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# SEW ON & SEW FORTH

CRAZY QUILTERS GUILD NEWSLETTER – November, 2019



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## PRESIDENT'S MESSAGE - By Vicki Nardone

Hello quilting friends!

I want to start by thanking you for your continued confidence in the leadership of the Board. We have worked extremely hard this past year making many changes which have enabled us to grow the club, enjoy spectacular speakers and learn lots while having fun- I hope you agree. A special welcome to our newest member, Shari Riter! Woohoo, so happy to have her.



As the year winds down, I want to thank Ann Davis, Karen Sweet, Linda Nelson, and Mary Mcadara for their dedication to the club and hard work on the Board! I also want to thank our “Princesses” - Betty Khzouz, Nancy Allen, Sue Prince, Mona Bonbright, Audrey Bowman, Mary Castillo, Fran Nuelle, Corinne Cesvet, Fran Guzek - without these committee leads, we would not have a philanthropy effort, BOMs, Bonanza, Educational Tidbits, Show and Tell, Door prizes, Monthly Mini, photos, or refreshments!!! And last, but not least, I want to thank all the members who engage and respond to calls for assistance when asked- we should all be proud of our little “engine that could.”

Ok- one more thank you- and it's a big one - Ron Nelson!! Ron has managed our website, handled communications and put together newsletters. What a huge difference he has made for our club. Please join me in thanking him for his tireless efforts👏👏👏

Bonanza is next up, so make sure you grab friends and neighbors and bring them to the clubhouse to shop, shop, shop!

Be well,

Vicki

## MEMBERSHIP – By Linda Nelson

Thank you for again electing me as your Membership Vice President. Remember our guild's strength is a result of all of us not just the Board. Please feel free to either send your suggestions on how to improve our guild or discuss those suggestions with me when you see me.

Welcome to our newest member Kay Nelson. Kay's information is on our member page of the website. That brings our membership up to 70! Congratulations us!!

Your 2019 dues are good until the end of December. However, you may begin paying your 2020 dues at any time. They may be mailed to me or paid at the November or December meeting. Dues are still \$35. My address is:

Linda Nelson  
860 Ronda Mendoza  
Unit N  
Laguna Woods, CA 92637



### November Birthdays

David Cavanaugh	2
Susan Haushalter	16
Karen Sweet	20

## PROGRAM NOTES – By Ann Davis

During our October meeting local quilter, Becky McDaniel, described her journey to becoming Homecky Becky and then on to receiving the Judges Recognition Award at the Spring 2019 Paducah show. Her presentation began strong and ended strong. She has a ton of energy and excitement about quilts.

Let a board member know if you would be interested in having her teach a workshop.

Here are just a few of the pictures from the presentation. Visit the website to see a whole lot more...





**SHOW AND TELL**

Again, a hand full of the pictures available... Show and Tell wasn't only quilts. At Crazy Quilters the members are part of the show.



# ROAD - 2 - CALIFORNIA

## QUILT SHOW 2020

ONTARIO, CALIFORNIA

**Date:** January 23, 2020

**Price:** \$45.00 (includes bus, entry to show & tip)

**Bus Leaves Gate 3(Calle Aragon) at 8:30 a.m. be there by 8:15**

**Bus Leaves Ontario at 3:30 p.m.**

### **Contact:**

**Mary McAdara 949-205-6561 for Reservations & Information**

**Make Checks payable to Crazy Quilters and mail to:**

**Mary McAdara**

**2214-A Via Mariposa East**

**Laguna Woods, California 92637**

**Mobile Phone: 949-205-6561**

**Please include your cell phone number and your Email address on your check**

**Remember:**

**You can invite friends to join us.**

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

E mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

*For Laguna Woods Village Residents and their Guests only*



# Crazy Quilters

Celebrate the Holidays in the Northwoods at  
our

**2019 HOLIDAY PARTY**

December 11th

Clubhouse 7

(Doors open at 1:00 p.m.)

**\$18**

Let's get into the spirit - pull out your plaid  
shirts & jeans & join in on the fun.  
This is a casual outdoorsy party theme!

**Chili Bar with all the toppings**  
(Including a vegetarian option)  
& a few additional surprises

For Reservations Contact:  
Karen Sweet - 817-948-0300  
Make checks payable to Crazy Quilters  
Mail to Karen Sweet, 341-C Avenida Sevilla,  
Laguna Woods, CA 92637

**Reservation Deadline**  
December 1st.

Guests are welcome.



## From Ann Davis

Be aware...when in doubt; give the benefit of the doubt.

According to Collins Dictionary, "if you give someone the benefit of the doubt, you treat them as if they are telling the truth or as if they have behaved properly, even though you are not sure that this is the case."

There are many reasons why someone you interact with during your daily routine, or at a guild event, may not appear to be at the top of their game.

Mild cognitive impairment causes cognitive changes that are serious enough to be noticed to the person affected and to family members and friends, but do not affect the individual's ability to carry out everyday activities. Approximately 15 to 20 percent of people age 65 or older have MCI.

MCI does not always lead to dementia. In some individuals, MCI reverts to normal cognition or remains stable. In other cases, such as when a medication, stress, etc. causes cognitive impairment, MCI is mistakenly diagnosed. It is important that people experiencing cognitive changes seek help as soon as possible for diagnosis and possible treatment.

Experts classify mild cognitive impairment based on the thinking skills affected:

Amnesic MCI: MCI that primarily affects memory. A person may start to forget important information that he or she would previously have recalled easily, such as appointments, conversations or recent events.

Nonamnesic MCI: MCI that affects thinking skills other than memory, including the ability to make sound decisions, judge the time or sequence of steps needed to complete a complex task, or visual perception.

What do we do when we encounter someone who seems changed or not themselves? Respond with compassionate communication.

DON'T: Argue DO: Be patient, and go with the flow.

DON'T: Remind them that they forget DO: Reassure and distract

DON'T: Take things personally DO: Forgive any negative reactions

DON'T: Rush them DO: Avoid insistence, try again later

Please practice being compassionate during your daily interactions.