

Annual Activities Report 2019



Mission Statement:

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

WRF Board of Directors Annual Administration & Projects Retreat



WRF Board of Directors discussing WRF Self-Help & Family-Help Community Workshops for World Reflexology Week 2019



Board of Directors planning Trainer Trainings and increased number of Self-Help & Family-Help Community Workshops

WRF Board Spent Three Days During Retreat January 2019 By Sara Chameides

The board of the World Reflexology Foundation spent the weekend of February 22-24 in an intensive meeting to cover many items that will work to strengthen the organization's future. WRF has made wonderful headway in training volunteer trainers to conduct workshops, getting regular workshops scheduled at community centers, and having trainers in far parts of the world. However, the structure and growth require forethought in our future.

What are the next long-term steps to ensure we grow not only nationally, but globally? Developing long term supporters and donors, with high end fundraisers are one area that is greatly needed. Creating a more global reach through the internet is another, with perhaps access to a WRF YouTube Channel. Creating a more connected trainer community where volunteer trainers can support one another in a more feasible and time efficient way.

WRF continues to fine tune its teaching materials, making them accessible for all languages, cultures and destinations. Finding ways to work with aid groups in the future to bring Self-Help/Family-Help Reflexology to the areas that are in critical need. These are just some of the long-term goals that we at the WRF are working on to ensure an organization that continues to grow and bring the healing properties of Reflexology to everyone.

WRF Trainers & Volunteers Gathering

On May 18th, the WRF held a Trainer's/Volunteer's gathering in Santa Monica, California, at the home of **Mitta Wise**. Attended in Person: WRF Board members **Bill Flocco, Mitta Wise, Paul Harvey, Sara Chameides**; WRF Trainers **Annie Sanchez, Paul Dominguez, Irene Birmingham, Quirino Ibarra**; WRF Volunteer **Sally Rock**; all from California. The meeting reconnected Trainers that have not been to recent gatherings along with more active members. The WRF board presented many new projects, ideas, and ways of staying connected across the world.



Sara Chameides explaining plans & script outline for a WRF Youtube Channel

WRF Trainers and Other Volunteers Who Attended via Zoom

WRF Board of Directors member **Stefanie Sabouchian** (Germany), WRF Trainers **Jay Barto** (PA), **Laurie Hanna** (MA), **Lenore Fusano** (CA), **Barbara Fukuda** (AZ), **Melanie Giangreco** (VT), **Victor Archuleta** (AZ), **Valerie McKay** (WA), **Irene Meza** (CA), **Sandra Montoya** (Mexico). WRF Friend **Pattie Meyers** (CA).



WRF Volunteer Trainer **Valerie McKay** actively engaged via Zoom in the Gathering from Washington

What WRF Trainers and Other Volunteers Had To Say About The Gathering

Valerie McKay, WA - *Via Zoom felt like she was there in person. She liked the interest in fundraising and the idea of Youtube.* **Paul Dominguez**, CA - *Liked seeing what WRF is up to and feels we are doing much more than in the past.* **Sally Rock**, CA - *Would like to be able to attend the next training program. Will do what she can, when she can, time permitting.* **Irene Birmingham**, CA - *stated "Reconnecting is priceless". The organization is being fine-tuned and can reaching out to community. She is exited to go out to do the outreach.* **Quirino Ibarra**, CA - *said it was nice to see new material and make personal contact. Thanked the WRF board for the hard work they are putting in.* **Annie Sanchez**, CA - *it was a joy to be around likeminded people and reconnect. She felt inspired.* **Melanie Giangreco**, VT - *Thank you for all of your work and dedication into putting together this opportunity for WRF Trainers to reconnect and share ideas. I found it very helpful and am looking forward to the next workshops here in Vermont.*



Bill Flocco announcing color coordinated charts being explored based on the seven regions of the body, seeking input on color suggestions and variety of other refinements.



Front from Left: **Mitta Wise, Sara Chameides**,
Back from Left: **Annie Glen Sanchez, Sally Rock, Bill Flocco, Irene Birmingham, Paul Harvey, Quirino Ibarra.**

WRF Announced Development & Release of Empowering Multifaceted Outreach Packet

Distributed to all WRF Volunteer Trainers Worldwide

With the goal of empowering WRF Volunteer Trainers to increasingly improve health locally and globally, by supporting and encouragement them to more frequently and more successfully find locations to conduct WRF Self-Help & Family-Help Workshops, the WRF Board of Directors put together support material and sent them to all WRF Volunteer Trainers to make it easier and more comfortably for them to do so. Some of the items included in the packet were:

1. Sample Outreach Letters/Outreach Emails
2. Outreach Talk Sheets
3. How To Find Human Services, Health & Wellness Nonprofits In Your Community
4. List Of Categories Of Groups & Individuals To Contact
5. About WRF - Shorter Version
6. About WRF - Longer Version
7. About WRF - PowerPoint Presentation

World Reflexology Foundation Celebrates World Reflexology Week 2019

9 Reflexology Workshops Conducted

In 2 States, 3 Countries, 3 Languages

Many of us have heard about, and have likely participated in, World Reflexology Week (WRW) celebrated every year, world-wide, during the last full week of September. It was started by the International Council of Reflexologists (ICR) in 1997 to promote greater public awareness of reflexology around the globe. This year, the World Reflexology Foundation (WRF) conducted nine workshops in three countries during World Reflexology Week 2019. Six of these workshops were held in the United States: one in **Vermont** and five in **Southern California**. Three more workshops were held in **Germany, Mexico and New Zealand**. These workshops were conducted by the following World Reflexology Foundation Volunteer Trainers: **Randy**

Osuna, Sandra Montoya, Quirino Ibarra, Liz van Beek, Sage Grabler, Melanie Giangreco, Mitta Wise, Lisa Chan, and WRF Master Trainers: Stefanie Sabouchian and Bill Flocco.

These workshops averaged between one and a half to three hours long, and were held in various locations including a health and wellness center, a yoga studio, a retirement center, an office of a nonprofit community service center, an immigrant health center, a gym in a physical therapist's office, and outside in a community park. This shows workshops can be held almost anywhere!

WRF Gains National & International Recognition With Feature Articles Appearing In National & International Reflexology Magazines

World Reflexology Foundation was interviewed by long term reflexology advocate Adrienne Fahey of Colorado. Her highly complementary article appeared in a variety of reflexology magazines:
Reflexology Association of America RAA, *Reflexology Across America*, Summer 2019
American Reflexology Certification Board ARCB, *Reflexology Today*, Summer 2019
International Council Reflexologist ICR, *Newsletter Magazine*, December 2019

Articles with many photographs about WRF celebrating WRW were also published.
Reflexology Association of America RAA, *Reflexology Across America*, Winter 2020
American Reflexology Certification Board ARCB, *Reflexology Today*, Winter 2019
International Council Reflexologist ICR, *Newsletter Magazine*, December 2019
Reflexology Association of California RAC, *e-Newsletter*, December 2019

WRF Community Self-Help Workshops Are Now Being Frequently Offered In New Zealand



Participants practice hands-on Self-Help Foot Reflexology for lungs and shoulders in New Zealand



WRF Volunteer Trainer **Liz Van Beek** guiding workshop participants in profoundly relaxing Ear Reflexology

WRF Begins Advertising WRF Trainer Training Nationally And Internationally



Teaching Self-Help and Family-Help Reflexology to the World

You are invited to:

Explore what it means to be a
World Reflexology Foundation Volunteer Trainer

Empower your Community and the World with the Gift of Health through
Self-Help & Family-Help WRF Reflexology Workshops

WRF Trainer Training Coming in the Fall of 2020

For more information or to make a donation visit us at: www.WorldReflexologyFoundation.org

818 754-4777 info@WorldReflexologyFoundation.org

A 501(c)(3) Not for Profit

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.

Thank You to all Volunteer Trainers, Contributors, Supporters, Committee Members, Donors, and the Board of Directors whose generous loving efforts make it possible for WRF to further its great empowering mission to increase health locally, nationally, and globally through teaching Self-Help & Family-Help Reflexology.

A Special Thank You to [Sandra Montoya](#), [Quirino Ibarra](#), [Eliza Ann Mitchell](#), and [Randolph Osuna](#) for their dedication in providing regular ongoing workshops for some of these different centers and communities at the heart of our mission.

World Reflexology Foundation
P.O. Box 821, La Verne, CA 91750-0821, USA
Phone: 818-754-4777 info@worldreflexologyfoundation.org
www.worldreflexologyfoundation.org