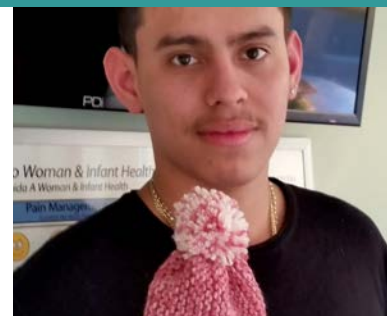
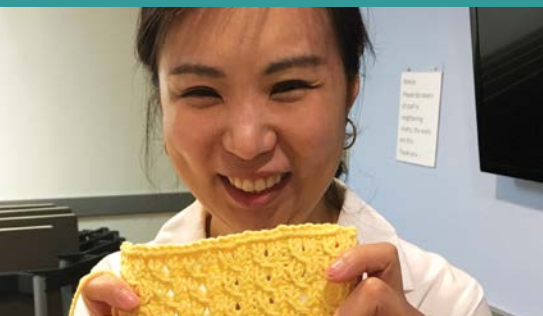


# PROJECT Knitwell

Knitting with a Purpose  
Wellness, Comfort, Community

Project Knitwell helps people experiencing stressful challenges by teaching knitting as a proven wellness tool in community and healthcare settings.

## IMPACT STATEMENT 2010-2020



### Major Accomplishments 2010-2020

Project Knitwell grew from one hospital and one volunteer to providing services to **6 hospitals, 20 community sites, and 50+ volunteers** teaching over **6,000 people** to knit!

Participated in research entitled **“The Impact of a Knitting Intervention and Compassion Fatigue among Oncology Nurses,”** published in the Clinical Journal of Oncology Nursing. <http://bit.ly/pkstudy>

Published two booklets—**Project Knitwell Presents: The Comfort of Knitting with Lion Brand yarn** and **Project Knitwell’s Resource Guide for New Knitters.**

Partnered with yarn industry giants and local yarn stores to promote the wellness benefits associated with knitting.

Pivoted to a virtual platform during the pandemic with **Knitwell in the Cloud** to provide one-on-one knitting instruction via the Zoom platform, helping healthcare workers and others utilize knitting as a wellness tool. Initiated **K2Tog**, a bi-monthly program on Zoom that extends the benefits of social group knitting to our program graduates, volunteers, and the wider knitting community.

“What began as an experiment to give our women one coping skill has turned out to be a lifesaver for some...women who never before experienced the joy of creating... knitting has become one of the mainstays of our Workforce/Life Development program.”

—Kari Galloway, Executive Director, Friends of Guest House

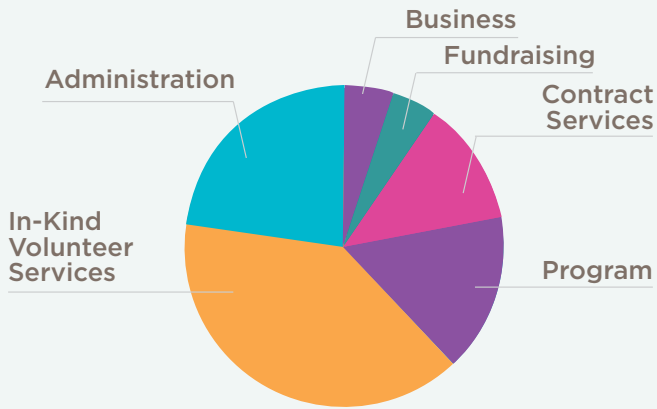
“Project Knitwell has been wonderful for both patients and family members. It is social and many friendships have been forged through knitting. It connects them to a community.”

—Child Life Specialist MedStar Georgetown University Hospital

### WHO WE SERVE

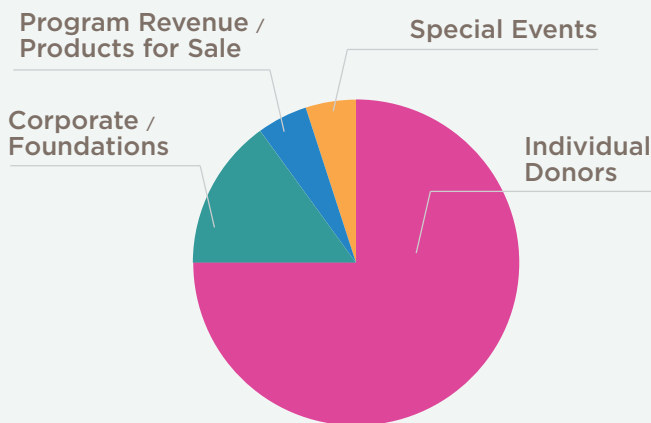
- Adults and Children receiving inpatient and outpatient services in hospital settings. Units include: oncology, transplant, dialysis, labor and delivery (pregnant mothers on bedrest), pediatric intensive care and neo-natal intensive care.
- Family members of hospitalized patients including parents, grandparents and siblings.
- Healthcare workers including, nurses, physicians, child life specialists, pastoral care staff, social workers and administrators.
- Women affected by homelessness.
- People living with cancer and cancer survivors.
- Caregivers of those with cancer.
- Students diagnosed with special needs.
- Women currently incarcerated.
- Women reentering the community from incarceration.
- Homeless young mothers, ages 16 to 22, and their babies.
- Immigrant and Refugee Women
- At-risk children in the 4<sup>th</sup>-6<sup>th</sup> grade.
- Low income senior citizens.

EXPENSES



In-Kind contribution based upon the IRS valuation of volunteer time as of April 2021 (\$28.54/hour)

INCOME



Project Knitwell's pre-pandemic budget (2019) was \$62,100. Current 2021 budget is \$75,350.



“ I look forward to knitting to relax and breath... It really takes my mind off of things. It gives me peace of mind. ”

—Mother of MedStar Georgetown Patient

OUR PARTNER SITES 2010-2020

Hospitals

MedStar Georgetown University Hospital; Inova Alexandria Hospital; Inova Mt. Vernon Hospital; Inova Schar Cancer Institute Artists in Residence Program at Inova Fairfax Hospital; Children's Hospital Medical Center; Virginia Hospital Center; HSC Pediatric Center, Georgetown Lombardi Arts & Humanities Program

Community & Schools

Smith Center for Healing and the Arts; N Street Village; SOME (So Others Might Eat); Street Sense; Bread for the City; Friends of Guest House; Borromeo Housing; Ronald McDonald House DC; DC DMV PAIL (Pregnancy and Infant Loss Network); RICA - John L. Gildner Regional Institute for Children and Adolescents; Mt. Vernon High School; Cedar Lane High School; Camp Friendship and Camp Fantastic; Second Story (formerly the Alternative House); Catholic Charities of the Diocese of Arlington; Young Women's Breast Cancer Awareness Foundation; Correctional Treatment Facility, DC Department of Corrections

# We are grateful for their support.

Over the last ten years, many foundations, organizations and individuals have helped Project Knitwell grow.

## FOUNDATIONS/ CORPORATIONS

Awesome Foundation  
Blackbaud Foundation  
Eucalyptus Foundation  
Gerard B. Lambert Foundation  
Hemington Wealth Management  
Joji & Co  
The Merck Foundation  
Ronald McDonald House® / RMHC  
of Greater Washington DC  
Temple Rodef Shalom  
Womenade  
Workers of St. Alban's

## LEGAL COUNSEL (PRO BONO)

Hogan Lovells US LLP  
Perkins Coie LLP

## YARN COMMUNITY

ChiaoGoo  
Dragonfly Fibers  
Euro Yarns  
Fibernate  
fibrespace  
Kate Gilbert  
Knitpicks  
Knitters Pride  
Lion Brand Yarn  
Looped Yarn Works  
Shelli Martinez (shellican)  
North Light Fibers  
Solitude Wool  
Tanis Gray (Tanis Knits)  
The Fiberists  
Uniquities  
Vogue Knitting Live  
Yarn Cloud

“Knitting has been very therapeutic. It's satisfying watching something come together after working on it for a while. My instructor is great at guiding me along the way.”

— Vanessa, nurse

“Project Knitwell has added friendships and fulfillment to my post retirement phase and has made the pandemic so much more bearable.”

— Ilene, Project Knitwell volunteer

“I am so proud of myself for turning this ball of yarn into a scarf I can wear!”

— 15-year-old patient  
at MedStar Georgetown



“It has meant so much to me to know how to knit. Helps me with depression, anxiety and stress. Thank you so much! I am forever grateful!”

— Mother of patient at Children's National



Research indicates a **knitting intervention** may help oncology nurses **manage shift stressors and** a way to **combat compassion fatigue**. Less compassion fatigue could increase retention and **improve the quality of patient care.** <http://bit.ly/pkstudy>





“ I am almost done with my first project, which is a scarf. Knitwell in the Cloud is nice because it’s a very flexible, low-stress program. I’m really enjoying it. ”

— Sara, Cancer patient at Young Women’s Breast Cancer Awareness Foundation



## Moving Forward: 2021 & Beyond

Our work will continue and we see many more years of providing an important wellness tool to those in stressful situations. We’ve gained momentum with our new virtual programs and are moving forward to reach more healthcare providers using this format, as well as expanding our services to new sites, within the metro Washington DC area and locations outside of it. We plan to provide our services both in-person and virtually. We pledge in our next decade to have more involvement in research on the subject of knitting as a wellness tool and more connection in the area of arts and healthcare. The people we serve are diverse, and we aim for more diversity in our future recruitment of volunteers and those we partner with.

For more information about Project Knitwell’s history and to view videos from Project Knitwell’s friends, donors, and volunteer visit [projectknitwell.org](https://projectknitwell.org).

Follow us on Facebook & Instagram @projectknitwell

### BOARD OF DIRECTORS

**Scott Stoner**, *Interim President*  
(Consultant, Arts for Now)

**Kesha Evans**, *Secretary*  
(Senior Director Business & Legal Affairs, Rally Health)

**Ruth Bollinger**, *Treasurer*  
(International Operations / Finance Consultant)

**Cheryl Diday**, *Member*  
(Associate Director of Sales, Merck & Co, Inc)

**Mike Bovino**, *Member*  
(Senior Advisor, Special Olympics Pennsylvania)

**Laurie Dicker**, *Member*  
(Managing Director, BDO USA, LLC)

**Susan Snell**, *Member*  
(Retired Psychotherapist / Project Knitwell Volunteer)

**Carol Caparosa**, *Ex-Officio Member*  
(Founder, Project Knitwell)

### STAFF

**Carol Caparosa**, Executive Director

**Meg McCarthy**, Volunteer Coordinator

**Jena Persico**, Administrative Assistant

100% of Board Members donate yearly to Project Knitwell