Creative Stitchery — Embroidery

Program Connections

Title of Program: Creative Stitchery
Number of Sessions: 1
Length of Session: 2 hours
Optimum Group Size: 8 - 10 participants per instructor
Audience: Teens to older adults

Initial Program Planning:

Purpose: To teach participants a creative heritage skill by developing fine motor skills, manual dexterity, encouraging interactive social relationships and creating an appreciation of the historical significance of embroidery. Creative stitchery is simply another way of describing embroidery — the art of decorating fabric with a needle and thread. The Cooperative Extension Service of the University of Kentucky has developed a 4-H Needlework Embroidery curriculum for participants to learn and share with family members, friends or 4-H members in their community. During this program, participants will receive an overview of the curriculum, learn a brief history of embroidery, make a sample of basic embroidery stitches and discuss other basic embroidery tips and tools.

Supporting Research:

A review of current research on age-related changes in older adults affecting motor control shows that motor control relies on specific networks within the brain. These systems are most affected by the aging process. One piece of research within this literature review stated that an increase in gray matter in the brain is associated with long term sensorimotor training in older adults (Boyke, et al, 2008). New tasks are learned at a faster pace, when other motor tasks have been learned and practiced (Seidler, 2007a, 2007b). The research highlighted in this review indicates that there is evidence of older adults benefitting from motor training and other interventions, such as exercise, medications and assistive devices.


This study tested older adults’ ability to acquire transferable knowledge about skill learning processes. Older adult participants learned five different motor tasks. Two control groups performed the same number of trials, but learned only one task. An experimental group exhibited faster learning, but learned different motor tasks. Results of this research indicate that older adults can learn new motor skills. However, a variety of motor learning experiences should be included in training for older adults.

The results of this six year interval study of older adults suggest that an actively engaged lifestyle is associated with higher cognitive functioning. There are multiple factors which also influence cognition in older adults. This particular study concludes that a reciprocal relationship may exist between activity level and intellectual functioning, indicating that each relies on the other, and are simultaneously influenced each by the other. Therefore, encouraging older adults to lead a physically active, socially engaged and cognitively challenging lifestyle can promote cognitive functioning and enable independent living to an older age.

**FCS Initiatives:** Nurturing Families, Embracing Life as We Age, Empowering Community Leaders

**Initiative Goals:** Build personal strengths, interpersonal communication and life skills to strengthen families.

**PAC Codes:** Please review the PAC Codes listed under the following to determine which are most reflective of your particular program.

- 200 - Economic, Social, and Physical Wellbeing of Individuals and Families
- 300 - Leadership, Civic Engagement, and Economic Development
- 400 - Youth Development

**Priority Indicators:** Please review questions pertaining to each of the following Priority Indicator Goals to determine which are most reflective of your particular program.

**Goal 3. Leadership Development** - *Foster the development of personal and interpersonal skills, stimulate volunteer leadership and promote active participation in community problem-solving*

**Goal 5. Life Skill Development** - *Stimulate the acquisition of life skills needed by young people and adults in reaching their full potential as both individuals and members of families*

**Program Resources:**

**Required Resources:**

- [http://www2.ca.uky.edu/hes/internal/KEHAResources/4hEmbroidery/2012-13 KEHA_leader_guide_for_embroidery.pdf](http://www2.ca.uky.edu/hes/internal/KEHAResources/4hEmbroidery/2012-13 KEHA_leader_guide_for_embroidery.pdf)
- Facilitator's Guide - CT-MMB.700FG

- Beginning Creative Stitchery
- Advanced Creative Stitchery
Supplemental Resources:
Printed Materials: Contact Marjorie Baker, Extension Associate for Textiles and Clothing
- Publications
  - Passing on Needlework Skills to Young People
  - Chicken Scratch Embroidery
  - Huck Embroidery Terms
- Project Guide
  - Young Beginner
  - Beginner
  - Intermediate
  - Advanced
- Young Beginner and Beginner Redwork Embroidery Designs
- Care Critter Design
- Word Search Activities
  - Redwork Young Beginner
  - Redwork Beginner
  - Free Hand Beginner
  - Free Hand Intermediate

Program Supports:

Sample Success Story: Two counties in District ____, collaborated with 4-H and KEHA leaders to offer two Needlework Seminars to a total of 50 participants. Eighty percent of participants stated an increase of one level of skill as a result of the program. Twenty-five percent of participants indicated a desire to teach others needlework skills as a result of the program. A three month follow-up evaluation revealed that 20 percent of participants saved an estimated $50.00 each by creating gifts for family and friends utilizing skills learned from the program. A follow-up program is being planned to offer advanced needlework skills.

Potential Collaborators: 4-H agents, fine arts agents, KEHA members, 4-H student leaders, local artists, women's clubs, church groups, school clubs, etc.

Adaptations for other Audiences: For younger audiences or participants with special needs, one assistant per two participants will provide needed support throughout the program.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin.