



Ruscombe Mansion Holistic Health Center News

Issue #58 November 2010 · Editor: Laura Cortner. Founder and Executive Director: Zohara M. Hieronimus

Next Open House is 9/18/2011

NEW COOK ON THURSDAYS AT THE RUSCOMBE CO-OP CAFÉ



We sampled the tasty treats from the new Ruscombe Thursday cook, Michele Gautney, who treated the practitioners to roasted potatoes, sweet potatoes, and beets with a homemade hum-

mus. Like our Tuesday cook, Bonnie Eisenbise, Michele specializes in what we call the “low-carbon lunch” meaning all vegetarian and mostly local, organic and seasonal.

She also follows the Aryurvedic methods of cooking that pays attention to the compatibility of foods, cycle of the seasons, and vibrations of the cook. Schedule your next appointment at Ruscombe on a Thursday to coincide with Michele’s serving hours of every Thursday between 12 - 3:30. Michele is currently working as a baker at Atwaters, so look forward to home-made breads and tasty desserts! As she says “I do believe in butter!”

RENTAL SPACES AVAILABLE

In addition to full- and part-time private practice office spaces available, the Ruscombe Mansion has several comfortable conference rooms with seating from 10 to 50 and spacious rooms for movement classes or workshops. Attached kitchens, audio visual equipment for additional rental fees, and free parking. Daily and hourly rates available. Conveniently located near Interstate 83, several fine hotels, a natural foods market and grocery stores. Reservations, downpayment and security deposit required.

RUSCOMBE PRACTITIONERS IN THE NEWS



Betsey Gilbert recently took another course in Visceral Manipulation to further her skills in this therapy that focuses on the functioning of the digestive organs. Visceral Manipulation is a massage of the abdominal area to aid in digestion, applying gentle manual forces to encourage normal mobility, tone and motion of the organs and their

surrounding tissues, which may have been compromised by accidents, illness, or other forms of trauma. Visceral Manipulation can help alleviate the symptoms of Irritable Bowel Syndrome, Hiatal Hernia, Reflux, and Digestive Discomfort. Make an appointment with Betsey by calling 410-321-5906.

Dr. Ina Grundmann recently took a course in scalp acupuncture for physician acupuncture grads, and reported remarkable results from this specialized acupuncture technique. Dr. Grundmann is looking for clients with pain, weakness, post stroke, Bell’s Palsy, Parkinson’s, muscular weakness, tremors, seizures, phantom limb pain and related issues to try scalp acupuncture which often produces immediate release. Make an appointment with Dr. Grundmann by calling 410-367-5622.



Rachel Kriger has joined with other colleagues and local businesses in a “pay what you can” business model for acupuncture. Contact Rachel at 410-781-8538, or thatsthepoint@gmail.com, or www.pointsofreturn.com to learn exactly how it works, but it’s essentially just like it sounds. An acupuncture session with Rachel costs \$80, and if you can afford to pay \$90 or \$120, you will be helping others to receive services. Those will then pay as much as they can afford.



wellness@Ruscombe.org - www.Ruscombe.org - 410-367-7300
4801 Yellowwood Ave., Baltimore, MD 21209 in the Coldspring Newtown

MEET OUR PRACTITIONERS

MEGAN DENARAH
McHOLD-FERRON



Ruscombe is pleased to welcome Denarah Ferron, and are grateful to Laura Stauffer for discovering her. As much as we will miss her, we are as happy as Laura's clients to know that Denarah has already begun to ably fill her appointments with the same steady, peaceful, and calming but revitalizing energy that Laura infused into that Inner Library office of the Hill House. Do yourself a favor and experience a massage with Denarah in this particularly charged space.

She is known for her deep pressure work to relax structural muscles, but Denarah's passion is energy work, because she cherishes the chance to help facilitate a client to heal themselves, and recognizes the client as the healer, not herself. Her philosophy is that we are all healthy, but sometimes we get out of balance, and she considers it a blessing to be able to help others restore their balance and maintain their wellness.

Denarah tells us her earliest memories involve roaming outside stalking wild plants, reading about herbal medicines, and concocting herbal remedies. This focus on the outside world lead to her interest in caring for and helping to heal the environment. Denarah graduated from Mt. Holyoke College with a degree in Environmental Studies, and taught outdoor ecology for years to grade school students, worked on a whale watching research vessel out of Salem, and planned low impact gardening workshops for the Maine State Planning Office as an AmeriCorps Volunteer.

She graduated from Baltimore School of Massage with an academic achievement award, and is nationally certificated with the National Certification Board of Therapeutic Massage and Bodyworkers, and also holds a Maryland State License.

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Beautiful wood fired stoneware bowls and other articles made by **Nick Corso** are part of the "Carroll County Artists' Studio Tour", www.ccarartists.com, on December 4-5 from 10A-5P. Nick can also make custom-designed items, great holiday gift ideas! nick@woodfiredclay.com.

COMMUNITY OUTREACH AT RUSCOMBE

Ruscombe Mansion was a part of the Grace Lutheran Wellness Fair the first weekend in November, handing out information and speaking to their parishioners about options in natural healing offered at Ruscombe. We enjoy these opportunities to introduce new friends to the peaceful, healing atmosphere of the Ruscombe Mansion.

Join Ruscombe Mansion at the Waldorf School Holiday Fair on December 4th all day. Great place for kids to have fun while you do your holiday shopping.

ENHANCE YOUR WELLNESS: ATTEND THESE CLASSES AT RUSCOMBE

Money Talks with Teens: For Parents of Teens

November 18, 2010 6:30 PM - 8:00 PM

The Houses of the Sacred Zodiac Wheel and the Twelve Archangels

Friday, November 19th: 7:00 PM - 9:00 PM. Jayne Howard Feldman has been communing with the angels for 40+ years. She is a spiritual astrologer who shares with her clients their connection with the archangels and the angels' divine energies through planetary placements in natal charts and yearly solar return charts.

Cooking Classes - 15 Minute Meals

November 20th - 2:00 pm to 4:00 pm. Your Favorite Dishes - Delicious & Satisfying! Best ever turkey, stuffing, veggies, kraut and dessert! (without the food-coma!)

Ongoing Coldspring Meditation Group

Every Wednesday at 7:00 PM - 8:00 PM

Friday Morning Slow/Mo + Restorative Yoga

Every Friday at 10:30 AM - 12:00 PM

Complete listing and updates on Ruscombe classes www.Ruscombe.org. Subscribe to our email list for updates and special discount offers.