



**COALITION OF GERIATRIC SERVICES INC.**

Professionals Working Together To Improve The Lives Of Older Adults

**410-997-0610**

info@cogsmd.org  
www.cogsmd.org

MAKING HOWARD COUNTY A BETTER PLACE FOR OLDER ADULTS



The Following Organizations And Individuals Are Serving As 2008 Sponsors.

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BEING THERE SENIOR CARE, LLC  
CHERRY LANE NURSING CENTER  
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Summit Park Health & Rehabilitation  
Trans Care Ambulance  
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**COGS 2008 BOARD OF DIRECTORS**

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**COGS 2008 Fundraiser**  
Proceeds to benefit the Vivian Reid Fund and Neighbor Ride

**"CASINO NIGHT"**  
Bain Center  
5470 Ruth Keeton Way, Columbia, MD 21044

**Saturday, October 25, 2008 • 7:00 pm – Midnight**

Casino Style Gaming, Full Buffet, Beer & Wine included,  
Poker Tournament, DJ, Dancing, Silent Auctions, Raffles and a ton of fun!

For Ticket Order Form  
Email: info@cogsmd.org or call 410-997-0610.

Single tickets: **\$50** each  
Early Bird Special **\$45** each when paid in full before 8/1/2008  
Tables of 8 - \$360 • Tables of 10 - \$425

**Please consider being a Sponsor for this event**

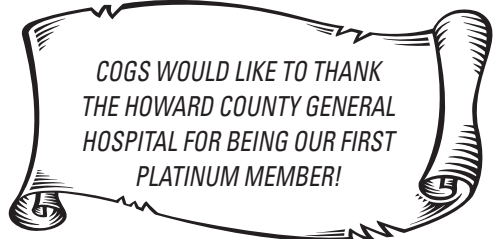
**Sponsor Levels**  
**Ace of Spades Sponsor - \$1000**  
**Includes:**  
• Tickets for 8 people to attend  
• Listing and 1/2 page ad in the program  
• Recognition on signage and from the MC throughout the evening  
• 25,000 extra casino chips  
• 8 cocktail tickets  
• Large Table Placard recognizing Sponsorship  
• 2 entries for the Texas Hold 'em Tournament  
• Recognition and Thanks for Sponsorship in post event Publicity  
**King of Diamonds Sponsor - \$800**  
**Includes:**  
• Tickets for 6 people to attend  
• Listing and ¼ page ad in the program  
• Recognition on signage and from the MC throughout the evening  
• 15,000 extra casino chips  
• 6 cocktail tickets  
• Large Table Placard recognizing Sponsorship  
• 2 entries for the Texas Hold 'em Tournament  
• Recognition and Thanks for Sponsorship in post event Publicity  
**Queen of Clubs Sponsor - \$600**  
**Includes:**  
• Tickets for 4 people to attend  
• Listing in the program  
• Recognition on signage at the event  
• 10,000 extra casino chips  
• 4 cocktail tickets  
• Table Placard recognizing sponsorship  
• 2 entries for the Texas Hold 'em Tournament  
• Recognition and Thanks for Sponsorship in post event Publicity  
**Jack of Hearts Sponsor - \$400**  
**Includes:**  
• Tickets for 2 people to attend  
• Listing in the program  
• Recognition on signage at the event  
• 5,000 extra casino chips  
• 2 cocktail tickets  
• Table placard recognizing sponsorship  
• Recognition and Thanks for Sponsorship in post event Publicity

**MARK YOUR CALENDAR**

Membership meetings are free to COGS members. Non-members pay \$10 at the door and if a cruise raffle is in progress, the guest will receive a free raffle ticket. A Continental breakfast will be provided.

**Notice:** We do NOT have Membership Meeting in July or August. Enjoy your summer.

**Wednesday, September 24, 2008**  
**COGS Monthly Membership Meeting & Elections Breakfast**  
**Location:** Heartlands Senior Living  
3004 North Ridge Rd.  
Ellicott City, MD 21043  
Please note that this is NOT a free meeting.  
**The cost is \$35.00 per person** for members and non-members.  
**Speaker:** Susan Reimer, Columnist for the Baltimore Sun



**COGS is looking for Donations for Auction Items/Baskets, Sponsorship Donations & Volunteers for Casino Night, Oct 25th.**

**Meet Our Sponsor**

Earl V. Wilkinson, MD, board certified otolaryngologist, practicing in Howard County since 1982 is now board certified by the American Board of Medical Acupuncture. He joins a small elite group of less than 500 physicians board certified in medical acupuncture. In Howard County he also serves as president of the Medical Society, Chairman of the Howard County General Hospital Education Committee and is a member of the Columbia Rotary Club. Licensed for the last two years in acupuncture he has positive results using acupuncture to compliment his Western Medicine skills in Otolaryngology. His successful outcomes includes treating: laryngitis, post operative laryngeal surgery pain and inflammation, allergies, cough, nasal congestion, nasal ear block (Eustachian tube dysfunction), migraine headache, shingles and post herpetic neuralgia, bruises, poison ivy, joint pain, and post operative tonsillectomy pain. He is eager to try acupuncture to treat sleep apnea as there is at least one published international study showing that it helps. Having years of experience in Western Medicine gives an amazing foundation on which to add the magical wisdom of the ancient acupuncture techniques.

Acupuncture interest in North America became more wide spread with the front-page article in the New York Times in 1971 when James Reston described that he successfully treated post operative pain after appendectomy with acupuncture. Before Reston, Sir William Osler's The Principles and Practice of Medicine (1982 edition through the final edition 1947) generously endorsed acupuncture for

the treatment of lumbago and sciatica. Jesuit missionaries in Canton, and Portuguese, French, Dutch, and Danish missionaries, traders, and physicians traveling and working in China brought back to reports of Chinese medicine from the sixteenth- and seventeenth-centuries. The earliest acupuncture text known today is Huang Di Nei Jing (Yellow Emperor's Inner Classic). This collection of eighty-one treatises was compiled between the first century B.C. and early first century A.D. Perhaps this was not the true beginning as the "Ice Man" discovered in the Alps a few years ago had tattoos marking acupuncture meridians on his mummified body.

Physicians trained in the Traditional Chinese Method use these skills with their medical background. Dr. Wilkinson's integrated medical practice allows him to use his medical understanding to choose the best treatment option. For some, surgery may be the best. For others he may employ medical therapies and or acupuncture. Acupuncture may help to minimize the expenses of surgery and decrease the need for potentially toxic medications. His amazed patient found acupuncture stopped the spread of poison ivy eliminating the need for a steroid medication. Acupuncture helps migraine headaches without the need for strong medications that impair a person's ability to work or carry out activities. The National Institute of Health's Center for Alternative and Complementary Medicine approves of acupuncture for treating osteoarthritis of the knees diminishing the need for non-steroidal anti-inflammation drugs. Acupuncture can treat an allergic

reaction without using a sedating antihistamine. For those who do not tolerate narcotics, acupuncture can help control pain. Seasickness, nausea and dizziness all can be helped by acupuncture. For patients with skepticism Dr. Wilkinson poses the question: "If one does not ask the question, 'what would happen if?' it may never be answered".

**COGS Welcomes Our newest members:**

**Rainbow Adult Day Healthcare of Baltimore**  
4001 7 Mile Lane  
Pikesville, MD 21208  
410-580-1200  
**Lisa Hawkins, CFO**  
Rainbow Adult Day Healthcare Centers provide care and companionship for seniors who need assistance or supervision during the day. Our team includes full time licensed professional nurses, nursing assistants, social services, activities, therapy, transportation, and translation personnel. Our facility offers nursing care and observation, nutritious meals, recreation, social activities, field trips, assistance with the daily living needs of seniors.