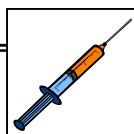


FLU SHOTS



Flu & Pneumonia Vaccines will be offered on Wednesday, **October 21** in the Lodge Multipurpose Room from 9:00 A.M. to 1:00 P.M. and from 2:00 P.M. to 6:00 P.M. (Please use the side entrance door to access the room.)



HOLIDAY CLOSINGS

Monday, October 12, 2009
Thursday, November 26, 2009
Friday, November 27, 2009

As always, when the office is closed, a nurse is available by phone. Call 410-224-5683 and ask for the nurse on call to be paged.



July/August
2009

The Heritage Harbour Health Group is a member based non-profit organization that acts as an advocate on behalf of its members. Our mission is to assist with medical and non-medical needs of its members, to enable them to remain in their homes for as long as they wish and are able.

801 Compass Way, Suite 5
Annapolis, MD 21401

Office Hours:
Monday - Friday
8:30am - 4:30pm

410-224-5683
www.hhhg.org

Board of Directors

- * President - Ralph Reeder
- * Vice President - Sandra Reynold
- * Treasurer - Christie Donald
- * Secretary - Audrey Batchelor
- * Consultant in Residence - Priscilla Phillips
- * Caring Network Rep. - Bob Elmendorf
- * Members at Large - Jay Huber, Barbara Miles, Dorothy Hackett, Anna Mrose, Tod Knowles



Laura L. Lawrence, RN
Executive Director

Heart of the Matter

Letter from the Executive Director...

Dear Heritage Harbour Community,

It's hard to believe Autumn is almost here! The exciting thing about that is our **Annual Health Fair** is right around the corner. An insert is enclosed with details of the day, so make sure you bring the insert with you when visiting the Fair.

More than 60 people are planning to be aboard Grandeur of the Seas for the **9-day Eastern Carribean Cruise** in November. We would like to thank Carolyn Dumbauld for her generous donation of time and resources for this fundraiser cruise!

Upcoming events include seminars: **The Emotion Code: Releasing Trapped Emotions** and **Ask the Doctor** with Dr. Titus Abraham, see below for details. Also, the Health Group is once again hosting a **Flu Shot Clinic** on Wednesday, October 21, see the back page for details. Saturday, October 17, the Health Group will co-host a **Croptoberfest**, an all day event for scrapbookers and card makers. Details are also on the back for this event.

We would like to welcome Sheri Fentress to our team at the Health Group. She has replaced Erica as our Administrative Assistant. She happens to be the granddaughter of one of our members. Sheri has been with us for about a month now and has jumped right in.

We are *thankful for the support* so many of you have displayed in response to our Annual Appeal. Your continued support means a great deal.

Good-bye for now,

Laura

Upcoming Seminars at the Lodge

Gazella Weigand, Certified Emotion Code Practitioner, is presenting an informative seminar on **Thursday, October 8 at 2pm** in the Lodge Conference room entitled:

The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness.

Through the Emotion Code Technique, practitioners are able to find and release your negative trapped emotions that can affect you physically, emotionally, and mentally. This healing modality works with the subconscious mind using kinesiology to identify the client's trapped emotions. Once identified, the emotions are released.

Join Dr. Titus Abraham of Annapolis Internal Medicine on Wednesday, **November 18 at 3pm** in the Lodge Auditorium to:

"Ask the Doctor"

Get the answers to questions you've always wanted to ask on topics such as heart disease, osteoarthritis, high blood pressure, diabetes, depression, osteoporosis, kidney disease, cancer screening, nutritional issues, high cholesterol, and other geriatric issues. Dr. Abraham has asked to have as many questions in advance as possible, so contact the Health Group at 410-224-5683 to submit your question.



CROPTOBERFEST

for scrapbooking and card making

Lodge Auditorium from 9:00am - 9:00pm
Saturday, October 17, 2009

Registration is \$30 (rec'd by 10/2) or \$40 (after 10/2). Call the Health Group today to get your registration form!

Door Prizes ♥ Lunch ♥ Snacks ♥ Beverages ♥ Goody Bags ♥ and more!



-FIRST AID KITS-

First Aid Kits are still available in the Health Group office for \$8.00 Stop in and get yours today! They make a great gift, too.



-FOOD DRIVE-

Bring your non-perishable sealed donation to the Health Group office. Your contribution benefits the Anne Arundel County Food Bank.

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Heritage Harbour Health Group, Inc.
801 Compass Way, Suite 5
Annapolis, MD 21401

A Special *Thank You* to our Annual Appeal Contributors!

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 Paul & Janice Carpenter
 Mario & Rosalie Caruso
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 Margaret Wilmore

A Letter From the President

On behalf of the Board of Directors of the HHHG, I want to personally thank all who have responded to our annual appeal. This support represents a true commitment to the Health Group. We hope that those who have not responded will consider doing so.

As a non-profit organization we depend on membership fees, fundraisers and gifts. All of us are squeezed in these difficult times and HHHG also took a hit in our investments with the downturn. In fact, a gift of \$100 per member would allow us to complete the year without having to deplete (or dip into) our savings. Any amount, of course, is welcome.

There are many functions that support the larger community, for example, the monthly seminars and Health Fair. The only way we can continue to provide the many services that are available is by your support. While some may not need these services now we hope to be here when you do.

Thank you all,
 Ralph Reeder



HHHG Contributions



Frances Sparhawk Memorial
 Irene Dorsett
 Leonard & Linda Flood
 Ruth Bandler
 Thomas & Laurel Scott
 Vernice Sparhawk
Jack Powers Memorial
 Doris Erhardt
 Chuck & Shirl McIntosh
Evelyn F. Costa Memorial
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Thanks for Nurses Assistance
 Jeanne Williams

Theresa "Dutch" Fangmeyer Memorial
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 James & Joyce Perrie
 Diane Burkowsky

A Unique Advantage

I just wanted you to know how much my brother, sister, and I value your organization. With the recent passing of our step-father, it is comforting to know that our mother has a professional and caring group such as yours involved in her care.

Mother's primary caregiver has been with her now for over two years. Louise has become a member of the family and has our complete trust. She not only cares for our mother's physical well being but is instrumental in keeping her in good mental health. She was also very good to our step-father while he was in his final days.

Your service has been prompt and flexible whenever we have needed to make any changes or additions. I wish such an organization was available in our home town. It is a unique advantage that the residences of Heritage Harbour have with the many services you provide them.

Thank you for all you have done for our family.
 Maureen A. Belanger

WELCOME NEW MEMBERS

Ruth Fairbanks
 Rita Lucchi
 George & Rosario McFarland
 Wilma Biggers
 John Tomassoni
 Bill & Polly Digges
 Sandra Pertica
 Joseph Giordano
 Thelma Beall
 Angela Grier
 George & Shirley D'Andrea
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DAVID P. BUCK
 Attorney at Law

The Courtyards, Suite 205
 133 Defense Highway
 (2 blocks from the Annapolis Mall)
 Annapolis, MD 21401

410-571-9755

UNDER NEW OWNERSHIP!

Hours of Operation

Mon-Thu 9am to 9pm
 Fri and Sat 9am to 10pm
 Sunday 9am to 8pm

Heritage Harbour
Beer, Wine & Spirits

Deli and convenience items like milk, bread, and eggs coming soon!

Special orders welcome!

410-571-9080

801 Compass Way, Suite 9
 Annapolis, MD 21401

