

St. Croix International Quilters' Guild

Anti-Ouch Pouch Workshop

Wed, March 7, starting at 6 pm

led by Liz Trouant



St. Croix Quilters will be busy sewing Anti-Ouch Pouch bags—a pillow that hangs from the shoulder, fitting snugly under the arm to cushion the area after breast surgery or during radiation treatment. The pattern designed by American Sewing Guild member and breast cancer survivor Deon Maas features a wedge shape that gently holds the arm away from the body when the user is standing. The strap holds the pillow in place without having to use sore arm muscles to “clutch” it. The strap is adjustable and the fiberfill may be adjusted via the overlapped opening.

The bags are quick and easy to make. They will be distributed to both Charlotte County Hospital in St. Stephen and Calais Regional Hospital.

Let's see how many bags we can make!

For each bag you will need to bring:

- 15" x 44-45" soft cotton fabric (or 18" x 44-45" to make one for a larger woman)
- Matching thread
- Fiberfill—2 large handfuls to stuff lightly
- 6" x about $\frac{3}{4}$ " to 1" “hook and loop” tape such as Velcro to make adjustable handle (fabric for handle is included in above yardage)

You will also need to bring:

Sewing machine, extension cord, foot pedal
Normal sewing supplies, pins, scissors, rotary equipment, etc.
Iron and mat

If you have not already signed up or have questions, contact Liz at trouant@pwless.net