

Massage Message

Kelly Crocken & Associates, Massage and Alternative Therapies

Hello From Kelly!

Hi everybody! As I mentioned in a previous email, we had some computer issues and the newsletter had to wait. Not that you are all impatiently awaiting our news every few months, but I do try to stay consistent with things.

Things have been busy, as usual, both with Kelly Crocken & Associates LLC and Hands to Help. (Did you notice the LLC....? It's official, we're moving up in the world!!) Yes, we have incorporated the business and are beginning negotiations to expand. I have tried this in the past without much luck, but who knows, maybe this will be the time it's meant to happen. We've also added two

new practitioners I'm very excited about (see page 2 for details). I hope some of you take advantage of their services.

Hands to Help is moving along slowly, but we're moving in the right direction. We held our first trivia night in April and raised \$1500. Our chicken & beer dance in February raised \$1200 for our Relay for Life team. We are also selling raffle tickets for a beautiful crocheted afghan, also to raise money for the relay. We desperately need help to make our organization successful and to start helping more clients. If you can help in any of the areas we need (see page 5), please let us know.

Everything is going well with the families and friends. I traveled to Sedona again in February for another Myofascial class and some buddy time with my friend Deidre. I missed Walt and Teela terribly, but the trip was great. We celebrated Terri's 50th birthday at the end of March, but I don't think she remembers much. My cousin, Meghan, made the Ram's Cheerleader squad again; thank you to everyone who voted for her! Other than that, things are pretty much business as usual.

I hope everyone is doing well and enjoying the spring weather. Until next time....

Kelly

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May, 2010

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**The outdoor
massage room is
now available!**



Rejuvenating Facelift Massage With Cynthia Javurek

This specialized massage technique accomplishes a natural facelift by releasing muscular adhesions that form as we age. It also tones weak muscles for tighter facial contours, releasing tension of the surrounding muscles to increase circulation and re-educates muscles for proper positioning. This helps lessen wrinkles and expression lines, aids in stress reduction and relaxation, relieves headache, eyestrain and stress-related symptoms, tones and improves complexion, and promotes a feeling of well being. No equipment or machines are used, only the hands. The rejuvenating facelift massage offers a natural alternative to surgery and injections for the growing number of individuals seeking natural facial rejuvenation.

Cynthia Javurek, a member of the Hands to Help Board of Directors, has received her certification in Rejuvenating Facelift Massage. Cynthia will be offering this service at our office for \$60 per hour treatment. For the best results, it is recommended to have one treatment per week for six consecutive weeks. A package of six treatments is being offered for \$300.



Linda Karfs, Certified LifeLine Practitioner

The LifeLine Technique™ is an ancient and advanced complete system of transformation and wholeness. It's a philosophy, science, and quantum technology that bridges gaps between the conscious and subconscious mind. At the root of every symptom, stress and disease, is a subconscious emotional pattern of reaction. When activated, this pattern of reaction will cause both behavioural and biological stressors. The LifeLine Technique™ enables a person to activate their subconscious mind and thus have a direct impact on genetic expressions affecting the health of their bodies and the relationships in their lives. We focus on the Five Basics for Optimal Health-the quantity, quality and frequency of water, food, rest, exercise, and owning your power. Anyone who is passionate about taking responsibility for their life and consciously bringing out their best can be trained to be a Certified LifeLine Practitioner. There are currently Certified LifeLine Practitioners throughout the entire world.

Linda became certified in The LifeLine Technique in January and will be providing her services at our office. If you have any questions you may call Linda at 618-530-0344 or email lkkarfs@att.net

A man of character finds a special attractiveness in difficulty,
since it is only by coming to grips with difficulty that he can realize his potentialities.
Charles de Gaulle

Hands to Help NFP

The rest of this newsletter is dedicated mostly to Hands to Help. We have been busy planning and promoting events to raise money for the organization. Once our tax-exempt status is approved, we will begin the process of applying for funding from foundations and grants. In the meantime, we are trying to recruit more help. Please consider helping us in one or more of the following areas:

Board Members & Sub-Committees:

We are currently accepting nominations for 2010-2011 board members. Our next annual meeting will be held on July 31st.

[To see Board Member Responsibilities](#)

If you don't think you have the time to be a board member, but want to be active with our organization, we also need to form various subcommittees.

[To see more about Subcommittees](#)

Other Volunteer Opportunities:

Marketing & Administrative:

Unfortunately, we have not been able to increase our client base yet, because we just don't have enough help to allow us the time to see clients. We need help with marketing, web design, and administrative duties so we can start focusing more of our time actually doing the hands-on work with new clients.

Donation & Sponsorships:

Are you, or is anyone you know, one of those people who "can sell ice to an Eskimo"? We are planning our first dinner event in September and it's an expensive event. In order to make any profit, we need sponsorships and would greatly appreciate help selling them and tickets to the event. And as always, we need volunteers to make baskets and/or collect donations for raffle and auction items.

Legal:

We need a legal person or team to make sure we're not making stupid mistakes, preferably someone familiar with nonprofit structures.

Massage Therapists:

We're looking for massage therapists to volunteer some of their time. We occasionally spend an afternoon at a nursing home or assisted living facility offering free massages. We also have various vendor fairs where we offer chair massages. Therapists who are willing to volunteer some of their time will be the first offered a paid position with the organization once funding is available. All therapists must be licensed by the state of Illinois and carry liability insurance through AMTA or ABMP.

EVENTS

June 11th-12th

Marion County Relay for Life
Centralia High School
Centralia, IL

July 24th

2nd Annual Quarter Auction
at Microtel Banquet Room
Carlyle, IL

September 16th

Dinner and Live Auction
Keynote Speaker: John
Foppe Doubletree Hotel
Collinsville, IL

October

Trivia Night
Details TBD

November

Quarter Auction
Details TBD

[Join our cause on
Facebook!](#)



Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.

Helen Keller

Hands to Help NFP

Marion County Relay for Life
Centralia High School, 2100 East Calumet
Centralia, IL

Opening Ceremonies Friday, June 11th, 6:00 p.m.
Closing Ceremonies Saturday, June 12th, 6:00 a.m.

The Hands to Help team will be there all night offering free massages for a donation to the relay.

Afghan Raffle Benefiting Relay for Life

This beautiful handmade afghan was crocheted by Ginny Fischer, a woman blind since four years of age. The afghan shows an angel pattern exquisitely throughout. We are currently selling tickets at our office and will have them available at the relay.

The drawing will be held at the Marion County Relay for Life, Friday, June 11th, 2010, Centralia High School, 2100 East Calumet Centralia, IL 62801

Do not need to be present to win!

To purchase tickets in advance:
kellycrocken@yahoo.com or 618-235-8853



Trivia Night

We held our first trivia night on April 24th. Dan Dillon, from KMOV St. Louis, was our MC for the evening and greatly contributed to the success of the event. We raised \$1500 for Hands to Help and had a great time. We would like to thank everyone who participated in the event and hope to see you all at the next one. We are planning another trivia night in October and will have details soon.

Hands to Help 2nd Annual Clinton County Quarter Auction

Vendors Currently Registered:

Hands to Help
Partylite
Tupperware
Pampered Chef
Silpada Designs
Artist, Toni Rehfeldt
Miche Bags
Avon
Artist, Wendy Ferguson
Discovery Toys
Tastefully Simple
Designer Handbags
Mary Kay
Premier Designs

Saturday
July 24th, 2010
1:00-4:00

Microtel Banquet Center
1 Resort Drive
Carlyle, IL

**NOW ACCEPTING RESERVATIONS
AND VENDORS**

To reserve a vendor booth or table:
Terri Mearns 618-267-5611,
tmearns70@sbcglobal.net

Feel free to bring snacks!
Cash bar available.

Quarter Auction Details

\$2.00 Entry Fee

Entry fee allows you to shop with any of our vendors and includes one bid paddle for the auction.

\$1.00 Extra Paddles

You may buy as many additional paddles as you like, but you must bid for each paddle used, i.e. for a 1-quarter bid using 3 paddles, you must bid 3 quarters.

Bonus Paddles

For every \$75 you spend with any of our vendors, you will receive a "free bid" bonus paddle. You will automatically be entered for all auction items without having to bid.

Hands to Help Store

We've added some items to what we are now referring to as the "Hands to Help Store."

We've gotten a little creative here recently and have decided to offer more items for sale to benefit our organization. Kelseigh has been painting some beautiful glassware and Kelly is back to making vases.

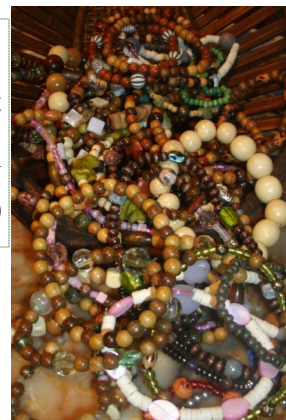
All items are available at our office and beginning in June, we will have a booth at the Belleville Fairgrounds flea market. The flea market is scheduled the third weekend of every month.

Hand-Made Beaded Bracelets

By Kelsey Stewart

\$3.00 each

2 for \$5.00



Hands to Help

Sterling Silver Pendants

\$25.00

Kelly started making vases again....

Prices start at \$25 and vary based on size and color.



Painted Treasures by KB



8 oz and smaller
\$6 per glass or \$10 per pair

12 oz
\$12 per glass or \$20 per pair

16-24 oz
\$15 per glass or \$25 per pair

Pitcher Set with 4 glasses
\$30 per set

Wine Glasses, Champaign Flutes, Martini Glasses, Beer Mugs, Margarita Glasses, Brandy Snifters

Custom Orders Available

John Foppe, Keynote Speaker Dinner & Live Auction September 16th, 2010

This September, we are fortunate enough to have international author and motivational speaker, John Foppe, speak at our first dinner and auction fundraiser.

Text taken from John's website:

Born without arms, John learned that the inability to do something didn't rest on the lack of resources or vision. Instead, it has more to do with one's subconscious perception to meeting a challenge head on. His compelling story and methods caught the attention of the legendary Zig Ziglar, who broke his long-standing rule of promoting from within and recruited and mentored John.

John is the author of What's Your Excuse?, which has been translated into six foreign languages, and is a contributing editor for "U.S. Business Review". In 2007, he wrote a bimonthly column entitled, The Vision Thing, focusing on how to maintain momentum when translating visions into outcomes. Since 1995, John's work has taken him to 15 different countries, pro-football organizations like the Miami Dolphins, and to Fortune 500 clients such as Boeing, GE, and State Farm. Moreover, he has worked with international companies such as Fortis, ST Microelectronics, and UniCredit.

Recently, John put his feet where his heart is by taking on the role of Executive Director for Community Link, a nonprofit organization, headquartered in Breese, Illinois, that helps adults and children with

developmental disabilities. John oversees a six million dollar operating budget and manages more than 130 employees who provide a full array of services, including employment, job training, and housing, to more than 400 individuals. He continues to speak to other companies on a limited and selected basis.

[More about John Foppe](#)

Our event will be held at the Doubletree Hotel in Collinsville, IL, on Thursday, September 16th. Following dinner and our keynote speaker, **Mike Bronow, of Bronow Auction Services**, has agreed to donate his time for our live auction. Seating to this event is limited to 300 people. Sponsorships (details on page 9) are needed to make our event successful. A portion of your sponsorship is tax deductible as an advertising expense.

We have a wonderful service to offer and need your help to bring our services to more people. We currently have four clients and hope to add more soon.

"Thank you for your time today. One hour with you makes me want to try to fight and live another day." Scleroderma patient

"Thank you for everything you did. You were the one thing that brought a smile to her face these last few weeks." Family member of hospice patient



You can always find options as long as you are willing to open up and acknowledge the problem. Opening up requires personal courage to admit a mistake or ask for help. Remembering that other possibilities exist helps us feel less trapped. Where there are options, there is hope.

John Foppe

We are making a difference, and dream to have the opportunity to touch more lives. This event is our opportunity to raise enough money to add another ten to fifteen clients to our caseload.

We hope you consider joining us for an uplifting and fun evening. If you have any questions, please don't hesitate to contact us. (For sponsorship, donation and ticket purchases, please see page 9.)

Dinner Auction



Born without arms, John Foppe has had to break down and re-think every aspect of day-to-day life. A global speaker and author, John speaks on a limited basis sharing his compelling story and vision.
www.johnfoppe.com

Dinner & Live Auction
Thursday, September 16, 2010
Doubletree Hotel, Collinsville, IL
Keynote Speaker: John Foppe, Vision Velocity Worldwide
Auctioneer: Mike Bronow, Bronow Auction Services
Tickets: \$100 per person
Sponsor opportunities include tickets to the event.

Dinner at 6:00
Speaker at 7:00
Live Auction at 8:30

Proceeds benefiting
Hands to Help NFP

Auction Item Donations:

Kelly Crocken & Associates Massage & Alternative Therapies,
Glover Show 97.1 FM, Aunia Kahn-Artist, Anheuser Busch,
Silverstein Suites Bed & Breakfast, Big Daddy's

*Auction & Sponsor Information updated at
www.handstohelpnfp.org*

Now seeking auction donations and sponsors!

*Hands to Help is a group of massage therapists and volunteers whose **mission is to save the world one massage at a time.** We work with the disabled, elderly and terminal patients, offering massage therapy, to provide relaxation, decrease feelings of isolation and depression, reduce pain and anxiety and to provide comfort in end of life care.*

*www.handstohelpnfp.org
kellycrocken@yahoo.com
618-235-8853*



Hands to Help NFP

Saving the world one massage at a time!



Dinner & Live Auction
 Thursday, September 16, 2010
 Doubletree Hotel, Collinsville, IL
 Keynote Speaker: John Foppe, Vision Velocity Worldwide
 Auctioneer: Mike Bronow, Bronow Auction Services

Sponsorship & Tickets

- _____ Gold: 10 event tickets, full page advertisement in event program, on-site signage, advertisement on all event marketing pieces, website recognition \$2500
- _____ Silver: 6 event tickets, half page advertisement in event program, on-site signage, listed on all event marketing pieces, website recognition \$1000
- _____ Bronze: 2 event tickets, business card advertisement in event program, on-site signage, website recognition \$500
- _____ Individual Tickets (Indicate Quantity) \$100

We would very much appreciate sponsors to respond by June 1st.

Donations

- _____ Monetary Donation \$_____ (Amount)
- _____ Auction Item (Include Description) _____

 Estimated Value \$ _____
Please contact us to arrange pickup or delivery.

Donor Information

Name: _____ Business: _____
 Address: _____
 Email: _____ Telephone: _____

Checks payable to: Hands to Help NFP
 Return check and form to: Hands to Help 10 South Church, Belleville, IL 62220
 www.handstohelpnfp.org
 For more information: 618-235-8853 or kellycrocken@yahoo.com

Kelly Crocken & Associates, Massage and Alternative Therapies

10 South Church Street
Belleville, IL 62220

Phone: 618-235-8853

Email: kellycrocken@yahoo.com

Website: www.kellycrockenfigi.com

Saving the World One Massage at a Time!
www.handstohelpnfp.org



Dates to Remember!

May 9th -Mother's Day

May 31st - Memorial Day

June 11th - Marion County Relay for Life

June 14th - Flag Day

June 20th - Father's Day

July 4th - Independence Day

July 24th -2nd Annual Clinton County Quarter Auction

July 31st - Hands to Help Annual Board of Directors Meeting

September 5th - Labor Day

September 16th - Dinner & Live Auction with Keynote Speaker, John Foppe

