



# EXECUTIVE SUMMARY

## 2025

### MANCHESTER ACUPUNCTURE STUDIO

Manchester & Merrimack, NH • MASNH.org

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#### ORGANIZATIONAL GOALS

MAS is a 501(c)3 non-profit organization whose aim is to advocate for, instruct and provide low-cost acupuncture treatments. This is undertaken simply to contribute to the well-being of the people in the Merrimack Valley and beyond, as acupuncture proves a reliably useful tool to take care of one's own health in a great variety of ways.

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#### ADVOCATE

MAS clinical staff routinely takes part in opportunities to 'talk shop'. In 2025 talks took place in area private medical practices, hospital-based clinics, sobriety support centers, integrative medical programs and various area support groups.

In addition, Rachel served as NHAAMA Board President, Elizabeth as legislative expert and Andy as board member with POCA.

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#### TEACH

MAS clinical staff offered instruction to colleagues from across the country in Milwaukee, WI at POCAFest in September.

Locally, Elizabeth and Andy along with colleague Jeff Davis also offered instruction in three trainings to over 80 area people in the 5NP ear acupuncture protocol. See more on the next page.

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#### PROVIDE

MAS acupuncturists performed **17,000+** treatments in 2025 including ~ **1700** at no cost as part of the Health Crisis Program.

MAS guarantees people clinically appropriate access to treatments no matter the frequency, with support of our donors.

Treatments are most effective when taken frequently enough to match the intensity of symptoms, no matter one's financial situation.

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#### HELLOS & GOODBYES

MAS was very happy to welcome Sheryl Poor & Rachel Bolton to the staff last year. We said goodbye to beloved co-workers Beth Griffey, LAc and Michelle Reney in 2025. Beth remains in Concord while Michelle relocated to Washington state.

We said farewell to Susan Boroskas and Chris Prothro.

# MAS DONORS

Brian Hansen, Doreen Bourassa, David & Christian Conti, Elizabeth & Eric Zuroppski, Joanne Buturlia, Beth Wehner, Diane Murphy, Loren Wright, Nancy Driscoll, Donna Roy, Sheryl Poor, Carol Derosia, Mary Murray, Gary Blanchard, Ann Reczko, Rich Lourenco, Gail & Gary Gordon, Diane Oullette, Connie Gaiero and the MAS Board of Directors.

**Thank you for  
taking care of us all.**

## COMMUNITY PARTNERS

Granite United Way, Lakes Region Casino, Eliot Hospital Solinski Cancer Center, WorkNowNH, HOPE for NH Recovery, POCA, POCA Tech, NE School of Acupuncture, Meetinghouse in Manchester, Integra Direct Primary Care, Acts Of Kindness, Dartmouth Hitchcock Pediatric Integrative Medicine Initiative & The Majestic Theatre.

It's been an honor to work with these programs & organizations this past year.

## 5NP INSTRUCTION

Since 2024, MAS offers a training program for use of 5NP. This simple, safe and effective ear acupuncture protocol helps address physical and emotional symptoms related to toxic stress, drug and alcohol detox, anxiety, PTSD, depression, trauma, shock and addiction recovery.

More here: [masnh.org/ears](http://masnh.org/ears)

Several graduating trainees, now certified by the state as ADS, began volunteering for the Tuesday eve \$5 5NP clinic at MAS - Manchester.

**Thank you Trina S, Trina M, Bianca, Jeanne and Linda - we love y'all.**

## A LOOK AHEAD TO YEAR 20!

We anticipate unveiling a few fun pieces for MAS' 20<sup>th</sup> year in 2027 and beyond.

**Thank you for sticking with us every year - Andy Wegman, director**

