

Annual Activities Report 2016



Mission Statement:

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

World Reflexology Foundation Announced Beginning of Long Term Relationship With East Los Angeles Community Center



*WRF Trainers from left
Sandra Montoya, Sara Chameides, Mitta Wise*



*Sandra Montoya giving individualized
Hand Reflexology instruction.*

On July 22, 2016 the World Reflexology Foundation (WRF) hosted a booth and put on a presentation at Centro Maravilla Service Center, one of a number of County of Los Angeles Community Centers across the city, for their 2016 Senior Health and Wellness Empowerment Workshop. WRF Trainers **Sara Chameides**, **Sandra Montoya** and **Mitta Wise** were present.

With a mostly Spanish speaking community - **Sandra** took the lead with Spanish translations, communication and with the presentation. We were hands-on at the booth and provided both English and Spanish translations of selected workbook pages. While **Sandra** spoke and translated for the presentation, **Sara** and **Mitta** assisted with speaking and with the participants in placement for the specific reflex points. It was a huge success, with a lot of positive feedback.

WRF Workshops have been conducted for a number of years in Los Nietos by **Randy Osuna**. Discussions are in progress to take WRF Workshops in Santa Fe Springs, San Gabriel and Compton Community Centers as well.

World Reflexology Foundation

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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.

Report From WRF Board of Directors

Growing Diversity of Workshop Locations

2016 saw an increase in the number of different types of locations where WRF Self & Family-Help Workshops have been conducted. East Los Angeles Maravilla Community Center, PATH West Los Angeles and PATH Hollywood homeless centers, Cancer Support Center Pasadena, and a number of workshops in peoples homes.

Spanish WRF Workbook

Progress has been continuing with the quality of all of the Priority pages for the Spanish Workbook. Work was started by Beto Celso, continued by **Sandra Montoya** with help from **Quirino Ibarra**, **Bill Flocco**, and **Victor Archuleta**.

English WRF Workbook

More refinements continue regarding the English version of the WRF Workbook. **Stefanie Sabouchian** is working on a bigger print size for the hand charts.

WRF Workbook in Other Languages

The WRF Workbook now has been translated into German by **Stefanie**, several pages have started to be translated into Japanese by **Yoshimi Ozaki**.

Highly Productive WRF Trainer Gatherings

Highly productive gatherings—requested by WRF Trainers—were conducted on November 6th and December 3rd at the home of **Mitta Wise**. Each gathering was substantially different. The gatherings began with everyone sharing their WRF Workshop teaching experiences.

Trainers participating included: **Victor Archuleta**, **Sara Chameides**, **Bill Flocco**, **Barbara Fukuda**, **Sherrel Grabler**, **Isabel Guaderrama**, **Maureen Holdaway**, **Quirino Ibarra**, **Christopher Lindsey**, **Sandra Montoya**, **Randy Osuna**, **Stefanie Sabouchian** and **Mitta Wise**.

Some of the other subjects explored in depth were:



WRF Trainers at November 6th Gathering: from left Quirino Ibarra, Stefanie Sabouchian, Bill Flocco, Mitta Wise, Maureen Holdaway, Isabel Guaderrama, Victor Archuleta, Sherrel Grabler

Trainer Gathering continued ...

Pre & Post Workshop Survey Forms

After substantial group discussion on November 6th, **Isabel, Victor** and **Sherrel** reworked and refined the Pre & Post Surveys. With a few additional refinements they were presented and explored on December 3rd.

Statistical Analysis of Previous Survey Results

Bill presented extensive statistical reporting based on previous survey information by using a simplified graphic. Everyone agreed the result was far more visually impressive—showing differences between Pre & Post Survey results.

First Showing of Updated Seven Region Color-Coordinated Body, Foot, Hand, and Ear Charts

Everyone was delighted with the progress made on the Seven Region Color-Coordinated BFHE Charts, first designed by **Lisa Chan**, and later polished by **Alice Daniels**. With group feedback, slight modifications will be sent to **Alice** for final refinement.

Acknowledgments Of Contributors, Supporters, Volunteers

Special Thanks to **Jay Barto** for car donation, **Cheri Davis** Accountant, **Patricia Busch** Website, and to all **WRF Volunteers, Trainers, Supporters, Contributors** for your imaginations, passion, shared vision, time, and in some cases money to help move everything forward toward increasing implementation of the WRF Vision of getting Reflexology into the hands of everyone on earth.

Podcast About Reflexology and the WRF



Mitta Wise, Bill Flocco did a one-hour podcast on Reflexology and the World Reflexology Foundation.

The show was an interview conducted by Reflexologist, **Rebekah Van Natta** (center of photo).

Get To Know Your Wonderful WRF Board of Directors

Bill Flocco; *President.* Bill founded the American Academy of Reflexology in 1981. Former president of the International Council of Reflexologists, Bill, for more than 30 years, has taught the benefits of the Integrated Foot, Hand and Ear Reflexology across four continents. His passion for Reflexology has found him teaching in destinations as diverse as Australia, Canada, China, Denmark, England, Germany, Holland, Switzerland, and across the USA. He called Puerto Rico home for many years, and communicates well in Spanish. Bill's ground breaking reflexology research was the first to be accepted and published in scientific medical journals. He loves teaching and spreading the many health benefits of reflexology around the world.

Stefanie Sabouchian; *Vice President.* Stefanie earned her Professional Reflexology Certificate from the American Academy of Reflexology in 2002 and is nationally certified with the American Reflexology Certification Board. She is a past president of the Reflexology Association of California. Stefanie teaches Foot Hand Ear Reflexology at several schools including the American Academy of Reflexology.

Kathy Reynolds; *Corresponding Secretary.* Kathy graduated from the American Academy of Reflexology in 2005, and has served on the Board of Directors of the Reflexology Association of California since 2007. Her reflexology business, Soleful Reflexions, has been steadily growing as Kathy sees clients on an out-call basis in the Inland Empire area.

Sara Chameides; *Recording Secretary.* Sara, a Southern California native, is a Certified Reflexologist and Licensed Massage Therapist who has a private clientele. In addition, Sara is a makeup artist who has worked in the entertainment industry for over 19yrs. With a focus on holistic technique she is furthering her studies into Pilates and movement training.

Tamaki Horii; *Treasurer.* Tamaki, born and raised in Japan, is a Certified Reflexologist, Certified Massage Practitioner, and Holistic Practitioner. She has been practicing Reflexology at the events of charity, anniversary, and wellness in Orange County and LA in Southern California since she earned her Professional Reflexology Certificate from American Academy of Reflexology in 2010.

Paul Harvey; *Director.* Paul is Chairman of the Foundation for Health Research, a past Board member of the Reflexology Association of California - currently serving on both the NHF and RAC Advisory Boards - and maintains a thriving Reflexology practice in Orange County, California. He has been working as the Reflexologist with a team of medical doctors at the world famous Whitaker Wellness Institute Medical Clinic for over ten years.

Vicki Wise *Director.* Vicki, from New Zealand, is a Registered Nurse, Holistic Practitioner and Certified Reflexologist. She is an experienced event and private Reflexologist and the organizer of Holistic Practitioners LA. She leads community workshops in reflexology, stress management and guided imagery. Her languages are conversational French and Hindi.



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