

# Massage Message

*Kelly Crocken & Associates, Massage and Alternative Therapies*



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## GREETINGS!

I hope everyone is having a great holiday season so far. It's been a busy year around here, as I'm sure it has been for everyone.

Our 5th annual fundraiser in October was a great success, raising over \$1600 for Hands to Help. We also celebrated my 40th (yikes!!) birthday, with a great surprise for me. Several carloads of Walt's family came down to join us for the fundraiser, celebrate my birthday and Walt's and my 4th anniversary. I couldn't have asked for a better weekend.

The rest of October was pretty slow, as we all relaxed a while and caught up on other things. Terri, Kelseigh and I have now determined that we can't stay unproductive for

too long, so November brought things back to chaos mode. We have a lot planned for 2010 and need help! If anyone is making a New Year's Resolution to volunteer some time to charity, we will be MORE than happy to help you make it happen!

The massage business here has been up and down, as have my physical therapy visits, but I am happy to say, I think we actually made money this year!!

In family news, my sister had her fifth (and final this time!) baby on November 19th. Gunner Russell Hutcheson was born at 8:14 a.m., weighed 8 pounds and measured 21 inches long. He joins three brothers, Jaime, 16, Tristan, 13, Nicholas, 20 months, and his sister,

Hannah, 8. Everyone is healthy and happy, except maybe my sister, who still can't believe she has 5 kids!

I'm also excited to report that we have finally retired the Sebring! We have just acquired my 4th car in 20 years, a Pontiac Vibe, and I absolutely love it! I'll definitely miss the convertible, but it's time to move on and my new car DOES have a sunroof. :)

Merry Christmas everyone!

*Kelly*



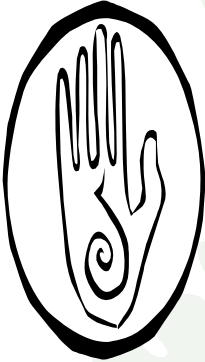
## HANDS TO HELP NFP

As we approach the end of our first year, there is still much to be done. We have raised over \$4000 this year through various fundraisers and donations, and have taken on a few clients to receive our services. Our tax exempt status is still in process, but we hope to have a response from the IRS early in the year. We have great things planned for 2010, and as always, are in need of volunteers, event planners and donations.

### 2010 Events:

**Chicken & Beer Dance** (March-Date & Location TBD), **Spring Trivia Night** (Date & Location TBD), **Hands to Help Cardinals Game** (June game, Date TBD), **Marion County Relay for Life** (June 9-10, Centralia), **2nd Annual Quarter Auction** (July-Microtel Banquet Room, Carlyle, Date TBD), **Dinner & Live Auction, Speaker John Foppe** (September 16th, Doubletree Hotel, Collinsville), **Holiday Quarter Auction** (November, Date & Location TBD).

Please get involved and help us make 2010 a fantastic year!



*“Look at a day when you are supremely satisfied at the end. It’s not a day when you lounge around doing nothing; its when you had everything to do, and you’ve done it.” - Margaret Thatcher*

## JOHN FOPPE

John Foppe, a motivational speaker from Breese, IL, has spoken to Fortune 500 Companies, NFL Teams and has traveled the world speaking and promoting his book, *No Excuses*. He has recently taken the role of Executive Director of Community Link, a non-for-profit organization, headquartered in Breese, Illinois, that helps adults and children with developmental disabilities. He will continue to speak to other companies on a limited and selected basis.

We are fortunate enough to be one of the organizations John will be speaking for in 2010. The event will be held at the Doubletree Hotel in Collinsville, IL, on Saturday, September 16th. Seating to this event is limited to 300 people and includes dinner, drinks and live auction in addition to our speaker. Tickets will be pre-sold from January 1st, to March 31st, at the discounted price of \$75 per ticket. Beginning April 1st, and until the event date (or until we sell out), tickets will be priced at \$100 per person.

For more information about John, please visit his website at [www.johnfoppe.com](http://www.johnfoppe.com). To pre-order tickets, call our office at 618-235-8853 or email [kellycrocken@yahoo.com](mailto:kellycrocken@yahoo.com).



## FUNDRAISER BRACELETS

Kelsey Stewart started making bracelets after our 4th Annual Fundraiser in 2008, for the Horseshoe Lake beating victim, to help with her ongoing doctor visits. She has agreed, with the help of her friends, to offer the same bracelets to us to benefit Hands to Help. The bracelets are all one-of-a kind and handmade and are now on display at our office. All bracelets are \$3.00 or buy 2 for \$5.00.



## HE IS GUILTY

On October 15th, the Horseshoe Lake beating victim, along with her family and friends, breathed a sigh of relief when the judge read her verdict. Keith Recklien, of Granite City, was found guilty on all three counts. To date, his sentencing hearing has not been scheduled, but he faces up to 60 years in prison. We appreciate everyone’s prayers and support through this ordeal and wish the victim and her family all the best in the future.

For news coverage of the trial:

- [www.bnd.com/372/story/964221.html?story\\_link=email\\_msg](http://www.bnd.com/372/story/964221.html?story_link=email_msg)
- [www.bnd.com/breaking\\_news/story/965737.html?story\\_link=email\\_msg](http://www.bnd.com/breaking_news/story/965737.html?story_link=email_msg)
- [www.bnd.com/homepage/story/967029.html?story\\_link=email\\_msg](http://www.bnd.com/homepage/story/967029.html?story_link=email_msg)
- [www.ksdk.com/news/local/story.aspx?storyid=187294](http://www.ksdk.com/news/local/story.aspx?storyid=187294)
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- [www.ksdk.com/news/local/story.aspx?storyid=187520&catid=3](http://www.ksdk.com/news/local/story.aspx?storyid=187520&catid=3)



## HANDS TO HELP PENDANTS

Our sterling silver pendants are available at our office, at all fundraising events and at Curtis Jewelers in Columbia, IL. The pendants are \$25 each and 100% of the profit will benefit Hands to Help. Buy one for yourself and/or give one to someone special as a beautiful and inspirational gift.

*“Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is catalyst, a spark that creates extraordinary results.” - Anon.*

**GREAT GIFT IDEA!!**

## 5TH ANNUAL FUNDRAISER

After last year’s fundraiser, we decided to keep it simple this year. Our “Weekend in Bellville” raffle was a huge success, in addition to on-site chair massages and our silent auction. E. Loving Rose was unavailable this year to give psychic readings and referred us to Beth Rule, who provided Angel Readings and supplied us with many of our raffle prizes. Beth was busy all day and even agreed to stay late for one last reading. At the end of the day, Beth told us she had received a message from her angel guides that she was to donate all the money from the readings back to Hands to Help. We were stunned and obviously appreciative of this gesture and thank her very much for her generosity.

The raffle, and our fundraiser event, raised over \$1600 for Hands to Help. We would like to thank everyone who played a part in making our day a great success.



**Host A Massage Party**

Do You Love Having Your Family Over For the Holidays?  
 Want To Do Something Beneficial For The Whole Family?  
 What About Some Relaxation While You Hang Out?

**MESSAGE PARTIES**

Minimum of 2 Hours required  
 15 Minutes - \$20, 30 Minutes - \$40, or 60 Minutes- \$60

\$10 in Hostess Credit for Every \$50 Spent  
 Call and Book Your Party Now!



*“Do what you can, with what you have, where you are” - Theodore Roosevelt*

**IN OFFICE CHAIR MASSAGE**



This time of year, we tend to max our bodies out both at home and at work. The benefit you get from just 15 minutes of massage is more than what you would think. 15 minutes allows you to sit, relax, and take some time out for you. The added bonus is we come to you. We have everything; all you need to provide is a small, quiet space. This is a great opportunity to step away from the computer and focus on your well-being. If you would like more information, or would like to set up an In Office Chair Massage call 618-235-8853 or email [mae\\_10\\_24@hotmail.com](mailto:mae_10_24@hotmail.com). I am looking forward to working with you, and your co-workers.

We offer a 2 to 3 hour time frame with 15 Minute intervals, pricing for massages: \$1 Minute or \$10 for 15 Minutes.

**Discounts For College Students**

Our students have to deal with the stress of the holidays AND final exams!

We would like to help with our local college students.

With Proof of College ID

\$25 - 30 Minute Massage

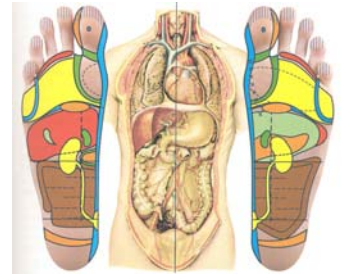
\$40 - 60 Minute Massage



## REFLEXOLOGY

What is Reflexology? Reflexology, or Zone Therapy, is an alternative medicine method involving the practice of massaging, or applying pressure, to parts of the feet, and sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body or to improve general health.

I became certified in Reflexology in Semptember and enjoyed the course so much I will be pursuing coursework to become a Certified Reflexologist. In this present economy, more and more people are looking to alternative medicine and therapies, than to the traditional general practitioner. Reflexology can help everyone from the very young to the elderly. Most reflexology treatments are gentle and can help with over 70 different ailments that pelage our bodies. A reflexology treatment usually takes an hour with attention to the tender areas of the feet and its correlating reflex point. The charge is \$45 for an hour reflexology treatment. If you would like more information, please feel free to contact me by email: mae\_10\_24@hotmail.com or 618-960-2218. I am looking forward to sharing the benefits of Reflexology with you.



## COLD AND FLU SYMPTOMS RELIEF WITH AROMATHERAPY

When we get a cold or come down with the flu; the first thing we do is go the pharmacy. We look for the best symptom reliever; which one is the least expensive and works. What if I told you, that with essential oils and aromatherapy, they could help as much if not more? Plus, you would not have to ingest anything that is artificially flavored with Cherry or Grape.

The temporary fix from over-the-counter drugs, not only prolongs the effects of the cold or flu, but masks the symptoms themselves. Our very own immune system is a complex system that knows when to start fighting and when to not.

We stress our bodies out so much that we forget to rest and have a moment. With today's busy

lifestyles, none of us can afford to get sick. Essential oils can help with recovery by boosting the immune system. Essential Oils can help ease symptom discomforts; when used in baths, chest rubs, compresses, and inhalants via vaporizer.

*Essential oils used to boost the immune system, and help with cold and flu symptoms:* Basil, benzoin, bergamot, black pepper, cedarwood, coriander, clary sage, elemi, eucalyptus, fennel, frankincense, ginger, helichrysum, juniper, laurel, lemon, marjoram, myrrh, niaouli, orange, oregano, palmarosa, pine, rosemary, rosewood, St. Johns wort, tea tree, thyme.

*Recipe:* Add two drops of each: rosemary, eucalyptus, peppermint,

and lavender into two tsp of milk or cream, mix together, pour into a warm bath and soak for 20 to 30 minutes. The milk or cream acts as a base for the essential oils to mix and disperse throughout the water. Throw some Epson Salts into the tub to help with muscle aches.

*Recipe:* Add eucalyptus oil and orange oil to a vaporizer; the aroma will be dispersed throughout the room, adding moisture in the air and also, helping with congestion.

www.silkyscents.com has free recipes, Enjoy and if you find something interesting let us know!

*"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along." ... You must do the thing you think you cannot do.- Eleanor Roosevelt*

# Holiday Specials



Once again we are getting to that time of year where  
Christmas is right around the corner.

Gift Certificate Special  
6 for the price of 5,  
give some away, keep some for yourself!

30 Minute Massage Gift Certificate Packages \$200

60 Minute Massage Gift Certificate Packages \$300

90 Minute Massage Gift Certificate Packages \$400

Also, Reflexology treatments for \$45 with an added foot exfoliation  
treatment an \$80 value.

Massage Parties are always great with family in town; we come to you!

Spa Treatments for \$75

(Mud Wraps, Hot Stone Massage, Whole Body Exfoliation)

Get your teen in for a 30 Minute Massage for \$20.

## JOEY AVELLONE, CANDIDATE FOR STATE REPRESENTATIVE



We were recently honored to make the acquaintance of a young man who is the epitome of

determination.

Joey is a retired Marine who was injured in the line of duty in 2002. A quadrepelagic, Joey fought his way through rehab and then earned his Bachelors Degree in Political

Science in May, 2009. He is a member, and past Board Member of Paralyzed Veterans of America, and has agreed to assist Hands to Help get more involved with our disabled veterans.

We hope to have Joey speak at a future charity function so that everyone can hear first-hand the adversity he has overcome. At 32 years old, he is committing himself to the following mission:

“I want to serve the people, not just the few who can afford to support

big interest groups. I want to make sure the needs of all citizens of Illinois are being met. I want to make sure the original meaning of the U.S. Constitution is being upheld by the government. The family is the building block of a society; therefore, if this society is going to be strong, the families must maintain a high standard of morals and values.” Read more about Joey and his mission on his website: [www.joeyavellone.com](http://www.joeyavellone.com).

## HOLIDAY OPEN HOUSE & HANDS TO HELP MEETING

Saturday, December 12th  
1:00-3:00

*“The greatest good you can do for another is not just share your riches, but reveal to him his own.”*

*Benjamin Disraeli*

On Saturday, December 12, we will be getting together to celebrate the holidays and discuss 2010 events. We will have light refreshments and shopping opportunities:

Hands to Help Pendants (\$25)  
Kelsey Stewart Bracelets (\$3, 2 for \$5)  
Massage Gift Certificates

This is a great opportunity to help others and have a great time doing it.

## BITS & PIECES

It’s been a slow year for the band, but we’re still going. On November 14th, we played for the first time since September at Triple Lakes Lounge in Dupo. It was great night and we hope to be back there to play after the first of the year.

We’d love to play some new places next year. If anyone has any suggestions, please let us know. In the meantime, have a fantastic holiday season and we’ll see you next year!





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[www.handstohelpnfp.org](http://www.handstohelpnfp.org)



Saturday, December 12th  
Holiday Open House and  
Hands to Help Meeting

#### HOLIDAY SPECIALS

Gift Certificate Sale  
6 for the price of 5

Spa Treatments on Sale

Reflexology & Facials

#### GIFT IDEAS

Hands to Help Pendants

One-of-Kind Bracelets  
Handmade  
By Kelsey Stewart

### Happy Holidays!

Make a resolution to take care of  
yourself in 2010!

#### Parties by Terri

Terri Is The Host's  
Best Friend  
By Providing  
Party Preparation,  
Bartending, Serving  
and Clean Up.

For information or  
to book a  
Party by Terri  
call  
618-267-5611