

*"Hands to Help has made mom smile again. She isn't as depressed, she's more responsive and she talks to us again."*

Daughter of an Alzheimer's patient

*"You were the only person mom would let touch her. She said when you did it, it didn't hurt. I don't know what you did, but thank you for bringing her so much comfort."*

Daughter of a cancer patient

*"You make me forget briefly that I am sick. For that moment, I'm in a place where I have no pain, no limitations. It gives me the break I need to find the strength to keep going."*

Cancer patient

*"Thank you for today and every other day. That hour with you makes me want to try to fight and live another day."*

Scleroderma patient

*"You were the one thing that brought a smile to her face these last few weeks."*

Family member of a hospice patient

*"The massage therapy has really given her relief with her neck and shoulder pain from sitting in the wheelchair all day. She looks forward to the therapist coming each week"*

Daughter of an Alzheimer's patient

*"The massage has helped my mom's legs relax after only three sessions! We are looking forward to even more improvement in her flexibility with more therapy."*

Daughter of a wheelchair bound patient



Founded in October, 2008, Hands to Help is a nonprofit organization dedicated to serving the community by offering massage therapy to terminal, disabled and elderly people in our community. Funded solely by donations, we hope to build an organization that can reach out to more people with each passing year. We are always in need of volunteers and donations. Please contact us if you would like to be a contributor to our cause.

Hands to Help is a registered 501(c)3 organization with the IRS. All donations to the organization are fully tax deductible.

[www.handstohelpnfp.org](http://www.handstohelpnfp.org)

**Hands to Help NFP**

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*Saving the world, one  
massage at a time.*

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**501(c)3**



**618-235-8853**

*“Nothing eases suffering like human touch.”*



**Hands to Help is a group of massage therapists and volunteers whose mission it is to save the**

**world one massage at a time. We work with disabled, elderly and terminal patients (and their caregivers), 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.**

**HANDS**   
*to* **HELP**

## *Why Massage?*

- *Using massage as an alternative to drugs for pain relief is becoming more accepted by the medical community.*
- *Massage reduces the pain of chronic disease, decreases muscle spasms and stiffness and increases mobility.*
- *Massage helps alleviate anxiety and depression, promoting better eating and sleeping habits.*
- *Massage stimulates the release of the body's natural chemicals that suppress depression.*



*"I find it hard to express how thankful we are for the wonderful and extraordinary service provided to Pat in her final weeks. I don't know how you do it; what an incredible service your organization provides. Thank you!"*

*Sister of a Hospice patient*

## **Eligibility**

One or more of the following criteria must be met to receive services from Hands to Help:

⇒ Medical diagnosis of a terminal illness (i.e. Alzheimer's, cancer, ALS)

**OR**

⇒ Medical diagnosis of a progressive debilitating disease

(i.e. Parkinsons, MS, Paralysis) **OR**

⇒ Aged 70 and older **OR**

⇒ Fulltime caregiver of one of the above

At this time, we are able to offer our patients six visits at no charge. Subsequent visits are \$30. We are happy to provide patients and their families with information and assistance to raise money for additional visits.

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