

Alzheimer's Block Quilt

Your squares can be all cotton, or a variety of fabrics such as seersucker, fake fur, velvet, corduroy, wool, textured home decorator fabrics. Touching/rubbing fabrics reduce Alzheimer's patients' stress, and a variety of textures increase interest.

To make this quilt, you can choose to:

Use 6" cut squares

You need 56 6" cut squares
Backing 39.5"x45" (or a little larger)
Batting 39.5"x45" (or a little larger)

Sew squares together in
7 rows, 8 columns (1/4" seams)

Use 5" cut squares

You need 72 5" cut squares
Backing 37"x41.5" (or a little larger)
Batting 39.5"x45" (or a little larger)

Sew squares together in
8 rows, 9 columns (1/4" seams)

Once your top is made, you'll use the envelope method to seal the quilt.
First of all, trim the batting and backing to the exact size as your quilt top.

Next, layer the sandwich on a table as listed:

- (1) Quilt backing right side up
- (2) Quilt top wrong side up
- (3) Batting

Using a **1/2" seam**, start sewing the outside seam at about 2/3 of the way down the long side of your quilt sandwich. Continue sewing all 4 corners. Now you're heading back down the side where you started. STOP about 12" before you get back to your starting point.

Now, turn the envelope right sides out with the batting in the center through your 12" opening, clipping corners as necessary.
Slipstitch the 12" opening closed.

Tie the Intersections, Quilt in the ditch, Quilt across the diagonals, or any method desired!

It turns out looking something like:

