

Project Linus

Providing Security Through Blankets

February 2008

East Tennessee Chapter

Attn: Deb Miller
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*The best kind of sleep under
heaven above, is under a blanket
handmade with love.*

Winter Meeting – February 16th 10 AM - Noon

The plans for the Winter Meeting are underway. Mark your calendars for Saturday Feb. 16 for 10 AM - Noon. This meeting will be very different from ones in the past. It will be at the Concord United Methodist Church. I've attached a map. The map looks complicated, but if you'll look at the directions, you'll see it's just 1 1/2 blocks off Kingston Pike.

At this meeting we'll have stations for you to "visit". Stations will include places for you to spend a little time helping Project Linus including sewing on labels, folding brochures, labeling brochures and more and tables for you to learn something new including a demonstration of the Skip Stitch Rotary Cutter Blade. Patti Stewart will be demonstrating this. If you are already using one and have examples of items you've made, bring them with you to share. They now have three sizes of Skip Stitch Blades and we'll have examples for you to see. We'll have a few available for sale and forms so you can order them. Prices range from \$10 - \$13 with \$1 extra if we have to ship them to you.

We'll plan a table just for you if you have a particular technique you'd like to demonstrate such as a fun crochet or knit pattern, quilting square, etc., Let me know what you will be demonstrating and your name and I'll have a station ready for you. A table will be set up with "unique" blankets to help spur your creative juices. If you have blankets, you'd like to add to the table, bring them. Please give me a note with the # of blankets you turned in by adding to the table so I can be sure to "count" them. If you have blankets to turn in, my car (with the PL signs on it) will be in the parking lot. You don't need to drag them in the building, just put them in the car.

There will be a table for you to learn something fun and new - making a decorative paper gift box by folding paper. All supplies will be provided. Pat Phillips will be demonstrating these. If you weren't at the Fall Meeting and didn't see the new PL video (or want to see it again), there will be a table with the DVD playing for you. If you didn't see the Live at Five piece with Helen Forbes and me, the NBC news piece and/or the AI Roker PL piece, we'll have that to play for you, too. There will be a "pattern" table where you can pick up new patterns to try. If you have patterns to share, bring copies (10 - 25 copies) with you to lay on the table. Please do not bring copies that are protected by copyright laws. There will be a table where you can see some PL logo items and order items you may want. Bev Abele will have our cookbooks set up on a table for you to purchase or to take a quantity to sell. And, there will be door prizes!!!!

I don't need an "exact" count for the meeting but I would appreciate RSVP's so I can get an idea of how many to expect. Please email me with your name or call me at home 435-9045 (preferably between 6 – 10 PM). If you are bringing a group, you can just reply and say you are coming and bring X# of people with you. If you have friends or family interested in PL, this would be a good time to bring them and show them what we're all about.

I'm looking forward to seeing everyone on Feb. 16th. Mark your calendars NOW.

Be sure to read the ENTIRE newsletter. There is important information about a special request for blankets from East TN Children's Hospital to support teen mothers, patriotic blankets for the TAPS program for children/grandchildren of our military that have lost their lives and MUCH More.

Your Donations of Blankets and Other Items Truly Make A Difference in the Lives of Area Children.
PLET has recently or will soon be delivering donated items to the following recipient organizations:

- ❖ Ronald McDonald House - Knoxville:
- ❖ Hope Resource Center - Knoxville:
- ❖ Pathways Family Shelter – Harriman:
- ❖ Smoky Mountain Children’s Home – Sevierville:
- ❖ East TN Children’s Medical Center – Knoxville:
- ❖ **UT Medical Center–Knoxville: 45 blankets**
- ❖ **Baptist Hospital West/Baptist Hospital for Women (Nursery/Emergency Room): 24 blankets**
- ❖ YWCA Domestic Violence Program Shelter – Oak Ridge:
- ❖ CEASE Domestic Violence Shelter & Program – Morristown:
- ❖ Katie Miller Group Home/Child and Family, Inc. – Knoxville:
- ❖ New Life Inn/Knox Area Rescue Ministries:
- ❖ **Children’s Center of the Cumberlands (Scott County): 25 blankets and 4 tote bags**
- ❖ **Campbell County Children’s Center (used to be REACHS): 30 blankets**
- ❖ Child Advocacy Center of the Ninth Judicial District (Loudon, Meigs, Morgan and Roane):
- ❖ Cumberland Medical Center – Crossville:
- ❖ Mission of Hope:
- ❖ Department of Human Services:
- ❖ Good Samaritans – Cumberland County:
- ❖ Avalon Center–Cumberland County:
- ❖ Avalon Center – Morgan County:
- ❖ ETHRA for needy families:
- ❖ A Secret Safe Place for Newborns of TN – Maryville:
- ❖ Martin Funeral Home in Oak Ridge:
- ❖ CHILDHELP USA (East TN):
- ❖ Now I Lay Me Down to Sleep – East TN:
- ❖ **Saving Little Hearts (East TN): 40 blankets**

Special Request for Yarn:

We have a number of volunteers that are on limited incomes. They love to make blankets for us, but can not afford to purchase yarn. If you have extra yarn at home or would like to make a purchase of yarn, it would truly be appreciated. It can be brought to the meeting on Feb. 16 or left at a drop off site. Our volunteers on limited incomes will truly appreciate it and, of course, ultimately the children we serve will benefit the most. Thanks.

Wish List



- Stamps
- Standard white 8 ½ x 11 copier paper
- Garbage Bags – large heavy duty
- Safety Pins – small to medium
- Yarn (bright child friendly colors – washable)
- We NEED \$\$\$: We always welcome financial donations to help with PL expenses including publishing the newsletter, brochures, buying labels for the blankets, etc. If you want to make a donation, please send it to Deb. We’d prefer a gift card (Staples, Target, Walmart, , K-Mart, etc.), check made out to Project Linus or cash.
- Remember Project Linus is a 501c3 Non-Profit Organization. Be sure to check with your tax advisor regarding applicable tax deductions.

Saving Little Hearts

Project Linus of East Tennessee is pleased to able to provide blankets to the Saving Little Hearts organization. The Mission of this organization is as follows:

“Saving Little Hearts is dedicated to helping children with heart defects and their families by providing financial and emotional assistance and educational information. Saving Little Hearts also strives to provide enriching, educational, and fun experiences for these children which will help them build friendships and confidence.”

PL blankets will be provided to children to have when they are transported for heart transplants and other medical procedures (this is often to Vanderbilt in Nashville) and as security when they are in the hospital as a result of their medical condition. More information about this organization and congenital heart defects is available at:

Saving Little Hearts, Inc.
 5629 Barineau Lane
 Knoxville, Tennessee 37920-7907
 Email: info@savinglittlehearts.com
 Website: www.savinglittlehearts.org
 Toll Free: (866) 748-4605
 Fax: (865) 579-5599

Saving Little Hearts was started locally five years ago and has grown to a national organization. Project Linus of East Tennessee is pleased to make our first donation of blankets this month.



A BIG apology to the following for missing their donations in the last newsletter:

Knoxville Women of the Moose: 28 blankets
Lei, Mike and Matthew Brown: 3 blankets, 2 caps and 5 squares
Peg Holley and Betty Anderson: 10 blankets

New Donations:
Wayne and Cindy Barker: table for new storage unit – it fits perfect!!!!

Helen Forbes: 28 premie caps, 4 tote bags
Maribeth McHone: 4 ½ bolts fleece, 4 fleece pillow, kits and LOTS of fabric for our quilters Helen Forbes and Dorothy Cameron and 50 blankets

ScrippsNetworks employees Tammy Pearson, Sue Clark and Tammy Esser: 3 blankets
Dorcus Quilters: 19 blankets
Kathy Minter: 7 blankets
Carol Brown: 1 blanket
Mildred “from Middle TN”: 1 blanket
Jacqueline Whittemore: 2 blankets
Helen Low: 4 blankets
Claire Racine: 1 blanket
Barbra Sparks: 1 blanket
Dogwood Knitters Group: 1 blanket

Holy Hands Sewing Group/Oral Baptist Church-Lenoir City – 6 blankets

Dean Smith - 1 blanket
Candy Siebel – 1 blanket

I am behind on getting blankets checked in. I know there are blankets left at Park West Church that are not included above. They will be included in next month’s newsletter.

Special thanks to:

- **Doris and Jim Cole** for donating postage and mailing the newsletter, deliveries/pick-ups and much much more.
- **Mara and Tom Eckhardt** for help with deliveries/pick-ups.
- **Sheila Lappen** for help with deliveries/pick-ups.
- **Barb Loadholtz** for picking up blankets at Lucille Sherrod’s, sewing labels and for providing yarn to Lucille.
- **Denette Flynn, Kelley Thomas, Debbie Petree and Sug Sexton** for help with deliveries/pick-ups.
- **Thanks to the staffs at the TN Career Centers in Alcoa, Lenoir City and Rockwood**
- **Thanks to the Debbie Petree and the gang at ETHRA Workforce Development**
- **Dorothy Cameron** for her quilting services for Project Linus.
- **Patti Stewart** for help with deliveries, shopping, cutting fabric and whatever I need!
- **Kathy Bates** for sewing on labels.
- my folks **Irene and Don Hawker** for delivery of blankets in Cumberland County
- **Wanda Nance** for the the website.
- **Teresa Chasteen and WIN** for paying for the PL storage unit each month

If I missed thanking you for a donation, please accept my apologies and let me know so I can recognize you next time! Sometimes we get behind in picking up and unpacking blankets – please don’t be offended; just let me know and we will be sure to get your items logged in and passed on to recipient organizations.

- Del

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

-by Og Mandino

THANKS

From East TN Children's

Hospital: Thank you so much for the beautiful blankets and quilts your group provided for Children's Hospital. They were taken to our NeoNatal Intensive Care unit where they will provide warmth and comfort to our tiniest patients. Your thoughtfulness is very deeply appreciated. Cheryl Allmon, Volunteer Coordinator

Another note from Cheryl via email: I'm glad you received my note, the blankets your group provides are so special - I wish you could see the reactions when someone is given one. The smiles (and sometimes sweet tears) say it all. I am fortunate to see the joy that Project Linus brings.

From Hope Resource Center:

Thank you for your generous donation of items to our ministry! We could not serve as many clients in the name of our Lord without help from folks like you. Please accept our sincere thanks. Thank you.

Bless You, Sheryl Taylor
Executive Director

Look how we've been growing!

Total Blankets donated to organization serving children in traumatic situations by PLET:
4/2003 – 12/2003 = 1,080
2004 = 1,307
2005 = 1,835
2006 = 1,809 plus about 500 blankets sent from other chapters to help meet needs for the Campbell High School shootings and the Hurricane Katrina victims

2007 = 2,570

Total Blankets= 8,601

Special Request and Thanks from Children's Hospital:

I wanted to thank you for making such a huge difference in the lives of the patients here at Children's. These blankets are such a source of comfort and security for these kids. Another way in which these blankets help bring peace is not only with our patients, but our staff members as well. Sometimes, when a child is having a really difficult time adjust to the hospital or is very scared of an upcoming procedure, a Children's Hospital Child Life Specialist (staff member who provides distraction and calming techniques to our patients) will present one of your blankets to the child as a way to start to build a foundation of trust with them. This action has often times resulted in a calm and successful procedure. For this, we thank you again.

Secondly, we would like to "rally the PLET troops" once again this year for our upcoming T-TOPS Conference. This is the 7th Annual Teaching Teens Outstanding Parenting Skills to be held in Knox County. This day will again have over 100 young women (13-18 years old) who are either pregnant or already parents. Because this is put on by a community coalition (Knox Area Pregnancy Prevention Coalition), we depend 100% on the generosity and special skills of people in the East Tennessee area to make this a special day that impacts these young, impressionable mothers. Last year, PLET was able to provide 125 blankets for this conference. A group of us then put one blanket and one donated plush stuffed animal in a clear plastic sack and wrapped it with a bow. These were given out to every young mother that had taken part in the day's five workshops. And can I say, they were a HUGE HIT WITH EVERY MOTHER AND MOTHER-TO-BE! We as a coalition would like to ask for your help once again, to be able to provide these young women and their babies with a source of comfort, security and love in an uncertain time in their lives. We have already received a wonderful donation of stuffed animals from various small church groups, however we would once again need your help in providing the 125 blankets. The conference is set for Thursday, April 17 and I would love to have the blankets as soon as possible so that we can get started on pairing them with a coordinating stuffed animal (unless you have a group of volunteers that would just love to put these together too!)

Joanna Simeone, Public Relations Specialist,
(865) 541-8276, jsimeone@etch.com

CALL. Joanna if you have a group that would like to help put the blankets & bears in bags.

How can YOU help this effort for teen mothers?

- Make a fleece baby blanket and leave at a drop off site by March 15.
- We have fleece to provide to groups that are willing to make 20 or more blankets for this effort. Contact Deb.
- Blanket Specifications:
Size: 28 x 28 up to 36 x 36 inches (approximate)
Fabric: Fleece fabric in a pastel solid or baby print preferably non-gender specific with selvages removed
Finish: Blanket edges can be surged, hemmed by hand or machine, the edge can be rolled and finished or a crochet edging can be added. Please do NOT fringe these blankets.

Thinking of You

*To those of you that have lost loved ones recently,
our sympathies are with you.
To those of you that are ill, we hope you are feeling better soon.*

TAPS: The Tragedy Assistance Program for Survivors is the non-profit Veterans Service Organization offering hope, healing, comfort and care to all those who are grieving the death of a loved one in the Armed Forces. TAPS receives absolutely no government funding, but through the Departments of Defense and Veterans Affairs, all families faced with a death of a loved one serving in the Armed Forces receive information about TAPS and the military survivor programs. One program is the Good Grief Camp for Young Survivors. This includes youth whose loved ones died during the most recent battles in Iraq, suffered a heart attack while serving in the National Guard, were at the Pentagon at the time of the attack on September 11, or were killed in a car accident. The life and the service of those they loved, not the geography or circumstances of the death, is honored. A letter similar to the one below is sent to each surviving family. Project Linus chapters throughout the country provide red, white and blue patriotic blankets to these children each year. If you would like to be a part of this effort, please have your hand made red, white and blue blankets to a drop off location by no later than April 15. Our chapter has participated in this initiative for the last few years and we are honored to do so again this year. Many of you have already sent in your patriotic blankets and I've got them safely stored until it is time to ship them to D.C. More information about the Good Grief Camps and TAPS' many other programs is available at: www.taps.org. There are wonderful videos on this site of past Good Grief camps and other events.

Good Grief Camp for Young Survivors

Dear Survivors,

My name is Lt. Col. Judy Mathewson and I volunteer with TAPS (Tragedy Assistance Program for Survivors) a peer support organization for all the families who have lost a loved one in the military. Besides being a military member myself, I'm a retired school teacher and have worked with military Family Support programs for many years. I am also a children's grief counselor and have been on a crisis response team with the military since 1989.

I am so very sorry for your loss. TAPS was originally started for losses similar to yours - Bonnie Carroll, the founder, lost her husband and 7 other soldiers in Alaska in a plane accident. Whether we are talking about Iraq, Korea, Afghanistan or here at home, it is painful and difficult to face the grief journey alone. Thus, Bonnie channeled her energy into starting a peer support program for adults and we also knew that we needed to do the same for children - infant to age 21 - with the TAPS Youth Program.

Each Memorial Day, from Friday through Monday noon of that weekend, we bring together children of all ages from around the world whose loved one died in service to our country. This includes youth whose loved ones died during the most recent battles in Iraq, suffered a heart attack while serving in the National Guard, were at the Pentagon at the time of the attack on September 11, or were killed in a car accident. We honor the life and the service of those they loved, not the geography or circumstances of the death. These children are all part of the living legacy of military service.

Our volunteers include some whose losses were suffered when they were children during the Vietnam War and their dads never returned back home. Other volunteers are members of the Honor Guards who perform the funeral services for our fallen heroes. These volunteers (and we are all volunteers, trained in grief work) assist families who are experiencing the pain and other emotions of grief and loss. Yes - for some it is very fresh, like yourself, and for others, who have worked through a great deal of their hurt over the years. We help each other through the hurt, without losing the memory and love of our military member.

For 4 days, your children will be placed with a mentor, an Honor Guard, who will stay with your children and be a "shoulder" of support. It has been my experience that the youth help each other feel that they are not alone and that they can work through their grief. Since we are in Washington DC, we will travel to the Iwo Jima Memorial, WWII Memorial and other monuments that honor the sacrifices of our loved ones.

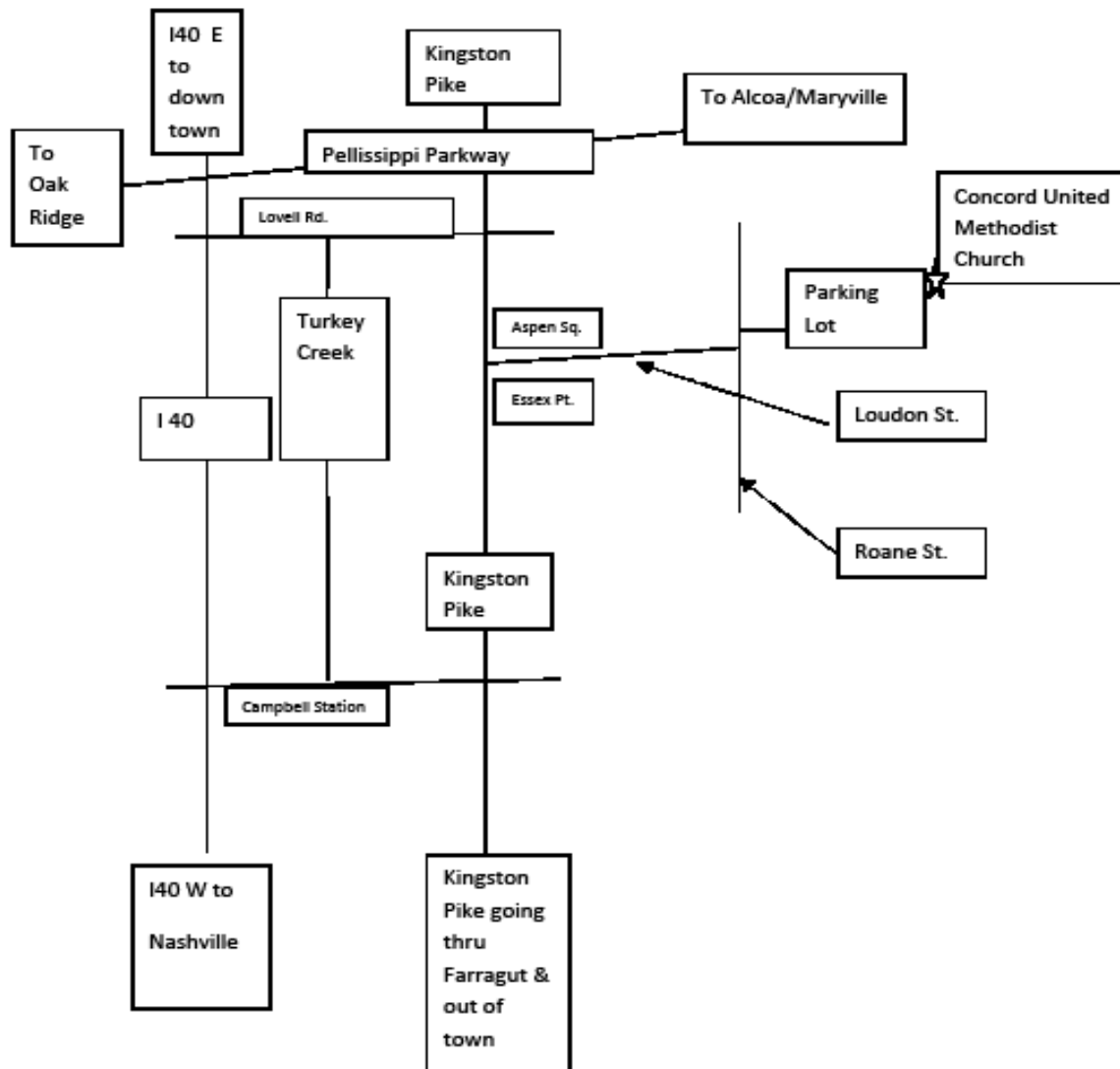
The seminar culminates in the Memorial Day Ceremony at Arlington National Cemetery and four youth participate in the laying of the wreath on the Tomb of the Unknowns and bring the American and TAPS flag into the Amphitheater as part of the ceremony. It is a great honor and we really support the youth in many ways! They learn how we, as a nation, honor those who have served and sacrificed, and they also learn coping skills for handling their own grief. They meet other children their own age, and gain a peer support network they can lean on throughout the year.

I hope this will give you some information about the weekend. We have posted the [camp schedule](#), and if you need some materials and journals for your children, I will be glad to mail them to you. Please send me your address and I will get them in the mail ASAP. Please know that TAPS is there for you and your children.

With love and care,

Judy Mathewson

TAPS also sponsors "mini Good Grief camps" around the country. Project Linus of East TN will be helping to provide blankets to one in Michigan in February.



Get off I-40 at the Lovell Rd. Exit. Drive towards Kingston Pike.

At Kingston Pike turn right and go $9/10^{\text{th}}$ of a mile. Turn left on Loudon between the Aspen Square and Essex Point shopping centers.

Go $1/10^{\text{th}}$ mile on Loudon and it will deadend into Roane St.

Turn left on Roane and go under $1/10^{\text{th}}$ of a mile and turn right into the Concord United Methodist Church parking lot.

The entrance to the meeting room is on the front right corner of the building. You have to go up a few steps. If you can't do steps, go to the main entrance and come back down the hall to the meeting room.

Call me if you get lost 719-2862