

A Note From Chris...

Twenty years. That's how long it's been since my family all sat around the table as my mom told me I had cancer. So much has changed since then and so much of that change started in that moment.

Thinking back, what gets me most is the age my parents were. I think about myself in my twenties and the mental effort it took to find my place in the world. As I reach the age that I remember my parents being, I am often struck by the way they handled life.

In America, health insurance or not, getting sick is expensive. My Dad's job was not enough to take care of us and to get us through, so my mom started cleaning houses on the side. She found jobs on her own. She scrubbed and she was proud!

Necessity is a big reason to start doing something. Pride and passion are reasons to continue doing something. Not only was she able to help our family and get me through what ended up being five years of medical visits, she turned what was a necessity into something more, which is why we are reading these words at all.

And through all of this, all the work and effort, she found time. Time to take me to all my appointments, to take care of me while I had to stay home from school, and to just sit with me. When I look back, it's the time that means the most to me. I never felt alone. I rarely felt scared.

My mom has never forgotten the most important gift she gave me, and that was her time. That is why Time in a Bottle exists. It's not just about a clean home. When a doctor tells you someone you love has Cancer, you realize, more than ever, that time is the greatest currency.

There is nothing more valuable in this life than time. Stephanie and her crew take theirs and give it to people who need it most. Just like we needed it then.

Thank you, Mom. I love you.

How Can You Help?

Donations! Your generous donations ensure families dealing with severe illness can focus on their family while we worry about their home.

Fundraisers! Join in on our fundraiser for Time In a Bottle, Inc.! Our non-profit is hitting the streets and Flocking Yards for donations! Surviving cancer is a full-time job, and with your help, we can give a little back with a clean, healthy home.

Volunteer! Time in a Bottle holds community events where all proceeds go to our cause. Feel free to contact us for volunteer opportunities. Donate your time to help us give time!

We are always looking for sponsors to help in any way they can. Time in a Bottle gives the gift of Time doing what we do best, cleaning. If you are interested in helping us achieve our goals please contact us today!



A Non-Profit looking to share the gift of time!

We provide precious "time" to families who need to focus on ensuring their loved ones become survivors of not only cancer, but any other life-threatening illnesses that require hours upon hours away from home and family.

Want to get involved?

Contact Us at 319-377-4404

712 J Ave NE · Cedar Rapids , IA 52402
www.timeinabottle.org

Time in a Bottle

A Federally Tax Exempt Public Charity
319-377-4404 · www.timeinabottle.org

Our Origins...



When Absolutely Clean Owner, Stephanie Nesseth's son, Chris was diagnosed with cancer at age 11, Stephanie quit her teaching job to be home more. She started cleaning homes to make extra money and **Absolutely Clean** was born. With that business came the Non-Profit **Time in a Bottle** where Stephanie and her staff have donated over \$100,000 in free cleans.



What we do...



Provide families battling cancer, undergoing chemo therapy, or any other terminal illness - with 5 free cleans. We want families to make memories in their time; leave the house cleaning to us!

Every moment together is valuable and that's why, at Time in a Bottle, we want to help families get that time back.

Our Origins...



At Time in A Bottle, we clean to make a difference. Our goal is not only to give families a great clean, but more importantly, give them free time. For families battling an illness together, the last thing they should worry about is chores. Free time to spend with family and loved ones is, above all, most valuable.

In 2009, I was diagnosed with Hodgkin's Lymphoma and my treatment plan was bi-weekly chemotherapy for 6 weeks. At the time, I was a single mother, raising my son, Jace (who was 5 at the time), with no family nearby, just a village of friends, to help me get through this. I had known Stephanie Nesseth for some time, prior to my diagnosis, and was extremely fortunate when she reached out, asking to help clean my condo free of charge while I went through treatments. Once the treatments began and the chemo set in, making it more difficult for me, her team from Time in a Bottle swooped in and cleaned my home on treatment days. It felt so great, after a long, tiresome day, to come home and rest in a clean house. As I come up on my 10 year Cancer-Free Anniversary, I would love to thank Time in a Bottle again for everything they did for me during that difficult time. **YOU GUYS ROCK!**



Beth Crotty

10 years cancer-free



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