

Quilting and Sewing – Library Materials

Title	Collection	Call Number
Introductory Sewing Part I	Adult DVDs	646.2 Introductory
Cool Stuff to Sew With Sara	Adult DVDs	646.2044 Cool
How to Sew a Bag That's Sturdy	Adult DVDs	646.4 How
Alex Anderson Teaches You to Start Quilting	Adult DVDs	746.46 Alex
Becky Goldsmith & Linda Jenkins teach you to appliqué the Piece O' Cake way	Adult DVDs	746.46 Becky
Raggedy: a story about Raggedy Ann and Andy	Adult DVDs	745.05922 Raggedy
Craft in America Threads	Adult DVDs	745.5 Craft
Fabulous Bags to Stitch and Make by Jenny Rolfe 8.4 x 0.4 x 11.3 inches / 144 pages / 1.5 pounds Excellent detailed close-ups of handwork and machine-work being done as well as photos of completed projects and materials.	Adult Nonfiction	746.4 Rol
Get Started Quilting : the complete beginner guide by Jessica Alexandrakis 8 x 0.5 x 11 inches / 160 pages / 1.4 pounds Photos show completed quilt close-ups, but mainly projects being made.	Adult Nonfiction	746.46 Ale
Allie Aller's Stained Glass Quilts Reimagined : fresh techniques & design by Allie Aller 8.5 x 0.3 x 11.1 inches / 100 pages / 15.5 ounces Photos show completed quilts, close-ups of work being done, materials, and tools. Also includes some diagrams and templates.	Adult Nonfiction	746.46 All
Amish Quilts : the adventure continues : featuring 21 projects from traditional to modern by Lynn Koolish 8.5 x 0.4 x 10.8 inches / 128 pages / 1.2 pounds Paperback with large photos of flat completed quilts as well as diagrams and templates.	Adult Nonfiction	746.46 Ami
Very Easy Crazy Patchwork : simple techniques, beautiful projects by Betty Barnden 8.5 x 0.4 x 11 inches / 160 pages / 1.4 pounds Step-by-step color photos of hands doing the projects on nearly every page.	Adult Nonfiction	746.46 Bar
Raised Quilt and Stitch : techniques, projects and pure inspiration by Sylvia Critcher 8.7 x 0.6 x 11.2 inches / 144 pages / 1.8 pounds Photos of 10 quilting projects. Includes pictures of completed projects as well as projects in-process.	Adult Nonfiction	746.46 Cri
A Fine Line : techniques and inspirations for creating the quilting design by Melody Crust 8.7 x 0.4 x 11 inches / 160 pages / 1.6 pounds Paperback, lays flat, and has plenty of photos of colorful quilts, but not on every page. Photos show the entire flat quilt in most instances. There is quite a bit of text as well.	Adult Nonfiction	746.46 Cru
Quilting 101 by Editors of Creative Publishing 8.8 x 1.2 x 11 inches / 176 pages / 2.2 pounds Along with a few large photos of finished projects there are many step-by-step photos of work being done. Spiral-binding, hardbound book.	Adult Nonfiction	746.46 Qui
Quilts : masterworks from the American Folk Art Museum by Elizabeth Warren and Maria Connelli 11.3 x 1.5 x 11.2 inches / 336 pages / 5.6 pounds Far too heavy and bulky for most to hold, but is wonderful to page through on a table. Every page is a photo of a full quilt.	Adult Nonfiction	746.46 War
Penny Haren's Pieced Appliqué by Penny Haren 8.2 x 1 x 11.5 inches / 128 pages / 1.6 pounds Spiral-bound. Photos are all of individual quilt blocks. Pages are heavily illustrated with step-by-step photo instructions showing hands doing work.	Adult Nonfiction	746.4604 Har

Title	Collection	Call Number
Quilting For the Absolute Beginner by Cheryl Owen 6.5 x 0.8 x 8.6 inches / 192 pages / 1.1 pounds	Adult Nonfiction	746.4604 Owe
Four Century of Quilts : the Colonial Williamsburg collection by Linda Baumgarten 9 x 1.3 x 11 inches / 362 pages / 4.4 pounds Most pages have a full-page photo of an entire quilt. Far too heavy and bulky for most to hold, but is wonderful to page through on a table.	Adult Nonfiction	746.4607 Col
Comfort & Glory : two centuries of American quilts from the Briscoe Center by Katherine Jean Adams 10 x 1.2 x 11 inches / 336 pages / 4.6 pounds Far too heavy and bulky for most to hold, but is wonderful to page through on a table. Has photos of full quilts, but also close-ups of individual quilt blocks. Includes a few vintage photos of quilters.	Adult Nonfiction	746.4623 Ada
Complete Photo Guide to Sewing by Janith Bergeron 7.5 x 0.4 x 10 inches / 144 pages / 1.1 pounds Does not lay flat and is a bit heavy to hold; however, it shows fantastic step-by-step photos of projects and children.	Children's Nonfiction	J 646.2 Ber
Simply Sewing by Judy Ann Sadler 7.5 x 0.2 x 10 inches / 48 pages / 5.6 ounces Shows step-by-step diagrams of simple projects. Lays flat or is light enough for most to hold.	Children's Nonfiction	J 646.2 Sad
Cool Sewing for Kids : a fun and creative introduction to fiber art by Alex Kuskowski 8 x 0.2 x 8.2 inches / 32 pages / .3 ounces Very lightweight hardbound book. Does not lay flat, but is very easy to hold. Numbered step-by-step instructions for very simple projects along with photos.	Children's Nonfiction	J 746 Kus
We Love To Sew : gifts : fun stuff for kids to stitch and share by Annabel Wrigley 7.5 x 0.4 x 9 inches / 144 pages / 14.9 ounces Photos of steps as well as finished projects with children. Does not lay flat well.	Children's Nonfiction	J 746 Wri
Embroidery for Little Miss Crafty : projects and patterns to create and embellish by Helen Dardik 7.5 x 0.2 x 9.2 inches / 96 pages / 11.4 ounces This is one of the easier books to hold on the list. Most of the illustrations are drawings not photos, however they show step-by-step projects being completed.	Children's Nonfiction	J 746.4404 Dar
Sew News	Adult Magazines	Sew News
Bead	Adult Magazines	Bead
Jewelry Artist	Adult Magazines	Jewelry Artist

Quilting and Sewing – Activities

- Some simple sewing and embroidery may be able to be done for a long time if it is done regularly and with someone nearby to keep an eye on the needle.
- Make a fleece tie blanket (you can find instructions on YouTube).
- Use fabric glue to do applique projects.
- 'Replace' buttons. Buttons make an easy target.
- Cut out well marked fabric squares (with supervision). Cut out coupons (even if they are not used). You can create a sheet of 'coupons' to print out for them to cut out over and over.
- Sort thread, floss, or fabric swatches by color or texture. Organize a sewing box.
- Check garments for loose buttons.
- Hand wash lingerie or socks.
- Use sewing cards. These can be made with cardstock, a hole punch and yarn or they can be purchased.
- Fold handkerchiefs, washcloths, pillow cases, or small towels. Pillow cases are small enough to be handled easily and large enough to encourage some large arm movement.
- Visit fabric or yarn stores. Visit craft fairs. Sometimes farmer's markets will have booths that include handicrafts.
- Have friends over who sew or quilt and have a 'quilting bee' or do some project together. Even if they are not able to participate, they will enjoy the activity.

Conversation starters

- While in clothing stores talk about how the clothing is designed or assembled, or the fabric that was used to make it.
- If there are projects they have created in the past, keep them out and visible. Talk about when and how they were made.
- Do your own work next to them and ask for suggestions.

Tip

The more a skill is used the longer it will last. If quilting and sewing have been a regular part of life, then make it a part of the daily routine as early in the diagnosis as you can. Choose an activity that is basic and simple and then do it as often as possible – perhaps every day. Routine and habit are the key to maintaining abilities. The muscle memory will help them maintain the activity. Any activity that they have enjoyed in the past will help maintain a sense of identity as long as they are able to do some aspect of it.

To place requests on these materials or materials on a different topic, please call Champaign Public Library at 403-2070.

If you are looking for more information or help, please feel free to reach out to the Alzheimer's Association 24.7 Helpline at 800-272-3900. They have trained professionals available who can help you set-up or adjust these activities, make local referrals, and provide emotional support.

These suggested activities and materials are not intended as medical information. The caregiver is responsible for deciding which activities and information are safe and appropriate to the situation.