



# Monthly Matters from The Maple Center

September 2007 – ISSUE 12

1801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733

As the change of seasons approaches, we marvel at the brilliant show of color appearing on trees. Hues of rust, orange, and brilliant yellow paint landscapes richer than those painted with the stroke of a master's paintbrush. Just as these leaves change and bring invigorating beauty to our lives, it is vital for us to invite change into our own personal lives. Whether these changes pertain to diet and exercise, reduction of stress, or relational changes, invite the cool winds of autumn to be a reminder to each of us to focus our energies on improved health and relationships.

This issue of *Monthly Matters* from *The Maple Center* also paints broad strokes of change at our organization. New personnel, facility changes, and opportunities to improve personal health are noted in this issue.



## Come and See Us Now!

After weeks of construction, drywall dust, paint, carpeting and all things included in renovation, we are ready to show the world the new additions at The Maple Center and Maternal Health Clinic. We will hold our Open House in Celebration on September 27, 2007 from 4:00pm to 7:00pm.

You will be able to take a tour of our Classroom, John Black Memorial Library, and expanded Maple Center offices that are the result of NAP Donations and donations of labor from local unions and companies. We will kick things off with the ribbon cutting ceremony at 4:00pm.

Then take time to meet our newest staff members:

- Nurse Midwife Deborah Woolley
- Executive Director David Howard
- Program Director Deborah McIntosh

Learn about new programs and therapies such as auriculotherapy for smoking/addictions and the Centering Pregnancy Group Visit approach to prenatal care, and much, much more.

Hope to see you there.

--Submitted by Deb McIntosh, Program Director





## Calendar Connection

**“Yoga for Breast Cancer Survivors: Stretching, Strengthening and Relaxation”**  
**NEXT SESSION BEGINS SEPT. 15**  
**10:00-11:30 AM**  
Register TODAY!

**HypnoBirthing®**  
**Next Session Begins Oct. 24**  
Landsbaum Center  
Register Today!

**“Stress Management Intervention for Women with Breast Cancer”**  
**Next Session Begins October 11 (3:15-5:15)**  
Early Registration Is Encouraged!  
Space Is Limited.

**Tai Chi Sessions**  
**Landsbaum Classes**  
Begin Sept. 11 (5:30 & 6:30)  
**Regional Classes**  
Begin Sept. 12 (6:30)

**MAPLE CENTER OPEN HOUSE**  
Thursday, September 27  
4 PM – 7 PM  
Come & View Our Newly Constructed Facilities!

**DOULA TRAINING WORKSHOP FOR FAMILY & FRIENDS OF EXPECTANT MOTHERS**  
September 29, 2007  
10 AM – 12 PM

## Spotlight on Supplements:

### Alpha Lipoic Acid

*Supporting good health with the knowledge and use of supplements.*

Many are unaware that the Integrative Health Center component of The Maple Center offers for purchase many useful supplements. For a complete listing of our available supplements, access our website at [www.themaplecenter.org](http://www.themaplecenter.org) and click on the Integrative Health Center link which will take you to our “Supplements for Better Health” listing.

#### *Alpha Lipoic Acid (ALA) for nerve and liver damage*

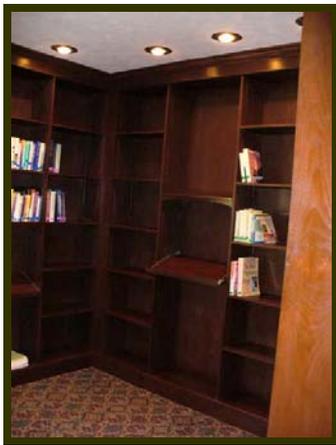
Alpha Lipoic Acid is a powerful antioxidant with both fat and water soluble components. It is useful to protect and assist nerves to heal. Much research has shown its benefits with painful diabetic neuropathy. It shows promising results for other nerve damaging conditions like brain injury, early dementia, and other causes of painful neuropathy (the feeling of burning or painful tingling in one’s feet.) ALA has also been used for liver damage-from toxins like alcohol, amanita mushrooms, fatty liver (from insulin resistance), and hepatitis. Studies show that it helps to improve insulin sensitivity.

ALA can be given intravenously in large doses in emergency situations but is usually taken orally at 300 to 600 mg twice/day for treatment if you have an active neuropathy or liver problem. A preventive dose of 150-300 mg/day is advised for those who have diabetes and no signs of neuropathy yet.

—Submitted by Kathleen A. Stienstra, MD



# Construction Completed!



## Tribune-Star Features Local Unions' Contribution to MHC/Maple Center Construction

### Wabash Valley labor unions pitch in to make Maple Center's new classroom a reality

By Crystal Garcia

The Tribune-Star

TERRE HAUTE — Without the help of local labor unions, the Maple Center's new classroom would not have been possible.

"We've been able to do the whole project because of it," said Mary Huffman, manager of the Maternal Health Clinic in the center, "because labor has been free."

When the project is finished, there will be a new educational classroom in the center at 1801 N. Sixth St. for a "Centering Pregnancy" class, a form of prenatal care, Huffman said.

An open house highlighting all the construction work will be from 4 to 7 p.m. on September 27 at the Maple Center.

The Maple Center offers integrative health and maternity care for the insured on a sliding fee, just as is done with those who are uninsured.

Money from grants and donations paid for the supplies and furniture for the classroom project as well as the Dr. John Black Memorial Library project in the center.

"We're very fortunate to have the support of the trades," said Dr. Kathleen Stienstra, medical director for the Maternal Health Clinic and president of the board of directors for the Maple Center.

A variety of workers performed the labor, ranging from the retired to apprentices.

Stienstra said having apprentices do some of the work doesn't hurt the quality of the work in any way because "they're well supervised by very experienced teachers."

Jared Powell, apprentice instructor of the Indiana Regional Council of Carpenters Local Union 133, was on hand with three apprentices Tuesday afternoon installing doors, changing countertops and installing ceiling tiles.

They had been to the center twice before to frame and hang the room, he said.

"It was a big entry way, just a vestibule before we got here," Powell said.

An apprenticeship for the Local 133 is a four-year program requiring 640 classroom hours, 5,200 on-the-job training hours, 48 skill blocks and an Ivy Tech degree.

Tuesday's work counted as classroom hours for Powell's three apprentices.

"It gives them some on-the-job experience in a less pressured atmosphere where they can learn stuff they wouldn't learn in class," Powell said about volunteering.

Michael Pine, 26, of West Terre Haute has been in the apprentice program for about 14 months. With his stepfather also a carpenter, Pine decided to go into carpentry because he's been around it all his life, he said.

He also enjoys the outside work and watching something getting built from nothing.

Volunteering for a project such as this is important, Pine said because "it gives a better name for union carpenters, I think."

Kevin Marlin, supervisor for CDI Inc., has been organizing the volunteer labor for the center, something he said has been a collaborative effort.

"It's nice to see the local unions and building trades cooperating together to give back to the community," he said.

At least six different labor unions have been involved in the project.

## New NAP Credit Drive Launches for 2007-2008

The Maternal Health Clinic has received \$29,600 in tax credits to be distributed July 2007 through June 2008.

Contact Mary Huffman at the Maternal Health Clinic (812)

### **NAP facts:**

All gifts of \$100 or more are eligible for NAP credits.

Tax credits are given for half of the amount of donation.

Tax credits are given for the tax year when donation is made.

The whole amount of donation may also be deducted for Federal Income tax purposes. (Please consult with your tax advisor).

Credits are granted in the order they are received until all credits are used.

You can take advantage of this opportunity twice—for both tax years 2007 and 2008. A donation made now through December qualifies for the 2007 tax year. After 12/31/07 (and before 6/1/08) a second donation can qualify for the 2008 tax year if credits are available.

### **The Paperwork**

You send your gift directly to The Union Hospital Foundation for the Maternal Health Clinic at 1606 N. 7<sup>th</sup> St. Terre Haute, IN 47804.

MHC sends you the Indiana Department of Revenue form NC-10 for your signature and you mail this back to MHC.

MHC then records the tax credit and prepares quarterly reports for the Indiana Department of Revenue.

Following the quarter, The Indiana Department of Revenue will mail a NC-20 form to you, the donor, for your records to obtain the credit at tax time.

### **The Result—How you collect from the State of Indiana:**

If you have a refund: The State of Indiana sends you a larger refund—larger by half the amount of your gift to MHC

### If you owe Indiana Income

Tax: You may reduce the balance you owe The State of Indiana by half the amount of your gift to MHC.

## Reflections from The Maple Center's New Director

It is without question an honor to have this opportunity of working as Executive Director of The Maple Center, and I appreciate the wonderful support and confidence placed in me by Dr. Stienstra and the Board of Directors.

For those who don't know me, allow me to offer a brief background about myself. I was born and raised in Utah and completed graduate and undergraduate degrees from the University of Utah in clinical social work and recreation and leisure studies, respectively. Along with my wife and children, I then moved to Florida where I earned a Ph.D. in Rehabilitation Science from the University of Florida in 2004. I now work as an assistant professor in the College of Nursing, Health and Human Services with a focus on recreation therapy within the Department of Recreation and Sport Management.



Professionally, I've worked as a practitioner in mental health, substance abuse, and corrections settings. On a volunteer basis, I've been involved in many leadership positions, most notably with the American Therapeutic Recreation Association having served as the Chair of the Public Health World Health Organization team, Coordinator of the General Medicine and Oncology treatment network and Chair of the Public Health Healthy People 2010 committee. At ISU, I am involved with and study psychosocial factors and interventions related to coping with cancer diagnosis and treatment, the World Health Organization and global conceptualizations of functioning, health, and disability, integrative and holistic therapies, and issues and interventions related to disability, sexuality and intimacy. The brief mention of two research studies may interest the reader, shared as simple examples of the parallel philosophy of my involvement at ISU and the programs and practices of the Maple Center. One study, taking place in Philadelphia in cooperation with Temple University and the Fox Chase Cancer Center, provides a dance/body movement intervention for women who've had breast cancer treatment. Another study, being conducted in Indianapolis, provides a mind-body-spirit Tantric Yoga approach for older men and their partner challenged by erectile dysfunction following prostate cancer treatment.

Personally, I enjoy playing and recreating with as much passion as I work. Favorite leisure activities include: attending cultural events, traveling (especially to historical sites), cooking, pencil and charcoal drawing, drumming circles, spending time with friends, playing racquet sports, and attending football and basketball games. Though divorced now for some four years, a huge focus of my life is still on time and experiences with my children.

Again, it is a pleasure to work with so many wonderful people within the umbrella of the Maple Center. It is a remarkable and important service we provide the residents of the Wabash Valley, and I hope to play a small part in the huge potential we have of making a great difference in the lives of many! If we haven't met before, I look forward to getting to know you and learn of your interest in and involvement with the Maple Center...

*--Submitted by David Howard, PhD*

*Your Monthly Donation To  
The Maple Center Provides  
Vital Health Programs &  
Services to Our Community!*

## THE MAPLE CENTER

1801 North Sixth Street,  
Suite 600  
Terre Haute, IN 47804

OR Indiana Residents May  
Donate Online At:  
[www.themaplecenter.org](http://www.themaplecenter.org)

## Doula Techniques for Female Friends or Family

Want a doula, but don't think that you can afford one? Or want someone who you love and trust to be with you while you are in labor, but you are not sure they will know what to do?

The Maple Center will be offering a two hour Doula Training Workshop on September 29 from 10:00 AM - 12:00 PM. This workshop can be for a best friend, mother, sister, grandmother.....someone who loves you and is willing to support you during your labor and birth. They will learn techniques on physical support, comfort measures, and informational support to help you have a more comfortable birthing experience.

The cost for the class is \$50.00. You can sign up at The Maple Center or online. If you have any questions, feel free to contact Annette Alexander, Instructor, at 812-239-5643. Happy Birthing!

## An Update On Stress Reduction Class for Breast Cancer Patients and Survivors

The first of three 8-week series of stress reduction classes, funded by the Wabash Valley Affiliate of the Susan G. Komen Foundation and sponsored by The Maple Center, began on July 25 and will end on September 12. Eight women signed up for the sessions – with the goal of identifying their stress experiences related to both breast cancer as well as everyday life – and changing these experiences through learning new skills. Research has demonstrated that a reduction in stress can have important effects on both psychological well-being as well as physical well-being – an important tool in managing the effects of cancer treatment and recovery.

Each class session is divided into two parts: a 45-minute relaxation session and an hour of lecture and discussion. In both parts, the emphasis is on learning new ways to reduce the emotional, mental and physical reactions to stress that we all have, whether a cancer patient or not. From the class feedback, the relaxation sessions are clearly a hit – a nice respite from the rush of the day and a great way to help develop focus for the rest of the session. In each lecture/discussion, class members are encouraged to share their own stresses and insights as they learn new skills – and they do. Many of the participants comment on the rewards of the group camaraderie.

Skills that are taught include learning to recognize the signs of stress in their early stages, new ways of interpreting our thoughts and reactions, incorporating different strategies for coping with the stresses that are common to our lives, and communication skills. Participants are encouraged to practice these skills, as well as the relaxation techniques presented, during the week between classes. The ultimate goal is that each group member will leave the classes with an established routine for stress reduction on a daily basis.

Due to the generosity of the Komen Foundation, there will be two more series of classes available to anyone who has ever had a diagnosis of breast cancer and would like to learn stress management techniques. **The next series will begin on**

**Thursday, October 11, 2007 and continue through December 6. Classes will be held at The Maple Center from 3:15 to 5:15 pm. There is no fee for the classes.** Registration prior to October 1 is strongly encouraged to allow for preparation of materials – but is possible through the first week of classes.



*-Submitted by Suzanne Harris, PhD (Pictured Left)*



## A Maple Center & Maternal Health Clinic Thank You

We would like to thank the following companies and individuals for their donations of time and talent to complete the construction projects at our facility:

**CDI, Inc.  
MMS-A/E**

**Browns Painting & Decorating, Inc.**

**Kevin Marlin-CDI, Inc.  
Charlie Toth-Laborers  
International Union-Local 204**

### **IN/KY Regional Council of Carpenters**

Billy Livvix, Jr.  
Jared L. Powell  
Jason Alexander  
Zech Algood  
Seth Allen  
Zack Bowman  
Matt Butts  
Louis Gibson  
Curt Jackson  
Aaron Johnson  
Kurt Kipp  
John McKinnon  
Mike Pine, Jr.  
Shawn Royer  
Kurt Wells

### **IBEW Local Union 725**

Todd Thacker  
Charlie Nettles  
Paul Christian  
Tom Heaton  
Jerry Hooper (Retired)  
Tony Jenkins (Retired)  
Rob Pugh  
Tom Syzmanski

### **Laborers International Union of North America Local 204**

Jessie Allen  
Bob Earle  
Bob Gowan

### **Plumbers & Steamfitters Local 157**

Mike Pleasant  
Rich Cheever  
Tracy McBride

### **Sheet Metal Workers Local 20**

Mike Jones  
Clint Mercer

## Are You Trying to Kick The Habit? Auriculotherapy: A New Approach to Tobacco Cessation To Be Offered at The Maple Center



Acupuncture has been used for thousands of years in traditional Chinese and Japanese medicine. Illnesses or problems of the body, mind and spirit all reflect blocks in the flow of chi, or life energy. Thin sterile needles of pure metal are used to stimulate and open up the energy at points in the body where the chi flows. Because pathways in the ears correspond in miniature to the pathways in the whole body, acupuncture points in the ears stimulate and smooth out the flow of chi in the rest of the body.

The National Institutes of Health (NIH) has concluded that there is sufficient evidence to support acupuncture therapy in 1997. These conclusions were adopted from the World Health Organization (WHO) in 1980 that has listed many ailments where acupuncture has proven to be effective.

All of the five points serve to balance the body's energy and assist the body's healing processes. Together, the combined effect of the 5-point protocol restores the calm inner qualities akin to serenity. Dr. Michael Smith, Director of Lincoln Recovery Center, developed the NADA (National Acupuncture Detoxification Association) protocol and describes acupuncture as "helping us achieve balance and control and has a peaceful, calming and empowering effect."

This auriculotherapy has been successfully used to reduce withdrawal symptoms and cravings for tobacco, other drugs, and alcohol. In addition, this therapy has the potential to decrease anxiety and insomnia; support detoxification; decrease relapse rates; promote relaxation, restful sleep and stress reduction; and promote general wellness and preventative health care.

Debbie Stevens, the PSUPP coordinator at the Maternal Health Clinic, has recently been trained and licensed to offer this in collaboration with Dr. Stienstra. Debbie will be offering individual counseling and auriculotherapy sessions to all individuals (not just pregnant women) in individual sessions or group sessions. Call 238-7301 to schedule an appointment.

## Body-Mind Exercises for Chronic Disease Prevention and Intervention

"It is not enough to add years to one's life, one must also add life to those years." John F. Kennedy<sup>1</sup>

Of late, I have been thinking a lot about that statement for a number reasons: I am currently interacting with family, friends and students who are either directly or indirectly challenged by some form of chronic disease that significantly impacts their life or the life of a loved one; many of the individuals who participate in my Tai Chi classes, a form of Body-mind exercise, have a chronic disease, but since they began studying Tai Chi they report signs of improvement; and every weekly news magazine and daily newscast has some discussion of chronic diseases, particularly those linked to obesity. Perhaps another reason is that although I am old enough to remember him saying it, I don't. Personally, I am thinking about how to improve / increase my "life" or more accurately speaking – "quality of life."

As it turns out that quote, attributed to John F. Kennedy, is particularly relevant at a time when the CDC reports that "Chronic diseases account for 70% of all deaths in the U.S. These diseases also cause major limitations in daily living for almost 1 out of 10 Americans or about 25 million people. Although chronic diseases are among the most common and costly health problems, they are also among the most preventable."<sup>2</sup> This is a significant change from a time when most deaths were attributed either directly or indirectly to infectious diseases. The KEY elements are "major limitations in daily living" and "among the most preventable."

A growing body of evidence indicates that the onset of chronic diseases is an interaction between multiple

genetic factors and multiple environmental and / or epigenetic factors. We have no control over our genetic constitution; but we can impact the influence of environmental factors on our genetic constitution and thus improve quality of life. Health and wellness experts agree that the path to "healthy golden years" involves making good personal choices particularly in three key elements: nutrition, physical activity, and stress reduction. Obviously that means we should start making those good choices as early in life as possible – if you are 15, you should begin at 15; if you are 70, you should begin at 70. Whenever we start making good choices there is a positive impact on adding life to those years – so it is never too late to begin. If you haven't already started, now is the optimum time to begin.

Good choices: Where to begin? "We are what we eat;" has been substantiated by many research studies. The best advice is to follow the guidelines recommended by nutrition experts. The information is available from many sources, including the Center for Disease Control and Prevention's "Nutrition for Everyone" site and The Maple Center. And remember even small changes in diet can have a significant health benefit.

One key element down, two to go – physical activity and stress reduction. Fitness experts recommend a minimum of 30 minutes of moderate-intensity exercise 5 times per week for adults or 20 minutes of high-intensity exercise 3 times per week<sup>3</sup>

and 60 minutes of moderate-intensity of exercise 5 times per week for children and adolescents<sup>4</sup>. But what type of exercise? In today's world, it seems our lifestyle choices drive us to multitask. So I recommend body-mind exercises that address both the need for physical activity and the need to reduce stress.

Many people ask me, "What exactly is a *body-mind* exercise?" The definition is a "physical activity performed with an internal focus."<sup>5</sup> Two activities immediately come to mind as effective Body-mind exercises: yoga and tai chi. Both forms of exercise provide a mindfulness form of physical activity. As clinical trials on the efficacy of using yoga and tai chi as interventions continue, a growing body of evidence indicates that these ancient forms of exercise are effective in helping to manage some chronic diseases. There are already many papers published in the medical literature demonstrating that both yoga and tai chi: reduce stress; focuses and relaxes the mind; improve awareness of breath; improve balance and flexibility; improves cardiovascular and pulmonary function; and improve quality of life. Fortunately, The Maple Center sponsors both yoga and tai chi classes. Remember it is important to let your health care provider know what supplemental items or activities you are using! So whether you are looking for an activity to supplement the usual medical care being managed by your health care provider or you are looking for an activity to prevent the development of chronic diseases, I recommend that you try yoga and tai chi. These forms of body-mind exercises may help with the issues you are facing and add life to your years.



**--Submitted By Roy W. Geib, Ph.D.**

**Alvin S. Levine Professor of Microbiology and Immunology;  
Indiana University School of Medicine-Terre Haute**

### References

1. Gary Small, *The Longevity Bible*, Hyperion, 2006
2. <http://www.cdc.gov/nccdphp/> accessed August 22, 2007 at 12:08 AM
3. <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/index.htm> accessed August 22, 2007 at 9:50 PM
4. <http://www.americanheart.org/presenter.ihtml?identifier=4596> accessed August 22, 2007 at 10:00 PM
5. [http://www.ideafit.com/articles/choose\\_mindbody.asp](http://www.ideafit.com/articles/choose_mindbody.asp) accessed August 22, 2007 at 8:15 PM

## Maternal Health News

August 16<sup>th</sup> was a memorable date at the Maternal Health Clinic. The anticipated birth of Adrian Cloutier occurred. Proud parents Stephanie and Mike and a very excited big sister Allison welcomed Adrian into their family. Stephanie is one of the nurses at the Maternal Health Clinic and we extend to her and her precious family the very best of wishes.



Aug 27<sup>th</sup> was another exciting day. We welcomed our new Certified Nurse Midwife, Deborah Woolley. Deborah comes to us from San Diego, CA. She and her cats made the trek across the country together and we welcome them with open arms.



Also on Aug 27<sup>th</sup>, our educational classroom was completed. Thanks to the coordination of Kevin Marlin from CDI, Inc., Charlie Toth, and the volunteer union laborers we now have a room of which we are very proud. We will be holding the many programs that we offer through the Maternal Health Clinic and The Maple Center in this facility. The Union Hospital Service League and the Union Hospital Foundation donated the funds needed to furnish the

room. The materials for the construction of the classroom and John Black Memorial Library were paid for by the donations leveraged by the Neighborhood Assistance Program (NAP) tax credits.

--Submitted by Mary Huffman, RN, MSM

## The Life Giving Hands of A Midwife...

A Personal Birth Experience Account of a Maple Center Client

Submitted by Rebecca Allen

I have two sons, born almost one year apart. Matisse was born in 2005, and Julien-Luc was born in 2006. My husband and I knew long before we were pregnant that we wanted to be "natural" as much as possible. This turned out to be next to impossible in the Virgin Islands, where we were living in 2005. We decided to move back to Terre Haute when I was about four months pregnant with Matisse. We could not have been happier with that decision when we found The Maple Center.

Anne Mishler, CNM was my midwife for Matisse's birth. I prepared as best as a first-time mom could. I read every book I could get my hands on and watched countless births on T.V. We made our birth plan, and were so happy to be so in control of our birth. Anne was very supportive of everything we wanted to do, from my husband receiving our baby, to showering during labor. We met Stephanie VanSickel, our *incredible* doula, and were thrilled to have such great support for our birth. I was so excited and anxious I couldn't relax at all. I feared going past my due date and delivering a ten-pound baby, and so I walked everyday, everywhere, from 38 weeks on. By the time I went into labor – which was on my original due date – I was exhausted.

Labor began early in the morning, with mild contractions that woke me up around 4 am. Excited beyond belief we threw everything we needed for the hospital in the car and headed out to have our baby. Anne and Stephanie arrived shortly thereafter and labor progressed well for a while, but by 10 am, contractions were slowing down. Anne informed us of all of the options and let us decide what to do. Against our original ideals, we opted to have my membranes ruptured and later, to receive Pitocin. Stephanie was fantastic. She encouraged me and soothed my laboring body through massage. At around 6:45 pm I felt it was time to push, and my family surrounded me, encouraging and supporting me, and at 7:35 Matisse was born. I kept him with me the whole time we were in the hospital, unable to stop staring at my beautiful boy. Almost immediately, we knew we wanted another baby.

About two and a half months later, while breastfeeding exclusively, we became pregnant again. We were overwhelmed and thrilled. As a new mother and a pregnant woman, I glowed. We watched Matisse go through the endless stages of infancy and looked forward to watching them all again with our new baby. We decided to, once again, aim for the most natural birth possible, and this time to use hypnobirthing to help us achieve it. We also wanted Stephanie as our doula again, as she now seemed part of the family. We attended our hypnobirthing classes at the Maple Center led by Anne Mishler and Annette Alexander and we practiced at home regularly.

"Labor" was much different this time. It was midday, not mid-night when it began. My body seemed to be hugging my unborn baby with each contraction, not urging him out. The early stages were so pleasant I just couldn't believe it. I walked and showered freely, and relaxed into the mental state I had been practicing for so many months. I was able to enjoy the birth and not be distracted by the pain. It was late evening when the urge came to bear down. To my great satisfaction and pride, I birthed while squatting, using the birthing bar and my husband as support. Gravity does help! It's a wonder why women were ever moved to their backs. Only 20 minutes of my empowered screams led to Julien's first cry. It was a fantastic birth experience, and I have never been so proud to be a woman.

Request Your Maternity  
Services Packet Today!

[www.themaplecenter.org](http://www.themaplecenter.org)

## Nonprofit News

*The Maple Center  
Announces David Howard,  
PhD as New Executive  
Director*

The Maple Center, Inc is pleased to announce that David Howard, PhD, has accepted the half-time position of executive director for our nonprofit organization.

Dr Howard's extensive knowledge in Integrative Health and Maternity Care grows out of many years of practice, training and research from a background of rehabilitation science, social work and recreation therapy. He also has valuable life experience in parenting six children. We are especially excited about the opportunities for further collaboration with Indiana State University where Dr Howard is an Assistant Professor in the College of Nursing, Health and Human Services.



## Culinary Herbs

Herbal seasoning is an excellent way to cut back on sodium and still add flavor to our food. We should try to keep our sodium intake less than 2400 milligrams, however, most Americans consume over 4,000 milligrams per day.

Many people confuse the terms "spice" and "herb". There is a difference. The leaf of the plant used in cooking is considered a culinary herb. Any other part of the plant, often dried, is considered a spice. The same plant may supply both. An example, the seeds of coriander, are used in curry powder, while the leaves from the same plant are called cilantro, a favorite seasoning in Mexican and Thai dishes.

Certain herbs like cilantro, oregano, rosemary, tarragon, and thyme have a dominant flavor and can be used by themselves or in combination with milder ones. Milder herbs such as basil, dill weed, chervil, chives, marjoram, and mint can be blended into wonderful combinations or used on their own for more delicate flavor.

When experimenting with herbs, use small amounts before adding more. Too much of any herb can overwhelm the food or become bitter. Start by using 1 teaspoon of fresh herbs or ¼ teaspoon of dried for every four servings. For dried herbs, measure the amount needed then crush them in the palm of your hand to release more flavor before adding to the food.

To use fresh herbs instead of dried, use 3-4 times more. Chop fresh herbs with a knife or snip with kitchen scissors. The best way to use fresh herbs is to clip them as needed from the garden. If you buy fresh herbs such as parsley or cilantro, cut off half an inch of the stem, take off the rubber band and stand in a tall glass of water, cover with a plastic bag and store in the refrigerator until ready to use. Or, rinse in cold water, shake dry and store in a plastic bag. The herbs should be used within 2-3 days.

### TASTY HERBS FOR VEGETABLES

"These combinations will add to your enjoyment of Summer's bounty. Add 1 tablespoon minced fresh herbs or ¾ teaspoon dried herbs for each 2 cups of vegetables. Taste and add more if necessary."

"TARRAGON tickles asparagus,

BASIL becomes tomatoes, carrots, and potatoes,

THYME is a treat with carrots and squash,

ROSEMARY reanimates potatoes, peas and spinach,

MINT melds with peas

DILL is delightful with broccoli, corn and beets."

*If the day and the night are such that you greet them with joy, and life emits a fragrance like flowers and sweet scented herbs...that is your success."*

*--Henry David Thoreau*

*--Submitted by Lana Taylor, RD*