

# *Connecting Touch News*

**“Healthy Living Through Healthy Touch”**

July 2006

**About our new e-newsletter...** I will be sending it out the first of each month. I have included only the individuals who have expressed interest in receiving email from us. If you do not want to receive it, contact me at [jack@connectingtouch.com](mailto:jack@connectingtouch.com), and I will promptly remove you from our email list. If you would like to share this newsletter with your friends, please feel free to do so. You can access a printer-friendly version of our newsletter (as well as prior newsletters) at <http://www.connectingtouch.com/ct/newsletter/default.htm> .

And as always, I thank you for your continued support and encouragement.

Jack Hayes

## **~Did You Know?~**

- Acupuncture stimulates and activates the body’s immune and healing systems
  
- Massage is very beneficial for our aging population by:
  - Promoting well-nourished and healthy skin
  - Improving circulation of blood and lymph
  - Improving immune system functioning

**Check out page 6 for the new referral thank-you program!!**

# ~Business of the Month... Valley Savings Bank~



## Community Roots...National Pride

### Receive an American Flag from Valley Savings Bank!

From Monday through Wednesday July 24-26, anyone who receives a massage or buys a massage gift certificate will receive a certificate for a **FREE 3'x5' American Flag**...show our colors with pride! Valley Savings has 3 locations: 505 Graham Road and 140 Portage Trail in Cuyahoga Falls and 3707 Darrow Road in Stow. Valley Savings Bank was founded on February 14, 1923 as a savings & loan. Valley Savings is a community bank meeting community needs; they are big enough to handle your money and small enough to know your name. Remember to thank the entire staff when you pick up your American Flag from any one of the three locations. (Limit one certificate per person.)



# **Connecting Touch is celebrating our 11<sup>th</sup> Birthday!!!**

Wednesday September 13  
from 10:00 am to 7:00 pm,

Join us for:

- **Free Chair Massage**
- **Free Chair Reiki**
- **Free gifts to everyone**
- **Spectacular Door Prizes**
- **Refreshments**
- **Meet Photoartist Jim Nelson**
- **Acupuncture presentation**
- **Gemstones and jewelry display**
- **And of course “lotsa” Birthday Cake!!!**

Come early-stay late-meet our staff-make new friends

# ~Frequently Asked Questions~

## How is massage beneficial to the older adult?

Therapeutic massage helps reduce the negative effects of aging by reducing the physical and mental effects of stress and anxiety known to accelerate the aging process.

Massage can:

- Enhance general relaxation
- Improve sleep
- Reduce anxiety
- Enhance tissue elasticity and flexibility
- Increase range of motion in joints
- Provide relief for arthritis

## How can therapeutic massage improve my workouts?

**Recovery:** Therapeutic massage helps the body recover from the stresses of strenuous exercise and facilitates the rebuilding phase of conditioning. Massage is helpful in the removal of waste products, leading to better cell nutrition.

**Overtraining:** Adequate recovery is a major factor in avoiding the overtraining syndrome. Massage helps avoid overtraining by facilitating recovery.

**Trouble spots:** You may have your own unique trouble spots, perhaps from past injuries. A massage therapist can pay special attention to those areas, monitor them for developing problems and keep them in good condition.

Massage therapy will help you stay active, healthy and injury-free.

Do you have a question? Just send it to [jack@connectingtouch.com](mailto:jack@connectingtouch.com) and we will answer it in a future issue. Also, you can go to [http://holisticonline.com/massage/mas\\_home.htm](http://holisticonline.com/massage/mas_home.htm). This site is full of useful and reliable information.

# ~Calendar~

## Drop-In Meditation Classes with Tajalli

2<sup>nd</sup> and 4<sup>th</sup> Thursdays 6:30-7:30pm \$15 each or 4/\$48 prepaid

## Pamper Your Partner Massage Class with Jack Hayes

First Tuesday of the month 6:30-8:30pm (not July) 8/1, 9/5, 10/3  
One Saturday a month 2:00-4:00pm 7/15, 8/19, (not Sept.), 10/14  
Cost: \$60/couple (bottle of oil and book included)

## Reiki Classes with Ed Coyle, Reiki Master/Teacher

Reiki I: Sundays September 17 or October 22  
Reiki II: Sundays October 15 or November 19  
9am-6pm, \$150 each or \$250 for I & II  
A.R.T. and Reiki Master Level: Scheduled as needed  
Reiki Master Class: July 8 and August 12

## Tai Chi Classes with Gary Harris

Tuesdays August 29-October 17 5:30-7:00pm \$80

## Yoga Classes

Tuesdays 10-11:30am August 1-September 19 \$80/8 weeks  
Wednesdays 4-5:30pm August 2-September 20 \$80/8 weeks  
Instructor: Heidi Shaffer  
Wednesdays 6-7:30pm August 2-September 20 \$80/8 weeks  
Instructor: Betty Zenar

## Labor Day September 4

Center Closed

## Connecting Touch's 11<sup>th</sup> Birthday Open House

Wednesday September 13 10am-7pm  
Free chair massage, chair Reiki, door prizes and birthday cake!

## Build Your Business Seminar presented by Jack Hayes

Sunday Oct 1, 2006 9:00am-1:00pm \$75

# ~News from CTT~

**Jack Hayes** is partnering with local businesses to bring you special discounts and freebies (see page 2 for the free American flag). Watch for future events.

**Check out page 6 for the new referral thank-you program!!**

## ~Acupuncture now available~

Beginning in August, we will have a certified acupuncturist available here for you. **Shila Mathew, MD**, certified in Medical Acupuncture from McMaster University, will be taking Sunday appointments.

Dr. Mathew is also trained in GTT acupuncture to treat myofascial pain, fibromyalgia, stress, substance abuse and numerous musculoskeletal conditions. She is a member of the American Academy of Medical Acupuncture and is the medical director and co-founder of [www.holisticonline.com](http://www.holisticonline.com). You can learn more about Dr. Mathew and acupuncture at [www.drshila.com](http://www.drshila.com).

## ~Referral “Thank You” Program~

Our biggest growth has come from our own customers referring their friends and families to us. So, on July 1 we will be starting a new program in which we thank you, our customers, for all the people you refer to us. **For each referral of a new customer, you will receive one (1) movie ticket to a Regal Theater.** Just have the referred person let us know that you referred them, and we will take care of the rest. (The referral is for a massage or Reiki treatment and the person has never been to Connecting Touch. Contact us for complete rules and guidelines.)

## ~Community Room~

**\*Baby Shower\*\*Bridal Shower\***  
**\*Birthday Parties\*\*Business Meeting\***

We have a Community Room in which we hold our classes, and we also rent out this room. If you or your organization is looking for a meeting room, contact us for availability. Great for meetings, bridal showers, birthday parties, etc. **Wireless Internet available.** Call 330-945-9354 for details.

# ~Know Your Therapist~

Each month we will feature one or two therapists

## **Annie Lohmier, LMT**

- Licensed 1 year and our newest massage therapist
- Deep Tissue
- Fibromyalgia Massage
- Myofascial Release
- Polarity
- Pregnancy Massage
- Reiki
- Trigger Point

## ~Types of Massage~

There are many types of massage techniques. Our therapists are trained in many modalities, some of which are listed below. This is not an all-inclusive list.

Relaxation Massage

Cranial Sacral

Polarity

Deep Tissue

Pregnancy Massage

Fibromyalgia

Reflexology

Geriatric Massage

Reiki

Myofascial Release

Shiatsu

Neuromuscular Therapy

Sports Massage

Trigger Point

## ~Comments~

“Thank you so much! ☺ You really are a great place and I would love to spread the word! ☺ Thanks so much and have a great day!”

“Your practice is really awesome. Just love it!!”

**Do you have any comments or suggestions? Just send them to [jack@connectingtouch.com](mailto:jack@connectingtouch.com)**

# ~Staff~

## Massage Therapists

Michael Hale	Steve Honn	Bill McKinnon
Theresa Hastings	Mark Lamson	Jennie Dwenger
Jack Hayes	Annie Lohmier	Hallie Unkel

## Reiki Master/Teacher

Ed Coyle

## Certified Acupuncturist

Dr. Shila Mathew, MD

## Office Staff

Jack Hayes.....	President
Katie Hayes.....	General Manager
Nikki Hayes.....	Office Manager

# ~About Connecting Touch~

Opened in 1995, we employ only individuals who are licensed or certified in their field of practice, thus providing a high level of service. We are open 7 days a week.

**Massage Hours**.....Monday–Friday 9:00 am to 6:30 pm  
Saturday 9:00 am to 5:00 pm  
Sunday 11:30 am to 4:00 pm

**Store Hours**.....Monday-Saturday 9:00 am to 6:00 pm  
Sunday 11:30 am to 5:00 pm

# *Connecting Touch*

Therapy & Wellness Center, Inc.

960 Graham Road, Cuyahoga Falls, Ohio 44221

**330-945-9354 800-565-2926**

**[www.connectingtouch.com](http://www.connectingtouch.com)**