

Support highlighted in yellow

**Bugbee Senior Center, White River Junction, Vt June 2010 -After 10 treatments over the course of 10 weeks.**

**Ann Grobe**

I would like to see ear acupuncture offered at Community Health clinics, available on a daily basis, with transportation provided if needed.

Clinics in rural areas would be especially helpful as a way to offer preventative methods to ward off sickness and debilitating illnesses.

With the new federal health insurance, it is estimated that the shortage of medical doctors will number in the thousands. This is a wonderful time to empower people of all ages to actively pursue healthy lifestyles. Empowerment and alternative medicine will go a long way to cut back on out-of-control health care costs in the United States.

**Bette Bohnert**

Noticed benefits: Definitely! Less pain and it has a longer lasting affect each week.

Recommend it? Yes. Week 5 I had great relief to my leg pain. It lasted a full 4 days and partial relief for 2 more days - Wonderful!!

Feedback: This gal is gentle and gives a feeling of relaxation to us. Trying to concentrate on the right hip today. Anxious to see improvement/ Relaxing company as well as treatment. R side was very painful last week but after treatment was much much improved.

This has been a wonderful experience and experiment for me. It was also great that we got a grant so that more people could afford it. On the day I had my sessions, it was like day and night. My low back pain was greatly improved for several days after the treatment. I believe, that with regular treatments my sciatica could be a thing of the past. I think that our community would benefit from an ongoing clinic. A clinic that was available and staffed during the week where people could drop in as needed. I feel blessed to have tried this alternative way of pain relief and know that it does make a difference! Thanks Laura!

**Joan Bomhower**

Would like ongoing clinic, would like needles on my other parts of the body for pain. More flexibility - several times a week maybe. Available through community clinics.

**Kay Clark**

Noticed benefits: Not yet but I'm sure I will. My weight control is better, I'm pleased. These treatments make me feel great, positive and aware of what I do, like food management, and just aware of my body.

Recommend? Yes, yes, yes, yes, yes, yes.

Feedback: I like having this done and am anticipating a good beginning on some weight loss! Believe it or not but I have lost pounds, probably mostly water but I'll take that!!!! Last week (3/31/10) my arm (left) was hurting for maybe about a week or two and after the session was over and it was around 6 or 7 o'clock that evening all of a sudden I said to my husband my arm was not hurting any more and here it is a week later and everything is fine. Thanks Laura.

### **Myrtle Spaulding**

Noticed benefits: I have had better nights sleeping. Only get up once or twice a night. 1. Knee is getting better. 2. Fingers are getting better. 3. Elbow some better. 4. Neck is better. 5. Shoulder is better

Recommend: Yes

I would like ongoing clinic where it is affordable and easy available at least 3 times a week. It could be in a community facility.

### **Rosa DelaRosa**

Notice benefits: Yes, I sleep much better now and have more energy. 2/10 I feel better my lumbar pain. 3/3 I feel my back better. 3/10 same w/my back. 3/17 my pain in lumbar is ok now. 3/31 I don't feel pain in my back (lumbar). 4/4 my balance is better. 4/14 I feel much better!

Recommend: Yes

Feedback: Do this treatment because is good for your health. Everybody can do it! Thank you!

I want more treatment of acupuncture in clinic available at least 3 times a week in a community facility where people can come together.

### **Beverly Pippin**

Noticed benefits: more relaxed, a little more energy; slight improvement in appetite control; continue to have an improved feeling of well being

Recommend: Yes

Feedback: I am thankful for the opportunity to have these acupuncture treatments. Ongoing clinics would be appropriate if they are affordable.

### **Helen Zuba**

Noticed benefits: Yes

Recommend: Yes

Feedback: Would like to see additional classes conducted at Bugbee as I believe it's an important program for seniors, etc.

**Janet Warren**

Notice benefits: Yes, less back pain, sleep better (x2), calmer

Recommend: Yes

Feedback: would like to have more appointments at reasonable rates for seniors.

**Rob Blackmer**

Noticed benefits: yes, more relaxed and foot pain is better; no change; foot pain is not as 'sharp' and did have 2 nights w/o pain; pain remains the same; pain might be less painful this week; pain in foot is some better and not as sharp

Recommend: Yes

Feedback: I would like an ongoing clinic.

**Joe Rubino**

Notice benefits: not really, too early in the class! 1/27

Recommend: Yes

**John Wilfert**

Notice benefits: yes- able to sleep better

Recommend: Yes

**Lynn Rubino**

Notice benefits: yes

Recommend: yes

Feedback: 2/17 not much change today but may not be noticeable until later. 2/10 was ill today and just began antibiotic treatment so results were skewed

**Patricia MacDonald**

Noticed benefits: overall better

Recommend: yes

Feedback: is it possible to target specific points on the body - like shoulders and hip are arthritic

**Sandy Wilson**

Noticed benefits: yes- last week very tired and took a 4 hr nap.

Recommend: yes