



Message Message

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Greetings From Kelly

Happy Holidays! I hope everyone is doing well and having a wonderful holiday season. Can you believe how fast this year has gone? I was only able to get two newsletters out this year, mostly because how busy we were with the fundraiser, which, by the way, was a huge success (see page for more).

Hosting this annual fundraiser has unexpectedly opened the door to new adventure. We initially ran into a snag this year with collecting donations for our fundraiser because we were raising money for an individual and not a non-profit organization. On a whim, I looked into exactly what it took to form one of these organizations, discussed the idea with Terri Mearns..... And a few

days later, Hands to Help NFP was on it's way to becoming our newest project (more information on page)

Anyway, I have recently learned a valuable lesson about delegation and allowing other people to help me. Haha! Kelseigh will be adding some administrative duties to her responsibilities at the office. One of those new responsibilities will be working on the newsletter so that we can get back to quarterly issues for 2009. She will also be helping in the design of a new website, which will hopefully be up by the end of January. In addition to these new responsibilities, she is also instrumental with the new non-profit organization.

Everything else is pretty

much business as usual. We have some holiday specials and have introduced the Rainbow Technique. Carol Fairchild is within days of being a licensed massage therapist, passing her national board exam in November.

I have been crazy busy with my home health patients and the upcoming holidays. Everything is great at home... Walt got his four deer a couple weekends ago and still has plenty of bow season left to get more. Teela may be getting a new "sister" soon. I'm sure I'll have more to tell you the next time. I hope everyone has a great holiday.... Stay safe!

Kelly

4th Annual Fundraiser Benefiting the Horseshoe Lake Beating Victim



Kids Games



Chair Massages



Face Painting



Volunteers



Horse Rides



Chicken & Beer Dance

This year's fundraiser was a huge success. We have raised nearly \$16 thousand to date and are still collecting.

The family event and vendor fair were held in the parking lots near my building and the Chicken & Beer Dance was held that evening at the KC Hall in Fairview Heights. Both events went great with news coverage from the three major networks

in St. Louis (website links at the bottom of this page). Our beneficiary of the funds, who was beaten and raped at Horseshoe Lake Park in May, is back to work and doing great. And the best news of all is that the man who did this to her was arrested a few days before the fundraiser. He has since been indicted on all charges.

Our little project this year has led to the creation of

Hands to Help, our own non-profit organization (more on the next page). We're looking forward to many years or raising money. If anyone out there wants to join us, please let us know.

I also want to thank everyone who helped make these events a success. So many people were involved, but without Terri Mearns and Kelseigh Boggs, this never would have happened. To both of you, I can't thank you enough!



Bud Lite Girls



Ram's Cheerleaders

Links to News Stories

<http://www.kmov.com/video/localnews-index.html?nvid=292009>

<http://www.ksdk.com/news/local/story.aspx?storyid=157283>

<http://www.myfoxstl.com/myfox/pages/Home/Detail;jsessionid=E4E7C41E125D8042474C10DE77AD67D4?contentId=7629254&version=1&locale=EN-US&layoutCode=VSTY&pageId=1.1.1&sflg=1>



We have a bunch of t-shirts left from the fundraiser. We are selling them for \$5 a piece and all proceeds will go to our beneficiary.

If you are interested in a t-shirt, please call our office at 618-235-8853 or email kellycrocken@yahoo.com.



Hands To Help, NFP

While trying to collect donations for our fundraiser, we were turned down by many companies because we were collecting money for an individual and not for a non-for-profit organization. I looked into what it would take to form our own organization, discussed it with Terri and Kelseigh, then completed the paperwork and registered with the state of Illinois.

After a few minor setbacks, we officially became active two days before the fundraiser.

We are now in the midst of completing all the paperwork and contacting the correct legal and financial council. (if anyone can help, please let us know).

We have many ideas about how we want to use the funds we raise, but want to focus on

children and/or victims of violence. In time, we also want to sponsor mission trips for volunteer massage therapists and offer an annual scholarship to a massage therapy student at the Body Therapy Center.

Hopefully, we'll have more updates by the time the next newsletter comes out.

Raindrop Technique



When it comes to treating back pain, as well as, knee pain, shoulder pain, and digestive system discomfort, it can be hard to find something that will bring the body's systems into alignment. One aid to solving these problems and more is a relatively new therapy called Raindrop Treatment, using essential oils that have been clinically tested to have antiviral, antibacterial and anti-inflammatory properties.

The Raindrop Technique combines the science of aromatherapy with the techniques of Vita Flex, Reflexology and Massage. Application of essential oils, which are applied to specific areas of the body, brings structural and electrical alignment. This technique is designed to bring balance to the body with its relaxing and mild application. It will also help to align and clear the energy centers of the body without using force or excessive pressure. When you combine the electrical frequency and the intelligence of the body with the oils, a greater healing process begins. There are seven essential oils and two oil blends used in the Raindrop Technique, each offering their unique healing properties.

I have wanted to offer this service for some time and haven't found the time to learn it. Kelseigh took it upon herself to learn the technique and has received nothing but positive feedback. She became interested in learning about it after hearing a discussion at the Healthy Nutt this summer. A customer of the Healthy Nutt, suffering from scoliosis, reported having less pain and x-rays showing an improvement in her curvature.

If you are interested in booking an appointment with Kelseigh, please contact the office at 618-235-8853.



Chef Cari Schaeffer, Dinner at Your Door

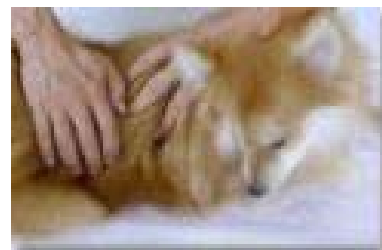
Cari specializes in taking care of busy professionals and families by eliminating the dinner time struggle. You are more focused during the day and more relaxed in the evening. Dinner at Your Door services O’Fallon, Shiloh, Belleville, Fairview Heights, Lebanon and surrounding communities.

You can find more information about Cari and her services at her website, www.dinneratyourdoorpcs.com or calling 618-520-8015.

Pet Massage

Animals, like humans, respond positively to touch. This is evident when they respond to your petting and rubbing. Yet most people do not understand the techniques best suited to really help ease the pain. Massage therapy is both a preventative measure and a solution for pain and suffering your pet may endure.

The session is in the animal’s home, where he/she is comfortable, and can include treatment for a variety of conditions. If you are interested, please call the office for an appointment.



Doula Services

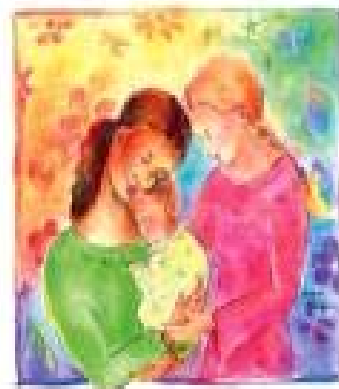
A Doula provides emotional and physical comfort during labor, as well as informational support. She is by your side throughout the entire labor, allowing your husband the freedom to remain face-to-face and fully involved.

Having a massage therapist provide doula support can be especially calming in the delivery room. She helps ease the tension that builds during contractions and helps

alleviate the pain of back labor.

According to the book Mothering the Mother by Dr. Marshall Klaus, et al, Hospital studies show that women who have doula labor support have 25% shorter labors, and need fewer medical interventions. Pain medications are reduced by 40% and epidurals by 60%. The use of oxytocin, a labor stimulating drug, is reduced by 40%, forceps

by 40% and C-Sections by 50%. Additionally, follow-up studies revealed that the babies had fewer colds and feeding problems, less vomiting and diarrhea. The mothers had fewer fevers, were able to go home sooner, reported feeling bonded to the babies more quickly, and reported a significantly high rate of satisfaction with their husbands when compared to women who had not received doula support.





Holiday Specials

For The Holidays

We Are Offering \$25 Off Of Our Spa Treatments

(Regular Price \$100)

Hot Stone Massage

It's Cold Outside, this technique uses heated basalt stones which are applied to the body to bring about relief to stiff and sore muscles.

Exfoliating Body Treatment

Great for Dry Skin. An exfoliant is used to remove dead skin cells and purify the skin's surface. The exfoliant is then removed with warm towels and an enriched body butter is used to massage and re-hydrate the skin.

Effective until January 31st

The ability to convert ideas to things is the secret to outward success.
Henry Ward Beecher

Dealing With Stress



Everyone is familiar with stress. We experience it in varying forms and degrees every day. In small doses, stress can actually be beneficial to us. It is only when the stress becomes too great, affecting our physical or mental functioning, that it becomes a problem. A few helpful tips to relax the mind and be able to cope better.

6 Way to Release Stress...

Exercise : Even if you go for a walk for 15-25 minutes four days a week

it will help your body to get ride of adrenaline and produce endorphins

Yoga: Many ramble that practicing yoga is the best way to manage or release stress. It focuses on breathing, exercises, connecting with the universe on a spiritual and mental lever.

Stretch: People often stretch before and after a workout. However, learning stretching and flexing exercises to use as a way to relieve tension on many areas of the body can help a great deal.

Massage: Of course a given. Massage helps release tension throughout the whole body.

Laugh it off: Rent a funny movie and laugh out loud. Go out with friends or host gatherings. Tell everyone to bring a platter, use paper plates and plastic cups to reduce the work load, just have fun.

Take a break: Take time to relax, sleep, and maybe even take a vacation if you can. Your body does not only need it; you deserve it.

Ask us about advertising space in our newsletter!



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 Columbia, IL 62236

618-281-2990

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web:curtisjewelersinc.com



ENYART CHIROPRACTIC

James D. Enyart, D.C.
Chiropractic Physician

9454 West Main, Suite B
Belleville, IL 62223

618.825.0074

drjenyart@yahoo.com
www.MvBellevilleChiropractor.com



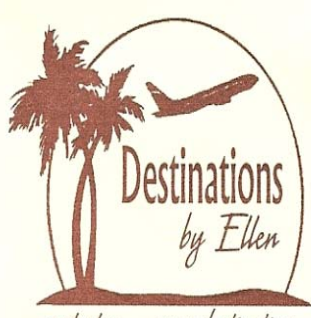
Enyart Chiropractic



Angie Croissant
 Digital Art

Phone: 618-277-2842

angiepddy@yahoo.com



Ellen Anderson
 Travel Specialist

106 East 4th St., Suite A
 O'Fallon, IL 62269
 618.622.ELLE (3553)
 Cell: 618.973.7077
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Call the office at
 618-235-8853
 for advertising rates.



Kelly Crocken & Associates
Massage & Alternative Therapies
10 South Church Street
Belleville, IL 62220

kellycrocken@yahoo.com
618-235-8853

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A band of
***BITS
& N
PIECES***



Schedule

December 20th
TR's Place, Belleville, IL
9:00-1:00

February 21st
Venice Social Club, Pontoon Beach, IL
8:00-12:00
Shriner's Spaghetti Dinner

Events

Saturday, December 20th
Holiday Open House
12:00-5:00

We'll have refreshments, chair massages, paraffin dips and more. Stop by if you can.

Monday, January 19th
7:00-10:00

Massage Therapists
IL-AMTA Massage Meet-Up
Open to AMTA members and non-members
Location TBA

If you are interested in attending, please contact me for more information.