



## Children

For the first quarter we'll focus on children -- ill, injured or in need. Focus area starts in February and runs through April since we got a late start on the program. Here are a few examples:

### [Doll Ministry UR-loved](#)

They start with humble ingredients: stuffing, fabric, needles, and thread. To those plain elements they add the hands of faithful servants and the result is something beautiful: stuffed dolls provided to the Police Dept. to give to scared and confused children who are being removed from their homes. *Rosemary from our Arvada store* helps spearhead this project in the Denver area.

### [Care Wear](#)

Care Wear is a nationwide group of volunteers who knit, crochet, and/or sew, providing handmade baby items directly to hospitals. All Care Wear items are distributed by hospital staff [FREE] to infants, children and their parents. The website has links to [available patterns](#) and guidelines for donated items. Local hospitals/agencies in the Denver and Colorado Springs are already working with this organization, so check [Search for Colorado locations](#) to find one that you can donate to.

### [Firehouse Quilts of Colorado](#)

Firehouse Quilts is a non-profit group of volunteers that makes and donates 45" square snuggle quilts to Colorado fire departments, Action Care Ambulance, Denver Health Medical Center, victim advocate offices, and twin/full sized quilts to Douglas County Women's Crisis Center to be given to children & their mothers in time of crisis. Any style or patterns can be used in the donated quilts.

### [Warm Hearts, Warm Babies](#)

Warm Hearts Warm Babies provides clothing, blankets, and essential items to premature and newborn infants, and young children, in crisis, free of charge. Warm Hearts Warm Babies volunteers make and donate: baby gowns, sleepers, T-shirts, quilts and other essential baby items to local hospitals, shelters and other organizations that provide for premature and newborn infants and their families in Colorado. They are a 501.3(c) organization that operates with an all-volunteer staff which allows all contributions to be directed towards the babies.

### [Dress a Girl Around the World](#)

Dress a Girl Around the World is a Campaign under Hope 4 Women International (a 501 (c) 3 organization) bringing dignity to women around the world since 2006. Hope 4 Women International is a nondenominational independent Christian organization. We dream of a world in which every girl has at least one new dress. Website has link to free patterns and names of local ambassadors to contact for donation.

## [One Million Pillowcase Challenge](#)

American Patchwork & Quilting is challenging quilters, sewers and crafters to help us reach their goal of donating one million pillowcases to local charities. Many charities can benefit from the donation of a pillowcase and the challenge gives you the opportunity to donate and make a difference in your community. Website has free patterns as well as information on donating.

## [ABC Quilts of Colorado](#)

ABC Quilts of Colorado provides small quilts to various county and private agencies for children in crisis or need.

## **The Sick (Cancer/Illness/Hospice)**

For the second quarter we'll focus on the sick. Support of area hospitals, hospices, cancer centers are encouraged. Focus area will overlap sewing for children in April and will run through June. Here are a few examples:

### [Operation Smile](#)

At Operation Smile believes every child suffering from cleft lip or cleft palate deserves exceptional surgical care. In support of that mission, there are several sewing projects such as smile bags, colorful hospital gowns, splints, quilts.

### [Pretty Pockets](#)

Pretty pockets are a discreet and spirited way to secure post-surgical drains. Free pattern to create small flannel pouches to hold post-surgical drains softly against the skin. Donate to local cancer center or hospital.

- Pretty Pockets created in March 2011
- easy sewing project, using scraps of soft flannel
- BIG VALUE as a gift to breast cancer patients
- can modify pattern for various drain bulbs

Perhaps you don't know that the need for pockets is staggering. One doctor can treat more than 500 breast cancer patients a year with surgeries that result in temporary drain bulb placement. That's just one medical facility and one type of surgery!

If you have the time and talent, and want to make a BIG difference in the comfort and peace-of-mind of cancer patients, then volunteer to sew post-surgical drain pockets today!

### [Chemo Turbans](#)

Sewing.org provides quick and easy instructions for making a knit turban for cancer victims undergoing chemotherapy. Instructions are provided for small, medium and large turbans.

### [Hospital Bed Saddlebag](#)

Sewing.org also has some instructions to create a caddy for folks in a hospital bed or wheelchair. The "hospital saddlebag" provides storage space for papers, books, glasses, etc. that are right at hand and easy to reach for anyone who has limitations on movement.

## The Elderly

For the third quarter we'll focus on the elderly. Focus area will be from July through September. Here are a couple examples:

[Bev's Country Cottage](#) has many patterns available to make items that benefit the elderly such as wheelchair and walker totes, lap blankets, and shoulder wraps.

[Sewing.org](#) has several patterns for items that will help the elderly including [bibs](#), [a walker caddie](#) and a [wheelchair tote](#).

## The Military (Active Duty/Veterans/Disabled Vets)

We celebrate Veterans' Day in November, so it seems fitting that the fourth quarter will focus on the military from October through December.

### [Operation First Response](#)

OFR backpacks are sent to combat support hospitals in theatre. The backpacks are given to our wounded when they arrive at the hospitals with no personal belongings. These backpacks ensure that our wounded have a little love from home to comfort them until they return to the states.

Operation First Response is always in need of handmade blankets and quilts (sizes may vary). Smaller sizes will be included in our backpacks sent to our wounded. Cot Size = 45x45 or 36x36. Larger sizes will be hand delivered to military medical facilities in the States.

### [Quilts of Valor](#)

The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor. There is a local chapter, [Quilts of Valor in Colorado](#), you can contact for information on how to donate.

### [Soldiers' Angels](#)

Soldiers' Angels aim to make sure every military family feels loved and appreciated. You can make a blanket, Adopt a Soldier, or even submit a soldier to receive a blanket of hope.

These above just a few examples of causes that need sewists and quilters to help them out. See a BIG list here:

[http://cyberseams.com/article/105724/tips/sewing\\_charity\\_list.html](http://cyberseams.com/article/105724/tips/sewing_charity_list.html)

These charities are just suggestions and we welcome any input you have for charities to sew for. Just email "Cathy the Blogger" at [rockymountain.blogger@gmail.com](mailto:rockymountain.blogger@gmail.com) and she'll add them to the list.