



Ruscombe Mansion Community Health Center eNews

Issue #72

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A Memory Aid for First Aid - "F.A.S.T."



Stroke Awareness
problems, difficulties walking, or a splitting headache.

Some of the most important items in your First Aid kit* are mental tricks. Practicing the ability to stay calm and rational will aid you in any emergency.

Here is a new memory trick to help you save a life if you suspect someone near you is having a stroke. Response time is extremely important with a stroke, and a delay can mean the difference between full recovery and severe brain damage.

Often people will have a stroke and not realize it. Symptoms can develop suddenly and unexpectedly. You should suspect someone is having a stroke if they exhibit signs of sudden numbness, weakness, paralysis, confusion, vision

The faster you can provide medical intervention, the better you make their odds for completely reversing the stroke symptoms. A stroke can affect senses, speech, behavior, thoughts, memory and mobility. F.A.S.T. -- How To Tell If Someone's Having A Stroke -- F.A.S.T. Remember the Memory Aid "FAST" because time loss means brain loss.

F (Face) Ask them to Smile. Does one side of the face droop?

A (Arms) Ask them to raise both arms. Does one arm drift downward?

S (Speech) Ask them to repeat a sentence. Are their words slurred?

T (Tongue) Ask them to stick out their tongue. Does it deviate from the middle?

If any of these symptoms are present, time is essential. Call 911 immediately.

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In This Issue

[F.A.S.T. Stroke Awareness](#)

[The Importance Of Mistletoe In Treating](#)

[Cancer - Fundraiser](#)

[Ruscombe Practitioners - Continuing
their educations](#)

[Practitioner of the Month](#)

[Natural Beauty of Ruscombe Mansion](#)

[Have you tried Meetup.com?](#)

[Classes at Ruscombe](#)

[Help Whales and Dolphins Online](#)

[Find us on Facebook](#)

Practitioner of the Month: Heather Dorst, RN, M.Ac.,L.Ac.

I am a licensed acupuncturist as well as a registered nurse. I have been practicing acupuncture at Ruscombe Mansion since



1988, after graduating from Tai Sophia in Columbia, Maryland. I have been involved in health care for over 30 years. In addition to my private practice, I have been on the faculty of the Tai Sophia Institute since 1990.

If you have any questions, I would be glad to have a phone consultation with you about your concerns.

**For More information
Please Call 410-367-0606**

The Importance Of Mistletoe In Treating Cancer



www.BelieveBig.org

The Believe Big Foundation helps families navigate the cancer journey by providing resources, direction, and hope. This trial is a huge step forward because it brings the conventional and complimentary medical communities together. Our own Dr. Peter Hinderberger is overseeing the holistic portion of the trials at Hopkins.

A fundraiser for Clinical Trial of Mistletoe for Cancer at Johns Hopkins is being held on Saturday, April 27th, 2013 at the Hunt Valley Inn.

Join us for what promises to be an exciting and encouraging evening as we hear how we can make a difference in the lives of those that are Facing, Fighting, and Overcoming cancer. We will be having a Cancer Prevention Health Fair prior to the dinner from 5:45 - 6:30 where you can gather information on nutrition and healthy products for you and your home.

Keynote Speaker is Dr. Luis Diaz, Director of Translational Medicine at the Ludwig Center for Cancer Genetics and Therapeutics at Johns Hopkins Hospital.

[Learn more and buy tickets online at www.BelieveBig.org](http://www.BelieveBig.org)

Ruscombe Practitioners - Continuing their educations all over the world!

- Betsey Gilbert is studying in India in February with her teacher Sai Maa Lakshmi Devi, www.HumanityInUnity.org
- Diana Keener is headed to China in March to study QiGong with her teacher
- Tessy is headed to Japan in April to teach Advanced Rolfing
- Zanti Jabs is taking a vacation trip to Korea in April and is also teaching QiGong to first year medical students at the Johns Hopkins Medical School. It is now part of their requirements!

The Natural Beauty of Ruscombe Mansion

Spring arrived on Wednesday, March 20, 2013



Ruscombe Mansion - Flowers in the garden from 2012.

This photo is one of many wonderful photos of the natural grounds taken by David Penney, Ruscombe Property Steward. David ensures the grounds are cared for without any harmful chemicals and the plant and wildlife flourish.



Ruscombe Events on
Meetup.com

Have you tried Meetup.com? A fun and free way to find stuff to do! [Join our meetup group](#) to get updates

www.Ruscombe.org



www.WhaleAndDolphinWatch.com

The US Navy has permission to kill, maim & harass whales, dolphins & other cetaceans 31 million times over the next 5 years, despite the outcry of hundreds of thousands of citizens.

Tell the Department of Fisheries/NOAA to stop issuing permits for this slaughter! Visit www.signon.org/sign/stop-us-navy-plans-to

They honor all who have served in the United States Military and desire to work together to find solutions.