

# Annual Activities Report 2020



*Mission Statement:*

**Teaching Self-Help and Family-Help Reflexology for Better Health Worldwide**

## In This 2020 Annual Activities Report

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**World Reflexology Foundation** is a group of highly trained Reflexology leaders, educators and practitioners who have been inspired by our experiences with Reflexology and want to empower all the people around the world with the powerful health benefits of Reflexology by educating them and teaching them how to do Self-Help and Family-Help Reflexology for themselves, their families and their communities, towns and villages.

**World Reflexology Foundation**

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## 1. *WRF Board Educational Projects Retreat* *January 25 – 26<sup>th</sup>, 2020*

In January, the WRF Board held its **Annual Retreat** in La Verne.

Much progress was made on a variety of WRF projects:

Volunteer Trainer training outline and email campaigns timeline

Advertising in RAA, ICR, ARCB - Reflexology organizations

Conference booth - brochures, banners, team, advertising and more

Possibility of a You Tube channel

Updates to workbook

WRF Campaign fundraising

Color coordinated charts

Website updates

## 2. *WRF At RAA Conference Presentation & Booth*

Preparations for a **WRF Presentation** and a booth at the **RAA Conference in New Hampshire** in April were well streamlined and we were ready for the WRF to go national. A big thank you to the team of WRF Trainers who volunteered to help at the WRF booth: **Melanie Giangreco, Laurie Hanna, Chris Lindsey, Tina Meyer, and Jan Weal-Grubb**, as well as WRF Board members **Paul Harvey, Kathy Reynolds** and **Stefanie Sabouchian**. WRF was looking forward to the conference this year, however, because of the COVID-19 pandemic the RAA Conference will be rescheduled for 2021.



### 3. *WRF Celebrates World Reflexology Week 2020*

On September 24th for **World Reflexology Week** the **World Reflexology Foundation**, a 501c3 non-profit, hosted a complimentary Zoom educational event on stress reduction. This was a public event offered to WRF Volunteer Trainers and their friends and families on the benefits of Self-Help and Family-Help Reflexology for stress reduction on easy to access reflex points found on the feet, hands and ears. This zoom event brought 29 viewers, both with and without previous Reflexology experience.

WRF's Vice President **Stefanie Sabouchian**, host to the event, welcomed everyone and introduced the board members, who are also all volunteer trainers, as well as the attending WRF Volunteer Trainers **Quirino Ibarra**, **Laurie Hanna**, **Melanie Giangreco** and WRF volunteers and supporters **Sally Rock**, **Anita Melcombe** and **Michiyo Ando**.

WRF Founder and President **Bill Flocco**, the pioneer of WRW, introduced the viewers to a brief history of Reflexology in general, and the non-profit work that WRF does in providing workshops on Self-Help and Family-Help Reflexology.



WRF's Vice President **Stefanie Sabouchian**, host to the event, welcomed everyone and introduced the board members



WRF founder and President **Bill Flocco**, the pioneer of WRW, introduced the viewers to a brief history of Reflexology



**Kathy Reynolds** presented the relaxation area of the Helix/outer ridge of the ear



**Mitta Wise** demonstrated and explained the benefits of the Pituitary gland reflex point and Solar Plexus reflex point on the foot



**Tina Meyer** showed the Tranquilizer point on the ear at the Tragus/face flap using a plastic ear for reference and her own ear



**Sara Chameides** also demonstrated and explained the benefits of the Pituitary gland reflex point and Solar Plexus reflex point on the hand

During this presentation, the audience was able to explore these reflex points on their own feet and hands.

Everything that was presented was summed up at the end by Stefanie who then did a Q&A session. One of the questions posed was help for shoulder issues, which Stefanie referred to the corresponding reflex point on the ear to find fast relief when held for longer periods of time and often. There was a special thank you to **Michael Saul** for technical background work, and **Holly Harvey** for screen shots.

**Congratulations!**

to everyone involved for our FIRST online WRF self-help workshops.

## **4. WRF Response to Covid 19 Pandemic**

We have sent information out to all our trainers and volunteers around the world with suggestions on how to stay up to date on the ever changing guidelines for staying safe in the pandemic.

For the latest information please check your local municipal, state, provincial or national bodies.

You can also find information at:

USA - <https://www.usa.gov/state-health>

The Centers for Disease Control. <https://www.cdc.gov>

WHO. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

## **5. Report from WRF Board of Directors**

2020 has been a trying year for everyone. Staying home during the COVID-19 pandemic has changed the routines of everyone's lives, perhaps even dramatically. And WRF Volunteer Trainers have also had to stop, change or adjust their practices. The World Reflexology Foundation has adjusted to the times and started our new online community workshops. We have scheduled another one for the beginning of 2021 and we will improve and expand from there.

During this challenging time it seems that, even as we are practicing social distancing, our communities are coming closer together.

We hope that you and your families are healthy and safe.

We look forward to renewed activity and seeing you again when the time is right.

Meanwhile the World Reflexology Foundation stays busy and committed to bringing Reflexology into homes across the world - increasingly via Zoom and the internet.

### **The next *WRF Trainer Training*:**

...was scheduled for late September 2020. The WRF board decided to reschedule to keep people safe. At this time it is uncertain when it will be safe to travel, let alone do hands-on training. We will keep you posted about the new date.

## *6. New WRF Treasurer & Board Member*

Tina Meyer is a National Board Certified Reflexologist and has been a Certified Massage Therapist since 1998. She graduated from The American Academy of Reflexology in 2017 and has happily been practicing reflexology ever since. Tina has been an educator at a local massage school since 1998 and is currently serving as the Recording Secretary for the Reflexology Association of California. She graciously accepted coming on board as our WRF treasurer. Thank you Tina!



## *Acknowledgements*

Thank you to volunteers Holly Harvey, Ryan Harvey, Mike Saul, and Pat Busch. And thank you to all our contributors, including those on our first ever successful FB fundraiser. 29 people donated with donations ranging from \$15 to \$149.

## *Reminders*

World Reflexology Foundation website - [www.worldreflexologyfoundation.org](http://www.worldreflexologyfoundation.org)  
- for donations, annual activity reports, events, information and email newsletter.

Want to volunteer? Contact us at the site

Shopping at Amazon? Use Amazon Smile to donate to WRF

Donate your Car to WRF - contact us

Our FB page at [www.facebook.com/worldreflexologyfoundation](http://www.facebook.com/worldreflexologyfoundation)

*Thanks again to our WRF Board Members*

Bill Flocco President, Stefanie Sabouchian Vice President,  
Tina Meyers Treasurer, Kathy Reynolds Corresponding Secretary,  
Sara Chameides, Recording Secretary, Paul Harvey Director, Mitta Wise Director



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