

Introductory letter to 'Muis Jantje' a Dutch crochet initiative for people suffering from Alzheimer's and dementia.

Origins of 'Jantje'

support me in the darkness

be there for me when I feel lonely

My grandmother suffered from Alzheimer's disease; slowly she was fading away. The loss of grandmother. Merely a shadow anymore from the majestic woman she once was, grandfather reminisced. Apart from Alzheimer's she also suffered from Parkinson's disease. One of her hands, which was getting more fragile by the day, shook incessantly. I crocheted for her a mouse with several tails. Although she was unaware of many things around her, the mouse always interested her. She would pick it up, mumble something and put it back down carefully, afraid the little mouse might break.

Then came the moment of her last days. She was bedridden, her hands clutched underneath her chin on her chest. The hand suffering most from Parkinson's cramped up and started shaking. We put the mouse in that hand and she was holding on to it for dear life. The shaking stopped. With her other hand she grabbed the tails and gently caressed her mouth with those.

It gave her peace; to not be alone. The mouse gave her solace in her last moments.

To give solace to other people who suffer from Alzheimer's/Parkinson's/dementia I have written a pattern for 'Jantje'.

The purpose is as follows: the 'Jantjes' may only be made according to the guide and pattern written by me. They are absolutely **not** meant for selling. The 'Jantjes' are solely made by volunteers and are given free of charge to the aforementioned people.

The 'Jantjes' are made with a 100% pure cotton and filled with a panthose with filling. The 'Jantjes' can be washed at 60°C, and can be put into the dryer. The 'Jantjes' are made as safe as possible, but one should take care that people may put the tails into their mouth.

Made with lots of love by a granddaughter

For more information: facebook group 'muis Jantje'

Tested by:

on:

This 'Jantje' was made by:

Important information, please read this first

'Jantjes' will always need to be inspected!

In order to guarantee the quality of the 'Jantjes' they will always need to be inspected. We do not want poor quality 'Jantjes' which cannot give the desired results to go to facilities. The inspection is also needed even when you crochet one for a family member, friend, acquaintance, etc.

The 'Jantjes' are handed out to patients by the personnel of the healthcare facilities as they know best who will benefit from the use of a 'Jantje'.

In the group we use several different terms:

- **Keurmeesters (inspectors)**

Inspectors are found throughout The Netherlands. They wash, dry, inspect and package the 'Jantjes' in the correct way. After that they take the 'Jantjes' to the various healthcare facilities in their region. Approved 'Jantjes' receive a quality mark so that the facilities know that these 'Jantjes' were properly inspected.

- **Huismuizen (house mice)**

When you are an employee at a healthcare facility and you would like to donate 'Jantjes', these will always need to be inspected. However, I understand it is expensive to send out boxes for inspection and pay for postage for return. Therefore, we have come up with a solution: Send one 'Jantje', this will be inspected and if approved you may become inspector for your own facility. This means that you may inspect 'Jantjes' for your facility only and only after they have decided to join this initiative. It is important you send one 'Jantje' first for inspection, so you can become a 'huismuis'. Please also let us know which healthcare facility you work.

- **Muizenvangers (mousetrappers)**

Muizenvangers are people who collect mice in their surroundings so they can collectively be sent to an inspector. This way, everybody shares in the postage.

IMPORTANT:

Before you start crocheting

First read through all the files, in order to avoid disappointment.

Files that are important before you start:

- The requirements of 'Jantje'
- Pattern 'Jantje'

Receiving 'Jantjes':

If your healthcare facility would like to receive 'Jantjes', but nobody crochets, it is possible to pay for postage. The inspectors will then send 'Jantjes' out. Please note, 'Jantjes' are not for sale and their existence solely relies on the hard work of volunteers.

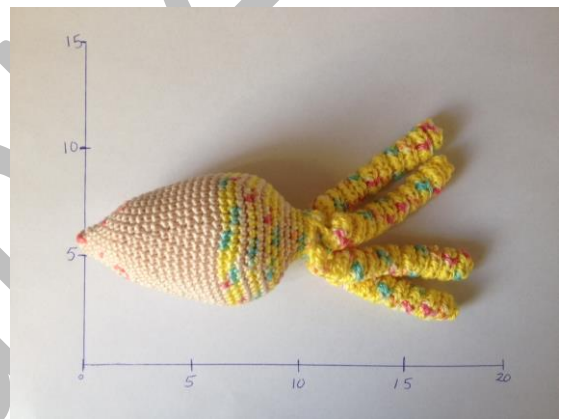
Good luck with crocheting!!

Requirements of a 'Jantje'

- A 'Jantje' has to be made according to the pattern
- A 'Jantje' cannot be decorated, due to its fits in the hand of the owner



- The tails have to be made according to the pattern. The body of a 'Jantje' is 8-12 cm lang. The stretched tail is 9-11 cm long. **Please pay attention to this when you stretch the tail.** The circumference of the widest part of the body is 16-20 cm. This measure is flexible due to 'no two hands are the same'.



- The filling needs to be washed properly and can be bought at many hobby stores, as well as the Hema. This filling needs to go into a panty hose, which is subsequently sewn shut. This is to prevent filling to end up in the owner's mouth if they put 'Jantje' into their mouth.
- A 'Jantje' cannot be filled to the max, which may be a bit hard to determine at first. However, if you can squeeze the 'Jantje' easily after filling the filling has been appropriate. Keep in mind that the owners of 'Jantje' are elderly people with less power. They need to be able to hold and squeeze the 'Jantje' relatively easily.
- 'Jantjes' can only be made with a 100% pure cotton. If you want to use other cotton, send this to me so I can determine whether the cotton is ok. The most important is that after washing the cotton may not fluff and should be soft to the touch.
- Before the 'Jantjes' go to their owners they'll first need to be washed and dried (not in dryer). After that they will need to be bagged and send with the intro letter.

Where do the 'Jantjes' go:

- All 'Jantjes' have to go to an inspector ('keurmeester'). They wash and inspect the 'Jantjes'. This way we can ensure the quality of the 'Jantjes'. They also bring the 'Jantjes' to healthcare facilities and the personnel there will hand out the 'Jantjes', as they will know which occupants are helped the most
- If you have a family member for which you want to make a 'Jantje', these will also have to go through inspection first.

- At the files of this group you will find a list of inspectors in The Netherlands. This list is continuously updated. They will check whether the 'Jantjes' meet the requirements. Approved 'Jantjes' will be certified by the inspector by signing the intro letter, so that the healthcare facilities can be sure that the 'Jantje' is safe for use
- If you are an employee of a healthcare facility and you would like to hand out 'Jantjes' these will also have to be approved first. However, I understand it is expensive to send out boxes for inspection and pay for postage for return. Therefore, we have come up with a solution: Send one 'Jantje', this will be inspected and if approved you may become inspector for your own facility. This means that you may inspect 'Jantjes' for you facility only and only after they have decided to join this initiative. It is important you send one 'Jantje', so you can become a 'huismuis'. Please also let us know which healthcare facility you work.

Approved cotton:

- Babette Breikatoen no. 8 (Schiltmans Self Service – Den Bosch)
- Buttinette Camilla (uit Oostenrijk)
- Catania uni garen
- Catania multicolor garen
- Cotone uni + Cotone print (Lana Grossa)
- Catona (Scheepjes)
- Drops Muscat
- Durable colar (niet de andere lijnen van Durable)
- Grundl cotton quick print
- Grundl cotton quick uni
- Katia Capri
- Katia Capri Print
- Katia Capri Plus
- Katia monaco baby
- Katia Jaipur
- Lammy rio Denim
- Lang Yarns-Marisa uni
- Lang Yarns-Marisa color
- Limone uni (Schoeller en Stahl)
- Limone color (schoeller en Stahl)
- Luxor (Schachenmayr nomotta)
- Mr. Cey garen
- Online Linie 11 Alpha
- Online Linie 165 Sandy colours
- Phildar coton 3
- Pingouin Esterel
- Record
- Rio uni + multi
- Steinbach Capri
- Sunny (Lammy Yarns)
- Sunny multi (Cheval Blanc)
- Ushi Wolle superglanz
- Wibra (Nova)
- Yarn and colours must have

Disapproved cotton:

- Action (Made by Me)
- Alize Bella
- Amy Zeeman
- Anna en Claros cotton yarn
- Annel cotton 8
- Bambino Bomull
- Belday home
- Carina g-b cotton 8
- carina grignasco
- Catania denim
- Linda (Big Bazaar)
- Cable 4
- Coton nature (Lammy Yarns)
- DMC Natura Just Cotton
- Durable
- Hema – katoen
- Katia Bombay
- Katia Cotton Yeans
- Larra (scheepjes)
- Larra Batik (scheepjes)
- Mayflower Cotton8
- Moriposa (lydl)
- Monique garen (kruidvat)
- Pharao (austermann)
- Record 210 color (schoeller Stahl)
- Scheepjes isis multi
- Scheepjes cotton 8
- Scheepjes soft fun print
- Soleil (Beijer)
- Strengels (boekenvoordeel)



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My grandmother suffered from Alzheimer's disease. Slowly we saw her fade away. The loss of grandmother. Merely a shadow anymore from the majestic woman she once was, grandfather reminisced. I crocheted for her a mouse with several tails. My grandmother received so much support from the little mouse. She would fiddle with it instead of pulling out her oxygen tube and became more peaceful. She wouldn't ask anymore: 'Will you stay with me?', because the mouse was with her.

This initiative arose to help other people who suffer from Alzheimer's/dementia/Parkinson's and give them solace with a 'Muis Jantje'.

- 'Jantjes' are crocheted by volunteers
- 'Jantjes' are inspected
- 100% pure cotton
- 'Jantjes' are handed out to healthcare facilities belonging caring for our target group

Would you like to crochet or support us please look at

www.muisjantje.com / facebookpage 'Muis Jantje'

or mail to muisjantje@gmail.com or register

at the facebook group 'Muis Jantje'



Tips for making a 'Jantje':

- 'Jantje' is made easiest before decreasing (row 24). It will be easier to stuff it then.



- The first two rounds can be made in a different colour, to create the effect of a nose (see photo)
- Use a marker to mark the first stitch; this will make counting easier
- Turn the tails the right way, this way they will be sturdy enough
- A panthose can only be closed by sewing it closed or a very small knot. Make sure that the knot is pointed towards the bum.
- You can make two-coloured tails. Please refer to the file 'tweekleurige staarten in beeld'.
- Embroider with small stitches and make sure the threads are tucked in well.

Finishing 'Muis Jantje'

Magic loop:

After closing the loop, take the cast-on thread with you for as long as possible. If you cut the thread too short the whole ring will come lose in the laundry and the mouse can be thrashed. Don't worry, this won't show on the exterior of the mouse. Also when switching colours, don't cut the cast-on threads to short and take them with you for as long as you can.

Embroidery:

Attach an embroidered nose: Once you have done four rounds of 50 stitches it is best to attach to the nose. At this point it is still easy to turn the mouse inside out.

Put the ends of the nose on the inside and tie together with the cast-on thread of the magic loop. Embroider the nose on the outside of the mouse, then put the needle through the work to what will be inside and use the loops to the spot of the eyes and embroider these. Similarly, use the loops on the inside to guide the needle to the place of the ears and embroider these. When the ears are finished push the needle back inside and through the loops to the starting point (the nose). Tie a knot and make sure the threads are tightly secured before cutting the thread.

Bum:

Make a magic loop and cut the cast-on thread. Use the leading thread to secure the loop to the bum part of the mouse and sew it together in one round. Make sure to secure the thread by making loops a few times and make sure to make these so tight so the loops do not show or pop up.