



# Ruscombe Mansion Holistic Center Newsletter

*Ruscombe Health Means Peace, Truth, Love and Plenty for Us All*

Editor: Laura Cortner. Founder and Executive Director: Zohara M. Hieronimus

Newsletter # 60

Feb 2011

## 4 Ways to Stay Well in Winter



by Rachel Kriger

*Points of Return  
Acupuncture & Wellness  
Coaching 410-781-8538*

1. Most of nature's noises are quiet or silenced now. It is a great time for us to practice being still and quiet

whenever possible. Use your energy reserves wisely. Notice when you are tired, and honor the wisdom of your body. Rather than ignoring this wisdom to continue doing the task at hand, take a few minutes for being still and quiet. Then return to the doing.

2. On cold days eat warm hearty soups, whole grains, small dark beans, seaweed, steamed greens and roasted nuts. Cook most foods for a long time on a low heat. Eat moderately salty foods and small amounts of bitter foods. If you tend to be cold, use warming and pungent spices such as garlic, onions and hot peppers.

3. Drink plenty of water. In this cold time of year, drink hot or warm water. And, if you are sensitive to the cold, wear a haramaki (an extra layer to cover your kidneys and lower abdomen) to keep your vital organs warm and your blood circulating.

4. Go to bed early and wait for the light of the sun to get up. If you need to wake up before that, make time for a nap if you are tired in the afternoon.

## Exciting Changes to Community Hall

Pardon our dust for the next few weeks as the Community Hall in the lower level of the Hill House receives a waterproofing treatment, a brand new floor, a redesigned entryway, new furniture and other comfortable touches.



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Thanks to a generous donation from Ruscombe Founder and Executive Director, Dr. Zohara Hieronimus, the Ruscombe Community Hall will open to new rentals in March as a terrific place for both movement therapeutics and classroom lectures. The Community Hall measures approximately 27 x 27 feet and has tables and comfortable chairs available to seat 50. One wall is lined with mirrors, another wall with windows. Contact Helen in the Central Office to reserve space. 410-367-7300.

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Welcome to the January 2011 Newsletter from Ruscombe Mansion. We hope you will find our semi-monthly update useful and welcome any feedback you may have. Add us to your address book or trusted senders list so you can be sure you will receive it.

Pass it on! Please share this with anyone who is interested in natural health and wellness, or who has not heard about Ruscombe Mansion Holistic Health Center. We thank you!

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Ruscombe Practitioner [Shoshana Shamberg](#) to be awarded the FAOTA award, AOTA Roster of Fellows

Shoshana Shamberg OTR/L, MS, Certified Irlen Diagnostician, will be awarded the FAOTA award, AOTA Roster of Fellows, this year at the **American Occupational Therapy Association, Inc. (AOTA)** Annual Conference in Philadelphia on April 16, 2011.



Shoshana Shamberg with Helen L. Irlen, MA, LMFT

FAOTA awards OTs who have contributed to the profession in profound ways as innovators and leaders. A rigorous selection process and nomination process reviewed by a select committee of AOTA appointed reviewers determines who is awarded this prestigious recognition of achievement and contribution over many years of service.

Shoshana will receive the FAOTA award and induction in the Roster of Fellows of OT in April at the Annual AOTA Convention in Philadelphia

where over 10,000 OTs and OTAs from all over the world, gather and attend educational sessions and networking events. Shoshana will also be presenting a seminar on Irlen Method and how Visual Stress and how It Affects Reading, Writing, Math, Behavior and Sensory Processing. Shoshana is President of [Abilities OT Services and Seminars, Inc.](#) ([www.AOTSS.com](http://www.AOTSS.com)) and [Irlen Visual Learning Center of MD](#) ([www.IrlenVLCMD.com](http://www.IrlenVLCMD.com)) and has been an Occupational Therapist and Special Educator and Consultant for over 30 years.

## Food Drive



We are supporting Grace Outreach Center at 2605 Banister Road with an on going food drive. They have a food pantry that they distribute from the third Thursday of the month. Please leave non-perishable donations in the bins inside the Mansion and Hill House.

## FOR SALE

These professional stacking conference tables are for sale: \$500 for all 4. The tops fold when not in use. They can be put together as shown here or used for training tables separately.

Contact Helen in the Central Office if interested in seeing them. 410-367-7300



## Meet Our Practitioners:

**Brenda S. Doetzer,  
Reiki Master Teacher,  
Singer, Sound Healer**



Brenda S. Doetzer, Usui and Karuna Reiki® Master, graduated from UMBC with a BA in Psychology. She has always felt that her purpose is to "help people", and searched many years to find the medium, which best suited her. In 1995, Brenda found what she had been looking for--the wonderful healing art of Reiki. Brenda integrates several types of Reiki and energy healing into her healing sessions, as well as sound healing. Acutonics® is another resource for healing, utilizing tunic forks, and Tibetan singing bowls. She intuitively knows what is needed, at the time, for each individual. A full session, is usually 45-60 minutes long, and creates a wonderful radiance which is deeply calming, very powerful, yet gentle.

For further information, see her website:

[www.edenlifejourneys.com](http://www.edenlifejourneys.com)

Reach Brenda at:

410-367-7300 or 410-242-6130

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Holistic Center**

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