



Festive friends gather together at Heritage Manor

It was a festive and fun evening last Thursday, Dec. 14, as the Youngstown Lions Club teamed up with Boy Scout Troop 829 and Niagara County Legislator Irene Myers to bring holiday cheer to the residents of Heritage Manor in Ransomville. The evening featured Christmas caroling, the distribution of gifts, and special moments with the residents.

In the photos, the Lions gather with the Scouts, Myers, Heritage staffers and Santa; plus, gift giving and sharing the holiday cheer with residents.

"We had a great time with Boy Scout Troop 829, singing Christmas carols and visiting with the residents," the Lions said on their Facebook post. "Singing really gets you in the Christmas spirit."

(Photos by Kevin and Dawn Cobello // K&D Action Photo & Aerial Imaging)



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I WAS TIRED OF LIVING WITH MY PAIN!

A local clinic in Lockport provides patients with much-needed relief from debilitating fibromyalgia symptoms!

If you are suffering with fibromyalgia, you understand the sentiment all too well. Carol, of Gasport found herself at a turning point when she noticed her diagnosis starting to take a toll on her marriage.

"I was angry all the time because of all the things that I couldn't do anymore due to my fibromyalgia. That anger cycled into depression and affected everyone around me. It made my life miserable."

The root cause of fibromyalgia is unknown, but it affects both the mind and the body. To make things more complicated, it affects everyone a little differently. The most common symptoms are brain fog, headaches, digestive upset, fatigue, widespread pain, and sensitivity to touch. The widespread and traveling pain is often the hardest to deal with.

"I could barely stand to have the light weight of the bedsheets touching me, much less to cuddle with my husband," Carol explains.

This is what it is like to suffer with fibromyalgia symptoms, they make everyday life incredibly difficult. Mundane tasks like doing the laundry feel nearly impossible. And too often, these symptoms are only made worse because practitioners find it challenging to understand and even more challenging to find a treatment that helps.

Your primary care doctor may have suggested dietary changes, pain salves, and prescription medications. Sometimes they provide temporary relief, but more often this routine rules your life and does not provide the relief to the fibro flares that you hoped it would.

Carol put it this way, "my life was no longer my own, it felt like I had become someone that I did not know."

Eventually Carol researched alternative options and discovered that acupuncture could reduce pain and improve the quality of life for many fibromyalgia patients. Determined to find the best in the business, she discovered Stacey Austin Acupuncture in Lockport, led by Stacey Austin a NYS licensed acupuncturist.

Stacey has been successfully treating difficult-to-manage chronic cases for over 13 years. She uses the time-tested science of acupuncture and integrates it with modern medical advancements that encourage healing and recovery. Acupuncture is a form of traditional Chinese medicine, that is commonly used to reduce all forms of acute and chronic pain.

Acupuncture stimulates blood flow, reduces inflammation, and stimulates the release of



endorphins, that reduce pain and stress and improve mood. It can offer much-needed, effective symptom relief for fibromyalgia sufferers. Stacey skillfully layers other non-invasive therapies like ATP Resonance Bio Therapy and O3 Regenerative Therapy for amplified long-lasting results.

"I feel like a new person. My husband comes with me to my appointments, he is thrilled to have his happy wife back. I may not understand exactly why it works, but it is a miracle how she treated my fibromyalgia, I don't know how else to explain it."

If you are looking for a clinician that understands your diagnosis and has a proven solution for chronic pain, look no further than Stacey Austin Acupuncture.

Start the new year off right! Stacey is now accepting new patients. Call 716-628-3802 now to schedule your consultation today.