



Newsletter

A Quarterly Publication for Care Wear Volunteers

MARCH 2010

Care Wear Volunteers
Bonnie Hagerman
c/o Hood College
401 Rosemont Avenue
Frederick, MD 21701

Telephone: 301-696-3550

FAX: 301-696-3952

Website:
<http://www.carewear.org>

E-Mail:
hagerman@hood.edu

Please send change of address to Bonnie Hagerman. Bulk-rate mail is not returned or forwarded.

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Five Sets of Twins in 36 Hours!

Tonight's blue moon came early to Frederick Memorial Hospital's Birth Place. The hospital's maternal ward had five pregnant women give birth to twins from 8 p.m. Monday until 8 a.m. Wednesday.

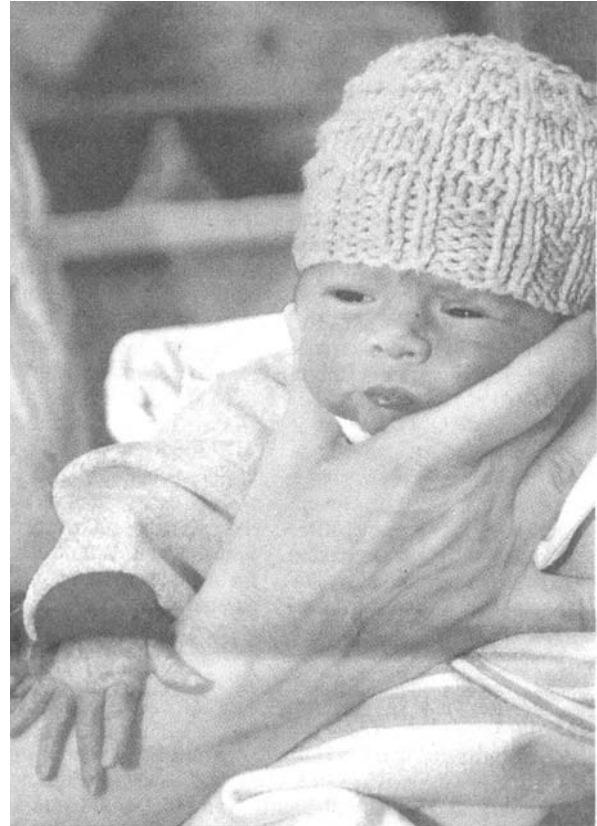
Melanie Muncy gave birth to fraternal twin girls Wednesday morning during a scheduled cesarean section.

"We had some help," Chris Muncy said. The couple went through the intrauterine insemination method of conceiving.

"The goal wasn't to have multiples. We had two surprises. One was that we were pregnant. Two weeks later, we found out there were two."

Chris, 40, and Melanie, 37, are also the parents of a 4-year-old boy. Both were relieved Wednesday that their son, William, has stopped wearing diapers.

Their twin daughters are Megan Rose, who weighed in at a healthy 6 pounds, 15 ounces, and Jessica Ryan, who weighed 6 pounds, 3 ounces. The girls were born three weeks before their due date. "We're happy," Chris said. *Article continued on page 2*



Oscar S. Hernandez is shown here wearing an adorable blue hand knitted hat.

Happy New Year & Thank You from Bonnie

I send best wishes to everyone and hope that you enjoy a safe, healthy, & happy, new year! Thank you for all that you did to help those in need throughout 2009 and I hope that this

newsletter will help you to find projects to continue your wonderful work in 2010.

A sincere thank you to everyone who responded to the annual appeal for donations. I appreciate

your financial support for printing and postage expenses.

Another thank you for the festive holiday cards I received. My office door looked LOVELY!!!!

Continued on p. 3

AFGHANISTAN

I received an e-mail from Steven Alderman, my contact person for sending school supplies and layette items for Afghan children. He will be in Afghanistan until the end of February. I am hoping to have the name and address of his replacement before this newsletter goes to the printer. IF not, please contact me and I will provide the new name & address.

January 27th update: Steven does not know the replacement's name/address at this time, but will send it to me closer to the arrival date. Contact me for that info.

TWIN CITY

1. Garrett Pare, born Monday night, and his twin brother are in the neonatal intensive care unit at Frederick Memorial Hospital. He is one of Tony and Paula Pare's new sons.

2. Melanie and Chris Muncy rest with their newborn twin girls, Jessie, left, and Megan, who were born Wednesday morning.

3. Oscar Sebastian Hernandez is fed by a nurse in the neonatal intensive care unit Wednesday afternoon at FMH. Oscar is one of two new sons of Jacqueline Fallas and Oscar Hernandez. Staff photos by Bill Green

FIVE SETS OF TWINS BORN IN 36 HOURS AT FREDERICK MEMORIAL HOSPITAL

BY KAREN GARDNER | NEWS-POST STAFF | KGARDNER@FREDERICKNEWSPOST.COM

Five Sets of Twins article continued

(Continued from A-1)

The couple are not too worried about the logistics of having twins. "In the next few days, I'm sure it's going to be crazy," Chris said.

"I figured, what's the point of being scared," Melanie said. Delivery went smoothly, she said. "I am feeling fabulous."

Life with twins will be an adjustment and a lot of work, but Melanie and Chris said they are ready for their new family.

(See TWINS A-2)

If you live in the Middletown, Maryland area and would like to meet & work with area participants on Care Wear Volunteers projects, please contact Barbara Brewster. 301-371-8328 or e-mail: bbrewster@bookkeeper-frederick.com

Meeting time: Evenings

"They're precious," Melanie said. They are not planning to have any additional children.

Darian and Ronald Elliott became parents of twins Tuesday at 1:36 and 1:48 p.m. Fraternal twins Darron and Lorren were born vaginally. Darron weighed 4 pounds, and his sister, Lorren, weighed 4 pounds 3 ounces.

Both are in the neonatal intensive care unit at FMH because Darian was only in her 32nd week of pregnancy. "They want them there until 35 weeks, to make sure their organs are mature," Darian said.

The Elliotts, of Frederick, have an older daughter, Alonna, age 2½. The twins were conceived naturally, Darian said. "If you can call having twins natural."

The sister of her father's great-grandmother is a twin, so there are twins in the fami-

ly, she said.

She learned she was having twins when she was seven weeks pregnant, and was overwhelmed when she heard the news. She and her husband are looking forward to parenting twins, but there will be no more children on the way.

"These are the second and third children, and the last," she said.

In the 21st century, the chances of having twins are about 3 percent of all births, according to about.com. The chances of having twins has increased 60 percent since the 1980s, largely because of increased fertility treatment.

"A lot of blue moon jokes are going around," said FMH spokeswoman Amanda Changuris, referring to tonight's blue moon, the second full moon in December, and the "once in a blue moon" likelihood that such an occurrence would happen.

Letter from Bonnie continued from page 1:

Just before the holidays I purchased an inexpensive wreath at IKEA (red metallic foil) to hang on my office door. I thought that students would like this glittery wreath and if someone liked it TOO MUCH (and took it!), it was not expensive so the loss would be minimal! Well, my door quickly filled with holiday cards and with the wreath, it was very colorful & festive. Thank you for remembering me. I enjoyed the holidays with friends and family. Christmas Eve was spent with good friends. My husband & I added two dishes to the dinner and we had a wonderful dinner together next to a decorated (real) Christmas tree. On Christmas Day I joined my sister & her husband, my niece (the younger of the two) & her husband & family (four boys)—plus the pets! We all contributed dishes for dinner and I brought a cauliflower casserole & a sweet onion casserole. We had a wonderful day together. Unfortunately, my niece Karyn could not join us. She returned to Kabul in November. We missed her this Christmas.

Hood College was closed from December 18th (the last day of Final Exams) until January 4th. However, the staff in the Hood Post Office came in on December 23rd and 30th to sort mail and they were kind enough to sort Care Wear mail, too. So, I stopped by both days and was able to record donations and make deposits before the end of the year. Again, a sincere thank you to everyone who send donations during 2009.

I am sorry to announce that Kathy Vish will not be submitting her Sewing Column for our newsletter. As you can imagine, a great deal of time is involved in putting together these columns. Thinking up the topic is the first major hurdle! Making samples and providing easy to follow directions takes a great deal of time! Photographing the samples at various stages is another task. Kathy is a busy lady and has other projects in her life but she will continue to make items for Care Wear Volunteers. I thank her for all that she has contributed to Care Wear Volunteers and I wish her well. I told her that if

Continued from the first column:

she feels inspired to submit a column at any time in the future, I will make space for her. I wish her well with her many endeavors. If you have not read all of her columns, visit the Care Wear Volunteers website to see previous issues of the newsletter.

This issue of the newsletter contains revised patterns for two familiar sewing projects. The Kimono pattern and the Diaper Shirt pattern have been resized to fit 2-3 pound and 4-5 pound infants. Sincere thanks to Debbie Pfaff for sharing her time and talents to resize these patterns.

The next issue of the newsletter will be the June issue. Remember to send me change of address information so that you receive your copy. Bulk-rate mail is not forwarded or returned. It's discarded!!!

Again, my thanks for all that you do to help others in need.

Keep well. Do good work. And, keep in touch!
(Garrison Keillor)

Happy New Year and best wishes for a wonderful spring! Thank you to Rachael B. for her contributions through Merck Easy Match.

Bonnie

AVAILABLE to local Care Wear participants:

1 Singer 501A portable sewing machine with accessories (working order)

1 Bernette Serger—MO 234 (working order)

1 Bernette Serger—MO 334DS (works, but has been "temperamental" in tension adjustment)

If you will use the machine for community service projects and live in this area (no shipping involved), please contact me: 301-696-3550 or E-Mail: hagerman@hood.edu



**BERNAT® BABY JACQUARDS
GARTER STITCH KIMONO
(TO KNIT)
#445**

SIZES: 6 (12-18-24) mos

To fit chest measurement:

17 (18-19-21) ins

[43 (45.5-48-53.5) cm].

Finished chest: 21 (22-23-25) ins

[53.5 (56-58.5-63.5) cm].

MATERIALS

Bernat® Baby Jacquards

(100 g / 3.5 oz)

2 (2-2-3) balls of #06317

(Easter Basket).

Size 4 mm (U.S. 6) knitting needles
or size needed to obtain gauge.

GAUGE

22½ sts and 44 rows = 4 ins [10 cm]
in garter st.

ABBREVIATIONS

www.bernat.com/glossary

INSTRUCTIONS

The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ().

RIGHT and LEFT FRONT (make alike).

Cast on 52 (55-58-63) sts.

Work in garter st (knit every row) for 2 ins [5 cm].

Shape front: Dec 1 st at beg of row on next and every following alt row to 35 (38-47-50) sts, then every following 4th row from previous dec to 31 (33-36-39) sts, ending with a RS row.

Shape armhole: Cast off 7 (8-9-10) sts beg of next row. 24 (25-27-29) sts. Dec 1 st at front edge on every following 4th row from previous dec to 12 (12-14-15) sts.

Cont even until armhole measures 4¾ (5-5-5½) ins [12 (12.5-12.5-14) cm], ending with a RS row. Cast off.

BACK

Cast on 58 (61-64-69) sts.

Work in garter st (knit every row) until work from beg measures same length as Front before armhole shaping.

Shape armholes: Cast off 7 (8-9-10) sts beg next 2 rows. 44 (45-46-49) sts.

Cont even until Back measures same length as Front before shoulder. Cast off.

Place markers 2¼ (2¼-2½-2¾) ins [5.5 (5.5-6-7) cm] in from sides for shoulders.

SLEEVES

Cast on 33 (35-39-39) sts.

Work in garter st, inc 1 st each end of needle on 5th and every following 8th row to 51 (55-55-61) sts.

Cont even until sleeve from beg measures 8 (9-9½-10) ins [20.5 (23-24-25.5) cm], ending with a RS row. Cast off.

Place markers along sides 1¼ (1½-1½-1¾) ins [3 (4-4-4.5) cm] down from cast off edge.

FINISHING: Pin garment pieces to measurements. Cover with a damp cloth, leaving cloth to dry.

Sew shoulder seams. Sew in sleeves, placing rows above markers along cast off sts of Fronts and Back to form square armholes.

Ties: (make 4). Cast on 25 sts. Cast off.

Sew 2 ties at beg of front shaping on each front and 2 ties at side seams 2 ins [5 cm] up from cast on edge of body to match to front ties.

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For additional knit patterns, visit the Care Wear Volunteers website or the Bernat Website.

www.carewear.org

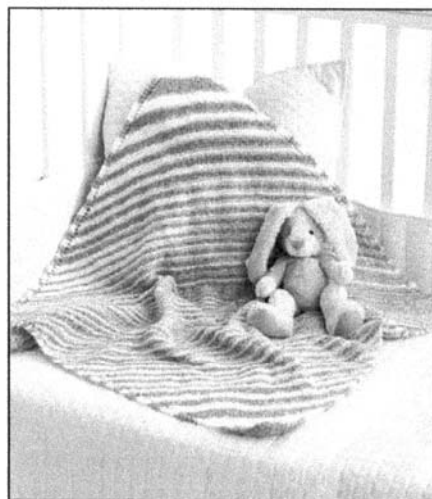
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Letters of Thanks!

The Volunteer Coordinator of Wiser Hospital for Women & Infants of University of Mississippi Medical Center sends thanks to Katie Burns for the blankets, slippers, & hats that she made and sent to patients at the hospital. These items will be distributed to patients in need. She wrote, "We do appreciate your wonderful volunteers out in the community who support your admirable mission. Many thanks."

Metro West and Emerson Hospitals send thanks to all who participate in CHS Care Wear Volunteers of Wayland, MA. The list of items donated in 2009 is impressive and includes 948 hats, 181 blankets, 107 booties, 3 stuffed bears, 5 pairs of mittens, 34 baby sweaters, 4 quilts, 20 Christmas stockings. That's a total of 1302 items! Special thanks to participant Betsey Gagnebin who made 371 of the 948 hats on her knitting machine. Betsey and others delivered a total of 354 items (hats, mittens, blankets, etc.) to the Knitting Connection. THANKS to everyone who participated in 2009 and keep up the great work!

Continued on page 10



**BERNAT BABY COORDINATES SWEET STRIPES
PURPLE KNIT BLANKET**

MEASUREMENTS

Approx 28 x 28 ins [71 x 71 cm].

MATERIALS

Bernat Baby Coordinates Sweet Stripes (150 g/5.25 oz)
09318 (Grape Stripes) **2 balls**

Size 5 mm (U.S. 8) circular knitting needle 24 ins [60 cm] long **or size needed to obtain gauge.**

GAUGE

19 sts and 38 rows = 4 ins [10 cm] in garter st.

INSTRUCTIONS

Cast on 4 sts. **Do not** join. Working back and forth across needle in rows, proceed as follows:

1st row: (WS). Knit.

2nd row: (Inc row). K2. yfwd. Knit to end of row.
Rep last row until there are 190 sts.

Next row: (RS). K2. yfwd. K2tog. Knit to end of row.
Rep last row once more.

Next row: (Dec row). K1. K2tog. yfwd. K2tog. Knit to end of row.
Rep last row until there are 4 sts.

Next row: (RS). Knit. Cast off.

KNITTING PATTERNS:

I will have more knit patterns in the next newsletter (June).



P.O. Box 40 Listowel ON N4W 3H3

"home style... life style... your style."



TODDLER HOODIE (TO CROCHET) #203

SIZES

Chest measurement

6 mos	17	ins	[43	cm]
12 mos	19	ins	[48	cm]
18 mos	21	ins	[53.5	cm]
2 yrs	21½	ins	[54.5	cm]

Finished chest

6 mos	21	ins	[53.5	cm]
12 mos	23	ins	[58.5	cm]
18 mos	25	ins	[63.5	cm]
2 yrs	27	ins	[68.5	cm]

MATERIALS

Bernat Cottontots (100 g/3.5 oz)

Sizes

6 mos	3 balls
12 mos	3 balls
18 mos	4 balls
2 yrs	5 balls

Size 5.5 mm (U.S. I or 9) crochet hook **or size needed to obtain gauge.** 5 buttons.

GAUGE

15 sts and 14 rows = 4 ins [10 cm] in pat.

INSTRUCTIONS

The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ().

BACK

Ch 40 (44-48-52).

Foundation row: (RS). 1 sc in 2nd ch from hook. *Ch 1. Miss next ch. 1 sc in next ch. Rep from * to end of ch. Ch 1. Turn. 39 (43-47-51) sts. **1st row:** 1 sc in first sc. 1 sc in next ch 1 sp. *Ch 1. Miss next sc. 1 sc in next ch 1 sp. Rep from * to last sc. 1 sc in last sc. Ch 1. Turn.

2nd row: 1 sc in first sc. *Ch 1. Miss next sc. 1 sc in next ch 1 sp. Rep from * to last 2 sc. Ch 1. Miss next sc. 1 sc in last sc. Ch 1. Turn. Last 2 rows form pat.

Cont in pat until work from beg measures 6½ (7-7¾-8½) ins [16.5 (18-19.5-21.5) cm], ending with RS facing and omitting turning ch at end of last row.

Shape armholes: Next row: Sl st in each of first 4 sts. Ch 1. Pat to last 4 sts. Ch 1. **Turn.** Leave rem sts unworked. 31 (35-39-43) sts.

Cont even in pat until armhole measures 4½ (5-5¼-5½) ins [11.5 (12.5-13-14) cm], ending with RS facing and omitting turning ch at end of last row. Fasten off.

LEFT FRONT: **Ch 20 (22-24-26).

Foundation row: (RS). 1 sc in 2nd ch from hook. *Ch 1. Miss next ch. 1 sc in next ch. Rep from * to end of ch. Ch 1. Turn. 19 (21-23-25) sts. Proceed in pat as given for Back until work from beg measures 6½ (7-7¾-8½) ins [16.5 (18-19.5-21.5) cm], ending with RS facing and omitting turning ch at end of last row.**

Shape armhole: Next row: Sl st in each of first 4 sts. Ch 1. Pat to end of row. 15 (17-19-21) sts. Cont even in pat until armhole measures 2½ (3-3¼-3½) ins [6 (7.5-8-9) cm], ending with RS facing for next row.

Neck shaping: 1st row: Pat to last 3 (3-4-4) sts. Ch 1. **Turn.** Leave rem sts unworked. **2nd row:** Draw up a loop in each of first 2 sts. Yoh and draw through all 3 loops on hook - sc2tog made. Pat to end of row. Ch 1. Turn. **3rd row:** Pat to last 2 sts. Sc2tog over last 2 sts. Ch 1. Turn.

Rep 2nd row once more. 9 (11-12-14) sts. Cont even in pat until work from beg measures same length as Back to shoulders, ending with RS facing for next row and omitting turning ch at end of last row. Fasten off.

RIGHT FRONT: Work from ** to ** as given for Left Front but **do not** omit turning ch at end of last row.

Shape armhole: Next row: Pat to last 4 sts. Ch 1. **Turn.** Leave rem sts unworked. 15 (17-19-21) sts.

Cont even in pat until armhole measures 2½ (3-3¼-3½) ins [6 (7.5-8-9) cm], ending with RS facing and omitting turning ch at end of last row.

Neck shaping: 1st row: Sl st in each of first 3 (3-4-4) sts. Ch 1. Pat to end of row.

2nd row: Pat to last 2 sts. Sc2tog over last 2 sts. Ch 1. Turn. **3rd row:** Sc2tog over first 2 sts. Pat to end of row. Ch 1. Turn.

Rep 2nd row once more. 9 (11-12-14) sts. Cont even in pat until work from beg measures same length as Back to shoulders, ending with RS facing and omitting turning ch at end of last row. Fasten off.

SLEEVES: Ch 28 (30-30-30).

Foundation row: (RS). 1 sc in 2nd ch from hook. *Ch 1. Miss next ch. 1 sc in next ch. Rep from * to end of ch. Ch 1. Turn. 27 (29-29-29) sts.

Proceed in pat as given for Back for 3 rows.

Next row: (RS. Increase row). 2 sc in first st. Pat to last st. 2 sc in last st. Ch 1. Turn. Work a further 3 rows even in pat. Rep last 4 rows 2 (3-4-5) times more, taking inc sts into pat. 33 (37-39-41) sts.

Cont even in pat until work from beg measures 6 (7½-8-9) ins [15 (19-20.5-23) cm]. Place a marker at each end of last row. Work a further 4 rows even in pat omitting turning ch at end of last row. Fasten off.

HOOD: Ch 76 (78-80-82).

Foundation row: (RS). 1 sc in 2nd ch from hook. *Ch 1. Miss next ch. 1 sc in next ch. Rep from * to end of ch. Ch 1. Turn. 75 (77-79-81) sts.

Proceed in pat as given for Back for 3 rows.

Next row: (RS). Sc2tog over first 2 sts. Pat to last 2 sts. Sc2tog over last 2 sts. Ch 1. Turn.

Next row: Work even in pat. Rep last 2 rows to 59 (61-63-65) sts.

Cont even in pat until work from beg measures 6¼ (6¾-7-7¼) ins [16 (17-18-18.5) cm], ending with RS facing and omitting turning ch at end of last row.

Shape back seam: Next 6 rows: Sl st in each of first 3 sts. Pat to last 3 sts. **Turn.** Leave rem sts unworked. 23 (25-27-29) sts rem. Fasten off.

FINISHING: Pin garment pieces to measurements and cover with a damp cloth and allow cloth to dry.

Buttonhole Band: 1st row: With RS of Right Front facing for Her or Left Front facing for Him, work 30 (34-38-46) sc evenly along between neck edge and lower edge. Ch 1. Turn.

2nd row: 1 sc in each sc across. Ch 1. Turn.

3rd row: 1 sc in each of first 2 sc. *Ch 2. Miss next 2 sc. 1 sc in each of next 4 (5-6-7) sc. Rep from * 3 times more. Ch 2. Miss next 2 sc. 1 sc in each of last 2 sc. Ch 1. Turn.

4th row: 1 sc in each of first 2 sc. *2 sc in next ch 2 sp. 1 sc in each of next 4 (5-6-7) sc. Rep from * 3 times more. 2 sc in next ch 2 sp. 1 sc in each of last 2 sc. Ch 1. Turn.

5th row: 1 sc in each sc across. Fasten off.

Button Band: Work as given for Buttonhole Band on Left Front for Her or Right Front for Him, omitting all reference to buttonholes.

Sew shoulder seams. Fold Hood in half along back seam edge and sew center back seam. Pin shaped edge of Hood to neck opening, beg at center of button or buttonhole bands and matching back seam of Hood to center back neck edge. Sew in Sleeves placing rows above markers along armhole edges of Fronts and Back to form square armholes. Sew side and sleeve seams. Sew buttons to correspond to buttonholes.

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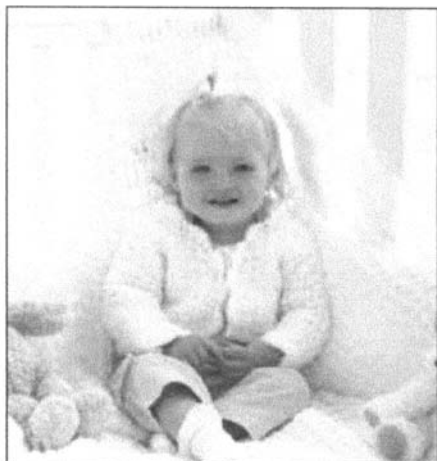
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"home style... life style... your style."



**BERNAT® BABY BOUCLÉ
ANTIQUE LACE JACKET
AND BLANKET (to crochet)**

MEASUREMENTS

Jacket

Chest measurement

Sizes

3 mos	16 ins	[40.5 cm]
6/12 mos	18 ins	[45.5 cm]
18 mos	19 ins	[48 cm]

Finished chest

Sizes

3 mos	18 ins	[45.5 cm]
6/12 mos	20 ins	[51 cm]
18 mos	22 ins	[56 cm]

Blanket: Approx 38 ins [96.5 cm] wide x 46 ins [117 cm] long.

MATERIALS

JACKET

Size 3 (6/12-18) mos.

Bernat® Baby Bouclé
(100 g / 3.5 oz)
36007 (Antique White)
1 (2-2) ball(s)

BLANKET

Bernat® Baby Bouclé

(100 g / 3.5 oz)

36007 (Antique White) **5 balls**

Sizes 5 mm (U.S. H or 8) and 6 mm (U.S. J or 10) crochet hooks **or size needed to obtain gauge.**

GAUGE

Jacket: 11 sc and 11½ rows = 4 ins [10 cm] with smaller hook.

Blanket: 10 sc and 10½ rows = 4 ins [10 cm] with larger hook.

INSTRUCTIONS

JACKET

The instructions are written for smallest size. If changes are necessary for larger sizes the instructions will be written thus ().

Note: Jacket is worked in 2 pieces, beg at wrist and working to center of body.

LEFT SIDE

**With smaller hook, ch 13 (15-19).

1st row: (WS). 1 sc in 2nd ch from hook. 1 sc in each ch across. Turn. 12 (14-18) sc.

2nd row: Ch 1. 2 sc in first sc. 1 sc in each sc to last sc. 2 sc in last sc. Turn. 14 (16-20) sc.

3rd row: Ch 1. 1 sc in each sc to end of row. Turn.

4th row: Ch 1. 2 sc in first sc. 1 sc in each sc to last sc. 2 sc in last sc. Turn. 16 (18-22) sc.

Work 3 rows even.

Rep last 4 rows 1 (2-1) time(s) more. 18 (22-24) sc.

Cont even until work from beg measures 4½ (5½-6) ins [11.5 (14-15) cm], ending with RS facing for next row and placing marker at each end of last row.

Shape sides: Next row: Ch 1. 1 sc in each sc across. Ch 10 (14-16). Turn.

Next row: 1 sc in 2nd ch from hook. 1 sc in each of next 8 (12-14) ch. 1 sc in each sc across. Ch 10 (14-16). Turn.

Next row: 1 sc in 2nd ch from hook. 1 sc in each of next 8 (12-14) ch. 1 sc in each sc across. Turn. 36 (48-54) sc.

Cont even until work from marked row measures 2½ (3-3) ins [6 (7.5-7.5) cm], ending with RS facing for next row.**

Place marker at end of last row.

Shape back: Next row: Ch 1. 1 sc in each of next 18 (24-27) sc.

Turn. Leave rem sts unworked.

Cont even until work from last marked row measures 2 (2-2½) ins [5 (5-6) cm], ending with RS facing for next row. Fasten off.

Shape front: Next row: With RS of work facing, miss next 4 (4-2) sc. Join yarn with sl st to next sc. Ch 1. 1 sc in same sp as last sl st. (Draw up a loop in next st) twice. Yoh and draw through all loops on hook – sc2tog made. 1 sc in each sc to last 2 sc. Sc2tog over last 2 sc. Turn. 12 (18-23) sts.

Next row: Ch 1. Sc2tog over first 2 sts. 1 sc in each st to last 2 sts. Sc2tog over last 2 sts. Turn. Rep last row 3 (3-4) times more. 4 (10-13) sts. Fasten off.

RIGHT SIDE

Work from ** to ** as given for Left Side. Place marker at beg of last row.

Continued on page 8

Shape front: Next row: Ch 1. Sc2tog over first 2 sc. 1 sc in each of next 9 (15-20) sc. Sc2tog over next 2 sc. 1 sc in next sc. **Turn.** Leave rem sts unworked. 12 (18-23) sts.

Next row: Ch 1. Sc2tog over first 2 sts. 1 sc in each st to last 2 sts. Sc2tog over last 2 sts. Turn. Rep last row 3 (3-4) times more. 4 (10-13) sts. Fasten off.

Shape back: Next row: With RS of work facing, miss next 4 (4-2) sc and join yarn with sl st to next sc. Ch 1. 1 sc in same sp as last sl st. 1 sc in each sc across. Turn. 18 (24-27) sc.

Cont even until work from last marked row measures 2 (2-2½) ins [5 (5-6) cm], ending with RS facing for next row. Fasten off.

FINISHING: Pin garment pieces to measurements. Cover with a damp cloth, leaving cloth to dry.

Sew center back seam using a flat seam. Sew side and sleeve seams.

Sleeve Edging: With RS of work facing and smaller hook, join MC with sl st to lower edge of Sleeve at seam. Ch 1. Work 12 (14-18) sc evenly around lower edge of sleeve. Join A with sl st to first sc. Break MC.

*****Next rnd:** Ch 1. 1 sc in same sp as last sl st. (1 sc. 2 dc. 1 sc) in next sc. *1 sc in next sc. (1 sc. 2 dc. 1 sc) in next sc. Rep from * around. Join with sl st to first sc. Fasten off.***

Body Edging: With RS of work facing and smaller hook, join MC with sl st to lower edge of body at center back seam. Ch 1. Work 21 (23-27) sc across lower edge to beg of front shaping, 20 (26-29) sc up right front edge to shoulder, 14 (14-16) sc across back neck, 20 (26-29) sc down left front edge, 21 (23-27) sc across lower edge to center back seam. 96 (112-128) sc. Join with sl st to first sc. Fasten off.

Work from *** to *** as given for Sleeve Edging.

BLANKET

With MC and larger hook, ch 91.

1st row: (WS). 1 sc in 2nd ch from hook. 1 sc in next ch. *Ch 2. Miss next 2 ch. 1 sc in each of next 2 ch. Rep from * to end of ch. 90 sts. Turn.

2nd row: Ch 1. 1 sc in first sc. Ch 1. Miss next sc. *2 sc in next ch-2 sp. Ch 2. Miss next 2 sc. Rep from * to last ch-2 sp and 2 sc. 2 sc in next ch-2 sp. Ch 1. Miss next sc. 1 sc in last sc. Turn.

3rd row: Ch 1. 1 sc in next sc. 1 sc in next ch-1 sp. *Ch 2. Miss next 2 sc. 2 sc in next ch-2 sp. Rep from * to last ch-1 sp and sc. 1 sc in next ch-1 sp. 1 sc in last sc. Turn.

Rep last 2 rows of pat until work from beg measures 44 ins [112 cm], ending with RS facing for next row. Do not fasten off.

Edging: Ch 1. Work 87 sc evenly across top edge of Blanket, 3 sc in corner. 96 sc down left side edge, 3 sc in corner, 87 sc evenly across foundation chain, 3 sc in corner, 96 sc up right side edge, 3 sc in corner. Join with sl st to first sc. 378 sc. Fasten off.

Border: With RS of work facing and smaller hook, join A with sl st to top right corner sc.

1st rnd: Ch 1. 1 sc in same sp as last sl st. Ch 4. Miss next 2 sc. 1 sc in next sc. *Ch 4. Miss next 2 sc. 1 sc next sc. Rep from * around. Join with sl st to first sc.

2nd rnd: Ch 1. *(1 sc. 1 hdc. 3 dc. 1 hdc. 1 sc) all in next ch-4 sp. Rep from * around. Join with sl st to first sc. Fasten off.

PREMIER ISSUE:

SEW IT ALL!

From the editors of SEW NEWS comes a new magazine called *Sew It All*. Care Wear Volunteers is included in an article called "Sewing for Charity." (page 124).

As a "contributor" I was sent a complimentary copy of this magazine and I was very pleased with the publicity provided to Care Wear Volunteers and other similar organizations. I enjoyed reading this magazine. Since the elimination of Home Economics and the change of my position at Hood, I do not subscribe to *Sew News* or other similar magazines. I really enjoyed reading about notions and fun projects of all types.

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BERNAT

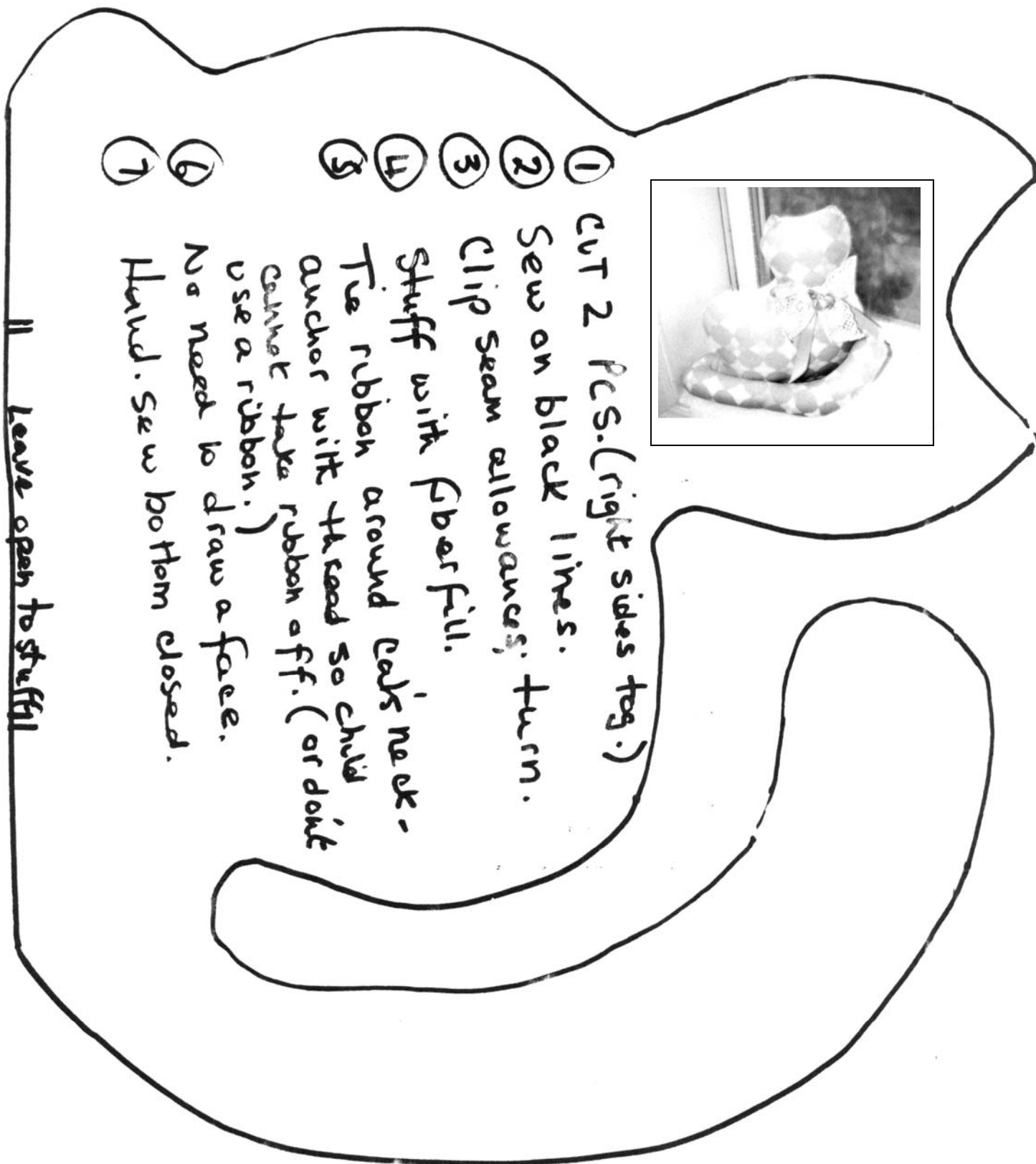
www.bernat.com

Thanks to our friends at Bernat!



P.O. Box 40, Listowel ON N4W 3H3
"home style... life style... your style."

FABRIC TOY (CAT)



Heather Rinkel shared this pattern for an adorable cat toy (Fabric/fiberfill). Of course, I am partial to cats!!!! In order to fit this pattern on our page, I had to reduce the pattern 15%. NOTE: Add 1/4" seam allowances around this pattern. Then, sew on the solid black lines.

Letters of Thanks *continued from page 5:*

Shady Grove Adventist Hospital (Rockville, MD) sent thanks to Cathy Shope for her generous donation to their patients. The Volunteer Coordinator wrote, "We truly appreciate the time & effort you put into donating the newborn caps. They were eagerly received & enjoyed by everyone. It is through the generosity of individual like yourself that our ministry of kindness is carried out. May God continue to bless you. Thank you so much for thinking of us."

Beth Israel Hospital in Newark, NJ sends thanks to Peggy Ficken and all of the participants in the Ladies Group of the Fanwood Presbyterian Church for their continuing service to the patients at Beth Israel. Every month Fiona Leahy delivers a wonderful collection of layette & children's items to the hospital. The holiday deliveries included red, green, & white hats, red sweaters, red hats, etc..... BRAVO to all who participate.

Women & Infants Hospital of Rhode Island sends thanks to everyone who sends layette items. Their most recent letter mentioned that their most needed item is FULL-TERM BABY HATS. They suggest no longer than 6 inches and no greater circumference than 14 inches. They prefer to receive QUILTS that are 40" x 40" or anywhere in that size range. They are used to drape over isolettes. For afghans, they request 24-30 inches wide by 32-36 inches long—to be used in cribs, carriages, and car seats. They prefer NOT to receive fun fur, wool, or any yarn that sheds. As for decorations, they discourage anything except a tightly attached pom-pom. Contact Liz Douglas or Nike Akinjobi (Mon-Fri from 9am to 4pm) if you have questions. 401-274-1122 x2255. E-mail: Volunteer@wihri.org Delivery address is: 300 Richmond St., Providence RI Mailing address is: Women & Infants Hospital, Volunteer Services Dept, 101 Dudley St., Providence, RI 02905

continued.....

CareNet Pregnancy Medical Center of Dickson, TN wrote with thanks for donations received in 2009. CEO Chris Russell wrote, "Each of you are such a blessing to us at the Center in so many ways: through prayer, time, talents, and finances. THANK YOU."

The Frederick Memorial Hospital (in Frederick, MD) wrote, "Dear Bonnie, Please extend to all of the Care Wear Volunteers a "THANK YOU!" from FMH for the many items donated to our hospital. Our patients and families will appreciate the caring and skill they reflect—in many ways." Sharon Hannaby wrote of lovely deliveries received with thanks for recent deliveries. She added a note of caution for those among Care Wear participants who smoke. Lingering cigarette odor is difficult to remove. Please do not smoke as you work on these projects.

Holy Cross Hospital (MD) wrote with thanks for hats donated to their NICU. Leonor wrote, "NICU babies are really grateful to have those lovely hats. Thank you so much."

Patrice Brylske, Director of Child Life, Johns Hopkins Children's Center (Baltimore, MD) wrote to Care Wear Volunteers with her thanks for donated items. "I want to thank you for crafting and donating the wonderful cloth dolls and gowns for patients at JHU. As always, your creations are exemplary and so useful in helping children cope with difficult medical procedures. Your gifts are very meaningful in giving comfort and fun to our young patients."

Evanston Hospital (Evanston, IL) sends thanks to Dorothy Baldauf who has donated 1000+ preemie caps in memory of her granddaughter Emma Olivia Gitzinger (2/22/98-2/23/98). What a wonderful tribute to her granddaughter's short life.

Continued on page 11

Letters of Thanks continued from page 10.

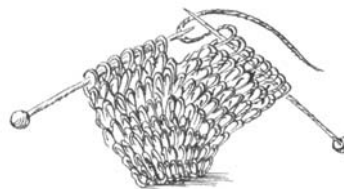
A Safe Place (Lake County Crisis Center, Zion, IL) sends thanks for donations of blankets and quilts to support the women and children of A Safe Place. Phyllis DeMott, Executive Director wrote, "It is not just monetary donations that ensure that our organization can continue to provide for victims. It is also the items that so many supporters provide us on a daily basis—the paper products and toiletries that make everyday life possible, the clothing that keeps victims warm, and the food that nourishes women & children who left everything behind when they fled violent homes seeking safety."

Cox Neonatal Intensive Care, Assistant Nurse Manager (Carol Grantham), wrote to Christine Sanders, "During the Christmas season Cox NICU would like to thank you again for the wonderful hats you made and so graciously sent to our babies. The little festive gift added some joy to the families during this most difficult time."

Carol Grantham also wrote that her NICU would welcome KIMONO GOWNS. If you sew and would like to make kimonos, see pages 15-19 for the pattern and send to: **Carol Grantham, Assistant Nurse Manger, Cox NICU, 3801 South National, Springfield MO 65807.** Telephone: 417-269-4992 E-mail: Carol.grantham@coxhealth.com

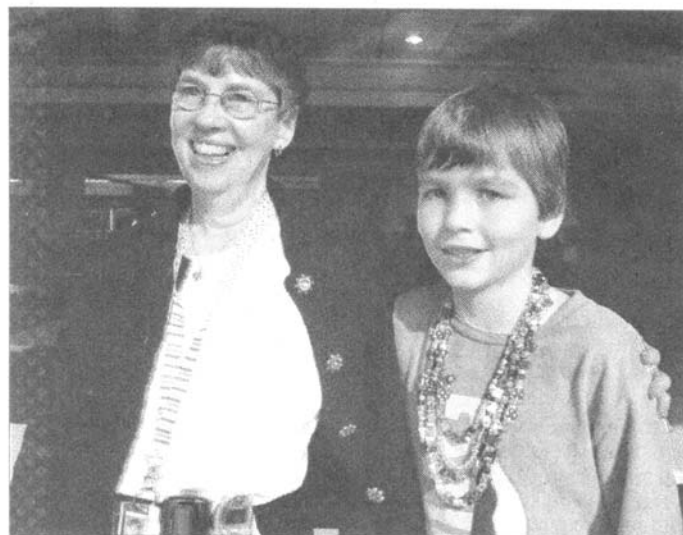
I am sure that many of you have received similar letters of thanks. Please know that you are appreciated. You make a difference in the lives of others—young hospital patients, their families, and the hospital staff members. When nurses and doctors use your donated items they must sense that others are helping them to do their work successfully. Your kindness to young hospital patients helps their recovery.

**SPRING MAKE A DIFFERENCE DAY
(Frederick, Maryland)**



Mark your calendar for April 17 (10am to 3pm) for a spring gathering to provide donated items for Frederick Memorial Hospital. Bring your lunch and join us at 1 West 9th Street, Frederick MD (Unity Church in Frederick). Contact me for additional details.

JOHN KELLY'S WASHINGTON



JOHN KELLY/THE WASHINGTON POST

Lynn Hardesty of Children's with Carsten Connolly, 10, of Alexandria, whose necklaces mark stages of cancer treatments.

Article from *The Washington Post*, December 2, 2009—Section B page 2
See page 21 for the complete article.



SCIENCE NEWS

Newborns cry in different languages

Within days of being born, babies cry in a way that reflects the language spoken by their parents.

In a study of French and German newborns, researchers with the Max Planck Society in Germany found clear differences in the tone and pitch of the babies' cries. The French babies started low in pitch and then went higher, while the German ones did the opposite, starting high and then falling lower. According to the researchers, those modulations reflect the melody patterns typical of fluent speakers of each language.

According to Angela Friederici, one of the authors of the study, which was recently published in the journal Current Biology, babies in the last trimester of development in utero respond to noise and can sense the mother's voice. "The sense of hearing is the first sensory system that develops," she said, but because amniotic fluid muffles sounds, "what gets through are primarily the melodies and intonation of the respective language."

In French, she said, a lot of words have the stress at the end, so that the intonation rises, while German is mostly the opposite. She added that "our results generalize to other languages with a clear stress pattern. English is similar to German, as it has the stress on the first syllable of a two-syllable word. Therefore, I would expect a similar result for the English- versus French-speaking infants" as was found in the German/French study.

According to the researchers, one explanation for the findings is that "newborns are probably highly motivated to imitate their mother's behavior in order to attract her and hence to foster bonding. Because the melody contour may be the only aspect of their mothers' speech that newborns are able to imitate, this might explain why we found melody contour imitation at that early age."

The group analyzed 20 recorded hours of 30 French and 30 German newborns whose cries, according to the study, were "made in pain-free environments." A total of 2,500 cries were recorded.

INTERESTING!!!! - Margaret Shapiro



Dear Heloise:

Our church group has decided to start sending baked goods as care packages to military personnel in Iraq. We brainstormed several ideas, such as shoe boxes, etc., but found that the best way to send a cake to anyone overseas is to bake the cake in a small metal coffee can. After baking, remove the cake to cool. Then repack it in the can, put on the plastic lid the coffee came with and pack the can in a postal box. Soldiers tell us that they love getting cakes this way for two reasons:

- 1. The cake arrives in one piece
- 2. The cake can be stored easily, with an airtight lid, if it's not eaten all at once.

Gwen, via e-mail

How wonderful to hear that your group is sending home-baked goodies to our troops! Nothing beats a treat from the heart and kitchen!

Your group deserves a big Heloise hug, and I know the troops who receive the goodies are appreciative, too.

I'd love to hear hints from other readers who send treats to troops.

HINTS FROM HELOISE NOV 10, 2009 C3

Thank you to Liza and others who provide burial garments.

Bonnie:

My daughter lost her twin daughters on 12/28, just over 30weeks gestation. The hospital gave us two baby dresses provided by Carewear and made by Liza Hopper. It made a very sweet memory for us and provided them a dress for burial. We have known Liza and family for years but they have moved from here and wanted to convey our appreciation.

Sincerely,
Yvonne Dickerson
308 Horton Lane
Princeton, WV

What a wonderful community service project! THANKS to all of the students!

TICONDEROGA ELEMENTARY SCHOOL

116 Alexandria Avenue
TICONDEROGA, NEW YORK 12883

John C. McDonald
Superintendent of Schools
518-585-6674 Ext. 110
jmcDonald@ticonderogak12.org



Anne C. Dreimiller
Elementary School Principal
518-585-7437 Ext. 219
adreimiller@ticonderogak12.org
Fax # 518-585-9065

November 6, 2009

Care Wear Volunteers
Dear Ms Bonnie Hagerman,

We are students at Ticonderoga Elementary School, in Ticonderoga, NY. Last year we all participated in a service-learning project. With the help of Mrs. Maureen Montbriand, our school's Character Education Coordinator, we learned to use knitting looms. Each fourth grade student made a baby hat to donate to a family in need. While we worked on our hats we thought a lot about families who might need warm clothes for a new baby. We learned about the causes of hunger, homelessness, and poverty. We also gained empathy for people who experience hard times.

Sometimes we pretended that we were talking to the baby who would someday wear the hat we were making.

We would say things like:

"Baby, I hope this hat will keep you warm and keep you from getting sick."

"I care about your family and hope you'll have enough food and a warm place to live."

"Baby, I felt happy knowing that I was making a hat for you."

"I made you a green hat because it is my favorite color and maybe it will be yours too."

"I hope this hat will bring lots of joy to your life."

"I put a lot of effort into this hat because it was going to be for you."

"Baby, wherever you are, this hat is my gift to you."

We hope that your organization will be able to give these hats to families who have a baby who needs warm clothes. Please tell them that there are some fourth graders in Ticonderoga, New York who care about them and hope they will soon have whatever they need for a safe and happy life.

Sincerely,
Zachari Logan Adam Jake Anthony
Zach
Avery, Sandra Kiersten Alex
Sara
Biley Abby, Connor L. Samantha Brett
Xann Samantha Derrick

Meet Maddy

In November 2007, Angie Levy and her husband, Eric, eagerly anticipated the 20-week pregnancy ultrasound of their baby. The ultrasound revealed they were having a girl whom they named Maddy. But the ultrasound also showed a hole in the baby's diaphragm that allowed some of the organs normally found in the abdomen, such as the intestines and liver, to move into the chest cavity, preventing normal lung development.

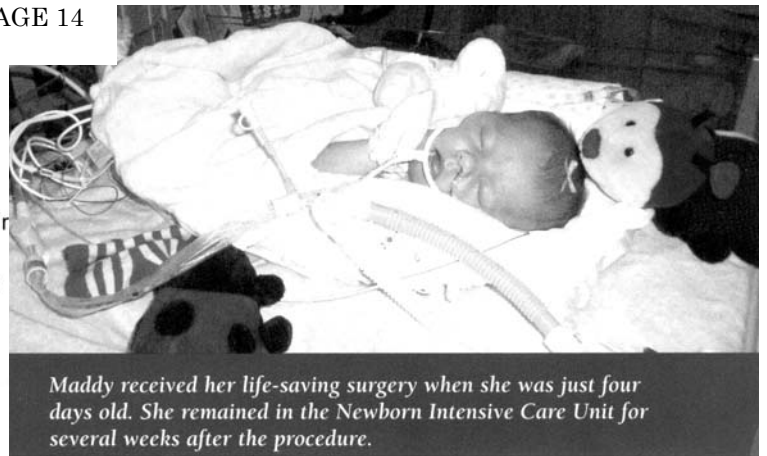
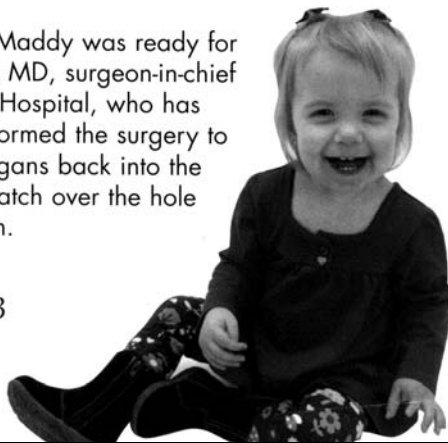
This life-threatening condition is known as congenital diaphragmatic hernia (CDH). Sadly, half the babies born with CDH die shortly after birth and few pediatric surgeons have the skills or expertise to treat CDH successfully.

As a newborn intensive care unit (NICU) nurse at St. Louis Children's Hospital, Angie was well aware of the danger her baby was in. "I just cried and cried," she says. "In the NICU, I've seen many babies with CDH not make it."

On April 6, 2008, Maddy was delivered at Barnes-Jewish Hospital and immediately transferred to Children's Hospital. Because Maddy needed to be put on a ventilator immediately, Angie didn't even get to hold her. Surgery was Maddy's only hope with a 50 percent chance of survival.

Four days after birth, Maddy was ready for surgery. Brad Warner, MD, surgeon-in-chief at St. Louis Children's Hospital, who has researched CDH, performed the surgery to move the wayward organs back into the abdomen and put a patch over the hole in Maddy's diaphragm.

continued on page 3



Maddy received her life-saving surgery when she was just four days old. She remained in the Newborn Intensive Care Unit for several weeks after the procedure.

Meet Maddy

continued from page 1

Maddy was hospitalized and on a ventilator for weeks after surgery. "Finally, three weeks after she was born, I got to hold her for the first time," Angie says. "That's when I truly felt like a mom."

The next day, nurses removed Maddy's breathing tube. A week later, the Levys took Maddy home.

"I know she is a miracle," Angie says. "She also survived because of Dr. Warner. He is an amazing doctor and is so passionate about what he does."

Today, Maddy is a healthy, active toddler. "Maddy wakes up smiling and goes to bed smiling," Angie says. "She's such a joy."

Angie knows many other parents who have lost their babies to CDH. "Research on CDH is so important because we don't know the exact cause of it, and there is not consistency of treatment and outcomes at any one children's hospital. Too many babies are dying from CDH," Angie says.

Under the leadership of Dr. Warner, CDH is being researched through the Children's Surgical Sciences Institute.

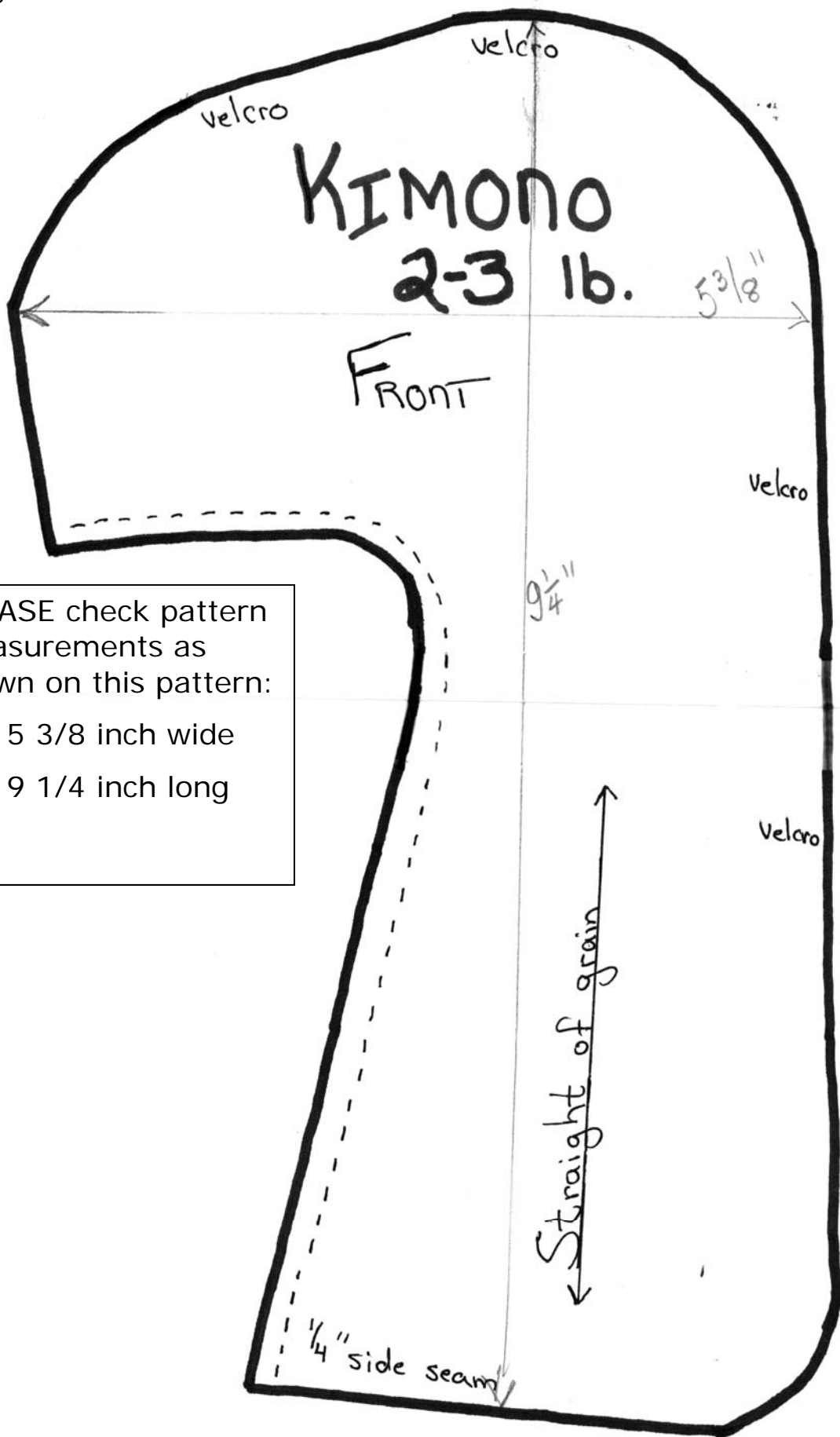
"We feel so fortunate to have Maddy with us. We thank God everyday for her and to Dr. Warner and the other physicians and nurses who treated her. We couldn't imagine our lives without Maddy." ■

Article from the St. Louis Children's Hospital Foundation Newsletter (Fall 2009).

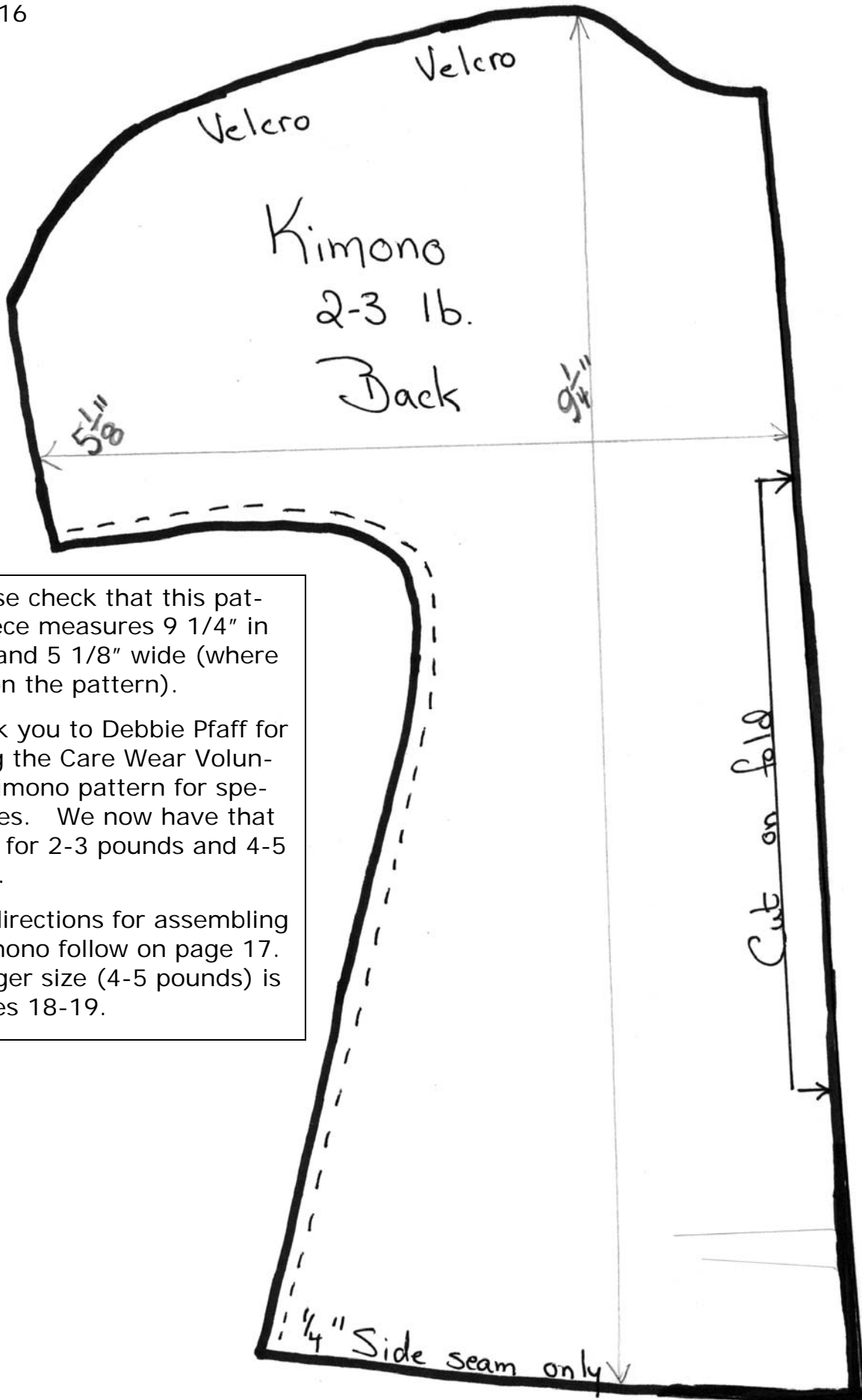
An update from Margie Hunter:

I was delighted to receive this Christmas greeting from Margie Hunter. Look how grown up Dani is!!! WOW!!! She is quite a lovely young lady. I am pleased to see that she looks recovered from her illnesses. Let's hope that 2010 is a healthy year for her. Best wishes to the family!





PLEASE check pattern measurements as drawn on this pattern:
5 3/8 inch wide
9 1/4 inch long



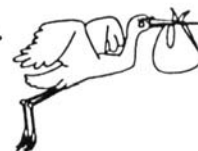
Please check that this pattern piece measures 9 1/4" in length and 5 1/8" wide (where noted on the pattern).

Thank you to Debbie Pfaff for revising the Care Wear Volunteers Kimono pattern for specific sizes. We now have that pattern for 2-3 pounds and 4-5 pounds.

The directions for assembling this kimono follow on page 17. The larger size (4-5 pounds) is on pages 18-19.

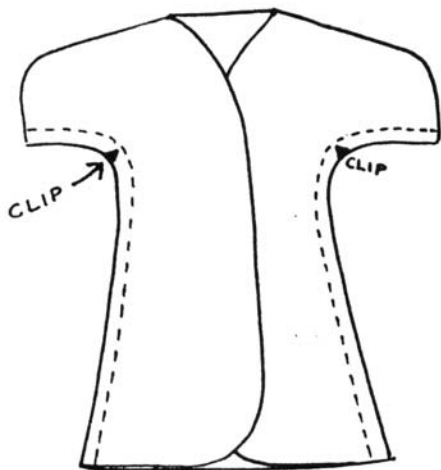
MULTI-SIZED KIMONO FOR PREMIE BABIES

SUPPLIES: COTTON OR FLAME RETARDANT FLANNEL, COTTON KNITS, ETC.
 VELCRO (TM) OR OTHER HOOK/FASTENER TAPE
 THREAD
 DOUBLE FOLD BIAS TAPE OR SERGER THREAD



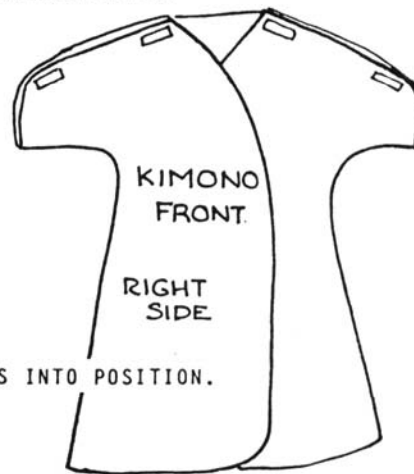
INSTRUCTIONS:

1. TRACE OFF PATTERNS FOR FRONT & BACK FOR EACH SIZE.
2. PIN PATTERN TO FABRIC AND CUT OUT
 NOTE: KIMONO BACK IS CUT ON A FOLD
 KIMONO FRONT IS CUT TWICE
3. WITH RIGHT SIDES TOGETHER, SEW A 1/4" SEAM ALONG THE SIDE/UNDERARM SEAM.
4. SEAM FINISH THAT SEAM BY PINKING, ZIG-ZAG, OR OVERCAST.
5. CLIP THE SEAM ALLOWANCE AT THE UNDER-ARM CURVE.
6. FINISH ALL EDGES OF THE KIMONO BY ANY OF THE METHODS LISTED BELOW:
 (A) BINDING WITH DOUBLE FOLD BIAS TAPE
 (B) OVERCAST STITCHING THE EDGES WITH A SERGER
 (C) TURN UNDER 1/8" AND STITCH IN PLACE
 (D) ZIG ZAG OR OTHER OVERCAST TYPE STITCH.
7. PRESS SEAMS AND EDGES SO THAT THE KIMONO IS FLAT AND FREE OF WRINKLES.

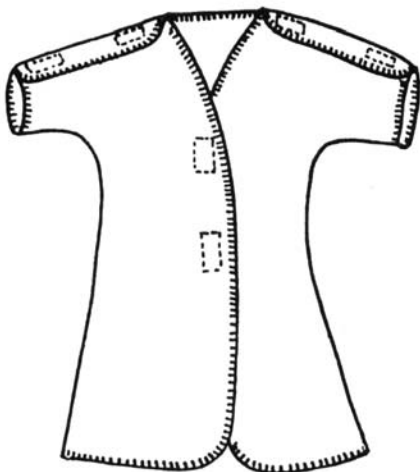


8. SHOULDER CLOSINGS
 CUT 3/4" WIDE VELCRO (TM) OR OTHER BRAND HOOK/FASTENER TAPE INTO PIECES ABOUT 3/8" IN LENGTH. YOU WILL NEED FOUR SETS OF 3/4" X 3/8" PIECES.

POSITION PIECES ALONG THE SHOULDER-SLEEVE EDGE AS INDICATED BELOW SO THAT WHEN FASTENED, THE KIMONO BACK WILL OVERLAP THE KIMONO FRONT.



SEW VELCRO (TM) PIECES INTO POSITION.



9. FRONT CLOSINGS
 Option #1: Cut 3/4" wide velcro into two 1/2" lengths for the front.
 (You will need two sets-see illustration)

Position Velcro fasteners on the front as illustrated at left. Sew each into position.

Option #2: Attach ribbon ties instead of the velcro.

NOTE: This kimono opens down the front and across the shoulder/sleeve so that the premie babies can be dressed/undressed without disturbing the tubes & monitors.

DIRECTIONS for the assembly of the original Kimono pattern. It's really easy!!!

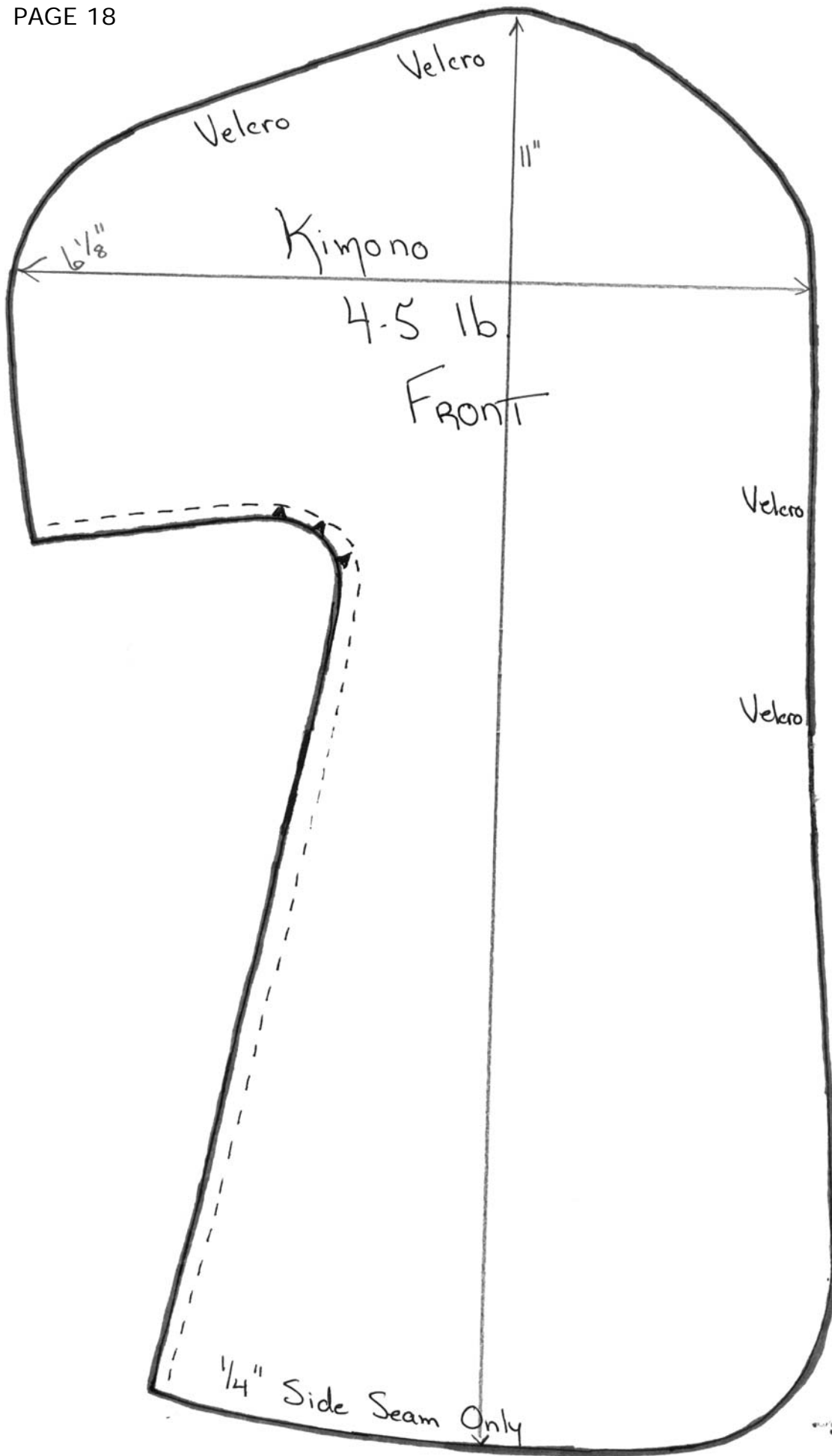
This garment was recently requested by:

Carol Grantham,
 Ass't Nurse Mgr.,
 Cox NICU
 3801 S National
 Springfield MO
 65807.

Telephone: 417-269-4992

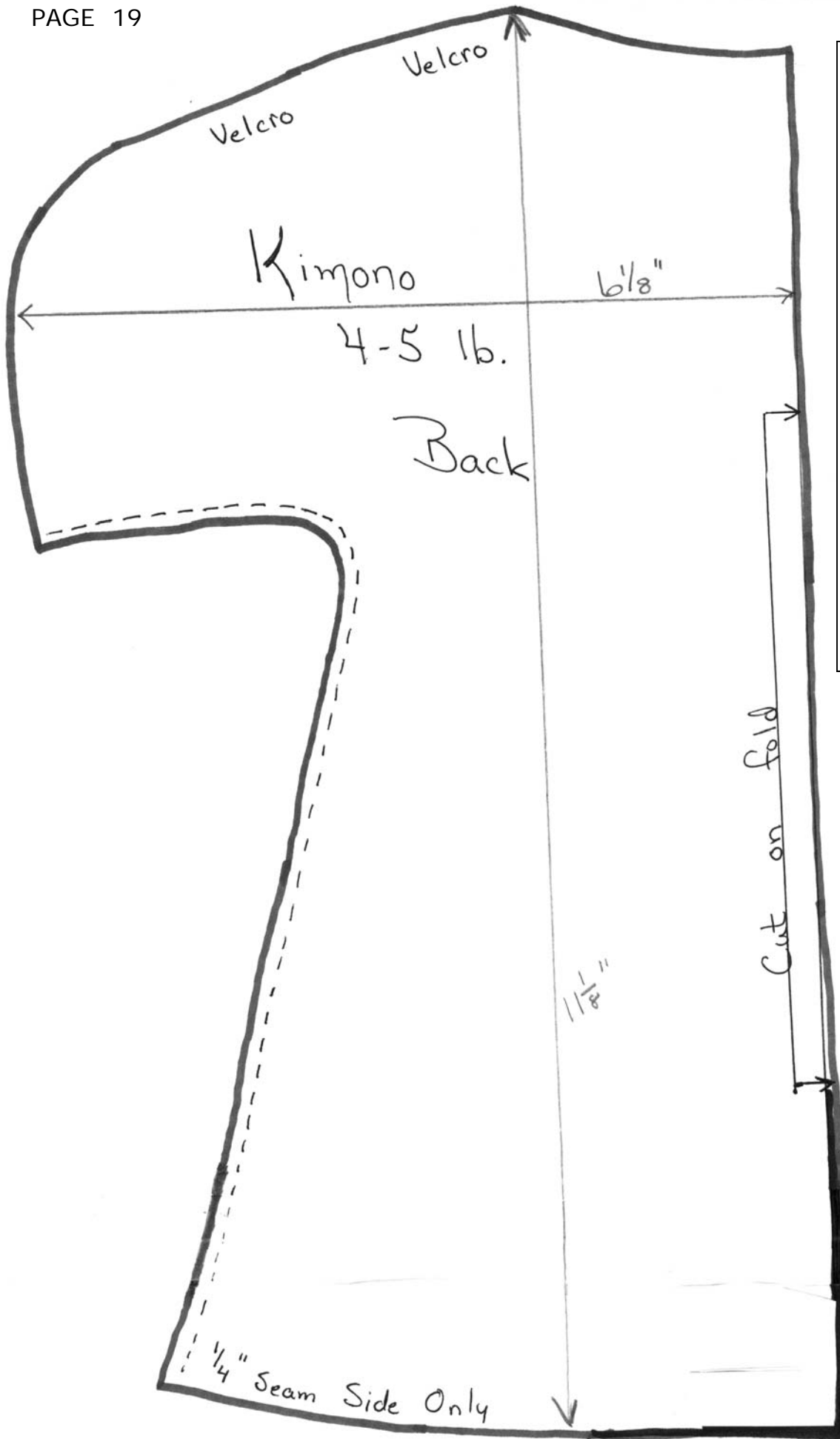
E-Mail:
 carol.grantham@coxhealth.com

PLEASE send directly to Carol, if you wish to help.



PLEASE check the measurements on this pattern before cutting. It should measure 11" long and 6 1/8" wide where marked.

Assembly directions are on page 17.



Again, please double check the measurements noted on the pattern for length and width. If an adjustment is needed, take the pattern to a photocopier to enlarge or decrease in size until the measurements are accurate.

Another THANK YOU to Debbie Pfaff for her help.

For grieving parents, portraits provide a memory

*When a baby dies too soon,
photographers help families*

BY JEN BEASLEY
The Gazette

Aiden and Luke Campbell were born so tiny that their feet fit inside a ring of their mother's, and the twins nestled easily in their father's cupped hands.

When their mother, Louella Campbell, went into early labor in October, the twins were delivered at 22 weeks. They lived only 90 minutes, but their memory will endure through professional portraits taken by one member of a small army of volunteers who photograph such babies.

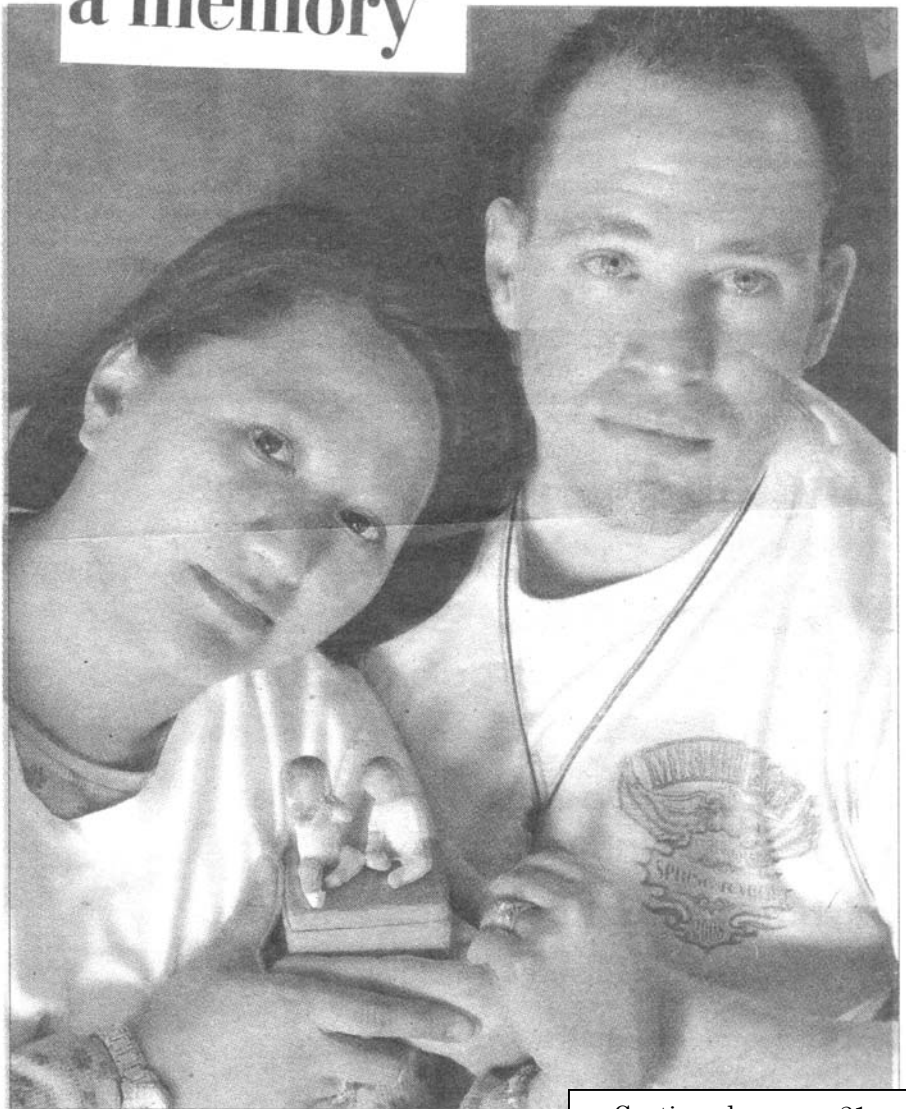
"I think about the things that I would take if I had to run out in a fire, and these are some of the things," said Campbell, paging through a scrapbook in her and husband Matt's Frederick home. The photos of Matt holding the twins, of Luke and Aiden in a feathery nest, of her children, are the only pictures they will have of the boys.

The photos were taken by Stacey Blomstrom of Silver Spring, one of dozens of volunteers for the Now I Lay Me Down to Sleep Foundation, a nonprofit group that arranges to have professional portraits taken of babies who are stillborn or who live only a few weeks. More than 7,000 photographers in 25 countries volunteer for the foundation.

Now I Lay Me Down to Sleep was founded in Littleton, Colo., by Cheryl Haggard, whose son Maddux died in 2005, six days after he was born. Having decided to take Maddux off life support, Haggard contacted photographer Sandy Puc, who took pictures of the baby before and after he died.

"That night was the worst night of my life," Haggard is quoted as saying on the foundation's Web site. "But when I look at the images, that's not what I'm reminded of. I'm reminded of the beauty and blessings he brought." Puc and Haggard founded Now I Lay Me Down to Sleep in April 2005.

The photographs help families cope with their grief and remember the children who



Continued on page 21

Louella and Matt Campbell of Frederick, holding a box that contains the ashes of their twin sons, had professional portraits taken of the infants, who lived only 90 minutes.

weren't with them for long. Campbell said she learned about the organization when she gave birth to another set of twins, William and Kaitlyn, in 2007, and Kaitlyn died after 5½ hours. William survived and is a friendly, romping 2-year-old.

Campbell discovered the foundation's Web site through the blog of another grieving mother. Campbell's mother had

taken photos of Kaitlyn, and because of that, Campbell told expectant parents about Now I Lay Me Down to Sleep.

When Campbell needed the photo service, she said, she was grateful to have it because she lacks "the luxury of memories."

"I think, for me, having the photographs means that [the twins] were real," she said.

WASHINGTON POST • THURSDAY, JANUARY 7, 2010

Requests for pre-sewn Bunnies & Bears: If you would like to cut, sew, clip, & turn fabric bunnies or bears for senior groups to stuff, please send to one of the following:

Dale Loman
Cottage 29-Homewood
7431 Willow Rd
Frederick, MD 21702

Marcia Linton
Activities Director
300 Charter Blvd
Macon, GA 31210

Mary Kay Huber-Leslie
5471 Thomaston Rd #36
Macon GA 31220

Young cancer patients wear their beads proudly

The four beaded necklaces around **Carsten Connolly's** neck make the Arlington County 10-year-old look like a particularly lucky Mardi Gras reveler. But his necklaces aren't souvenirs from New Orleans. They're what you might call hard-earned battlefield decorations.

"Each bead is on there for each treatment I've gone through," explained Carsten, who as a kindergartner embarked on a successful 3 ½-year fight against leukemia at Children's National Medical Center.

The idea of having kids mark the stages of their cancer treatment through beads started at a children's hospital in British Columbia. What Children's Hospital calls its BEADS program — Bravery, Endurance, Achievement, Determination, Strength — began in 2004.

"Carsten was one of our early BEADS supporters," said **Lynn Hardesty**, manager of the patient and family support program at the hospital's Center for Cancer and Blood Disorders. After every procedure, young patients being treated for cancer, sickle cell, hemophilia and other ailments select the appropriate bead to mark another milestone reached.

"Lime green means Broviac in," said Carsten, referring to the catheter inserted into his chest. "Hot pink means Broviac out. These stars mean a good day. The blue beads mean you're neutropenic — you don't have enough white blood cells to fight off infection. Yellow are for hospital sleepovers. The panda bear means I'm being treated at Children's."

I asked about a handsome red cube bulging with little dots. "That means a spinal tap," Carsten said. "There's a lot on here."

"What's amazing is the number of stars in comparison to almost no black beads, which are horrible, terrible, very bad days," Lynn said. "That tells you something about Carsten and his family."

Lynn said that when the program started, she didn't offer it to teenage boys. "I was afraid they'd

think it was too girly," she said. But then a teenage boy stopped her in the hall with a request: I want to make a necklace, too. One older patient told Lynn: "When I graduate from high school, I'll hang my tassel from my rear-view mirror," but until then I'll put this necklace there."

Each necklace is unique to that patient's experience, a tiny element of control at a scary time. I asked Carsten which bead was his favorite. He spun one necklace in his hands until his fingers stopped at something that wasn't a bead at all. It was a tiny silver bell.

"It means you're done with your treatment," he said.

Helping Children's

Carsten is quite a kid. His first idea for his Make-A-Wish gift was to open a medical clinic in India. He was tremendously affected by seeing the poverty during a family trip there, said his mother, **Adrienne**.

When he was told that didn't fit the Make-A-Wish criteria, Carsten switched gears and designed a board game that teaches kids about cancer.

"I wanted to have it so there are no winners and no losers," he said. "If you lose, it's, 'Oh, I had a relapse.' No one wants that."

Instead, players move around the board, collecting chips and avoiding the Vomit Monster. The game isn't over until everyone is done with his treatment. Mattel has made 25 copies of the game, called Carsten's Wish.

My wish? It's to raise \$500,000 for Children's Hospital by Jan. 8. So far, we stand at \$37,735.96. The money will be used to pay the medical bills of children whose families can't afford the care.

To donate, send a check or money order payable to "Children's Hospital" to Washington Post Campaign, P.O. Box 17390, Baltimore, Md. 21297-1390.

To donate online using a credit card, go to www.washingtonpost.com/childrenshospital. To give by phone using Visa or MasterCard, call 202-334-5100.

kellyj@washpost.com

To learn more

For information about the Now I Lay Me Down to Sleep Foundation, visit www.nowilaymedownto.sleep.org.

"I think a lot of people think babies that have passed away weren't real, they didn't exist, if they haven't experienced it."

Blomstrom said she contemplated for eight months whether to volunteer for the foundation. A mother herself, Blomstrom said she needed to determine whether she could handle the emotional work.

Ultimately, she decided that her job as a photographer was to document life, even its hardest moments.

"Even though their life was short, and sometimes only in the womb, [these babies] were loved, and that story needs to be told," Blomstrom said. "It's a way to honor their little spirits."

Photographer Les Henig of Garrett Park also volunteers for Now I Lay Me Down to Sleep. He said he uses the camera as a shield from the emotional task; he once photographed five babies in a week.

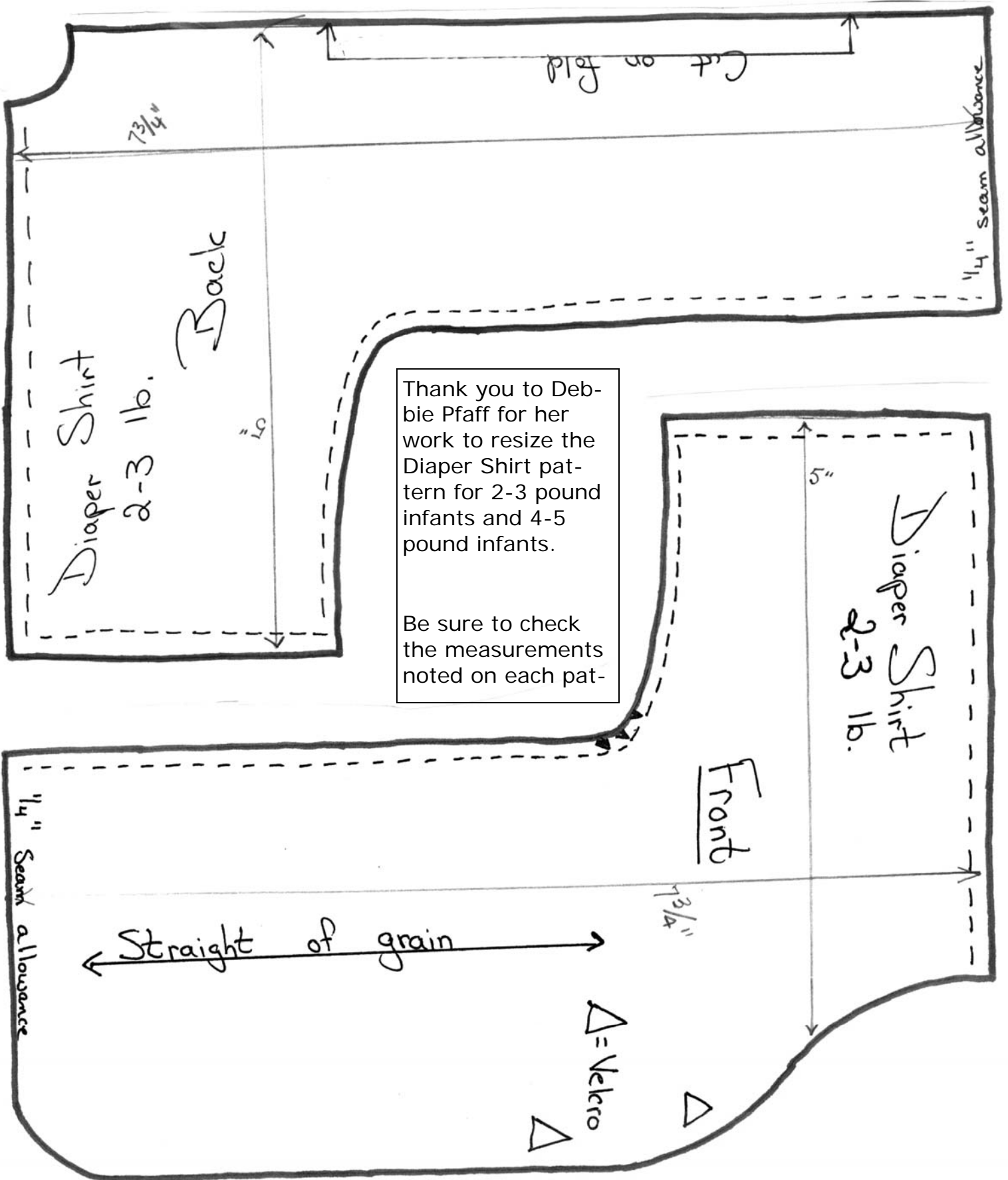
Henig said he signed on nearly a year before he received his first call. When that call came, he had forgotten about the volunteer work but rearranged plans for his wife's birthday celebration to document a child's short life.

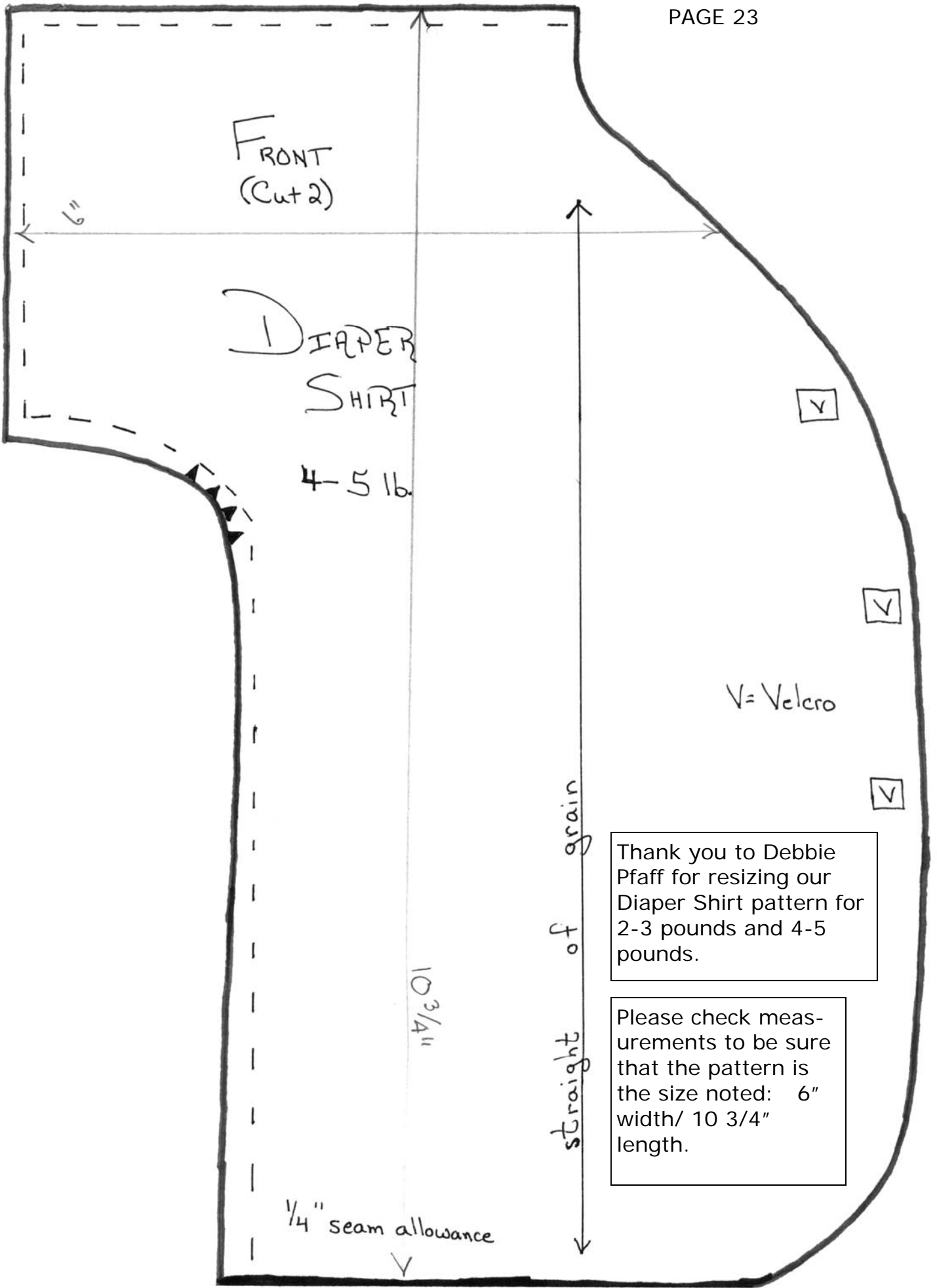
Henig takes most of the photographs at the National Naval Medical Center in Bethesda and Holy Cross Hospital in Silver Spring, both of which have neonatal intensive care units. Usually, nurses or social workers inquire about a photographer's availability, Henig said, and then talk to the parents.

The portraits offer affirmation to the effort given to having a child, Henig said.

"You've been pregnant, you've tried to get pregnant and you go through the nine months, or you go to the hospital expecting to bring home a baby. It's devastating," he said. "The thought that has occurred to me is when my children were born, we ended up with the photographs of a newborn and a baby to take home. They only have the photographs."

jbeasley@gazette.net





FRONT
(Cut 2)

DIAPER
SHIRT

4-5 lb.

Y

Y

Y

Y = Velcro

Thank you to Debbie Pfaff for resizing our Diaper Shirt pattern for 2-3 pounds and 4-5 pounds.

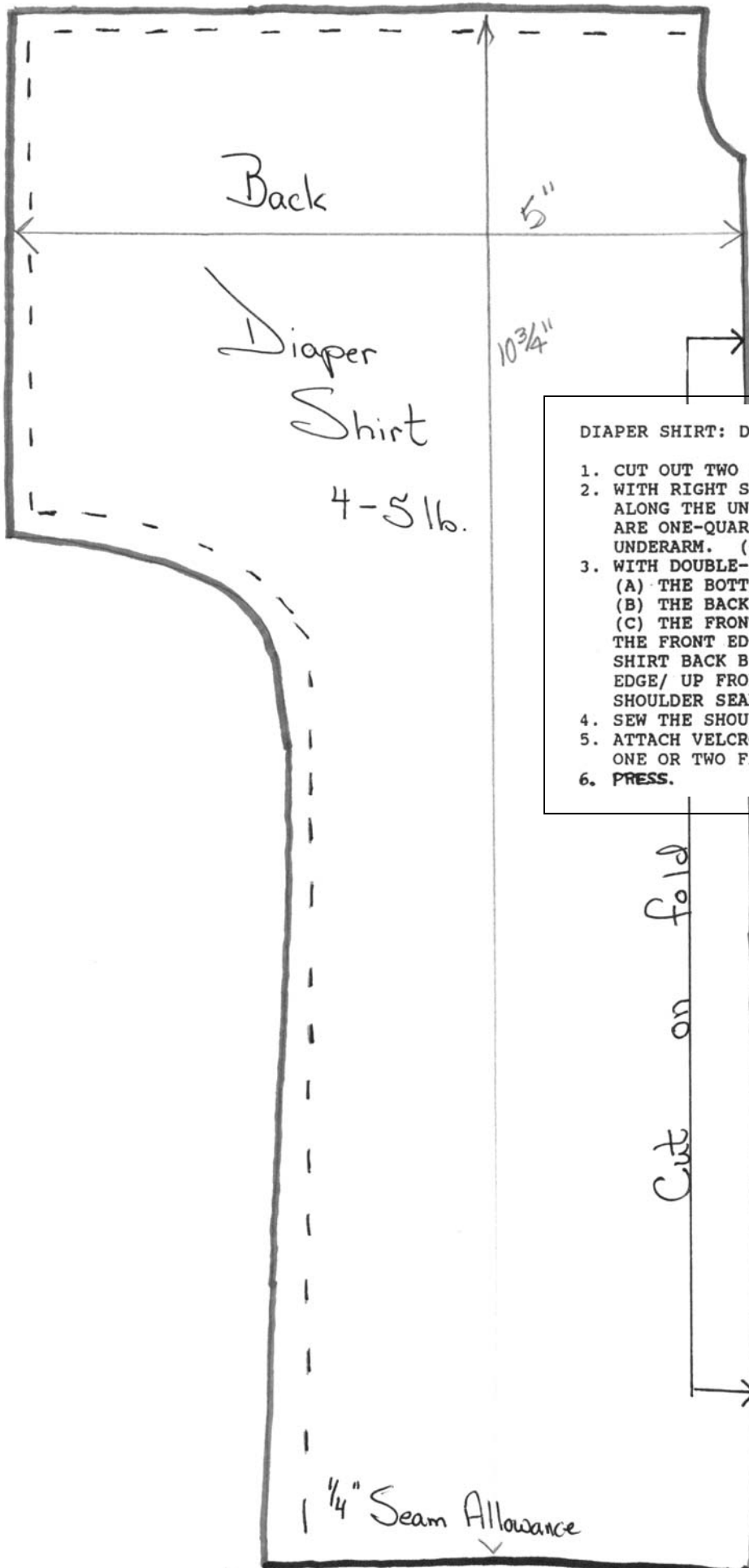
Please check measurements to be sure that the pattern is the size noted: 6" width/ 10 3/4" length.

10 3/4"

straight of grain

1/4" seam allowance

6"



DIAPER SHIRT: DIRECTIONS

1. CUT OUT TWO FRONTS/ ONE BACK PIECE ON FOLD
2. WITH RIGHT SIDES TOGETHER, SEW BACK TO FRONT ALONG THE UNDERARM-SIDE SEAM. SEAM ALLOWANCES ARE ONE-QUARTER INCH. CLIP SEAM ALLOWANCES AT UNDERARM. (OPTIONAL: FINISH SEAM ALLOWANCES)
3. WITH DOUBLE-FOLD BIAS TAPE OR SERGING, FINISH
 - (A) THE BOTTOM EDGE OF SLEEVE
 - (B) THE BACK NECKLINE
 - (C) THE FRONT EDGE FROM THE SHOULDER SEAM DOWN THE FRONT EDGE/AROUND THE BOTTOM EDGE/ACROSS SHIRT BACK BOTTOM EDGE/AROUND FRONT SHIRT BOTTOM EDGE/ UP FRONT EDGE OF 2ND FRONT EDGE/ UP TO THE SHOULDER SEAM
4. SEW THE SHOULDER SEAM. (OPTIONAL: FINISH SEAM)
5. ATTACH VELCRO OR RIBBON TIES AT THE FRONT ONE OR TWO FASTENERS, YOUR CHOICE.
6. PRESS.

Cut on fold

1/4" Seam Allowance

Greetings Everyone!

I hope that the weather is starting to mellow out where you are. It was much colder than usual here with snow that stuck around forever.

Thank you to all who sent their sympathies to my family and I for the loss of Azariah.

In this edition we have a new project, travel tissue covers. A nice lady named Bunny, sent me a sample of a sewn one. It is really neat and simple. I decided to crochet a couple and have included that pattern for one here. Bunny is a nurse, she makes them and gives them to her patients, I'm going to make them for a ministry at my church, Calvary Chapel Aurora, called Forgiven and Set Free. It is a Bible study for women who have gone through divorce, abortion or other tough situations. There is a lot of crying, both sad and happy that goes on with those women.

Then I have layette. It is called Flower Fairy. It is work. There is a lot to the finishing if you choose to make it the way I did. It has a tulle layer in the skirt, bells, flowers and ribbons. It is the white one in the & Everyday Hero video. You can look for that on youtube.com. Please let me know if there are any mistakes. I have worked it twice from the pattern and am always making changes. You can leave the trimmings off if you wish.

Flower Fairy is made using the size chart to select hook and yarn weight. In the next issue I will have the 16 weeker version in yarn.

I hope that you enjoy these patterns and enjoy your Spring!

Happy stitching!

Sara

Sara Greer

504 Toledo Street, Aurora, CO 80011

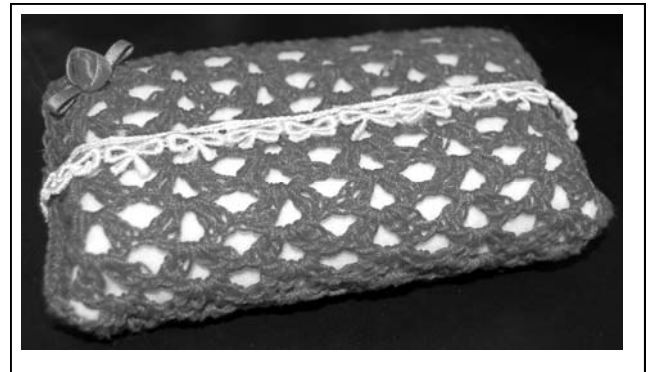
720-429-7550 mountain time

Pretty Shells Tissue Cover

Materials:

Steel crochet hook size 5

size 10 cotton thread, about 75 yds



shell-2 dc, ch 2, dc, all in the same st or sp

Row 1: (RS) Ch 31, 2 dc in the 3rd ch from hk, sk the next 3 chs, (shell in the next ch, sk the next 3 chs) across to last ch, 2 dc in the last ch. 6 shells

Rows 2-18: Ch 2, turn, 2 dc in the same st, shell in the ch sp of next shell, across to last 2 dc, 2 dc in the last dc. At the end of row 18 finish off.

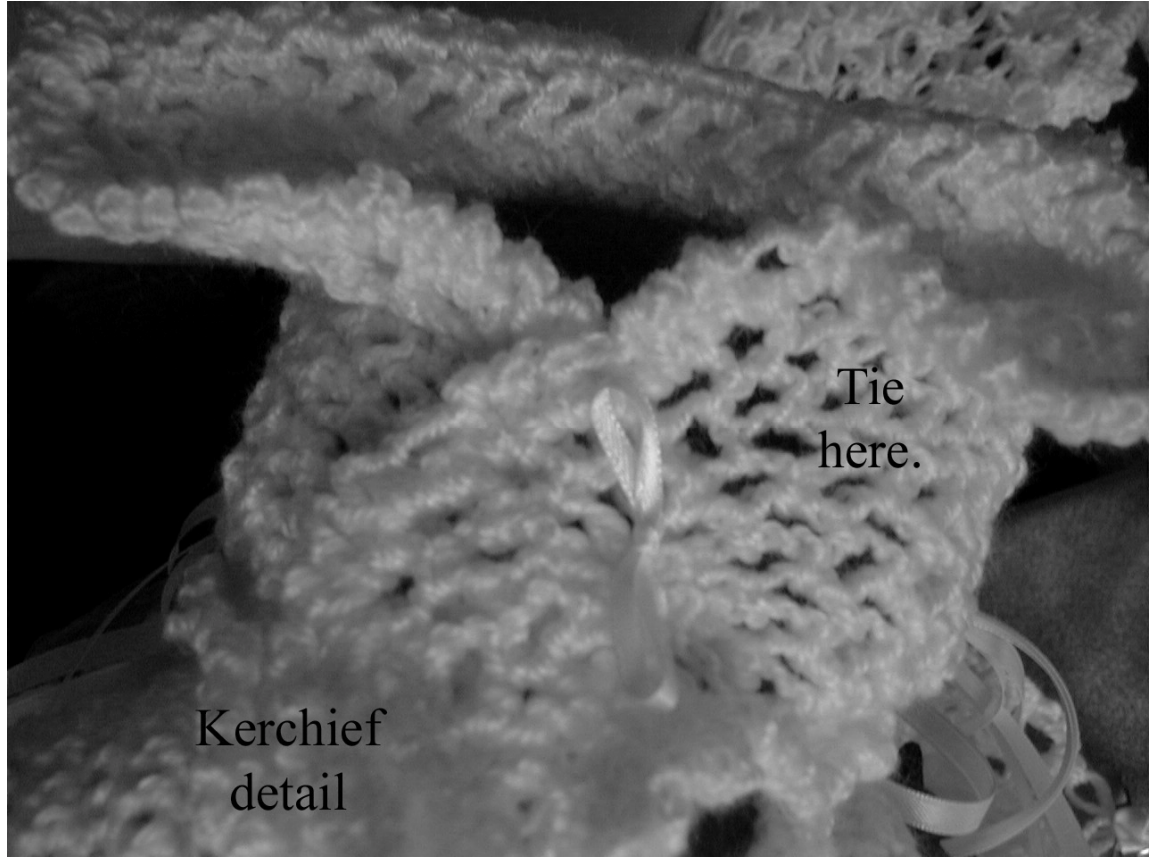
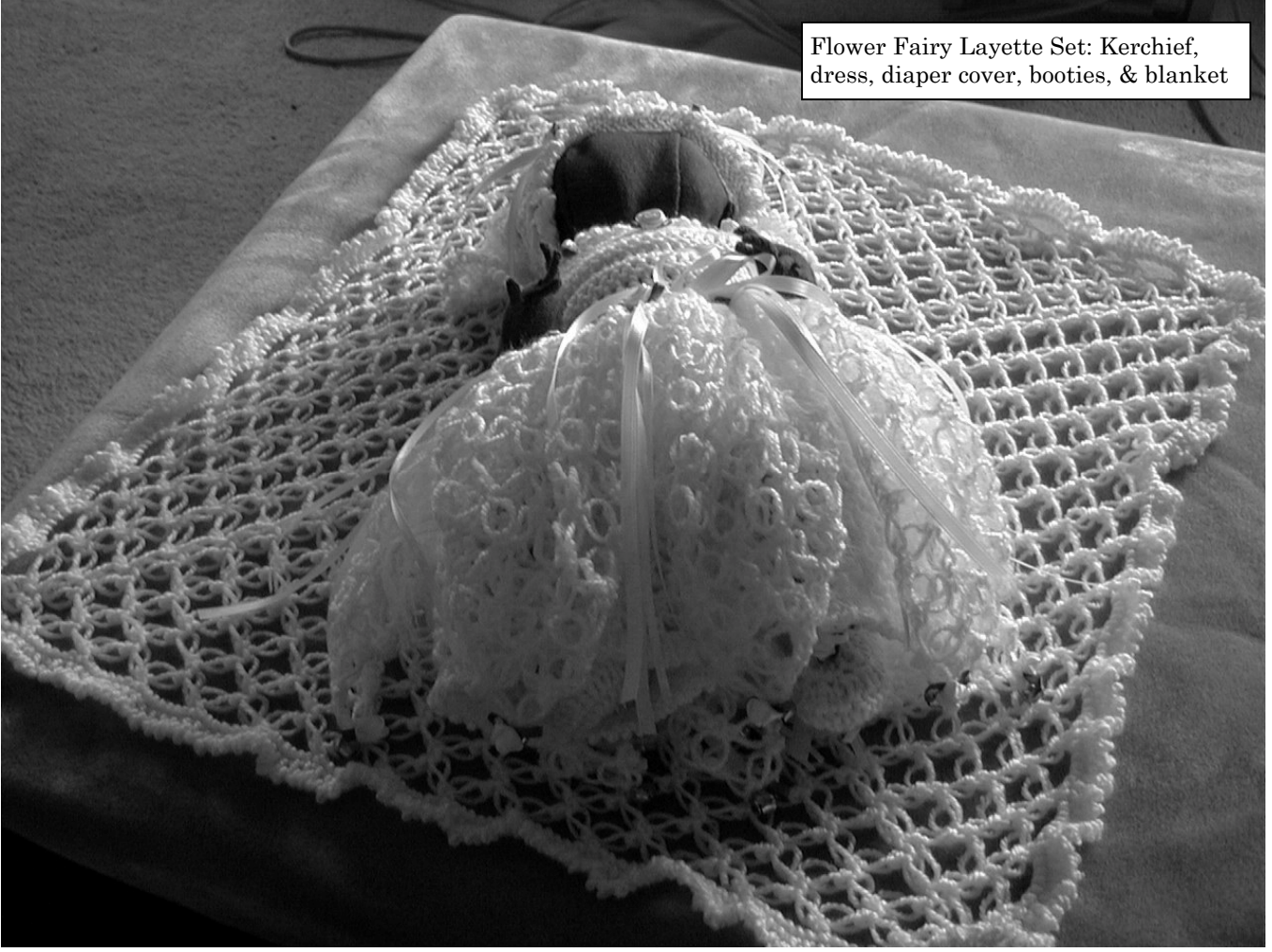
Edging

Row 1: Working in the free lps on opposite side of foundation ch, with the right side facing, join thread with a sl st in same ch as 2 dc, ch 2, work 2 dc in the same ch, shell in the same ch as the next shell, across to last 2 dc, 2 dc in the same ch sp as last 2 dc. 6 shells

Row 2: Ch 2, 2 dc in the same st, (sc, ch 3, sc) in the ch sp of each shell across to last 2 dc, 2 dc in the last dc, finish off.

Now you may line your cover with fabric if you wish.

Flower Fairy Layette Set: Kerchief, dress, diaper cover, booties, & blanket



Tie here.

Kerchief detail

Assembly

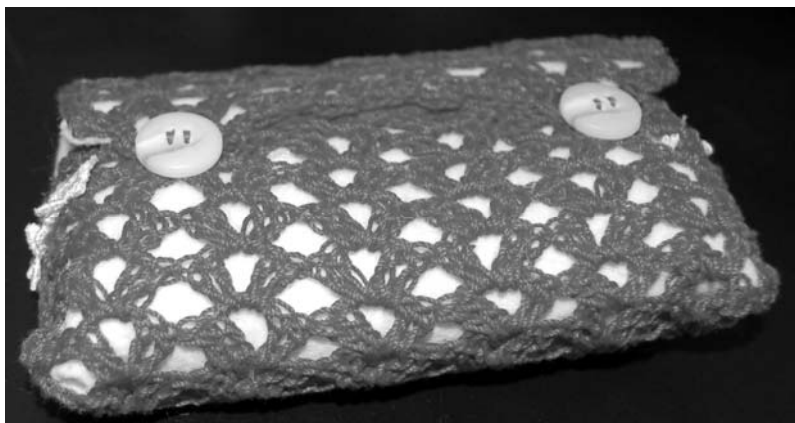
With wrong sides together, fold the last 6 rows up & join the sides with sc.

Weave in ends.

Sew on a button or Velcro to close.

Embellish these as you wish. The only limit is your imagination.

Insert tissue pack and close.



Flower Fairy

This set consists of a kerchief, dress, diaper cover, booties and blanket. The kerchief looks huge, I know, but go with it. It should fit fine if you follow the directions. The dress is then trimmed with ribbons and bells and has a layer of tulle. The booties also have bells. The blanket is backed with fabric for a nice look and some stability.

Materials:

2 buttons
 ribbon 3 different widths
 25 ribbon roses
 11 small jingle bells
 small amount of tulle
 piece of fabric the size of the blanket

Size in weeks, Fiber Weight, and Hook size	
16	Size 10 thread and hook size 7 (1.5mm)
24	Baby Fingering yarn and hook size "D"
28	Baby Sport Yarn and hook size "E"
32	Baby Sport Yarn and hook size "G"
36	Sport Yarn and hook size "G"
40	Sport Yarn and hook size "I"

Special Stitches

dk-(pull a lp that is ½-1" long, ch 1, sc in the back lp of ch-1 just made) twice

Kerchief

Row 1: Ch 70, sc in the 2nd ch from hk and in each ch across. 69 sc

Row 2: Ch 1, turn, sc in the same st, (ch 3, sk the next sc, sc in the next sc) across.
 34 ch-3 sps

Rows 3-35: Ch 1, turn, sl st in the next ch-3 sp, ch 1, sc in the same sp, (ch 3, sc in the next ch sp) across. At the end of row 35 you will have 1 ch sp.

Edging

Ch 1, working in the ends of rows, (sc in the next ch-3 sp, ch 3, sc in the same ch sp, ch 3) across to row 1, working in the free lps of beg. ch, sc in the next ch, (ch 3, sc in the next ch) across free lps, working in the ends of rows again, (ch 3, sc in the next ch 3 sp, ch 3, sc in the same ch sp) across to row 35, ch 3, (sc in the ch-3 sp of row 35, ch 3) twice, join with a sl st to beg. sc, finish off.

Bodice

Row 1: Ch 26, dc in the 3rd ch from hk and in the next 2 chs, 3 dc in the next ch, dc in the next 3 chs, 3 dc in the next ch, dc in the next 8 chs, 3 dc in the next ch, dc in the next 3 chs, 3 dc in the next ch, dc in the last 3 chs. 32 dc

Row 2: Ch 2, turn, dc in the same st and in the next 3 dc, 3 dc in the next dc, mark 2nd dc of this group, 2 dc in the next dc, dc in the next dc, 3 dc in the next dc. dc in the next dc, 2 dc in the next dc, 3 dc in the next dc, mark 2nd dc of this group, (dc in the next dc, 2 dc in the next dc) twice, dc in the next 2 dc, (2 dc in the next dc, dc in the next dc) twice, 3 dc in the next dc, mark 2nd dc of this group, 2 dc in the next dc, dc in the next dc, 3 dc in the next dc, dc in the next dc, 2 dc in the next dc, 3 dc in the next dc, mark 2nd dc of this group, dc in the last 4 dc. 52 dc

Row 3: Ch 2 turn, dc in the same st and in each st across to first marked dc, (work 3 dc in marked dc, dc in each st across to next marked dc) across.

Rows 4 and 5: Ch 2, turn, dc in the same st and in each st across to middle dc of next 3-dc group, 3 dc in the middle dc of 3-dc group, (dc in each dc across to middle dc of next 3-dc group, 3 dc in the middle dc of 3-dc group) 3 times, dc in each dc across.

Row 6: Ch 2, turn, dc in the same st and in each dc across to the middle dc of the next 3-dc group, *yo, insert hk into middle dc of 3-dc group, sk all dc between, insert hk into middle dc of next 3-dc group, yo and pull up a lp, (yo and draw through 2 lps on hk) twice, dc in each dc across * to the middle dc of next 3-dc group, rep between *s across, ch 2, join, you will now be working in rnds.

Skirt

Rnd 1: Ch 2, 4 dc in the same st, 2 dc in each of the next 20 dc, 4 dc in the next dc, 2 dc in each rem dc around, join. 88 dc

Underskirt

Rnd 2: Work this rnd only in the BLO. Ch 1, sc in the same st, (ch 3, sk the next dc, sc in the next dc) around to last 2 dc, ch 1, join with a hdc to beg. sc. 44 ch-3 sps

Rnds 3-23: Ch 1, sc in the same sp, (ch 3, sc in the next ch sp) around, joining as before.

Rnd 24: Ch 1, sc in the same sp, ch 3, (sc in the next ch sp, ch 3) around, join with a sl st to beg. sc.

Rnd 25: Sl st in the next ch-3 sp, ch 1, 2 sc in the same sp and in each ch-3 sp around, join.

Rnd 26: Ch 1, sc in the same st, ch 3, (sc in the next sc, ch 3) around, join, finish off.

Petals*Petal 1*

Row 1: Join yarn with a sl st to 2nd dc BEFORE joining on rnd 2. Ch 1, sc in the same st, (dk, sc in the next sc) 10 times.

Rows 2-10: Ch 3, sl st in the next sc, ch 1, sc in the same st, (dk, sc in the middle of next dk) across. At the end of row 10 finish off.

Petals 2-8

Row 1: Join yarn with a sl st to next unworked lp on rnd 1. Ch 1, sc in the same st, (dk, sc in the next sc) 10 times.

Rows 2-10: Rep rows 2-10 of Petal 1.

Sleeve Edging

Join yarn with a sl st in first unworked dc of row 5, ch 1, sc in the same st, ch 3, (sc in the next st, ch 3) around, join, finish off. Rep for 2nd sleeve.

Button Rows

Right

Row 1: Join yarn with a sl st in the top right back, ch 1, work 2 sc in the end of each row, sl st in the free lp of 1st ch at the end of row 8. 16 sc

Row 2: Turn, sc in the each sc across.

Row 3: Ch 1, turn, sc in the same st and in each sc across, sl st in the 2nd ch of row 8.

Left

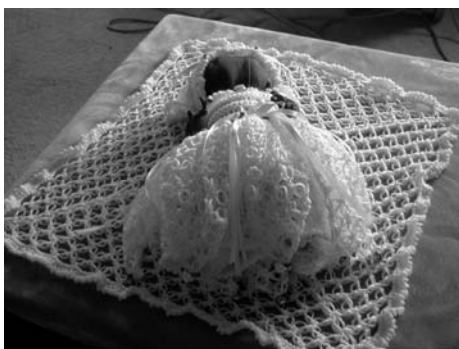
Row 1: Ch 1, work 2 sc in the end of each row. 16 sc

Row 2: Ch 1, turn, sc in the same st and in the next sc, (ch 1, sk the next sc, sc in the next 6 sc) twice.

Row 3: Ch 1, turn, sc in the same st and in each sc and ch-1 sp, across.

Neck Edging

Ch 1, sc in the same st, work across rows and then in free lps of foundation ch, (ch 3, sc in the next st) across. Do NOT work in ends of rows on right side of button rows. Finish off.

**Diaper Cover**

Row 1: Ch 4, sc in the 2nd ch from hk and in each ch across. 3 sc

Work the following rows in the BLO until indicated otherwise.

Row 2: Ch 1, turn, sc in the same st, ch 1, sk the next sc, sc in the last sc.

Row 3: Ch 1, turn, sc in the same st and in each st across.

Rows 4-40: Rep rows 2 and 3, 18 times then rep row 2 once more.

Ch 1, turn, working in the BLO of row 38 and in the free lps of row 1, sl st the 2 ends tog., ch 1, and turn right side out, you will now be working in rnds.

Rnd 1: Working in the ends of rows work 38 sc evenly around, join in both lps. 38 sc
All rnds are worked in both lps.

Rnd 2: Ch 1, sc in the same st, 2 sc in the next sc, (sc in the next sc, 2 sc in the next sc) around, join. 57 sc

Rnds 3 and 4: Ch 2, dc in the same st and in each st around, join in both lps.

Rnd 5: Ch 2, (dc dec, dc) around, join in both lps. 38 dc

Rnd 6: Rep rnd 3. You will now be working in rows.

Row 1: Ch 2, dc in the same st and in the next 6 dc. 7 dc

Row 2: Ch 2, turn, dc in the same st and in each dc across.

Rows 3 and 4: Rep rows 1 and 2, finish off.

Row 1: With right side facing, sk the next 12 dc, join yarn with a sl st in the next dc, ch 2, dc in the same st and in the next 6 dc. 7 dc

Rows 2-4: Work rows 2-4 above, do NOT finish off.

Turn inside out. Holding right sides tog., working through all 4 lps, sl st the 2 pieces tog., do NOT finish off.

Edging

Rnd 1: Ch 1, working in the ends of rows and in the sk sts on rnd 6, work 30 sc evenly around, join. 30 sc

Rnd 2: Ch 1, sc in the same st, (ch 3, sk the next sc, sc in the next sc) around to last sc, ch 1, join with a hdc to beg. sc.

Rnd 3: Ch 1, sc in the same sp, ch 3, (sc in the next sp, ch 3) around, join.

Rnd 4: Sl st in the next ch sp, ch 1, 2 sc in the same sp and in each around, join.

Rnd 5: Ch 1, sc in the same st, ch 3, (sc in next sc, ch 3) around, join, finish off. Work second leg to match.

Booties

Rnd 1: Ch 8, 4 dc in the 3rd ch from hook, dc in the next 4 chs, 7 dc in the last ch, working in opposite side of chs, dc in the next 4 chs, 3 dc in the same ch as beg. 4 dc, join.

Rnd 2: Ch 2, 2 dc in the same st and in the next 3 dc, dc in the next 4 dc, 2 dc in the next 7 dc, dc in the next 4 dc, 2 dc in the next 3 dc, join .

Rnd 3: Ch 2, using the same st and next dc, dc dec, dc dec 3 times more, sc in the next 10 dc, sc dec, sc in the next 10 dc, dc dec three times, join.

Rnd 4: Sl st in the next 2 sts, ch 2, using the same st and next st dc dec, sc in the next 8 sc, sc dec, sc in the next sc, sc dec, sc in the next 8 sc, dc dec, double dc dec, join.

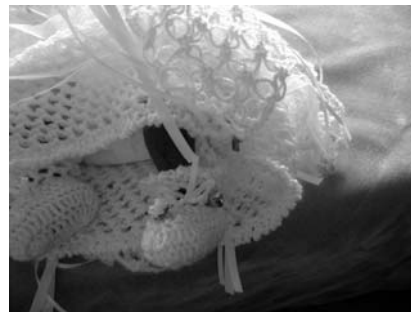
Rnd 5: Sl st in the next st, ch 1, sc in each sc around, double dc dec, join.

Rnd 6: Ch 1, sc in the same st, (ch 3, sk the next sc, sc in the next sc) around to last sc, ch 1, join with a hdc to beg. sc.

Rnd 7: Ch 1, sc in the same sp, ch 3, (sc in the next sp, ch 3) around, join.

Rnd 8: Sl st in the next ch sp, 2 sc in the same sp and in each around, join.

Rnd 9: Ch 1, sc in the same st, ch 3, (sc in next sc, ch 3) around, join, finish off.

**Blanket**

Rnd 1: Ch 3, join to make a ring. Ch 1, (sc in ring, work dk) 4 times, join with a sl st to beg. sc.

Rnd 2: Ch 2, sl st in the center sc of next dk, ch 1, (sc in the same st, dk) twice, (sc in the center sc of next dk, dk, sc in the same st dk) around, join.

Rnds 3-15: Ch 2, sl st in the center sc of next dk, ch 1, (sc in the same st, dk) twice, (sc in the center sc of next dk, dk) across to next corner, *(sc, dk) twice in next corner, (sc in the center sc of next dk, dk) across to next corner; rep from * around, join.

Rnd 16: Ch 2, sl st in the center sc of next dk, ch 1, sc in the same st, ch 5, (sc in the center sc of next dk, ch 5) around, join.

Rnd 17: Ch 1, 3 sc in the same st, 5 sc in the next ch-5 lp, *(sc in the next sc, 5 sc in the next ch-5 lp) around to next corner dk, 3 sc in the center sc of corner dk; rep from * around, join.

Rnd 18: Ch 1, sc in the same st, ch 3, (sc in the next sc, ch 3) around, join, finish off.

Weave in all ends.

Kerchief

Using photo as a guide, overlap the front corners, weave a ribbon through the ch sps, and tie in a bow. This makes it adjustable so that it will stay on the baby's head without traditional ties. Sew 2 flowers and 1 bell to back. Make two streamers using photo as a guide for length and placement. Cut 2 each of wide and thin ribbon. Fold in half with thinner ribbon on top of wider ribbon. Sew a flower to folded edge, then sew streamer to kerchief.

Dress

Weave wider ribbon through rnd 1 of skirt. Cut tulle twice the length of the skirt and 1½ times around the skirt. Fold in half so that it is the same length as the skirt. Sew in between skirts. Sew 1 flower and 1 bell to the bottom of each point. Sew 3 flowers to bodice. Make 8 streamers as before. Sew streamer to skirt between points. Sew buttons to back of dress opposite button holes.

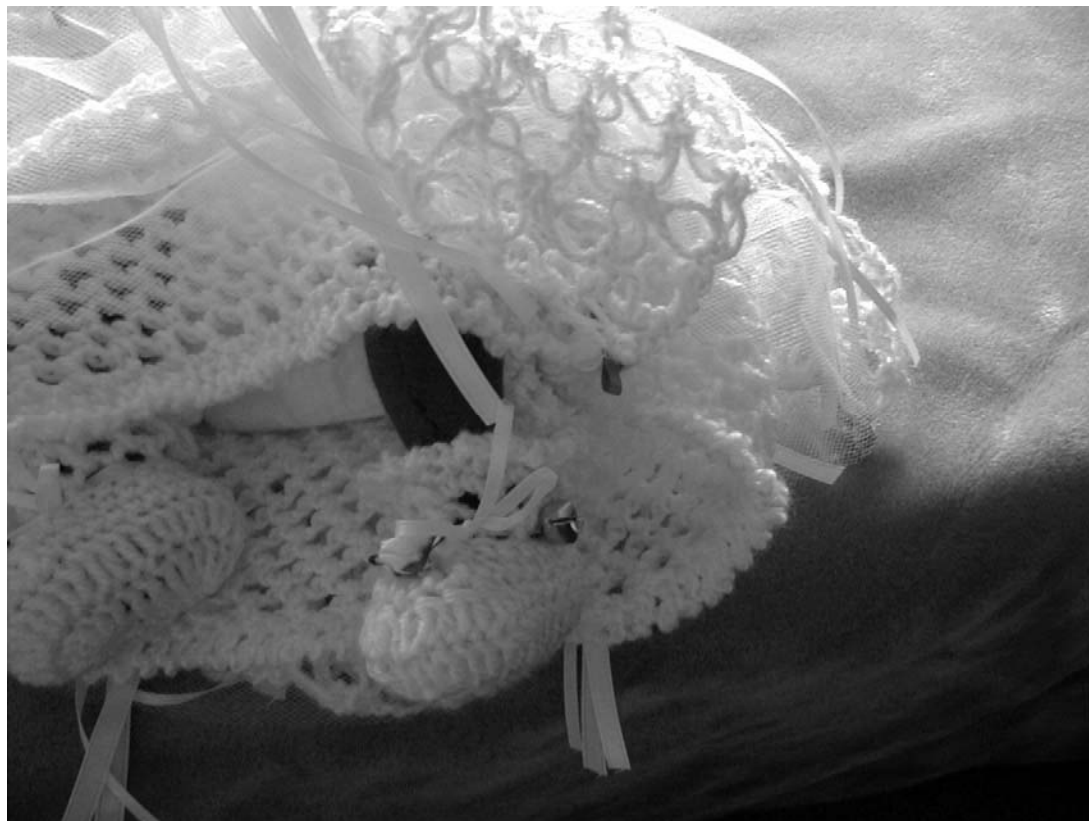
Diaper Cover

Weave ribbon through eyelets in ribbing.

Booties

Weave ribbon through rnd 6, adding a bell right on to the ribbon on the outside of each ankle. Sew 1 flower to the toe of each bootie.

A larger photo of the booties.



We Congratulate Our



Winner!

Care Wear Volunteer Angels receive a \$750 check from The Times as the "Pay-It-Forward" challenge winners.



Back Row, From Left: Pat Haught, Wyanetta Dixon, Betsy Dye, Virginia Liebegott and Blanche Gallio. Front Row, From Left: Dora Jean Mischka, Gwen Craig and Amy Bash.

The Beaver County Chapter of Care Wear Volunteer Angels "Pay It Forward" every Monday when they gather to produce items to help people from birth to old age.

This group of 15+ ladies of all ages, cut, sew, stuff, knit and crochet clothing, stuffed toys, etc., for children from preemies to teenagers. They also make wheelchair/walker bags, afghans, shawls, neck pillows and many other items for the various local nursing homes & hospitals and other facilities throughout the eastern United States.

We congratulate Gwen Craig for her nomination and salute the Care Wear Volunteer Angels for doing their part to "Pay It Forward."

The Times **Ellwood City Ledger**



Gwen Craig and the Care Wear Volunteer Angels group (PA) won \$750 to purchase supplies for their community service projects. That really helped purchase supplies. Gwen wrote that everyone appreciated being able to purchase fabric and yarn. Some of the money was used to pay for postage to send donated items to the appropriate hospital.

THANKS to the Times for helping provide supplies for this effort.



Here is the cover of the premier issue of **SEW IT ALL**. This issue will be on store shelves until March 15, 2010. See page 8 for background on the publicity provided to Care Wear Volunteers (p. 124).

50 Cool Tools **45 Quick Projects** **5 Profit Possibilities**

SEW IT ALL *Premiere Issue*

FROM THE EDITORS OF SEW NEWS

Easy Projects for Beginners Experts Alike:

- **Time-Friendly** in UNDER an hour!
- **Budget-Friendly** made with \$20 (OR LESS)
- **Eco-Friendly** garments & accessories
- **Kid-Friendly** FUN family activities

Set up **YOUR SEWING ROOM** for **SUCCESS**: Find the essentials you **REALLY** need... fun extras to help you expand your skills.

MAKE MONEY AT YOUR CRAFT. WE SHOW YOU HOW!



Dear Bonnie,
 May love and peace be with all Care Wear Volunteers throughout this year. Ohio Spirited Hands Care Wear Volunteers met (in spite of the business of the season) at the beginning of December. Donations were sent to Miami Valley Hospital in Dayton and to Abington Memorial Hospital in Pennsylvania. During the January meeting we welcomed our newest member, Barbara Stanfill. Barbara is planning to be sewing as soon as she recovers from her brain surgery that took place on December 3rd. We received donations from our Long Distance Volunteer, Rita Goodman from Illinois. Rita is Mary Ann Lowry's sister. Her beautiful creations of love and willingness in helping others are greatly appreciated. January donations included: 6 blankets, 13 mastectomy bags, 4 chemo hats, 6 fiber filled pillows, 2 pairs of booties, and 3 babies hats. The recipient of our donations this month was Abington Memorial Hospital in PA.

With best regards,
 Ohio Spirited Hands
 Care Wear Volunteers

Keeping you informed,
 Lydia Hernandez

Enclosed attachments January donations
 left Barbara Stanfill Newest Care Wear Volunteer
 right Rita Goodman Long Distance Volunteer



Hospital List Revisions



State	Hospital Name	Address	Phone	Needs
CO	North Suburban Medical Center H2U Coordinator/Mgr Volunteer Svcs	9141 Grant St., Suite B-35 Thornton CO 80229	303-450-4598	Blankets for full-term newborns. Laprobes (30 inch square). . A few adult chemo hats. (Premies are sent elsewhere) Contact Lorie Ward Lorie.Ward@healthonecares.com (303-450-3552 fax)
IL	Mount Sinai/Sinai Health System Director, Volunteer & Community Service	California Ave at 15th Street Chicago, IL 60608-1797	773-257-2635	In need of burial garments for micro-preemie to four-month sizes. Contact Tondalaya Shepard-Turner shelton@sinai.org Fax-773257-1717
MD	Frederick Memorial Hospital Attn: Director--Volunteer Services	400 West 7th Street Frederick MD 21701	240-566-3567	The Cancer Treatment Center requests PINK fuzzy scarves, tissues, plus bears, & bracelets for Breast Cancer patients. Hand creams & glycerin soaps are appreciated. Adult chemo hats, too. Sharon Hannaby will deliver. shannaby@fmh.org
MD	Washington Adventist Hospital Attn: Volunteer Office	7600 Carroll Avenue Takoma Park MD 20912	301-891-5265	Preemie & full-term hats, booties, and blankets. Burial outfits. Contact Chaplain Melanie Bailey or Pat Hutchison RN.
MD	Johns Hopkins Hospital, Labor & Delivery'	Attn: Supervisor, Perioperative Perinatal Clinical Operations Nelson 233 North 600 North Wolfe St Baltimore MD 21287-5001	410-502-2668	Request burial gowns, kimonos (back-opening), booties, & hats for 0-10 pounds. Small & Medium fleece blankets (12, 18, & 24 inch square). Colors: Gender neutral & small prints preferred. Janis Ferrell jferrell3@jhmi.edu
MD	Frederick Memorial Hospital Attn: Director-Volunteer Svcs	400 W Seventh St Frederick, MD 21701	240-566-3567	Fabric quilts, NEW fabric/knit/crochet-fiberfill toys, kimonos, hats, soft cotton fabric booties (2-12 lbs). A few 9 inch burial garments. Preemie positioning devices, nursing/ neck pillows, walker caddies. No cough pillows. Sharon Hannaby
MD	Johns Hopkins Children's Center, Child Life Services	Attn: Director; Blalock 174 600 North Wolfe Street Baltimore, MD 21287-4174	410-955-6276	Full-term/children's hats, kimonos w/velcro.. Quilts, medical dolls w/gowns. Chemo hats w/braids or ponytail for teens & pre-teens. NO IV covers. Patrice Brylske, Director fax 410-955-6777 childlife@jhmi.edu
MI	Pennock Hospital Family Birthing Center	Attn: Nursing Staff 1009 West Green St 2nd floor Hastings MI 49058		Needs: BLANKETS for full-term newborns in the Nursery. Matching hats & booties appreciated.
MO	Cox Health, Neonatal ICU	Attn: Nurse Manager 3801 South National Ave Springfield, MO 65807	417-269-4992	KIMONOS-small/medium, hats/booties (all sizes), (Pre) mittens, kid's bed socks, blankets, P-FT burial gowns, bibs, bears, diaper shirts, flannel mattress covers, quilts (dark one side), burp cloths, incubator covers. Janice Edgar or Carol Grantham.
NJ	Project Lullabye Robert Wood Johnson/UMDNJ	Attn: Clare Cohen, RN 49 Grant Avenue Highland Park, NJ 08904	732-745-2188	Preemie hats, blankets, and socks.
PA	Abington Memorial Hospital, Volunteer Resources	Attn: Ann Mcclenaghan 1200 Old York Rd Abington PA 19001	215-481-2490	P & FT hats, booties, sweaters, blanket/quilts for Pediatrics, hand puppets, stuffed animals, mastectomy bags & blankets/quilts for adults, walker bags. Chemo hats. Ann (AMcclenaghan@amh.org) or Denise (dsmietana@amh.org). Patterns available.
RI	Women & Infants Hospital Volunteer Services Dept	101 Dudley Street Providence RI 02905	401-274-1122 X2255	Delivery Address-Volunteer Services, 300 Richmond St, Providence. Need FULL-TERM HATS & booties, kimonos, blankets, small cloth animals, P-FT burial gowns, 40 inch square quilts. fax 401-453-7666. Liz Douglas or Nike Akinjobi Volunteer@wihri.org
TN	CareNet Pregnancy Services of Middle Tennessee	PO Box 765 Dickson TN 37056	615-446-0701	Layette items for infants. Blankets, kimonos, quilts, toys, bibs, burp cloths. Anything a baby needs up to 12 months. Some preemie items needed. Contact person Angela Davis. Address is 305 S Main Street (37055). Mon-Thurs 9am-4:30pm.
TX	University Medical Center- Brackenridge	Volunteer Director 601 E 15th St. Austin TX 78701	512-324-7584	10 P & 10 FT hats, 10 pr. P & FT booties, 5 P & FT sweaters, 12 P & FT diaper shirts, 5 P & FT burial gowns, 10 burp cloths, 12 bibs, 15 blankets (30x30), 15 receiving blankets (30x30), 8 medical dolls, 20 bears/toys. Sally Lawler. Fax 512-324-7146

Note: Frederick Memorial Hospital (MD) requests soft cotton booties made of cotton FABRIC. Tiny toes go through the holes of knit or crochet booties. The FMH Cancer Center requests PINK items for Breast Cancer patients. **(see above for specifics)**

See our website (www.carewear.org) for updates to PA March of Dimes chapters.

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KANGAROO CARE HELPS MOTHER OF PREEMIE FIND HER PURPOSE

By RASHA MADKOUR
The Associated Press

MIAMI — I never imagined I'd spend my first weeks as a mother pretending to be a marsupial. But there I was, a month and a half before my due date, sitting in the neonatal intermediate care unit and hoping that a practice known as "kangaroo care" would help my preemie.

Every morning I'd put my 4-pound, 6-ounce son under my pouchlike sweater so we were skin to skin, chest to chest, my body acting as a natural heat source instead of his incubator — with the added benefits of human touch, soothing heartbeat and familiar smell.

It didn't start out this way. The first time I "visited" my baby in the unit, I was so excited that I got to hold him in my arms for more than a few minutes, which had been all the time we'd had together before then. That feeling very quickly turned into intense guilt when I went back later and a nurse told me his temperature had dipped a bit because of how long we had him out of his incubator. I didn't hold him for the rest of the day and felt discouraged from doing so the day after, too.

I knew I wanted to hold him — and felt I should — but I also didn't want to do any harm.

Then I heard about kangaroo care. Finally, after days struggling to figure out how to handle this tiny baby who'd surprised me by coming early, I'd found a way to be useful.

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The benefits of kangaroo care were discovered accidentally. In Bogota, Colombia, in the late 1970s, doctors were grappling with a shortage of incubators, an overstretched staff and a high mortality rate. They decided to get help from mothers, who were instructed to keep their babies warm by holding them skin-to-skin and to feed them breast milk. The babies were found to be thriving in this new setup, and the practice has since spread

across the globe. In 2003, the World Health Organization published a guide on it.

Studies have shown the closeness helps preemies sleep better, breathe better and regulate their body temperature and heart rate better. All of this allows them to devote more energy to growing.

"Kangaroo care, to me, is the first gift you can give to your baby in the NICU and it's one of the greatest gifts the staff can give to parents in the NICU," said Liza Cooper, the national director of a March of Dimes program that supports families in neonatal intensive care units and promotes the practice among health care workers.

I first came across kangaroo care in a book about premature babies that I bought the day after I was discharged. It seemed like a good way to bond if nothing else — and a more appealing way to spend my time in the hospital. Sitting next to a plastic box with your kid inside isn't much fun.

Kangarooing, on the other hand, turned out to be quite lovely.

I loved feeling his scrawny body wriggling to get comfy, then the rise and fall of his steady breathing. I felt something tickling me once and realized his hand had made its way under my arm. I would talk to him, read comforting verses from the Quran and sing the few lullabies whose words I could remember.

The staff at Jackson Memorial Hospital were accommodating, and by midweek, as word of the "kangaroo mom" spread in the unit, a nurse pointed me to some foldable recliners hiding in a nook that were donated by a doctor who wanted to support kangaroo care. Big improvement on the metal and plastic chairs we'd previously occupied. Thus began our truly marathon cuddling sessions — a few hours in the morning, then a few in the evening.

Other hospitals are more proactive in telling parents about kangaroo care and encouraging them to do it. At Mercy Medical Center in Baltimore, the practice is described in the NICU parent handbook

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This is an adorable
hat made by Marge Z.

and staffers talk to families about it as one of the ways they can help care for their baby, along with the more typical duties of changing diapers and giving baths.

"It's wonderful in terms of moms and dads being able to get as close as you can to your hospitalized babe," said Dr. Susan Dulkerian, the medical director at Mercy's NICU. "Babies snuggle in and get comfortable and calm down and seem very, very content." ■■■

By and large, neonatologists recognize the benefits of kangaroo care, said Dr. Jonathan Fanaroff, associate medical director of the NICU at Rainbow Babies & Children's Hospital in Cleveland.

"I think where the questions still lie is not to overstate the benefits — 'If you don't do kangaroo care, your kid won't go to Harvard' — and to make sure it's safe."

There's room for debate on when a premature baby is stable enough to be held — some doctors draw the line when the baby's on a breathing tube, for example.

And Dulkerian emphasizes that it's just one of the ways parents can help their child get better and that those who don't kangaroo shouldn't feel guilty.

"Ultimately you're going to get that bonding and that closeness," Dulkerian said. "Even just being there, babies know."

I've learned quickly that no single parenting choice will make or break a child's development, and kangaroo care is no exception. But I'm glad to have had it as a comforting experience during an uncertain and scary time. And if it helped my baby relax and pack on the pounds, all the better.

I can't even imagine kangarooing with my little guy now; he's so energetic and squirrely I've taken to calling him McSquirmy. But that's just as I had hoped for.



CARE WEAR VOLUNTEERS

Bonnie Hagerman
c/o Hood College
401 Rosemont Avenue
Frederick, MD 21701-8575
301-696-3550
hagerman@hood.edu
<http://www.carewear.org>

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Thank you to Marge Z. for her excellent workmanship.



Associated Press reporter Rasha Madkour does kangaroo care with her son, Yousef, at their Miami home in 2009. Experts say the skin-to-skin contact helps premature babies sleep better, breathe better and regulate their body temperature and heart rate better; all of this allows them to devote more energy to growing. *Associated Press*