



Quilts for Kids:

**Volunteer quilters transforming fabrics into
patchwork quilts that comfort children in need**

Northeast Georgia Chapter

August 2017

www.NeGaQuiltsforkids.org

July has been a quiet month with very few kids in the local hospitals. With school starting back soon, this will change. We have stockpiled a few quilts so should be ready for the increase. However, we will need more quilts made as the weather turns cooler. Sign out kits as you can and continue to help us out.

Recently I have been accepting quilt tops so that I can practice quilting them on my longarm. It's been a few months since I've been able to work on them as the machine needed some new parts. Now I am ready to catch up but I will need some help. I have some batting but not enough to continue this agreement in the future. Please, if you want me to quilt your tops, provide the batting. The money we receive from donations goes to buying fabric and labels, not batting. Headquarters does not carry batting nor do they have an agreement with vendors. I appreciate your understanding on this matter.

As we look forward to August, several things will be happening. First of all on August 2nd, I have been invited to the Gold Rush Quilt Guild in Cleveland to give a presentation about our chapter of Quilts for Kids. This guild has been helping us for a couple of years so I am excited to finally meet them and tell our story.

For our workshops, Suwanee/Duluth will be back in session on the 3rd Tuesday of August. We will be meeting in the large room and hope to fill it with volunteers who will be cutting and sewing our kits. Join us if you can at Bunten Park from 10-2. (The address is on page 8 of this newsletter.)

Now, read ahead for some of July's news and "Stay Fit While You Sit" exercises.....

Betty Wright, chapter leader

Northeast Georgia Chapter of Quilts for Kids

One stitch, one quilt, one kid at a time...

www.NEGaQuiltsforKids.org



Family Life workshop on July 6th

We have two volunteers who celebrated their birthdays on July 7th so we surprised them on the 6th with cake.

Happy Birthday Kay S. and Betty G.



Ten quilt tops turned in by Betty G and Kay S. will be quilting some of them.

Thanks Ladies! You make a great team!



Northeast Georgia Medical Center



BELOW:

Helper Sarah, 9 yr old granddaughter of Ida R. one of our volunteers (who took the photo) while helping me deliver quilts on July 27th.



ABOVE:

Meet 4 year old Avery who received her zebra quilt on July 21st.



Stay Fit While You Sit: 10 Simple Exercises for Sewers

Editor: Liz Johnson

Friday, 05 May 2017 1:00

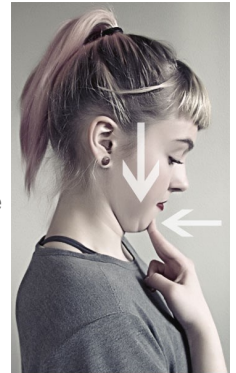


There is a *lot* of sitting involved in sewing, which can lead to aches and pains not mention a few extra pounds due to inactivity. It's a widespread problem and a hot topic on many fronts since anyone who works at a computer for long periods of time is also likely to suffer. Obviously, investing in ergonomic chairs and amazing sewing stations can work wonders, but that isn't in everyone's budget. Instead, we took a look at 10 ways to Stay Fit While You Sit, using what you already have...most importantly – *your own body!*

1. Heads Up

Straightening and strengthening your neck helps reduce strain on the neck and upper back. Sewing at a machine requires you to look down for extended periods of time with your neck bent forward. And here's the scary fact: every inch the head moves forward from its natural upright position adds ten pounds to the weight it exerts on your neck and upper back muscles. The human head weighs 12 pounds on average, so if you bend forward just a couple inches, the total pressure amps up to 32 pounds. Ouch!

One of the easiest exercises to help with this is the **Chin Tuck**. Roll your shoulders back and down. While looking straight ahead, place two fingers on your chin. Use your fingers to slightly tuck your chin and move your head back. Hold for 3-5 seconds and then release. Repeat 10 times. Yes, *you are creating a double chin*, but that means it's working. The better the double chin, the better the results.



Tuck chin down and back.



Pull shoulders up.

2. Shoulders Back

Step two for good posture is to pay attention to your shoulders. As your neck moves forward, your shoulders and back are usually not too far behind. Rounding the spine forward for extended periods of time is an invitation for chronic back pain. Mom was right when she scolded you to, "stand up straight!"

Sit straight and pull your shoulders back. Try to focus on the muscles around the shoulder blades doing this work rather than your neck. To help further emphasize the position, try doing several **Shoulder Shrugs**. Raise your shoulders up towards your ears. Hold this position for a few seconds, then relax. After tightening in that upward position, your shoulders will naturally want to relax into their proper posture.



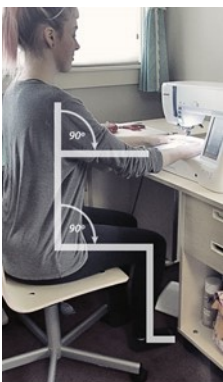
Relax shoulders down.

3. Feet Flat and the "90° Rule"

This is a tough one. It's such an ingrained habit to tuck your feet underneath you, rest them on the base of the chair or even cross your legs. We do it almost without thinking. But, sitting with your feet flat on the floor is an important component to good posture. With a sewing machine foot pedal, you do have to keep at least one foot on the floor; make sure the other one stays flat next to it.

Keeping your feet flat is the first part of the **"90° Rule."** This rule is based on the three angles that are most important to keeping a neutral and relaxed sitting position. Angle 1: your elbows should be at 90° when resting on the bed of the machine. Angle 2: your upper body should be at a 90° angle to your lower body at the waist. Angle 3: your knees should be at a 90° angle.

Since your sewing table is less likely to be adjustable, try to use a chair that is. You can add a chair cushion or two to help boost you up. A low, wide stool or similar can raise up your feet (and your foot pedal). Many people prefer to use the start/stop control on their sewing machine so they don't have to use the foot pedal at all and can keep both feet flat on the floor at all times.



Feet flat, elbows and knees at 90°



Bring elbow down and knee up.

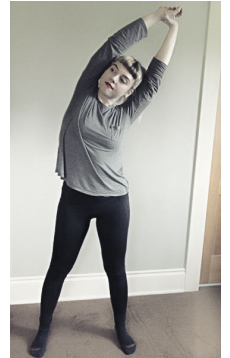
4. Core Strength

Weak abs and lower back muscles will prevent you from comfortably maintaining an upright posture. Your core is responsible for nearly all stabilization, and every movement the body makes has its basis in a solid foundation. Be kind to your core!

There are entire exercise programs designed to improve core strength and you're probably familiar with many of the suggested exercises, such as planks, crunches, push ups, and squats. If you're just starting out and want an exercise you can do right in your sewing space, try the **Elbow to Knee Crunch**. Scoot to the front edge of your chair and sit up straight with your feet flat on the floor. Extend your right arm up toward the ceiling. Pull your arm down, bending it at the elbow while simultaneously raising your left knee. Bring your elbow and knee as close together as possible, but make sure you maintain an erect posture. Return to the starting position with your hand raised and your foot flat to complete the exercise. Do 8-10 reps and then repeat on the opposite side.

5. Up and At 'Em

Now that you're thinking about everything to do while you're *sitting*, the next step is to get up! We could have actually put this suggestion as the number one tip since most health professionals agree that the best thing to combat "sitting fatigue" is to simply get up and move around. You should get up for several minutes at least every hour – every half hour would be even better. Just **stand up, stretch, and walk around** for a few minutes.



Stretch and move around.



Lean and push forward.

6. Chest Stretch

Rounding forward in your chair not only affects your back and neck, it also compromises your chest muscles, causing them to tighten. It can almost feel like they're shrinking in on themselves.

Counteract this with a **Doorway Chest Stretch**. Stand in an open doorway. Lift your arm so it's parallel to the floor and bent at the elbow with your fingers pointing towards the ceiling. Place your palm on the doorjamb. Slowly lean into your raised arm and push against the doorjamb for 7-10 seconds. Relax the pressure and then press your arm against the doorjamb again, this time coming into a slight lunge with your legs so your chest moves forward past the doorjamb. Hold this new position for 7-10 seconds. Repeat two to three times on each side.

7. Shoulder Stretch

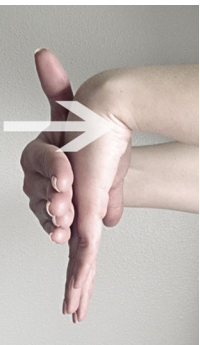
Keeping your shoulders limber helps with so many things in every day life. From lifting to pushing to pulling, we count on our shoulders to make it all happen.

The **Over Head Shoulder Stretch** is a classic. Bring both arms up over your head, then bend them at the elbows. With your right hand, cradle your left elbow. Your left forearm is hanging down, relaxed against your back. Gently pull your left elbow behind your head. Hold for 10 seconds then repeat on the opposite side.

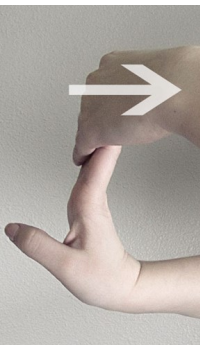


Pull elbow down.

8. Wrist Stretch



Hand down, push back.



Hand up, push back.

Time to get small and concentrate on your hardworking hands and wrists. Carpal Tunnel Syndrome is a well known issue for any task that requires repetitive hand movements. As you know, letting it get out of control can lead to severe pain and even surgery. Most doctors and physical therapists recommend frequent stretching as a good preventative measure.

The most common is the **Two-Way Wrist Stretch**. Take breaks regularly to do this easy little stretch. Bend the right hand hand down and gently press against it with the left. Push back across the center of the hand at the knuckles. Hold for 5-6 seconds. Flip the right hand up. Place the fingers of your left hand flat against the fingers of your right and gently apply backwards pressure with the left hand. Hold for 5-6 seconds. Repeat to stretch the left hand.

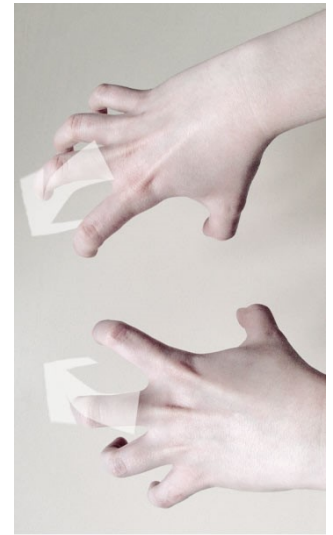


Straighten fingers.

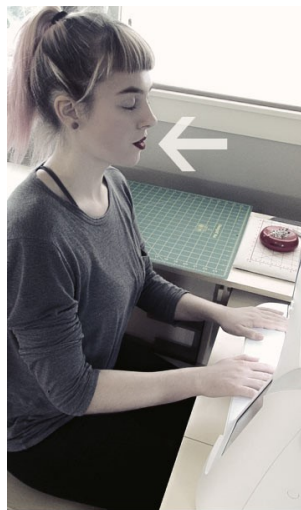
9. Finger Stretch

Keeping your fingers agile can prevent tension from working its way up into your wrist. Plus, we often forget how much work our fingers are constantly doing; they're moving all the time. Take a minute to give them some much needed attention.

We like to call this the **Monster Stretch**. Hold your hands out in front of you palms down. Separate and straighten your fingers. Hold this position for ten seconds. Bend all your fingers at the knuckles, like monster claws. Hold this position for ten seconds. Repeat 3-4 times.



Bend at the knuckles.



Breathe deeply.

10. Don't forget to breathe!

There are no fancy steps to remember for this one, just don't forget to do it. And, we're not talking about just regular in and out breathing, but deep, cleansing breaths. When confronted with pain, our first reaction is often to hold our breath. But when you breathe deeply, you oxygenate your blood, which causes your brain to release endorphins. These endorphins help decrease levels of pain. Breathe in slowly and deeply through your nose, completely filling your lungs. Then, exhale slowly through your mouth. Deep breathing neutralizes stress and elicits a calming feeling.

Remember, these are suggestions and a beginning guide. If you ever experience real discomfort, numbness or feel you are losing strength and flexibility; contact your health professional. Additional medical treatment, physical therapy, therapeutic massage, acupuncture or other options may be the next step.

Drop off Sites for Quilts

Quilts for Kids *	Workshop sites on workshop dates (see last page of this newsletter)	
Georgia Sewing & Quilting*	81 Maddox	Buford, GA
Thread Bear Fabrics	515 Sawnee Corners Blvd #500,	Cumming, GA 30040
BettySue's Quilts *	419 Spout Springs Rd # 101,	Flowery Branch, GA 30542
Tiny Stitches	2518 East Piedmont Rd	Marietta, GA 30062
Hall County Quilt Guild *	Chestnut Mtn Presbyterian Church	4733 Winder Hwy
	(Hwy 53) Flowery Branch, GA on 1st and 3rd Mondays 10am to noon in Fellowship Hall	
Atlanta Sewing Center	2148 Duluth Hwy NE, #111	Duluth, GA 30097
City Square Quilting *	23 City Square	Hoschton, GA 30548
* Kits to sign out to sew are available also.		

Quilt Deliveries for July 2017

NE Ga Med Ctr	19
Gateway	6
Family Promise	-
Scottish Rite (CHOA)	15
Egleston (CHOA)	15
Piedmont Athens	11
TOTAL	66
This Year	485
Since we started	2968



Workshop Dates

Family Life Center (A/C Room)

First Baptist Gainesville
751 Green Street Gainesville, Ga. 30501
10:00 am to 2:00 pm
Aug 3, Sept 7, Oct 5

Hopewell UMC Fellowship Hall

4723 Hopewell Church Road
Gainesville (Murrayville area)
10:00 am to 2:00 pm
Aug 8, Sept 12, Oct 10

We're Back

Suwanee Workshop

Bunten Road Park
3180 Bunten Road, Duluth GA 30096
Every 3rd Tuesday 10:00am to 2:00pm
Aug 15, Sept 19, Oct 17

Nicholson (Quilting with Friends)

175 Lakeview Dr. Nicholson, GA 30565
Every Tuesday 10:00 am to 2:00 pm
Every Thursday 7:00 pm to 9:00 pm

**Bring your machine or cutting materials and your lunch
and join us for cutting, sewing and fellowship!**



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