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| <p>½ of museum blocks are sewn together; the goal is to have all blocks sewn.</p> | <p>Fernande Bourque</p> |
| <p>New Business</p> <p>Job Jar: Volunteers are needed and Heather (president) encouraged people to come to next months meeting and volunteer for jobs available.</p> <p>June 10th meeting with be a Pot Luck meeting at 7 pm.</p> <p>Correspondences:</p> <ol style="list-style-type: none"> 1. <u>The Miramichi Quilt Guild</u> is holding a bi-annual show and sale of quilts starting at noon until 8 pm June 5th, and Saturday June 6th from 10 am until 5 pm. At the French Fort Cove Eco-Center. Admission is \$5.00 2. <u>A Felting Workshop with Justine Kerr</u> will be held Saturday May 23rd and/or Sunday May 24th at Sobey’s Community Room on Vaughn Harvey Moncton NB. The Cost is \$50 per person. Contact information email address: fusharouge@hotmail.com or phone 902-531-2334. 3. <u>Nusso Textiles Ltd.</u>, Toronto Ontario has a Crafter’s Catalogue available including Quilt batting, cotton muslin and poly/cotton Broadcloth. Website is www.nusso.com/fabric.htm 4. KV May 29th “Trunk Show” by Joen Wolfron. At 7:00 pm 5. <u>Thank you Card</u> from Pat Hume’s thanking the Guild for the donation to the Kidney Foundation on behalf of her Dad. 6. <u>Thank you Cards from</u> Canada Cancer Society and Habitat for Humanity for the great work. <p>Presentations Gift Certificates (Keg) to Peggy Sheehan, Jackie Allain and Vivian LeBlanc for their work at making this year’s retreat a successful one.</p> <p>A get well card was send to Cathy Austin</p> <p>Block of the month: Winner Gloria Lamb</p> <p>Jelly Rolls: 1st Jean Cormier 2nd Sandra Durelle Yummy jelly beans: Grace Crawford</p> <p>Next Month’s Jelly Roll colors: Black and White combination</p> <p>Show and Share</p> | <p>Heather Arsenault</p> <p>In coming president Betty Rice</p> <p>Fernande Bourque/Annette Cassie</p> <p>Betty Latimer</p> <p>Francine LeBlanc</p> |

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| <p>50/50 draw Winner: Beth Sears (\$36.00) Adjournment: The meeting was adjourned at 7: 35 pm. Annual General Meeting preceded monthly meeting.</p> <p>Submitted by acting Secretary Vivian LeBlanc</p> | <p>Pat Hume</p> |
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**GREATER MONCTON QUILT GUILD
REVENUE AND EXPENSE STATEMENT
WEDNESDAY, MAY 13, 2009**

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|--------------------------------------|-------------------|
| Advance Savings Credit Union: | |
| Balance from March 31, 2009 | \$5,927.10 |
| Revenue | \$363.75 |
| Expenses | <u>\$2,809.87</u> |
| Balance at April 30, 2009 | \$3,480.98 |

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|---------------------------------|----------------|
| Gathering of the Guilds: | |
| Balance from March 2009 | \$915.90 |
| Revenue from April 50/50 | <u>\$36.00</u> |
| Balance | \$951.90 |

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|-------------------------------|-------------------|
| Quilt Show Account | |
| Balance from March 2009 | \$1,065.08 |
| No Library Expense April 2009 | <u>\$0.00</u> |
| Balance | <u>\$1,065.08</u> |

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|---------------------|--------------------------|
| Available for Guild | <u><u>\$1,464.00</u></u> |
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I move the acceptance of my report as presented.
Roxanne LeBlanc, Treasurer

Details of Revenue and Expense Items

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|-----------------|-----------------|
| Revenue: | |
| Retreat | \$291.00 |
| Membership | \$25.00 |
| Name Tags/Cards | \$10.00 |
| Fines | \$1.75 |
| 50/50 | <u>\$36.00</u> |
| Total | <u>\$363.75</u> |

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|---------------------------------------|-------------------|
| Expenses: | |
| #080 K. Bureaux (retreat refund) | \$160.00 |
| #081 VOID | \$0.00 |
| #082 J. Allain (Registrar, name tags) | \$30.52 |
| #083 Fairway Inn (Retreat) | \$1,898.40 |
| #084 V. LeBlanc (Retreat expenses) | \$717.00 |
| Bank Service Charges | <u>\$3.95</u> |
| | <u>\$2,809.87</u> |

QUILTERS BEWARE!

WHAT IS A REPETITIVE STRAIN INJURY?

A repetitive strain injury is an injury caused by performing the same motion over and over. The common position when quilting is to lean forward, with your upper back and neck hunched, elbow bent/unbent, wrist moving (up/down and side to side), with a needle positioned between your fingers. As a result, there is a risk of repetitive strain or positioning injuries at each of these areas.

A. BACK, NECK AND SHOULDER PAIN

Prevention

- Take frequent breaks to stretch your back, neck and arms.
- Every 15 minutes, do a stretch in the opposite direction to the position you are in.
- Set up good lighting to help you avoid needing to hunch over.
- Have a chair that supports you well when you are taking a break (ie: good support in lower back area).

B. CARPAL TUNNEL SYNDROME

What is it? Carpal tunnel syndrome is a painful disorder of the wrist and hand. The carpal tunnel is a narrow tunnel formed by the bones and other tissues of your wrist. This tunnel protects your median nerve which gives you feeling in your thumb, index, middle and ring fingers. When other tissues in the carpal tunnel, such as ligaments and tendons, get swollen or inflamed, they press against the median nerve and that pressure can make part of your hand hurt or feel numb.

Symptoms

- Numbness or tingling in your hand and fingers, especially the thumb, index and middle fingers.
- Pain in your wrist, palm or forearm.
- More numbness or pain at night than during the day. The pain could be so bad that it wakes you up.
- More pain with frequent use of hand or wrist. You may shake or rub your hand to get relief.
- Trouble gripping objects.
- Weakness in your thumb.

Prevention and Treatment

- Lose weight if you're overweight. Excess tissue can lead to "crowding" of the contents of the carpal tunnel and cause carpal tunnel syndrome.
- If you do the same tasks with your hands over and over, try not to bend, extend or twist your hands for long periods of time.
- Don't work with your arms too close or too far from your body.
- Don't rest your wrists on hard surfaces for long periods of time.
- Switch hands during work tasks.
- Ensure your tools aren't too big for your hands.
- Take regular breaks from repeated hand movements to give your hands and wrists time to rest.
- Do Nerve Tendon Gliding exercises (see handout).
- Splints may be helpful to protect the area, reduce pain and prevent further deformity.

C. TENDONITIS- WRIST AND THUMB

What is it? Tendons are what attach our muscles to our bones. Tendons can become inflamed for a variety of reasons, and the action of pulling the muscle becomes irritating. If the normal smooth gliding motion of your tendon is impaired, the tendon will become inflamed and movement will become painful. This is called tendonitis, and literally means inflammation of the tendon. Tendonitis is almost always diagnosed on physical examination by a health care professional.

Symptoms

- Tenderness directly over the tendon
- Pain with movement of muscles and tendons
- Swelling of the tendon
- Symptoms of thumb tendonitis (DeQuervain's) include pain or discomfort when pinching or pain over the top of the bump on your wrist when reaching to grasp an object or when your thumb extends. To test for this, tuck your thumb inside your palm and bend your wrist down. Is there pain or discomfort with this movement? Does it feel the same with both wrists?

Prevention and Treatment

- **Rest and protect the area.** Tendonitis treatment must begin by avoiding aggravating movements. This may mean taking a break from a favorite activity for a period of time, but this is a necessary step to allow the inflamed tendon to heal. Often a splint or brace will be prescribed to help protect the area, reduce pain, or prevent the problem from worsening.

- **Apply an ice pack.** Icing the inflamed area is an important aspect of tendonitis treatment. The ice will help to control the inflammation and decrease swelling which will allow the tendon to return to its usual state and perform its usual function. An anti-inflammatory medication may be recommended by your physician.

D. THUMB JOINT ARTHRITIS

What is it? Arthritis is a condition in which a joint becomes inflamed (red, swollen, hot, and painful). Degenerative arthritis is a condition in which a joint wears out, usually slowly over a period of many years. It is also called osteoarthritis.

Symptoms

Pain is the main problem with degenerative arthritis of any joint. Initially, this pain occurs when you begin to move the joint, but once the activity gets underway there is usually not much pain. As the disease progresses, however, the pain and stiffness will increase. You may feel pain and aching even when you are at rest. The most noticeable problem with thumb joint arthritis is that it becomes difficult to grip anything. It causes a sharp pain at the base of your thumb in the thick part of the heel of your hand.

Prevention and Treatment

Many of the recommendations listed above can be applied to thumb joint arthritis as well. They include reducing activity, splinting, and/or taking a mild anti-inflammatory medication.

Sources - FamilyDoctor.org (Carpal Tunnel), About.com (Tendonitis), eOrthopod.com (Arthritis)

Prepared by Heather Swan, Occupational Therapist

Clinical Signs & Symptoms of Carpal Tunnel Syndrome CTS

✕ Reference: Kapan et al 1990
Predictive factors in the non-surgical treatment of carpal tunnel syndrome. *J hand Surg.*(15B): 106-108

CTS is frequently diagnosed inappropriately in individuals who don't actually have the condition. The following 4 criteria can help improve the diagnosis of CTS.



1. Numbness / paraesthesia on the palmar aspect of the hand involving the thumb, index finger, middle finger and half of the ring finger
2. Loss of dexterity of the hand especially using a pinch grip, due to weakness of the thenar muscles including
3. Thenar muscle wasting
4. Nocturnal burning pain and paraesthesia on the palmar aspect of the hand

Effective Exercises for CTS

Reference: Rosemaryn LM, Dovelles A, et al (1998) "Nerve and tendon gliding exercises and the conservative management of carpal tunnel syndrome". *Journal of Hand Therapy* (11):171-179

The research involved 197 patients (240 hands) with CTS who were divided into two groups

Both groups were treated by standard conservative methods, but those in the experimental group were also treated with a program of nerve and tendon gliding exercises

With an average of 2 year follow up, of those who did not perform the nerve and tendon gliding exercises, 71.2% underwent surgery, compared with only 43.0% of the patients who performed them

Conclusion #1: Excellent clinically significant evidence to show therapy can spare the surgical morbidity and the cost of carpal tunnel release in many patients

Note: Occupational Therapists and Medical Doctors conducted this research

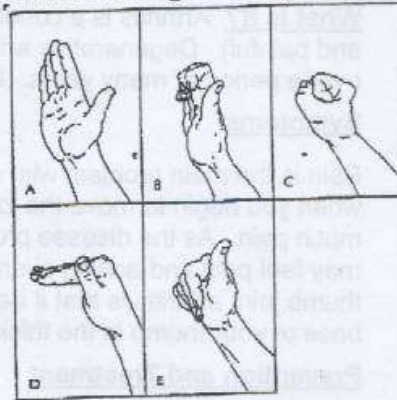
Nerve Tendon Gliding Exercises

✕ Reference: Rosemaryn LM, Dovelles A, et al (1998) "Nerve tendon gliding exercises and the conservative management of tunnel syndrome". *Journal of Hand Therapy* (11):171-179

Considering that adhesions and/or inflammation may in the carpal tunnel (CT), it is proposed that a regime actively forces the median nerve and the flexor tendons their maximal excursion through the CT may be an effective treatment.

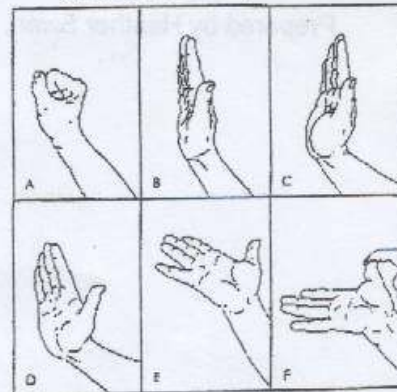
(Diagram taken from: Rosemaryn 1998)

To maximize the excursion of the digital flexors through the carpal tunnel



Hold each position A-E for 7 seconds and repeat times at each session.
Perform minimum of 3 sessions per day.

To maximize the excursion of the Median through the carpal tunnel



Hold each position A-F for 7 seconds and repeat times at each session.
Perform minimum of 3 sessions per day.