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March 30, 2017

Kimberly Swiatek
Community Outreach Assistant
Inner Balance Chiropractic
2800 Sweet Home Rd, Suite 1
Amherst, NY 14228

RE: Complimentary Staff Massages

Dear Ms. Swiatek:

On behalf of the Amherst Center for Senior Services, I would like to express our sincere appreciation to you and Inner Balance Chiropractic for the generous donation of time and therapeutic talent in providing relaxing massages to staff.

I was thrilled when our Program Coordinator, Melissa Abel told me about the initial offer. The staff at the Center are the individuals who are always doing and caring for others, so it was such a special treat for them to be pampered.

When the notice was sent out to staff there was an immediate dash to sign up. I understand that Inner Balance Chiropractic went so far as to expand their time at the Center to accommodate everyone who expressed an interest for the March 27th, session.

In total 17 massages were given, and what a difference I witnessed in those who participated. Here are a few of the comments I heard:

- All staff said they *"loved it"*
- *"I wish I could have it done more often"*
- *"I wish there was a massage person on staff"*
- *"I should've done it sooner"*
- *"I was so relaxed after...even wanted to nap"*
- *"I was so relaxed I would have agreed to anything at that point"*

Having worked in the field of aging for many years, I have learned that an antidote to a stressful day and/or ailments lies right at our fingertips, or should I say the hands of a massage therapist. Massages channel feel-good energy through our bodies and benefits our wellbeing. Less stress, mental clarity result in a more effective workforce to an employer, and at the Center it means great care, compassion and optimal well-being for clients as well as staff!

Thank you to Inner Balance once again for thinking of The Amherst Center for Senior Services. We value your service to us and look forward to partnering with Inner Balance in the future.

Sincerely,

Pamela M. Krawczyk, MS
Director
Amherst Center for Senior Services