



Massage Message

Kelly Crocken & Associates
Massage & Alternative Therapies

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Greetings from Kelly.....

I can't believe it's almost August as I sit here to write this greeting. Once again, I had every intention of having a seasonal (quarterly) newsletter, but it looks like summer and fall are going to be grouped into one. Kelseigh has done a great job on this issue, laying everything out and writing the stories. All I have to do is proofread and tell you all what's new! :)

Walt and I managed to get away for Memorial Day with my family at "the farm," and we spent the 4th of July weekend with Walt's family up north. With both of us working so much, it's difficult to get away, but the weekend trips are great. We have lots of baby news this summer. Walt's brother, Bruce, and his wife, Abby, just welcomed their third baby, Beau, to the family last week and Walt's nephew Jon will soon be welcoming number two with his wife Carrie. And in some VERY surprising news, my SISTER is having another baby.... That's right, NUMBER 5! My new nephew will arrive in early December to join Nicholas, 16 months, Hannah, 8, Tristan, 12, and Jaime, 15. We all thought she was done... including her, but I guess these things happen when they're meant to be.

Business here has slowed down a bit, which is normal for the summer, but I have signed on with a couple new therapy agencies and have had no shortage of patients! Hands to Help is on it's way to becoming a functioning organization, as we had our first official Board of Directors meeting last Saturday. I'm very excited about the future of this organization, there are many things we want to accomplish and so many people we want to help.

I hope everyone is having a great summer and I hope you enjoy reading about what we've been doing. Take care!

Whatever joy there is
in this world all comes
from desiring others to
be happy and whatever
suffering there is in
this world all comes
from desiring myself to
be happy.

Shantideva

Kelly



Hands to Help, NFP

We are, slowly but surely, getting things in order with our nonprofit organization. We held our first official Board of Directors Meeting on July 25th, and I think we made some progress. Our priority right now is to spend some time with a tax specialist to help us file the appropriate forms for our tax-exempt status. Until this is approved, donations to our organization cannot be tax deductible. Unfortunately, even though it is a priority to us, the IRS may not be so quick to approve our status. With that being said, we need help with our next two fundraisers to raise the funds we need to really get things started. There are already people requesting our services and we haven't even started presenting it!

Get Involved

In order for us to become successful, we need help. First and foremost, we need MEMBERS. All nonprofits have members, who collectively make the decisions involving the organization. We need people to join us, who want to make a difference and be involved.

Get your kids involved. We are starting a youth committee to get our teenagers and kids involved. It would be quality time with your children, they will accomplish something they can be proud of and it's a great addition to resumes and college applications.

Whether you have ten days, ten hours or ten minutes a month, we need your help. If you would like to be involved, please contact Kelly (kellycrocken@yahoo.com), Terri (tmearns70@sbcglobal.net), or Kelseigh (mae_10_24@hotmail.com).

Board of Directors

Our 2009-2010 Board of Directors

Kelly Crocken Figi, President
Terri L. Mearns, Vice-President
Kelseigh M. Boggs, Secretary
Walter Figi, Treasurer

Members of the Board

Christen Bleisch
E. Marshall Crocken
Kermit Edison
Kevin Heim
Cynthia Javurek
Karen Stewart
Angela Nissen
Gene Zuratynsky

Quarter Auction

**Saturday,
August 22nd
1pm to 4pm
Microtel Banquet Room
5 Resort Dr, Carlyle IL
Food and Refreshments
Bartender on Duty**

Paddles - \$2.00 per person or
\$14 for table of 8
Additional Paddles for \$1
Bring your friends and your
quarters for a great afternoon!

50/50 Drawings, Heads &
Tails game, Attendance Prizes.

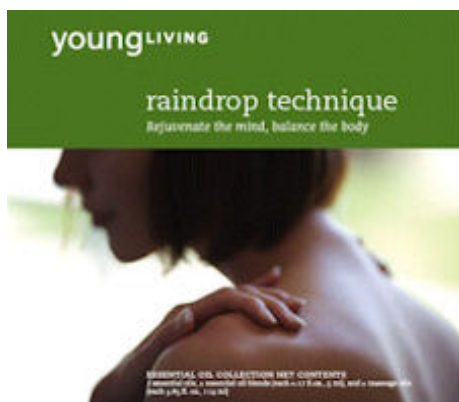
For more information:

**Terri Mearns
618-267-5611**

Hands to Help Pendants

Our sterling silver pendants are available at our office, 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.





RainDrop Technique

From Young Living

The Raindrop Technique is a revolutionary aromatherapy application that brings balance and harmony to the whole body; physically, mentally and emotionally. This technique combines the art of aromatherapy, the techniques of Vita-Flex and massage, and the application of therapeutic-grade essential oils to various areas of the body. Each essential oil has its own therapeutic property to help with the body's natural balance.

Aroma Siez® – a blend formulated to help relax and calm muscles along the spine.

Basil – helps relax muscular tissues.

Cypress – supports the circulatory system.

Marjoram – soothes muscles and the respiratory system, calms the nerves and has antiseptic properties.

Oregano – high in antioxidants and scores 153,007 on the antioxidant ORAC scale.

Peppermint – one of the oldest and effective herbs for soothing digestion; many studies have shown its effectiveness on the liver and respiratory system; improves concentration and mental accuracy.

Thyme – contains thymol which has been studied for its effect on reducing bacteria in the mouth. As a dietary supplement, it is one of the strongest antioxidants known, with an ORAC score of 159,590.

Valor® – a wonderful blend to help balance electrical energies within the body giving one courage, confidence and self-esteem; helps the body to self-correct balance and alignment.

Wintergreen – beneficial for bone, muscle and joint discomfort

Massage Oils:

Ortho Ease Massage Oil: a soothing massage oil that gently warms tired or stressed muscles.

V-6 Enhanced Vegetable Oil Complex: a nourishing oil complex that will not clog pores or stain clothing.

The combination of all of the above you are left relaxed uplifted and balance.



Outdoor massage on our patio

Outdoor Massage

How does a massage outdoors sound? All spring, pleasant scented flowers and other unique plants have been planted in and around our outdoor massage room. It is nothing short of spectacular. Smells of incense and blooming flowers set your mind at ease for a relaxing experience.

Weather permitting, ask to enjoy our outdoor massage room. We still have many fantastic evenings and mornings to utilize the area while the weather is still hot. Come fall, the crisp air will bring a whole new experience.

Call and Book the Outdoor Massage Room Now!

Kelseigh M. Boggs, LMT

Kelseigh is currently working towards her certification in Reflexology. She will need volunteers to complete her hands-on portion of the requirements for the class.

If you are interested in volunteering, please email Kelseigh at mae_10_24@hotmail.com.

You have to accept whatever comes; and the only important thing is that you meet it with courage and with the best that you have to give.

Eleanor Roosevelt

New Website

You never know how long it takes to update a website, until you decide to update a website.

We are proud to announce that the new website is now updated with a new design, new pictures and added services. Prior links on the website are still active, including the news links from last year's fundraiser.

Visit our feedback page and let us know what you think. How do you like the new design? How was your last appointment? What suggestions do you have for events and specials? Would you like to add your business to our link page? We want to hear from you.

www.kellycrockenfigi.com

We are also constructing the Hands to Help NFP website. It is a work in progress as it is growing as we are. Soon, we will be taking donations, selling pendants and giving reports on our clients. Please check back occasionally to see what's new.

www.handstohelpnfp.org

Set your heart on doing good. Do it over and over again and you will be filled with joy.
Buddha



Relay For Life In Centralia

On Friday, June 12th, 2009, we participated in the Marion County Relay for Life with Terri Mearns, providing massages for donations. From 6:00 p.m. until 4:00 a.m. we raised over \$400 towards Terri's team total of \$2600, which contributed to the relay total of over \$150,000. The American Cancer Society received all proceeds from the event.

Terri has taken on the roll of Co-Chairman for next year's Relay. We will have two teams in place: Terri's Partylite Team and a Hands to Help Team. If you would like more information, or would like to join our teams, feel free to contact Terri at 618-267-5611 or email tmearns70@sbcglobal.net.

Facebook

We're on Facebook!

Facebook is networking website that allows you to connect with others in a variety of settings.

Aside from being a great way to catch up with old friends, it is a great business tool. We have reached hundreds of people about our business and our nonprofit group. To join our cause on Facebook, go to our website, www.handstohelpnfp.org, and click on the link to join the cause.

Freecycle

Another website we've been utilizing around here is Freecycle. This is a place people in our area post items they don't want or need, free of charge, to whoever wants to pick them up. You can also request items that you are looking for.

We have received numerous donations for our past fundraisers and events from this organization. We highly suggest that everyone get involved in this unique way to recycle. It's a great way to get rid of unwanted things and help others in the process.

A great new trend in entertaining guests is Parties By Terri

Terri is the host's best friend and provides Party Preparation, Bartending, Serving, and Clean Up

For Information or to book a Party By Terri call 618-267-5611

Treat Your Teen

It has been reported, that today's youth has as much, if not more, stress than the average working person over the age of 30. Why would kids be so stressed?

The average college representative starts recruiting at the Freshman level. The average student is involved in three or more

extracurricular activities. They hold down jobs and help around the house and drive their parents crazy. Today's kids have more stress on them than ever. Kelly's nephews have enjoyed massages for several years and we have recently been treating several client's teenagers. The feedback we've received has led us to our August offer.

Treat Your Teen

**During August
30 Minute Massage
For Teens
\$20.00**

A great gift for back to school.

Our Plants

As time goes on here, the compliments keep coming about the flowers and plants at our building. This year, by far, has been the best. With the help of Tim Kaufman Landscaping, the plants and flowers are phenomenal this year. There are vibrant colors, unique plants and sunflowers that skyrocket above the fence with huge colorful blooms. You can see the courtyard from blocks away in all it's glory. It is always rewarding, to see hard work pay off and come to life in front of your very eyes. To top it all off, everyone passing by appreciates the work that took place in creating the beautiful garden to accent the outdoor massage room.

If you would like to know about the plants and flowers used in the courtyard let us know. We will have seeds and cuttings available of many varieties.



Kelly Crocken & Associates, 5th Annual Fundraiser

This year's annual fundraiser will benefit our newly formed nonprofit organization, Hands to Help NFP. We are toning things down a bit this year. Last year's event was a huge success, raising over \$16,000, but with starting the nonprofit, we are limited in time and manpower for such a large event. This year, we will be back in the office, offering chair massages, refreshments, silent auctions and a raffle.

Raffle Tickets \$5.00

Grand Prize: Weekend in Belleville

Grand prize includes: A two night stay at the Writer's Loft Bed and Breakfast, Dinner for two at Seven, \$50 Gift Certificate to Big Daddy's, Two 30 minute massages and various gifts from downtown Belleville merchants.

Raffle Tickets are now available at our office
All the proceeds to benefit Hands to Help NFP

Saturday, October 3rd
11:00-5:00
10 South Church Street
Belleville, IL

Grand Prize Drawing at 4:30, followed by alternate raffle prizes.



Office Hours

Kelseigh will be in the office
Monday and Wednesday 9:00-12:00
Friday 12:00-2:00

Kelseigh is available for massage appointments on weekdays.

Kelly is available for evening and weekend appointments.

For information on how massage therapy can benefit you, let us know your situation, we'll help find the answer.

BND Lipstick Women's Show

On Saturday, July 18th, the 5th Annual Belleville News Democrat Lipstick Women's Show was held at The Regency Conference Center in O'Fallon, IL.

We joined a variety of vendors, offering something for everyone: massages, make up, food demonstrations, haircuts, cleaning services and much more. An added bonus was the various prize giveaways ever hour, donated by the vendors, including a trip to Las Vegas. This has been a great opportunity for marketing our business amongst the

public. The advertisement of the event in the Belleville News Democrat reached all communities in Belleville and the surrounding areas.

We have had great success being involved with the event the last two years and plan to be involved in the future shows. If you would like to be involved in next year's event, contact Teresa Hessel at the Belleville News Democrat at thessel@bnd.com.

Hope to see everyone there next year!



Events

August 7th
Clinton County Relay for Life
Breese Central High School
Massages for Donations to Relay
5:30 - 10:00

August 22nd
Quarter Auction
Benefiting Hands to Help NFP
Carlyle Microtel
From 1:00 - 4:00

August 29th
Hands to Help NFP
Fundraiser and Volunteer Meeting
3:00 - 4:00
Swansea Improvement Association

October 3rd
5th Annual Fundraiser
Benefiting Hands to Help NFP
10 South Church Street
Donations and Volunteers Needed

Love to have your friends over for a BBQ or pool party?

Looking for new ways to hang out and have fun?

What about some relaxation while you hang out?

MASSAGE PARTIES

Minimum 2 Hours
15 Minutes - \$20
30 Minutes - \$40

Hostess Credit For Every \$50 Spent



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

kellycrocken@yahoo.com
www.kellycrockenfigi.com

Hands to Help NFP
Saving the world one massage at a time.
www.handstohelpnfp.org

Bits & Pieces

During our summer break, we re-design our set lists, learn new songs and get ready for the new season.

We are currently booking for fall and early 2010. Call 618-604-2796 for information.

A band of
**BITS
& N
PIECES**

