

IN TOUCH FOR HEALTH

**AK Workshop
for Doctors and
ASSISTANTS**

**Nurses Steer
TFH on course**

IN TOUCH FOR HEALTH

VOLUME 10 NO. 2

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The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan, Apr, July and Oct. Foundation membership also includes subscription to the members' newsletter In Touch for Health published in Feb, Mar, May, June, Aug, Sept, and Nov, and the Dec. Journal of technical papers, training information and applications.

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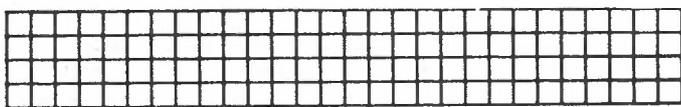
Grassroots: Spreading TFH Energy Thru 'Ink'

Welcome to IN Touch for health, VOL. 10, No. 2. When we re-discussed the idea of putting out a Touch for Health Newsletter in a magazine format, we agreed our publication should be geared toward the World's "grassroots" level of self-help care. The feeling was the top health professionals get enough ink. Not so with the new movement in Touch for Health, legions of adult and senior citizens who comprise the backbone of Touch for Health. Touch for Health is a people oriented technique and foremost a caring participating discipline.

Of course, we all enjoy watching the finest health practitioners and lecturers in the world, people like Richard Byrne, Ph.D., Sheldon Deal, N.D., D.C., John F. Thie, D.C. and my lovely wife Alice Vieira, Ph.D. They provide not only great entertainment, but inspiration to all of us who are involved with Touch for Health. And we at the Touch for Health Foundation certainly don't intend to ignore the pros in our pages. Witness for yourself the stories of memories in a workshop, dealing with the trauma of a family member and the nursing movement.

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Nurses Steer TFH On Course

By John F. Thie, D.C.

This issue contains information about how certified Touch for Health Instructors are utilizing Touch for Health techniques in their chosen profession of nursing. A review of how Touch for Health became a part of the continuing education for nurses may be useful.

A patient of mine who is a registered nurse told me that the registered nurses of California were going to need to have 30 hours of continuing education each two years in order to maintain their registered status as nurses. She said "the Touch for Health course should be something that the nurses should know and would like to know about. Therefore I should apply to have the Touch for Health course approved".

My first thoughts were, "I'm a chiropractor, the nursing profession is regulated by medical doctors, they may not approve a course taught by a chiropractor on a book about self-help chiropractic methods." This bright and insightful nurse anticipated my doubts and suggested that I get approval of the nursing board to be a provider of continuing education for nurses. I asked the Touch for Health Foundation to apply for provider status with the state board of registered nurses, still believing that the approval would never come. We



were delighted with the opportunity to share Touch for Health information with nurses and have them receive credit for continuing education at the same time.

We developed the Touch for Health for Nurses program and trained a large number of nurses. What was a surprise to me was the large number of registered nurses in California and the nation. In California there are over 125,000 registered nurses and nationwide there are over 1,300,000. To reach this large number of individuals is a very big job. We are delighted at the success that has occurred as a result of the sharing that the nurses have done among themselves. All of the courses that we offer are beneficial for nurses training. In fact, nurses can get credit for taking the ITW, basic training 1, 2 and 3, updates and the Touch for Health Annual Meeting. We are pleased with this recognition. We are hopeful that everyone who uses Touch for Health techniques in nursing will share how they are utilizing it. We intend to have a regular portion of each publication to highlight Touch for Health involvement with the nursing profession.

One nurse wrote us of her experience using Touch for Health in the school system: She utilized the reflex points on children who came to the nurses office feeling sick and wanting to go home. By touching the correct reflex points, she was able to change the way that the children were feeling and they actually wanted to go back to class.

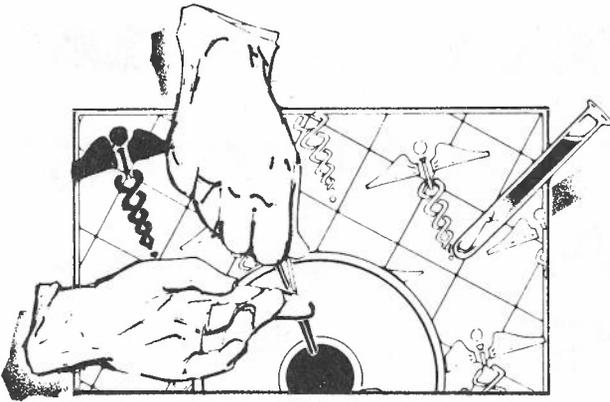
Touching is healing. One of the goals of Touch for Health is to give people a reason to touch for other than sex or punish-

ment. The techniques do change energy flow in the body and they are scientific. The healing touch has been utilized for hundreds or even thousands of years in different forms. But the touching combined with caring is perhaps the most beneficial and of course very healing.

Any of you that are not nurses, make yourself a promise to share this issue with a registered or vocational nurse. We have not reached anywhere near the number of nurses that would like to know about Touch for Health and how it can make their chosen profession more of what they dreamed it could be.

We have had several physical therapists take our courses and they have been quite enthusiastic about how it has helped their patients. You might also share this issue with the physical therapists you know.

I will be in Europe from September 13 to October 13, 1983. I am speaking on Touch for Health in 10 countries. I hope that I will have a chance to see and meet most of the active Touch for Health Instructors. Arrangements for this have been made by Yoka Brouwer and Brian Butler, our resident faculty members in Europe. Yoka is heading the program. Others that are assisting are Susan Fassberg, Germany; Dag Galteland, Norway; Peter Wilhelmsson and Lars Olof Berglof, Sweden; Jean Francois-Jaccard, Switzerland, France and Belgium; Alfred Schatz, Germany; Kay McConnal, Liz Andrews, Stephanie Mills, Romy Paine, John and Heather White, England; As you can see its going to be a very full trip and my wife Carrie and I are very excited about seeing and sharing Touch for Health in Europe. ■



Network of International Nursing Issues

OLIVE D. EULER, R.N.

The heat is on, nurses. We had a real ball of energy going at our annual meeting this year as we discussed the issues that nurses really need to know about in their practice of TFH. As many of you know, Mary Jo Bullbrook, R.N., Ph.D., planted the seed last year that resulted in the formation of NINI-Network for International Nursing Issues. Judy Pagnotta from Colbert, Washington, coordinated all the papers from nurses and saw to it that they were published in the newsletter and in the In Touch for Health magazine. The feedback this year on the importance of these communications was powerful. Several nurses had used the information to help formulate a syllabus in order to apply to their own states for a provider number to teach nurses. Other nurses who may have been hesitant to use TFH took the ideas that were shared in the nursing articles and incorporated them into their own nursing practice. It is with regret that we inform you, that due to personal problems, Judy will be unable to coordinate the nursing column this year, but hopes to return to that capacity at a future time. For the convenience of all concerned, I will assume this role for an indefinite period of time.

Nursing programs were presented at the annual conference this year by Mary Jo Bullbrook and her colleague, Christine Way as they discussed an in-depth TFH research program accomplished at the Memorial University of Newfoundland. Mary Jo and Gordon Stokes did an exceptional hour on TFH as part of a University Program. I would urge everyone to contact TH Enterprises Store for the order blank on how you can obtain a copy of that tape. It contains lots of good stuff nurses need to know. In particular, Mary Jo tells us that there is a lot of good documentation out there that supports scientifically the things we do, and when we teach TFH we should have a good mind-set for this documentation, or at least know where resource material is available. Peggy Maddox and I did a half hour slide presentation on Cancer Nursing in China that was also very well received.

Our one hour NINI sessions were exciting. We have a really dynamic group of nurses, and if you don't already know it, three of them won recognition awards at this year's conference. You will hear more from and about these nurses. I have agreed to act as nurse coordinator this year for NINI. Therefore, I promise to actively communicate with all of you, and I do need your help. There are several things I need to know, and that you need to know, thus we need to share with each other.

To ALL INSTRUCTORS---How many of you are teaching nurses, and who is offering C.E.U.'s? Will you share your syllabus with us? I will be glad to act as a coordinator in sharing these with other nurses. Please send your nursing rosters to me so I can include these nurses in our communications. Let's try to

get all nurses involved and interested. Please share with us the ways that you personally use TFH in your own practice. Even if you think your use of TFH is so simple it can't possibly be useful, remember that the things that are easy to do are the ideas that are most often put to use. In what institutions and types of nursing practices is TFH in use? Pat Hafley told me she has 9 nurses using TFH techniques at Nanaimo General Hospital and Comox General Hospital in British Columbia, Canada.

NURSES---Identify yourselves! We NEED your input. Is TFH in any university program other than Memorial University of Newfoundland? Wouldn't you like to have more colleagues with a knowledge of TFH? If you were a patient, wouldn't you like to know that TFH was currently practiced in your hospital? **PLEASE---** I need your help! I will correlate everything you send to me and see that you all have a share in the information.

Dr. John Thie spoke at the Annual Meeting this year on "The Hundreth Monkey Syndrome". Nurses, let's stop monkeying around and get with the spirit of TFH. I know there are more than one hundred of us out there.

For your information, my address is:

Olive D. Euler, R.N.
28730 Doverridge Drive
Rancho Palos Verdes, CA 90274

(213) 377-1391

Involvement: Nurses give great care

JONSIE CRABILL, RN

Seventeen nurses and friends of nursing met to discuss Touch for Health and the fate of NINI, (Network of International Nursing Issues) at the 1983 TFH Conference this past July. I am glad to report I am alive and well all over the world. Mary Jo Bulbrook remains my mentor and Ollie Euler has accepted the responsibility of being my Coordinator for this coming year. There was so much sharing of TFH experiences at the three meetings I managed to sandwich in between all the other exciting things that were going on. The primary issues I looked at were:

1. The need to broaden our sharing of personal experiences by writing articles for nursing journals and our own TFH publications.
2. A more formal structure and to include Special/Interest group time at the next TFH Conference.
3. Push for aggressive action, acceptance and recognition of TFH in hospitals and nursing curriculum. Or perhaps, it is wiser to apply TFH skills as an extension of the existing nursing practice.
4. Increase awareness of the commitment we make as individuals and how nurses can take care of themselves in the process.

5. Certification for C.E. credit was discussed. Since the requirements in each state and country vary so much, it was suggested that those nurses who have been successful in obtaining a BRN number or establishing TFH as part of a nursing program should send their syllabus or any helpful information to Ollie Fuller. Ollie in turn will make it available to anyone requesting it.

Ollie is also requesting a short biography of each member of NINI, for our TFH publications, and a copy of class rosters that included nurses names, addresses and zip code. NINI is being computerized, so please send all articles, questions, biographies, etc. to Ollie Euler.

For me the highlight of the 1983 TFH Worldwide Conference was the sharing of individual nurses from Hawaii to the Netherlands and how they have applied TFH concepts within the scope of their nursing practice and environment. I learned little things like, running the stomach meridian for someone who is on chemotherapy. I learned it is easy to use the neurolymphatic points while giving someone a backrub. Then there was the nurse who held the Neurovascular Q.I.H for her patient who had an Ectopic pregnancy and saw her released from the hospital without any pain medication. And the nurse who is learning so much about her comatose patient with the help of her patient's husband and of course the TFH techniques.

In closing I want to thank John Thie for his continuing support, Mary Jo for her inspiring guidance and Ollie for her energy and enthusiasm. All of you thanks for sharing. ■

The Olympic Year of 1984

CALL FOR PAPERS

PAPERS TO BE PRESENTED AT 1984 ANNUAL MEETING

Those of you who wish to present a paper or give a presentation at the July 1984 Annual Meeting, should submit a 250 word brief description to the Touch for Health Foundation C/O Program Committee no later than January 31st 1984.

Physical Therapists, Lets talk!

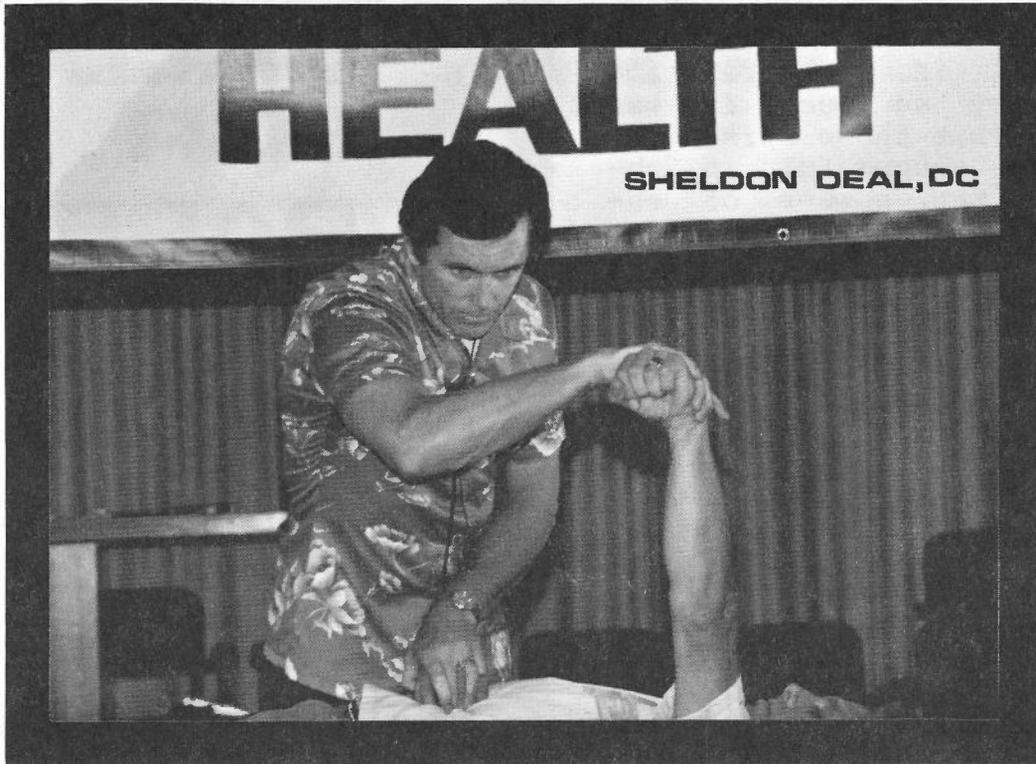
If you:

1. Have taken a Touch for Health course.
2. Are interested in taking a course in Touch for Health.
3. Know a Physical Therapist who is interested in Touch for Health, but may not be on the mailing list.

Please send names and addresses to me. Lets share out experiences of using Touch for Health in our field. Write to me about your successes and struggles.

Lets support each other,

Linda Goode
4702 Greenmeadows Ave.
Torrance, CA 90505
213/ 397-5534



Reaction from → a TFH Instructor

Reaction from ↓ an 'outsider'

Thank you for inviting me to sit in on your annual conference at the University of San Diego. I found it an inspiring transcendent experience, being in an atmosphere of such love, warmth, and hugging. I kept thinking: "This is the model for what life is all about - to be with so many loving people in such an accepting atmosphere". I loved joining in the cross-crawl dances between sessions, being hugged every time I entered the dining hall, being balanced in the balancing room. It was a rare privilege to be with all of you, and I am grateful.

Helen Colton
Author, THE GIFT OF TOUCH

I want to "thank you" for all your consideration, so kind and aimeable. As this was my first ITW (Instructor Training Workshop) and first TFH International Meeting at San Diego, California, I was overwhelmed at the professionalism of the instructor Gordon Stokes, the staff and faculty of TFH. It indeed was my pleasure to meet so many warm, loving, interested people who are into helping others. I know that when I go over my outlines, notes and handouts that Touch for Health is the thing for me.

I would like to thank Grace Baldrige for having The Store right there at the Annual Meeting. That was very special for me, even if I could not buy all the books that I would have liked to. I also want to thank Kim Vieira and the rest of the staff although I did not get to know their names.

Sincerely,
Dorothy Farrell
Calgary, Canada
P.S. See you next year!

AK Workshop for Doctors and Assistants.

Is it for you?

For health professionals this is a valuable opportunity to have assistants trained to perform an Applied Kinesiology physical examination. All the doctor will need to do is walk into the room and do the treatment. The time-consuming part of AK examination will be in the assistant's hands, thus giving the doctor the kind of complete health/diagnostic program that builds a satisfying "waiting list" practice.

For the assistant trainee, the excitement will come when you learn AK in a professional routine. Not only will the course cover the art of muscle testing but it will include information to determine the best method of treatment: How to take a blood test, Urine test-specific gravity and dip stick, how to test for: Pelvic faults, fixations, cranial bones, Occipital faults, TMJ and more. The Chiropractic Assistants program will train you in the skills necessary that may secure you a rewarding job in the natural health field.

The Assistants Training Instructor is Gordon Stokes. Gordon is a faculty member of the Touch for Health Foundation and has been with us since its conception. He is responsible for both content and style of TFH's Instructor Training Workshops and has personally trained over 2,500 TFH instructors throughout the United States, Canada, England and Australia. His articles on the 5-Elements, art of muscle testing and AK applications are all based on the literature of Touch for Health.

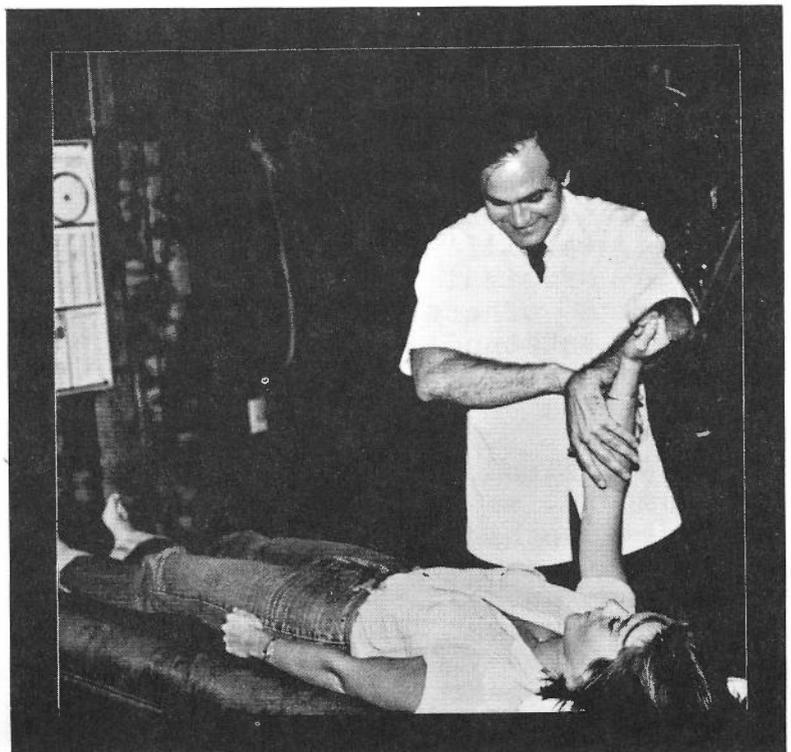
The Doctors Training Instructor is Dr. Sheldon Deal. Sheldon is Chairman of the

International College of Applied Kinesiology as well as a licensed Chiropractor and Naturopathic Physician. An acclaimed author, his NEW LIFE THROUGH NUTRITION and NEW LIFE THROUGH NATURAL METHODS are best-sellers and are available at Th Enterprises Store. Dr. Deal is in regular demand as a speaker nation wide and at his private practice in Tucson, Arizona.

For course information contact the Touch for Health Foundation: 213/ 794-1181

October 21-22 Doctors Program - Holiday Inn, Long Island
October 17-22 Chiropractic Assistants - New York
Holiday Inn accommodation reservations only call 516/ 678-1300

DR. STEVEN LYNN USING TFH



MEMORIES

THE AK SEMINAR
CHICAGO, ILLINOIS

Instructed by Gordon Stokes and
Sheldon Deal, D.C., N.D.

This week, as long as any,
seemed to go so fast.
The daily class excitement
is now the distant past.

I've gained a fond perspective,
as far as eye can see.
It reaffirms my faith the earth
is a beautiful place to be.

My new-found friends are cheer-
ful,
their hearty laugh, a treat.
The Soul is clearly well aware
the way that hearts should
meet.

As time goes by, I'll reminisce,
my thoughts will be so snug.
I'll close my eyes and clearly
feel
every tender hug.

Bob Iacoe

Announce -ments

Thomas James Rafaferty, born
June 3rd, 7lbs 10 1/2 oz.
To Phillip and Marianne
Rafferty, Australia.
Congratulations! ■

Dr. David Alwyn has organized a
Bay Area Touch for Health Club.
They put on speakers, share
skills and even have a mem-
bership program. Contact David
at 408/ 248-9009 or office at
408/ 293-3280. San Jose, Calif-
ornia ■

Speaking of Nurses and Ed-
ucation: Touch for Health has
been approved by the Board of
Trustees at Pasadena City Col-
lege's Nursing Department. The
course will be taught by Kim
Vieira and it begins October
5th. Spread the TFH news to
your community educational in-
stitutions! ■

Grassroots:

CONCLUSION FROM PAGE 2

While giving the pros their
due, as we did at the Annual
Meeting, we will not lose sight
of our original goal. In this
issue and others, look closely
at the outstanding people of
Touch for Health. We have re-
ports from England, Mexico,
Switzerland, Canada, Australia
and New Zealand.

In short, we will strive to
provide something of interest to
everyone in Touch for Health.
From the untaught Touch for
Healthier to the TFH Instructor
who yawns when you say "PMC".

One department in where we

would like to know more about is
from you! We want to know what
has happened since you became
involved in Touch for Health.
Perhaps you have questions,
answers, concerns, ideas or ink
of your own which you would like
to share. We look forward to
hearing from you. ■

KIM VIEIRA, EDITOR

COMPLETE
UP TO DATE INFORMATION
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Dr. Sheldon Deal's

Chiropractic Assistants and Doctors

BASIC AK WORKSHOP MANUAL

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- AK TESTING AND CORRECTION PROCEDURES
- ELECTRICAL TESTING AND CORRECTION
- MECHANICAL TESTING AND CORRECTION
- PATIENT PREP, LAB WORK-UP AND PHYSICAL

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T H ENTERPRISES 1200 North Lake Avenue, Pasadena, California 91104

by

Gordon Stokes and Mary Marks, D.C.

Trauma: TFH Instinct and Prayer

LORETTA BYRNE

I am a TFH Instructor in Toronto, Canada. I have an experience that I want to share. On Monday, July 25th my father called me and told me that my brother had dived into a swimming pool and fractured his neck. He was in Intensive Care and there was no way to tell if the fractures were stable and if there was going to be paralysis. At that point he could barely move his arms, yet the doctors could not tell without taking X-Rays. The doctors advised us that they did not want to take them until the neck had a few days to stabilize.

When I went to see him he was awake just enough to hear me saying to "visualize light moving through your body." He replied "yes" and then he was knocked out with the pain killing drugs.

I used Touch for Health by having my boss balance me, so I would be better able to handle this trauma and possibly be a surrogate for my brother. Unfortunately, only one person at a time was able to see him. I held his arm lightly and ran meridians.

I had placed calls to friends in Utah, Australia and Montreal, Canada. There were healing prayers said for him all over the world. I was doing every thing I could for him.

Four days later, when I went to see my brother he was awake, cheerful, able to talk and basically in great shape. He had recovered and actually walked out of the hospital with a neck brace in one and a half weeks. The normal duration would take three to four more weeks.

My brother Chris has asked me to thank all those who sent him their prayers. I want to thank those at the Touch for Health Foundation, for what I did was not in the book but my instincts helped me and my brother cope with this traumatic event. ■

Helping hands

Many hugs to the following who have made donations to the Touch for Health Foundation.

Joseph and Patricia Bassett

Eugene and Melva Meyer,
Pine Bluff, Arkansas

Bill Pennington,
Dallas, Texas

Marjorie Ragon,
San Bernardino, California

Touch for Health Education Network

JOY LINDSEY

TEN

At the 8th Touch for Health Annual Meeting held this July in San Diego, we discovered that there were quite a few of us that were using TFH and Edu-Kinesthetics techniques in schools. Some of us work in the classrooms directly with children. Others are inservicing teachers, parents, resource specialists, etc., so that they can teach their students how to integrate both hemispheres of the brain, release stress, reduce hyperactivity, and increase body energy all with the idea of improving learning. The results people are getting are pretty fantastic!

Some of the ideas that came out of this session were:

- 1) Pass on the results we are getting to IN Touch for Health and the EK Newsletter from Paul Dennison, author of SWITCHING - ON.
- 2) Pursue Grant Applications for Educational Research on Touch for Health/EK and how it affects reading, learning, etc. This would be done by individuals going back to their respective school districts and setting this in motion.
- 3) Record our results and demonstrations on video tape for the media and community service TV.
- 4) Request each other as guest lecturers, which lends credibility to Touch for Health/EK techniques and the results we are getting from them.
- 5) Keep accurate records of results to establish a bank of research.

Judging from the number of us at the Annual Meeting using TFH in schools, I know there must be many more of you out there who were not able to make San Diego. We invite you to write or call (see address at end of the column) and share what you are doing in your area.

Well, since I am the first one to hand in a report to me, I would like to start this column with the results I have been getting in my class. And then I am expecting such people as Phillip Crockford, Coreen Spurling, Joan Hulse, Peggy Maddox, Nancy Dougherty, Jan Westwater, Mary Gosse, Robert Winkelpreak, Charlotte Richardson, Frank Mahony and all the rest of you to follow with your "miracles."

I teach a class for Los Angeles Unified School District called Balancing the Mind/Body Energy for Reading Writing and Learning based on Touch for Health and Edu-Kinesthetics. For the last 2 years I have taught 30 ten hour classes reaching 680 parents, volunteers, and teachers who in turn teach their children and students how to: (1) balance the hemispheres of the right and left brain, (2) release emotional stress, (3) reduce hyperactivity, and (4) increase the body energy all for the purpose of improved learning. With muscle testing and such simple corrections as cross-crawl, ESR, K27, central meridian and the lazy 8, the children (and adults) have improved greatly. →



Parents report that their children start their homework faster, get it done easier with more interest and pleasure.

Teachers say that their classrooms settle down quicker. When there gets to be an excess of commotion in her room, one teacher stated that the kids remind her that they forgot to do the "exercises."

Spelling grades go up, up, up, : From D's to B's, C's to A's, A's to 100%'s

Multiplication tables and alphabets are learned instantly when blocks are released and the right and left hemispheres can work together.

Children pick up books and start reading voluntarily for the first time and sit in on other reading groups (not their own) during free time.

Knowing that you can balance the Mind/Body Energy for Reading, Writing and Learning can raise the level of achievement and self-esteem in many ways.

Comments from parents and teachers are appreciated. You can send for my report at the address below. ■

Mrs. Joy Lindsey
6040 Shirley Ave.
Tarzana, CA 91356
213/ 996-3299

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The PAKATABLE is now available at special TFH membership prices from TH Enterprises Store.

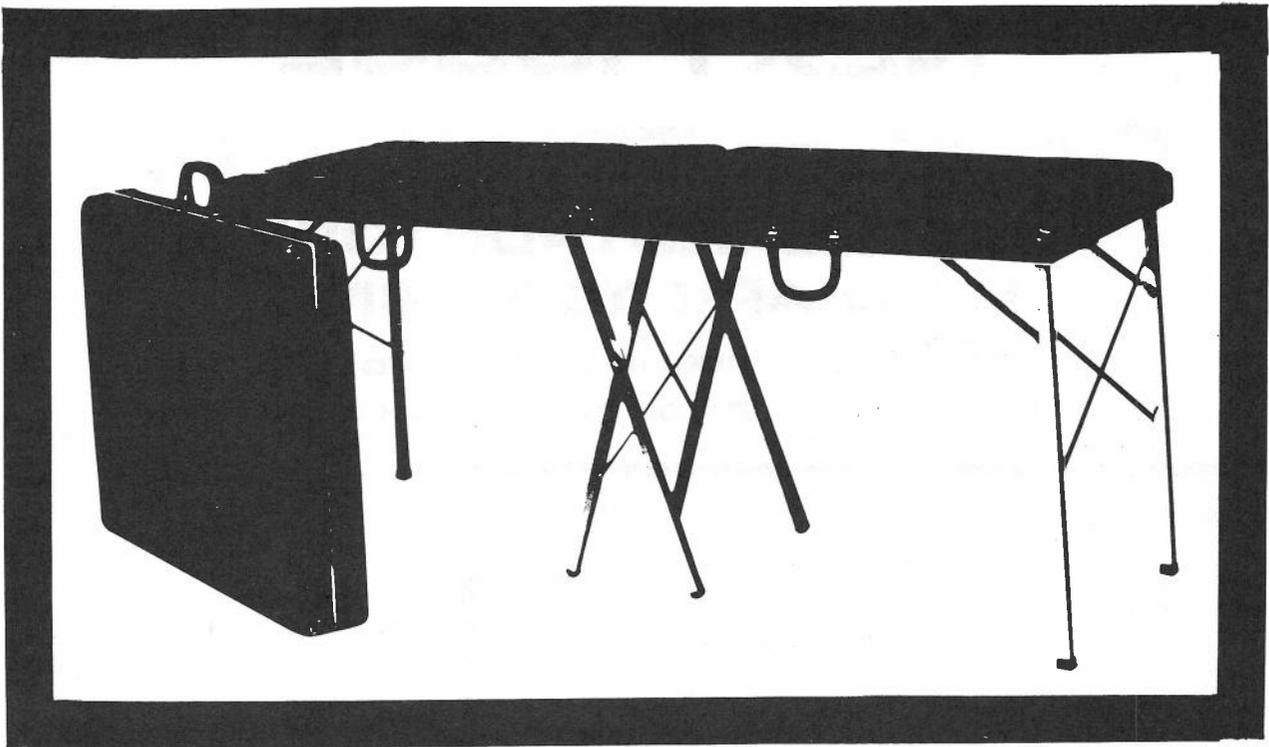
The Pakatable, a lightweight portable folding body treatment table is now being offered by TH Enterprises Store at very special prices.

Constructed of the finest materials, the Pakatable offers superior comfort and ease of handling. Functional and completely portable, the Pakatable can be set up and ready for use in less than 30 seconds. This professional looking massage table weighs only 28 pounds, making it the lightest weight treatment table for its size available.

Unique features of the Pakatable include positive, self-locking leg hinges that ensure total stability and riveted stress points for structural integrity. Anodized aluminum construction affords both superior strength and durability. Nickel-plated corner pieces provide protection while the Pakatable is being carried or stored.

The Pakatable will support up to 300 pounds, and may be used as a simple treatment table or for the most extensive deep bodywork procedures. Comfortable, one-inch-thick foam padding is covered with tough, washable vinyl





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**The Professional Touch for Health
massage-balancing table
for classes, home and office**

which is available in four attractive colors: black, blue, tan or burgandy-red. Extra thicknesses of padding may be optionally ordered additional cost.

Also available as an extra-cost option is a head rest with face hole. This unit is constructed with the same exacting care as the Pakatable. The head rest snaps quickly into place at the end of the table, and includes an integral, positive-locking leg support. The head rest folds easily for compact storage within the table when folded.

The Pakatable is offered by TH Enterprises Store in three heights (26", 28" and 30") and two widths (24" and 28"). Length is 72" open and 36" closed.

Prices:	Retail	TFH
Member		
Regular	\$214.00	\$175.00
Headrest	\$269.00	\$215.00
Extra Wide Regular	\$254.00	\$205.00
Extra Wide Headrest	\$314.00	\$265.00
Facehole By Prophetor	\$269.00	\$215.00
Massage table accessories:		
TableTote	\$19.95	\$17.95
Table Wrap	\$49.95	\$44.95

Please note that Massage Table prices may be increasing at the end of this year.

NEXT ISSUE

October TFH TIMES

LISTED INSTRUCTOR'S WHO ARE TEACHING TFH... .. PUBLICATION DEADLINES 15TH PRIOR TO THE NEXT TFH ISSUE

Memorial Gifts and Bequests

Many friends of Touch For Health Foundation have chosen to honor the memory of deceased relatives and friends with a tribute that also serves the living.

A personal acknowledgement will be sent by the Touch For Health Foundation to the survivors of the deceased advising them of your Memorial Gift. Please be sure to tell us the name of the deceased and the name and address of the individual to whom the notification is to be sent.

Families of the deceased may wish to include the following statement at the end of the obituary notice:

Friends of the family are invited to make a Memorial Gift to the Touch For Health Foundation, 1174 No. Lake Avenue, Pasadena, California 91104

For those who wish to remember the Touch For Health Foundation in their will, the following statement is suggested:

I give, devise, and bequeath to the Touch For Health Foundation located in Pasadena, California, the sum of \$_____ (or property herein described) for its discretionary use in furthering its program.

Those wishing to name the Touch For Health Foundation as a beneficiary in an insurance policy may obtain the necessary legal form from the insurance company or agent.

Should the donor wish to create a Memorial Fund in a will or insurance policy, please state, after the sum or property described, that the fund is to be known and designated as "... (name) ... Memorial Fund."

All kinds of people are Touch for Health Graduates.

Some are like wheelbarrows -
not good unless pushed.

Some are like kites -
if you don't keep a string on them,
they fly away and then crash.

Some are like canoes -
they need to be paddled.

Some are like footballs -
you can't tell which way
they'll bounce next.

Some are like balloons -
full of wind and ready to blow up.

Some are like trailers -
they have to be pulled.

Some are like a good watch -
pure gold, open faced, busy hands,
and full of good works.

What kind are you?

**Touch
for Health
Foundation**

1174 NORTH LAKE AVENUE
PASADENA, CALIFORNIA 91104

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Address Correction Requested