

WEST TEXAS REHABILITATION CENTER

ROUND-UP

Sawyer
Brown



Rehab
2022
ENTERTAINERS

Gabby
Barrett



Rehab 2022 Telethon & Auction
Pacesetter Nutrition Coaching
Donor Spotlight: Warren CAT Rentals
Volunteer Spotlight & More



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LEADERSHIP LETTER BY STEVE MARTIN, PRESIDENT & CEO



As I write this letter to you, Thanksgiving has passed, Christmas has come and gone, another new year has begun, and I am sitting in a deer blind in West Texas enjoying all of the beauty and splendor that the good Lord has created. The two places I feel closest to our creator is when I'm experiencing nature, and when I'm seeing the miracles that occur each day at West Texas Rehabilitation Center! God's work is done here every day through our outstanding clinicians for one purpose: to improve the lives of everyone who walks through our doors! Sometimes that occurs by helping patients make physical, communication or other functional gains to

improve independence. At other times, it's when our Hospice team helps families say goodbye to a loved one who has successfully completed their "earthly" journey and is "moving home" to be with the Lord. All of this continues to happen even while so much uncertainty exists over the impact the Federal Government mandates could have on us. Just know we are doing all we can to balance compliance along with the best interests of West Texas Rehab and our valuable and dedicated employees.

It's at this time of year I find myself so thankful for all of our volunteers. Those who help us in Hospice, those who volunteer to support our events, and those who help lead our organization as board members and Trustees. Volunteers like our quilters whose support for the Telethon goes all the way back to 1977, have raised well over \$1 million to benefit the patients at West Texas Rehab.

I am also so thankful for our donors who continue to make the decision to support this outstanding organization, our patients and our employees by their continued commitment of time, energy and financial

resources. As we prepare to kick off our 52nd annual Telethon and our 69th year of service, I hope you will support those businesses and individuals throughout these pages who continue to support West Texas Rehab. I hope you will join us live at 7:00pm on January 22nd from the Abilene Convention Center.

Most importantly, this is the season when we celebrate the birth of our Lord and Savior Jesus Christ. We should all strive to find ways to be and feel closer to Him, be thankful for the gifts He has given us and know that He is in control and according to his plan we will continue to be blessed by His kindness.

I hope you had a Very Merry Christmas and a joyous holiday season! May God continue to bless our great country, West Texas Rehab Center, our patients and staff, and you and your families! ★

All my best to you,

TABLE of CONTENTS

- 2** Leadership Letter
- 3** Foundation Spotlight
- 5** Hospice Spotlight
- 7** Patient Spotlight
- 11** Department Spotlight
- 14** Donor Spotlight
- 15** REHAB 2022

- 18** Calendar of Events
- 20** Equipment Wishlist
- 22** Volunteer Spotlight

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On the Cover

REHAB 2022 Telethon & Auction
 Read the article on PG. 15

FOUNDATION SPOTLIGHT

Leaving a Legacy

Working as a team, we help friends of the West Texas Rehabilitation Center and our Hospice of the Big Country in Abilene and Hospice of San Angelo find practical solutions to everyday desires and needs, often through planned giving.

Is your desire to leave a legacy through a major gift?

Avoid or reduce taxes? Increase income? Realize tax-free appreciation? Provide for a lifetime income? Protect assets? Provide for retirement? Provide for expert asset management?

Regardless, our goal is to be helpful without expectation, obligation, or cost.

Our work is especially advantageous to anyone doing estate planning, wishing to benefit a charity or charities, facing significant capital gains, gift or estate taxes, or anyone with a life or estate planning need coupled with a desire to benefit charities they love.

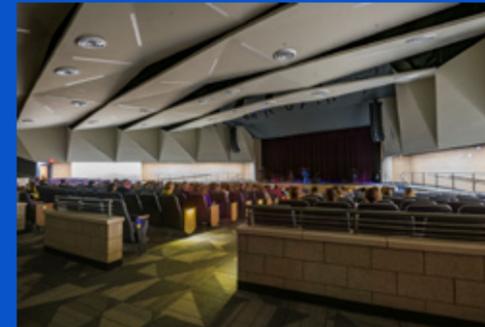
TYPES OF PLANNED GIFTS

CREATING A LEGACY OF GIVING

Cash Bequests	Real Estate
Equities	Personal Property
Life Insurance	Appreciated Securities / Stock
Retirement Plan	Charitable Gift Annuities



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KEVIN PETERS
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HOSPICE SPOTLIGHT

Hearts Remembered



Hearts Remembered is a fundraiser Hospice of the Big Country holds each year during the month of February. This event helps fulfill the mission of West Texas Rehab Center and Hospice of the Big Country to provide the best possible end-of-life care to patients and families in Abilene and the 11 surrounding counties, regardless of ability to pay.

Hearts Remembered is a beautiful way to publicly honor or remember a special person in someone's life. For a donation of \$10, the name of the honoree is written on a heart and placed on a display that will be set up at the Mall of Abilene during the month of February. Hospice of the Big Country staff and volunteers will be available each weekend during the month to assist those in purchasing hearts.

For questions or for more information on the Hearts Remembered event or hospice care, please call the Hospice of the Big Country office at 325-793-5450.

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DOUG BLACK

Doug Black was a businessman and award-winning salesman before a stroke turned his world upside down January 5, 2021. He still misses those days of making sales presentations and giving people information to help them make good decisions. He says he “let the products sell themselves.”

When asked to make a sales pitch for West Texas Rehabilitation Center during this interview, he said, “Everyone is so nice.”

His wife Robin asked him if he would like to say something about how informed and intelligent everyone is. “It’s more than just informed and intelligent,” he said. “They are not there just because they get a paycheck. They put their heart into it. They are so cheerful and happy when they walk through the door.”

“No,” he continued. “I’d say ‘If you like to hang out with nice, exciting people, check out West Texas Rehab. Look to see if they are the kind of people you want to be like. Check it out – their niceness, their smile.’”

“You have to keep it simple. You pick one thing,” he said, “and hammer it into their brain – boom, boom, boom. You have to get them in the door.”

Doug walked through a door he could never have imagined before January 5, 2021. He had been a healthy, active man. It’s true he was overweight, but he had no family history of strokes. The stroke, which he describes as “nothing I had ever experienced,” destroyed cells in the left hemisphere of his brain and weakened the right side of his body. The first day he came

to rehab, his right hand was useless, he could hardly walk, and he was struggling to get words out.

Waiting for Doug on the other side of the door that day were Dr. Mike Wicks, Ngozi Agwuenu, and Khristina Douglas. Doug describes Dr. Mike as a “hard-hitting” physical therapist, who had him doing “hard-core stuff like crunches and lunges.” Doug was relieved when Dr. Mike released him with a routine to continue at home. “We were able to leave PT with confidence,” Robin notes.

Doug still sees Khristina for Speech Therapy twice a week and has been going to Selena Elder for Occupational Therapy since July. He likes that they figure out ways to get things done. Both of them are tough and push him to make even more progress. When he leaves, they assign tasks for him to work on at home.

He spends three hours every day except Sunday on these tasks, with Robin by his side. He does stretching and strengthening exercises, he turns on the Bible DVD and reads the Bible aloud as the words flash across the TV screen, he practices pushing down on the keyboard of the piano to make sounds, and he sings because Khristina says singing makes him open his mouth. He practices closing his thumb and index finger when grasping objects Robin drops for him on the floor.

“It’s been a world of change for me,” he says. “It’s still messing with parts of me to see what I can do.”

Today he is doing things he wondered if he would be able to do again in January. The day before this interview, he walked around six big-box stores for the first time without using an electric cart. He leads a Bible Study at his church on Sunday, and he goes to speech and occupational therapy two days a week. Robin says, “It’s like his brain is waking up.”

There are still deficits, and Doug is working on them. He is eating and writing with his left hand while rehabilitating his right. And he keeps moving because he knows how important it is to keep his muscles and joints moving.

Doug looks forward to every day at West Texas Rehab. It’s a nice drive down and a nice drive back. He and Robin sing “This Little Light of Mine” and other children’s songs in the car to get him warmed up for speech therapy. And when they walk through the door at rehab, Selena and Khristina, cheerful and happy, are waiting.

If you ever need rehabilitation, we hope you will do as Doug did – walk through the door at West Texas Rehab, and give us a chance to sell ourselves as a pre-eminent rehabilitation facility. And, as Doug says, everyone is so nice.

A woman waiting for therapy said to her therapist, “You are my favorite person.” Doug is right. Coming to WTRC makes him happy. ★



“They put their heart into it...”

They are so cheerful and happy when they walk through the door.”



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Decker Capital Partners is proud to support the West Texas Rehabilitation Center.

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If you're looking for an effective way to improve your health, eat better, and finally get the body you want... This is your chance!

Nutrition is not a one size fits all approach. Hiring a nutrition coach is a form of self-care that allows you to be more present and prepared for the people in your life, your usual routines, and all that life might throw at you. Our Precision Nutrition certified coaches work with the general population to facilitate the inclusion of healthy eating behaviors and empower their clients to take responsibility for their own health. They are mentors and leaders who guide their clients toward a healthier lifestyle. As you work together, you and your coach will make adjustments to your calories and macros based on your individual body composition, hunger cues,

activity levels, and any feedback given by you to find your ideal amount of food to live your best life.

We meet you where you currently are and work together to get where you want to be!

What else can my Nutrition Coach do?

Calculate an individual's caloric needs based on the information the client has provided and their specific goals (ex: fat loss, increased performance).

Calculate a macronutrient profile based on caloric needs, goals, food preferences, and exercise style. Make adjustments to caloric and macronutrient recommendations

based on feedback from their client.

Teach clients how to read food labels, navigate grocery stores and recognize healthy and balanced portion sizes.

Help their clients to sift through all of the nutrition information available.

Discuss the pros and cons of various styles of eating to help their clients decide the best approach for them. Teach the benefits of certain food groups and macronutrients.

Collaborate with their clients to set realistic goals and expectations.

Help you build the lasting skills and habits necessary to look and feel better - for the long term. For life.

Most importantly, nutrition coaches provide a safe, honest, and judgment-free zone for their clients that will empower them to navigate the ebbs and flows of their unique nutrition journey. ★



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WARREN



The words on the wall at Warren CAT tell about the company’s mission and core values: Trust, Ethics, Diversity, Empowerment, and Teamwork. Their actions say more.

Warren CAT has been a friend and a supporter of West Texas Rehabilitation Center for many years. They first started by hiring the Rehab Employer Services Department to help with onboarding their work force.

They began making donations seven years ago when they first donated a generator to provide reliable power for the annual San Angelo dinner. They knew they were supporting a good cause, but it was a tour of the Rehab facilities in 2020 that made the Warren CAT team want to join the Rehab team in empowering others.

The Warren CAT team members saw professionalism and commitment on display that day

while on the tour. But it was seeing the children in rehab, who reminded them of their own children, that tugged at their heartstrings.

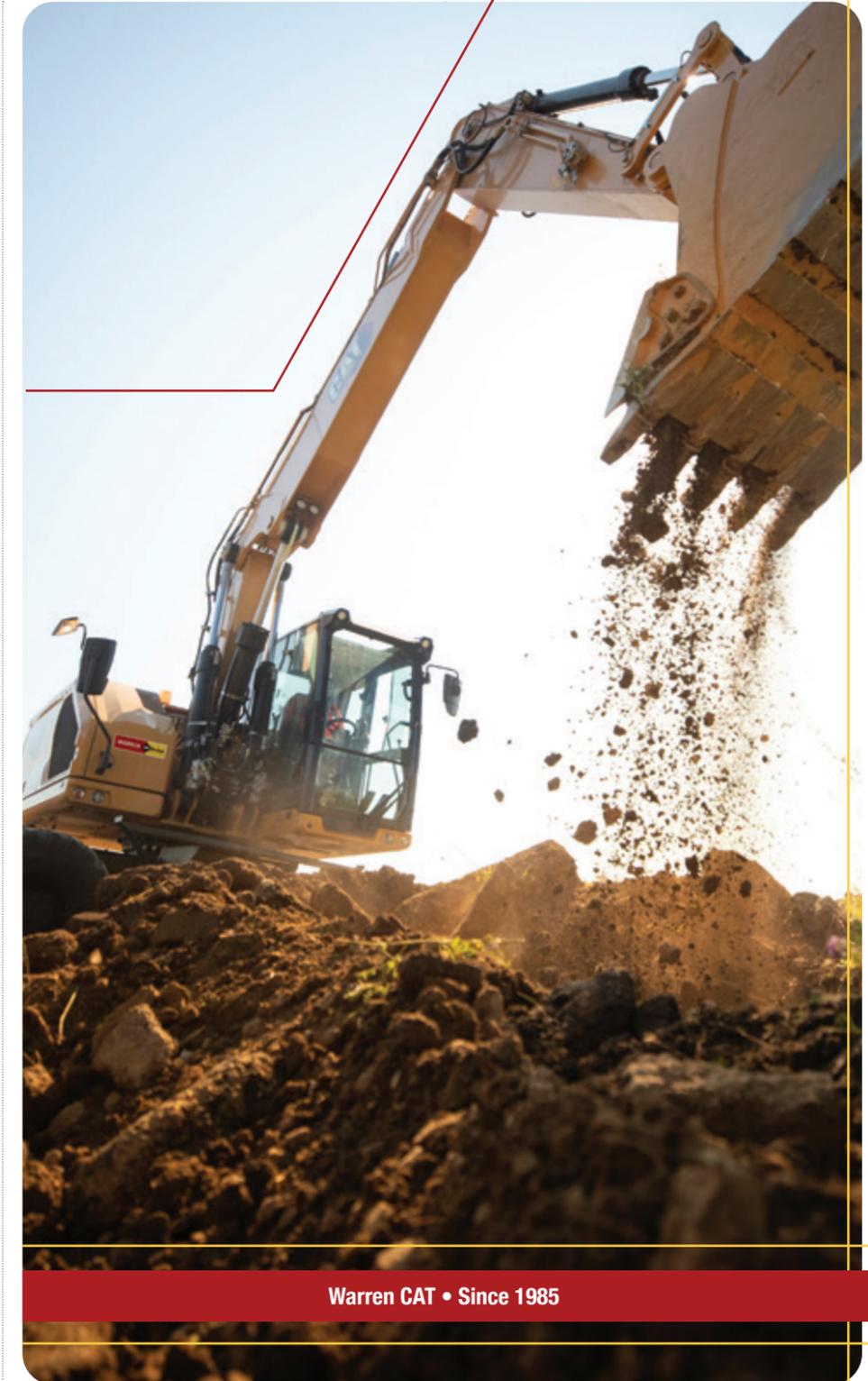
When Christmas approached last year, Warren CAT team members asked West Texas Rehab to set up an Angel Tree at their office so they could empower Rehab families at Christmas. Graciously, Warren CAT (Corporate) also matched the San Angelo employees’ gifts dollar for dollar. During the 2020 Christmas season, Warren CAT gave gifts to Rehab families in excess of \$4,000, and they are repeating their philanthropy in 2021.

Warren CAT was established by Johnny Warren in 1985 as the Cat® dealer for West Texas and Oklahoma. They are family-owned and committed to their communities, customers and employees, with rental equipment ranging from heavy machinery such as excavators and dozers, to smaller rentals like skid steers and telehandlers. Warren CAT Rental also has an extensive Rental Power fleet featuring light towers, generators, air compressors and more. With world-class products and service, Warren CAT is dedicated to building long-lasting customer relationships built on trust in order to be the Dealership of Choice in our region.

“The real story is how Warren CAT reached out to us, of all the non-profits in the area,” says Berkeley Puckitt, WTRC Director of Donor Relations.

“West Texas Rehab has the most wonderful people I’ve ever met,” says Taylor Hughes, Rental Operations Manager. “It’s not just a paycheck with them. They take care of kids, and they are really involved with their families. They give so much personal attention. They have a selfless interest in the whole process from beginning to end. There’s a kind of feeling Rehab gives us. We will jump over all obstacles to help.”

No one is too young to be on the Rehab team. Taylor and his wife, Kelsye, include their young son and daughter when shopping for the Angel Tree. “Sometimes adults don’t know what kind of toy to buy,” Taylor says. “I look at a toy



Warren CAT • Since 1985

and say to myself, This is too loud and the parents will hate the mess. And my children look at it and say, ‘Those little kids will love it!’ That’s when we know we have found the right gift.”

For more information about machine and equipment rentals, please visit the Warren CAT website at www.warrencat.com. ★

REHAB 2022 TELETHON & AUCTION



REHAB 2022

January 22nd • 2022

Televised live from the Abilene Convention Center at 7:00 p.m.

Television stations in Abilene (KRBC)
San Angelo (KSAN)
Corpus Christi (KZTV)
Midland/Odessa (KOSA)
Lubbock (KLBK)
Amarillo (KFDA)
Waco/Temple/Bryan (KXXV/KRHD)
Wichita Falls/Lawton, OK (KSWO)

In addition to the telethon, an annual internet auction of over 500 items of merchandise and services provided by friends and businesses, in over 19 categories, with a retail

value of over half a million dollars, will be open and taking bids (as of December 10th) at WestTexasRehab.org or by downloading the Handbid app and searching for "Rehab 2022 Telethon". Bids will be accepted until midnight on January 22nd. Auction items will be on display at the Abilene Convention Center beginning at 6p.m. on January 22nd. Be sure to check the auction often as new items are added daily!

An auction television show featuring all the items, will air in Abilene and San Angelo from



5:30p.m. - 7p.m. on the night of the telethon. The online auction ends at midnight on January 22nd. Thank you to KRBC in Abilene and KSAN in San Angelo for being our television sponsors.

The show will again be streaming live from anywhere in the world at WestTexasRehab.org.

Corporate Partners: Capital Farm Credit • Black Plumbing & Maverick Saw Cutting & Core Drilling • RHS Construction • Ekdahl Nelson Real Estate.

Our tote board sponsor is Decker Capital Partners • Auction sponsor is Hanner Chevrolet • Phone bank sponsor is Vexus Fiber • Check

REHAB 2022 TELETHON & AUCTION

Nashville Network will return to anchor the Rehab 2022 host desk. Charlie joined the telethon in 2000.

Red Steagall and The Boys in the Bunkhouse will be with us again this year.

Ariel Hutchins, an up and coming Texas country artist will join us for her 1st time on the Telethon.

ESPN Rodeo reporter and Wrangler representative Jennifer Douglas Smith and Abilene native Braid Blanks will be live with our patient stories and interviews from stage.

Brad Maule (General Hospital) will also be participating.

Our friends at Red Chain Feed will be selling BBQ sandwiches in the exhibit hall.

REHAB 2022 is engaging in social media-- Facebook, Instagram and Twitter, like never before. We have a special hashtag that we would like you to use when you post about REHAB 2022.

#WestTexasRehab

Instagram: westtexasrehab
Twitter: @WestTXRehab
Facebook: West Texas Rehab Center

West Texas Rehab was established in 1953 as a private non-profit outpatient rehabilitation center and has become one of the largest, most comprehensive facilities of its kind

in the nation. In 2021, we saw over 650 patients each day and worked with over 900 physicians who recognize the exceptional care their patients receive.

West Texas Rehab, which operates facilities in Abilene, San Angelo and Ozona, will celebrate its 69th year in 2022. ★

**SAWYER BROWN
GABBY BARRETT
CHARLIE CHASE
RED STEAGALL
ARIEL HUTCHINS
JENNIFER SMITH
BRAID BLANKS
BRAD MAULE
+ MANY MORE**



Darrin Black RMP-18664

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CALENDAR of EVENTS ABILENE DATES, KARLA @ 325.793.3507 / SAN ANGELO DATES, BERKELEY @ 325.223.6313

Date	Event
January 22	52nd Annual REHAB Telethon & Auction
February 1-28 February 24	Hearts Remembered Dine Out to Give Back, San Angelo
March 24	Singer/Songwriter Showcase in Eastland
April 7, 8, 9 April 28	Abilene Clay Shoot Dancing with the San Angelo Stars benefiting Hospice of San Angelo
May 3 May 20	Abilene/San Angelo Gives Spring Swing Golf Classic- San Angelo
June 14 June 28	Round-Up for Rehab Lamb & Goat Sale Stamford Art Show
August TBD August TBD	Abilene Dinner Show Ozona Goat Roper's Gala
September 2 September 8 September 13 September 17 September 23 September 29	Round-Up for Rehab lunch in Ballinger Round-Up Supper Christoval/Eldorado, Bar H Ranch (Helmers), 6pm Round-Up for Rehab Abilene Sale Frank Caraway Sporting Clays Classic- San Angelo Hospice of the Big Country Golf Tournament Round-Up for Rehab Producer's Sale- San Angelo
October TBD October 4 October 5 October 8	San Angelo Dinner Show Round-Up for Rehab Pig Sale Round-Up for Rehab Coleman Sale Round-Up for Rehab Stephenville Sale
November 1 November 10 November TBD	Round-Up for Rehab Sweetwater Shrimp Peel Quilt Brunch HOSA Candlelight Service
December 1st December 10	HOSA Light Up A Life, Cactus Hotel, 6pm Round-Up for Rehab Danny Isbell Memorial Jackpot Show

TBD: To Be Decided. Due to COVID-19, all dates are subject to change. Please check our website at WestTexasRehab.org for all updates.

2022



LORI BARTON



HALLE BEELER



KRISTI BRASHER



STEVE CECIL



STERLING FRYAR



RONNIE GAINES



JOY HIGGINS



KRISTY HUFFMAN



C.J. LUCKEY



JOE THIEMAN

2022 DANCING WITH THE SAN ANGELO STARS

APRIL 28TH

APRIL 28, 2022

7:00PM

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FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE AT WESTTEXASREHAB.ORG OR CONTACT LAUREN BELL AT 325-223-6364 OR LBELL@WTRC.COM



EQUIPMENT WISHLIST

Description	Quote
Green house and supplies for Horticulture Therapy Program:	\$2,357
OCCCUPRO FCE Software:	\$13,225
Fitness Equipment for Pacesetters Program:	\$5,525
Stereo Optical Vision Screener:	\$7,225
4 - High/Low Treatment Tables:	\$6,980
3 - Audiometers to determine hearing loss type:	\$26,245
SCIFIT Pro Upper Body Exercise Bike:	\$5,300
Biodex Balance System for Vestibular Treatment:	\$15,330
Gel Floor Tiles, UV Sensory Light Kit, Brain Toys (Variety):	\$1,840
Soft Swing, Tower Swing, Ceiling Suspension Kit, Ball Swing:	\$1,500
Sensa Soft Vibroacoustic Chair:	\$2,500
Real Design Convert-Able Table:	\$1,800
Ambucs Adaptable Tricycle with equipment :	\$1,715
Lightforce Laser Therapy System:	\$49,900
Verifit 2 hearing aid verification system:	\$14,510
Treadmill for WorkSTEPS Testing:	\$490
Redux drying system for hearing aids:	\$3,600
BTE Stimulator:	\$41,000
Earigator wax management system:	\$2,630
Shuttle senior recovery system:	\$5,162
Heat pack heating unit:	\$2,920
Rikon Band Saw:	\$1,500

To donate a piece of equipment from this wishlist, visit: westtexasrehab.org/general-donation/wish-list-equipment

VOLUNTEER SPOTLIGHT



VOLUNTEER SPOTLIGHT

HB/PHOTORE #	DONOR	ITEM	ITEM DESCRIPTION	CATEGORY
151	190472 Carolyn M. Houghton	Table Doily	Hand made, Won 1st place at the West Texas State Fair.	QUILTS - BABY
150	190472 Carolyn M. Houghton	Shirt Collar	Hand made, Won 1st place at the West Texas State Fair.	QUILTS - BABY
149	190472 Carolyn M. Houghton	Quilted Clown	Hand made, Won 2nd place at the West Texas State Fair.	QUILTS - BABY
148	159421 Bridgett Lett	Mid Century Modern	Handmade afghan made with light gray, yellow, and green rows.	AFGHANS
147	159421 Bridgett Lett	Flower Garden	Charming white, yellow, and hues of blue floral pattern, machine pieced and hand quilted.	QUILTS - DOUBLE
146	159421 Bridgett Lett	Lights and Shadows	Extra long twin quilt, machine pieced and hand quilted.	QUILTS - TWIN / YOUTH
145	307574 Angie Cantrell	Take Five, Harry Potter	Vibrant colored pieces, showcasing Harry Potter fabrics. Quilted by R Quilt Haven.	QUILTS - DOUBLE
144	45253 Vernell Reich	Hydrangea Birdsong	Beautiful queen quilt with blue, purple, and greens fabrics highlighting the beautiful flower in a unique pattern	QUILTS - QUEEN
143	248364 Judy Morris	Mosaic Blanket	A cozy cuddle up blanket for watching TV by the fireplace.	AFGHANS
142	26902 Morton Valley Extension Education Club	Colorburst	This quilt was created from a picture found on facebook at Scrap Quilt Enthusiasts. The lady that posted a picture of the quilt had made it from a picture seen and that it had no name. The Morton Valley Extension Education Club created their own pattern and made them into 17" blocks. Each with 1" sashing used throughout the quilt. One of their members had her grandson help with the placement of the blocks so that no color was repeated in the rows across or down.	QUILTS - KING
141	310323 Patsy Kolarik	God Bless the USA	There was no specific pattern for this stary quilt, it was simply a product of Patsy's imagination and a BIG tub of scraps!	QUILTS - BABY
140	212869 Patti Jackson	Let's Go Glamping	Cheery and Bright patterned quilt, with cute camper fabrics pieced together and quilted by Patti herself.	QUILTS - BABY
139	14816 Claranell Murray	Thimbles Berries	Charming twin quilt showcasing an array of earth tones with lots of intricate detailing found throughout.	QUILTS - TWIN / YOUTH
138	181048 Angela Blahak	All My Stars	Made from a calming stash of fabrics, Angela pieced together the stars from all of the colors she had, leaving no fabric to waste	QUILTS - QUEEN
137	14816 Claranell Murray	Frogs	Stunning Irish chain quilt pieced together by Claranell and quilted by R Quilt Haven	QUILTS - BABY
135	127740 Marla Cantrell	Cherris	Fun and vibrant Irish chain quilt	QUILTS - BABY
134	Bobbie Binge	Pineapple Blossom	BatkinsBright colors of green, blue, and purple pieced together by Cassandra Lancaster and quilted by Bobbie Binge	QUILTS - BABY
132	81500 Abilene Quilters Guild	Thimble Berries, Lackland Pines	Unique floral pattern pieced by an unknown, quilted by R Quilt Haven	QUILTS - BABY
131	212869 Patti Jackson	Charming Play Date	This beautiful 9 patch quilt brings color and comfort together with its vibrant colors found throughout.	QUILTS - TWIN / YOUTH
130	212869 Patti Jackson	Sequoia by Laundry Basket Quilts	Quilt design by Edita Snar for Andover Fabrics pieced and machine quilted by Patti Jackson	QUILTS - TWIN / YOUTH
129	127740 Marla Cantrell	Strip Quilt	Beautifully made by cassandra Lancaster and finished by the Abilene Quilters Guild.	QUILTS - BABY
128	26902 Morton Valley Extension Education Club	Chevrons of Patriotism	Chevrons of Patriotism is an afghan that one of the Morton Valley Extension Education Club members makes and presents to veterans. The colors reminds them of the loyalty, courage, bravery, and the willingness to give one's life for our country.	AFGHANS
116	126601 Carolyn Davis	Presidents	Hand quilted by Carolyn and embroidered by her mother, this Presidential quilt showcases the 1st through he 41st Presidents with the years in office along with their signatures. The perfect piece for any history buff!	QUILTS - DOUBLE
114	126601 Carolyn Davis	Embroidered Roses	Beautifully embroidered blocks by Carolyn's mother, set together by Carolyn and quilted by the Abilene Quilting Co. Norma Garcia is the perfect addition to any room in your home.	QUILTS - BABY
111	9792 Nancy Palmer	Cowboy Quilt	Western cowboys cover this cheerful turquoise 88L x 69 w quilt, sure to give you sweet cowboy dreams.	QUILTS - DOUBLE
108	126601 Carolyn Davis	Block Party	This Twin/Double quilt features warm colors pieced together with new and classic squares, outlined with a soothing checkered border.	QUILTS - DOUBLE
107	126601 Carolyn Davis and Patti Jackson	Stars	Pieced together by Carolyn and Patti this youth quilt features brightly colored squares with stars as their centers, incorporating fun and unique patterns throughout.	QUILTS - TWIN / YOUTH

Thank You!



52nd Annual
TELETHON & AUCTION
January 22, 2022 7:00 P.M. - Midnight

JOIN OUR LIVE AUCTION



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