



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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Editor: Laura Cortner

Founder and Executive Director: Zohara M. Hieronimus

Expand Your Wellness with Classes at Ruscombe Mansion

Love Is In the Earth: Precious Gems and Jewels for Healing and Well Being

Thursday, April 29, 2010 7-9PM

This seminar explores the physical, metaphysical, and healing properties of precious gems. Incorporate Reiki and meditation techniques to increase intuitive understanding and to cultivate intimate connection to the pristine earth form of gem crystals. Register by 4/26/10 www.metajewel.com 443-621-1849.

Free Wednesday Meditation Circle

Every Wednesday 11AM



Free Meditation Circle with Pure Light Blessings organized by Betsey Gilbert. Pure Light Blessings are designed to support the receiver in illuminating the brain and reducing fear

and confusion. This helps to activate our dormant spiritual powers and release all that does not serve us. Invite stillness and peace. betseyr@yahoo.com. 410-321-5906.

Qigong Taiji Jian Shan Fa & Meditation

Tuesdays April 6-May 25, 7-8 PM

Instructor Jeremy Harlow is a 65th generation disciple of Grandmaster Huang, Chien-Liang and is a certified Taiji Quan instructor through the U.S. Kuoshu Federation and the Wu Kui Headquarters. Through the National Qigong Association, he is a certified level III Advanced Qigong Instructor and Qigong Clinical Practitioner. He has studied the healing and martial arts since 1994.

Meditation 101 Class Free

First Wednesday of every month

Paul and Bernadette Trattner - 410-664-6240.

Study with a Master of Classical Five-Element Acupuncture

Sat - Sun May 22 and 23, 2010 9AM-5PM

Follow the path of excellence set forth by Dr. J.R. Worsley in this weekend workshop led by his widow and teaching partner, Dr. Judy B. Worsley. Seminar participants will enjoy lectures and also see patients each day focusing on fine-tuning their diagnostic skills, and treatment planning, and becoming more authentic in their interactions with clients. Email Kim Conner: kgconner@mac.com.

Start Right, Stay Connected and Imago Connects and Premarital Courses

April 18, May 13 and 20

ImagoConnects is a three hour introduction to the Imago process that can help couples deepen and transform their relationship. Embrace struggle as a natural process to work through, not a signal to give up. Contact Linda Grande LCPC 410.367.2950 or lindagrande@verizon.net, www.counselingheals.com.

Giant Yard Sale at Ruscombe

Hill House Needs a New Boiler!

June 13th 7AM-2PM

Location: Ruscombe Mansion Parking Lot



Rain Date Sunday
June 20

4801-4803 Yellowwood
Baltimore, MD 21209

Ruscombe Mansion Community Health Center News

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Meet Lucy Hagan, BA, LMT, NCTMB



Certified Massage Therapist • Reiki Master • Certified Aromatherapist Certified Reflexologist

Lucy is committed to supporting everyone in reaching the greatest possible level of well being, both those who have specific challenges and those who generally feel well. The gentle touch with Craniosacral Therapy, Reiki, aromatherapy, reflexology, and intuitive massage will help keep treatments within your comfort zone.

She works with people of all ages—babies, children, teenagers, adults, and the very elderly. Her focus is to support the release of negativity on all levels for greater experiences of wholeness and well being. The intention of each session is to deepen the connection with our own wholeness for physical, mental, emotional, and spiritual healing with sensitivity, compassion, and understanding.

Lucy works with the client as a partner to choose the modalities that will best facilitate the greatest possible healing. To that end, Lucy can help the client state a clear intention for each session. A session can include one or all of these modalities: Aromatherapy and Raindrop Technique, Craniosacral Therapy, Massage (Swedish and deep tissue), SomatoEmotional Release, Reflexology, and Reiki.

Call 443-226-0050 Email: LucyHagan@aol.com.

Ruscombe In the Community

Follow us to these community events where Ruscombe Mansion will have an information table. *Stop by for a friendly hello and a free gift bag!*

KarmaFest at Oregon Ridge Saturday May 22 10A-10P, Holistic/Psychic/Yoga Festival and gathering of like-minded individuals, www.karmafest.com.

Cancer Survivors Day for Sinai Hospital Tuesday June 6 at the Pikesville Hilton 2-4 PM

An afternoon of fun, information, companionship, a survivors' celebration activity. Call 410-601-9355.

Are Your Eyes Tired?

Visual stress is a common cause of many learning problems, but it can also be the unknown factor in headaches, seasonal affective disorder, and other symptoms. Irlen Vision Therapy recommends several tips to decrease stress on your eyes.

- *Use Irlen Color Overlays to reduce glare. Change the background color on your computer screen monitor to make the letters clearer.*
- *Wear a sun visor. Avoid fluorescent or bright lights. Seek out windows and natural lighting.*
- *Use a magnifying bar when your eyes become tired.*
- *Drink plenty of chemical free, filtered or spring water to hydrate your body. Your brain especially needs you to hydrate for energy and removing toxins.*

For a free phone or email consultation to learn more about Irlen Diagnostics and Scotopic Sensitivity Syndrome, call Shoshana Shamberg, OTR/L, MS at 410-358-7269 or

IrlenVLCMD@yahoo.com.

Ruscombe Founder to Receive Honorary Doctorate

Ruscombe is excited to announce that our beloved founder and Executive Director, Zohara Meyerhoff Hieronimus, has been granted an honorary doctorate from the Saybrook Graduate School in San Francisco. This honor is bestowed for her contributions to social service, and her two and a half decades-long commitment to the health of our region. When she founded the Ruscombe Mansion Community Health Center in 1984, it was the only center of its kind. Today, over 25 years later, we rejoice to see wellness centers in many neighborhoods, and even in many hospitals. Long a pioneer in many fields, Zohara is currently working on a sequel to her last book on the holy women of ancient Israel. It deals with creating the place and atmosphere for prophecy and intuition.

Learn more here: www.Zoharaonline.com.