



The Ruscombe Mansion Community Health Center

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4801 Yellowwood Ave., Baltimore, MD 21209
in the Coldspring Newtown
410-367-7300

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Community Outreach at Ruscombe

May 29 - 31, 2009 **5th Annual Eden Life Journeys Reiki and Wellness Retreat** organized by Brenda Doetzer-Pearlstone Conference and Retreat Center in Reisterstown, Presentations by Ruscombe founder **Zohara Meyerhoff Hieronimus**, and herbalist **Sara Eisenberg**, 410-242-6130, EdenLifeJourneys@aol.com www.EdenLifeJourneys.com

June 11, July 9, Aug 6, 2009 - 3rd Annual **Summer Women's Gatherings** with Sara Eisenberg, MS. **The Currency of the Soul: Questions for Our Times** Currency is a medium of exchange – usually we think of coins and paper money, or of bartered services. Ideas, kindness, open-heartedness, a cup of tea are currencies too – as we give freely of them, they are a medium of exchange that supports others while nurturing us within.

June 23-24 Level I & June 25-29 Level II -**Mining Your Metaphors** with Gina Campbell. A systematic process for working with your client's metaphors to promote decision-making, creativity, personal healing and growth.

July 18, 2009 - **Mirror, Mirror - Journaling for Body Image** with Nancy Evans and Dana Knighten. In an atmosphere of mutual acceptance, respect, and confidentiality, we will use journaling and artmaking techniques to listen to and deepen our relationship with our authentic selves. 410.461.7440, admin@baltimorewwc.org.

Yoga for all levels every Mon, Wed, Fri at Ruscombe and **Tai Chi for Children** on Mondays.



Full schedules and descriptions at Ruscombe.org

Ruscombe's 25th Annual Open House is September 13, 2009, from 1-4PM. Our Open Houses are your chance to find out which holistic therapy is right for you with one-on-one free time with our practitioners.

Ruscombe Mansion on the Heritage Tour of Coldspring

Ruscombe Office Coordinator Helen Baylin welcomed over 30 people attending the Baltimore city walking tour of the Coldspring Community last month. After showing them around our historic and purposeful facility, the tour visited a condominium and the newly and beautifully restored Stone Mansion down on Spring Garden.



The group was also given a presentation on the history, architecture, and community overview of Coldspring. Coldspring Newtown was designed by internationally renowned architect Moshe Safdie and conceived in the 1970s as a "town within a town." It is one of Baltimore's most innovative planned communities. Residents enjoy manicured lawns; beautiful, mature trees and shrubs; tot lots; an Olympic size swimming pool; tennis courts; walking paths; a bird sanctuary and a labyrinth--all on pedestrian walkways. Plus they have the distinct fortune of nestling our "Ruscombe Mansion" within the heart of their community. We are grateful to Ruscombe co-founder Robert Hieronimus and his lobbying efforts on then-Mayor William Donald Schaefer that resulted in the eventuation that Coldspring went up *around* our buildings instead of *overtop* of them.

WANTED: Success Stories Like Yours

Clients being treated at Ruscombe for: Trauma, Anxiety/Depression, Pain, Migraine/Headaches, Digestive, Stress, Relaxation, Insomnia, Cancer, and Carpel Tunnel. Share your healing stories with us in the Ruscombe book in honor of our 25th anniversary. wellness@Ruscombe.org or 410-367-7300 to request our interview application.



Ruscombe Mansion Community Health Center News

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FOX series picked up

Past Life, a pilot filmed in Baltimore last month has been picked up as a series for next season by the Fox television network, as reported in the Baltimore *Sun*. Ruscombe Mansion Community Health Center served as inspiration for the production designers on this series. They contacted us looking for ideas on the office decor of an authentic holistic practitioner and toured our facilities taking notes and photos for their set design. The series follows investigators who use clients' past lives to help solve their cases. Its tentative title during filming in Baltimore around such sites as the College of Notre Dame of Maryland was *Re-incarnation*. If you watch this series next year, think of us!

Ruscombe Outreach Gift Program



Gift certificates to holistic services of your choice with proceeds going to the AUM Center, Ruscombe's non-profit educational program. See Helen in the Central Office for details. 410-367-7300.

The Ruscombe Seal is one used by William Penn in 1699.



Lunch at the Ruscombe Co-op Café



Memorial Day through Labor Day means a different lunch schedule. Visit Adrianna and Josh on the web for weekly menus, recipes and closing notices, www.ambrosium.wiki-dot.com. Check Ruscombe.org for announcements of food available over the summer months.

Stroll by the Mansion Kitchen after your next appointment and if you're lucky, you'll find it's "a LUNCH day," or leftovers in the frig. All vegetarian and mostly organic, and cookies to make you sing and dance!

Meet Linda Grande, M.S., LCPC, CCDC



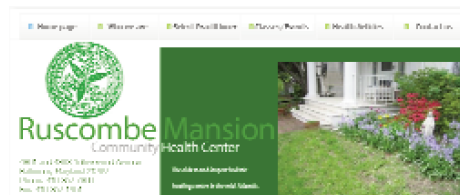
Linda Grande is a Licensed Clinical Professional Counselor, a Certified Imago Relationship Therapist and a Certified Chemical Dependency Counselor. She received her Master's Degree in Counseling Psychology from Loyola College in 1978. Linda works with adults, adolescents, couples, families and groups. Her primary areas of focus are: couples counseling (Imago Therapy), sexual problems,

addiction treatment and family intervention services, eating disorders, hypnotherapy, and family issues. She has specialized post-graduate training in Imago Relationship Therapy, Ericksonian hypnosis, critical incident stress management, and Eye Movement Integration (EMI). Linda is currently working towards certification as a sex therapist.

In addition to Imago Relationship Therapy, Linda offers two Imago classes. ImagoConnects, a three hour program, introduces the Imago Dialogue, as a way to work through the power struggle in relationships and helps participants understand how each partner responds differently to conflict. The day long Start Right, Stay Connected: Premarital Course provides participants with the tools necessary to develop and sustain a lasting and loving partnership.

If you have any questions or would like to make an appointment with Linda you can reach her directly at 410.367.2950 or by email at lindagrande@verizon.net.

Visit Us On the Web at Ruscombe.org



OURS IS A MISSION OF HEALING:

An integrative approach to health care is provided at the Ruscombe Mansion Community Health Center by over thirty certified, licensed holistic professionals in private practice. Ruscombe is the oldest, free-standing center of its kind and size in the mid-Atlantic. Our goal is to address the unique needs of each individual by focusing on the whole person, not simply the physical malady or symptom of disease.

[Learn more about our practitioners here](#)