Karen D.** Bon Secours Volunteer Services Manager and **Aimee A.** Mother/Infant Director



Card received December 2025

To the amazing people that offer their time and talent to provide comfort and kindness in difficult times,

Our mom, Rita, received a beautiful quilt during her brief time at Community Hospice House. We were moved by your generosity and will treasure your gift always.

Sincerely, Karen and Susan M.



**December Distribution & Current Needs
Thanks to Our Volunteers!**

Here are the year-end numbers for 2025!

A more detailed listing will be posted in the February newsletter.

**Thanks to all our amazing makers for
all you have done this year!**

Donation Inventory Numbers as of December 29, 2025	
Previous Total	
Mid 2002 - 2024.....	597,362
In 2025:	
Jan.- Nov.....	41,763
Dec.....	3,634
Year to date total.....	45,397
Grand Total	642,759

Over 45,000 items in 12 months! This equals 3783 items made per month! WOW!!!!

Richmond FtH needs:

- 100 Valentine print pillowcases (standard size)
- 100 – 150 Newborn red hats (see article above)
- Market bags
- Blankets of ALL SIZES (except white blankets)
- Scent hearts
- Port shirts and port pillows

FtH Fredericksburg - 10718 Courthouse Road, Fredericksburg, VA.

Everyone is welcome on the **2nd and 4th Tuesday of each month from 9 a.m. to noon**

Fredericksburg Needs:

- Ladies Totes
- Shawls
- Lap and Large Blankets
- Scarves

For a list of From the Heart group meetings, please click [HERE](#).