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VISIT

<http://www.themaplecenter.org>

The Maple Center for
Integrative Health's

WEBSITE!

*For updates on
programs and clinical
services join us on
Facebook!*



*Be sure to "like" the
Maple Center.*

Coronary Health Improvement Project (CHIP)



CHIP Coordinator Karen Cunningham and
AmeriCorps Member Demarcus Sneed
prepare materials for the next CHIP session.

Joins us at a FREE INFORMATION SESSION!



FREE Information Sessions

7:00PM-8:30PM ALL SESSIONS

August 22, Monday

Honey Creek Fire Dept. #1, 6553 S. Carlisle Street

August 25, Thursday

Terre Haute Regional Hospital, 3901 S. 7th Street

August 29, Monday

Union Hospital East, Atrium Level Classroom, 1600 N. 7th Street

September 1, Thursday

Terre Haute Chamber of Commerce, 630 Wabash Avenue

September 6, Tuesday

Terre Haute Regional Hospital, 3901 S. 7th Street

September 8, Thursday

Union Hospital East, Atrium Level Classroom, 1600 N. 7th Street

September 12, Monday

Honey Creek Fire Dept. #1, 6553 S. Carlisle Street

Register for the Fall CHIP Program and Learn How to:

Eat more and lose weight; Drop blood cholesterol 15-20%; Control Type II diabetes through lifestyle; Reverse hypertension & heart disease; Work with your physician to reduce reliance on prescription medications; Reduce coronary risk factors with just your fork and knife; Develop long-term strategies for optimal health.

2011 Fall CHIP Program

Weekly Seminars 6:30-8:45 PM

Mondays and Thursdays

Sept.26 - Nov. 17

Registration Fee

Individual \$399.00 Couple \$650.00

Limited scholarships are available through the generosity of past participants and the Wabash Valley Community Foundation.



Registration fee includes: 2 Blood Tests for cholesterol profile and blood sugar, followed by breakfast; 2 Lifestyle Evaluations; Personalized Counseling; 16 Lifestyle Lectures; Dynamic Living Text & Workbook, Natural Foods Cookbook, Food Demonstrations & Samples, Monthly Alumni Support Meetings.

Call The Maple Center to register: 812-234-8733

The Maple Center
Calendar Connection



**Integrative Medical
Consultation and
Medical Acupuncture**

Monday through Thursday

By Appointment

Kathleen A. Stienstra, MD

Clinical Appointments

Call 812-235-4867

Music Therapy

Wednesday Afternoons

By Appointment

Fee: \$50.00

50 Minute Session

Tracy Richardson, PhD, MT-BC

Call 812-249-4290

Healing Touch

Weekdays by Appointment

Margaret Moga, PhD

Call 812-240-3302

Natural Childbirth Classes

By Appointment Fee \$50.00

Annette Alexander, Doula

For information or to register call

The Maple Center

812-234-8733

CHIP FALL 2011

Seminars 6:30-8:30 PM

Mondays and Thursdays

Sept. 26 - Nov. 17

\$ 399.00 Individual

\$ 650.00 Couple



FREE information sessions

Aug. 22, 25, 29

Sept. 1, 6, 8, 12

7-8:30 PM

For information or to register call

The Maple Center

812-234-8733

NEW

CLINICAL SERVICE

**Neuromuscular
Re-education**

Tuesdays

By Appointment

Fee: \$60.00

One Hour Treatment

Penny Money

Call: 317-670-3764

BOOK REVIEW



Dr. Michael Greenwood, in Braving the Void: Journeys into Healing, explores the mystery in a healing process that complements rational analysis of western medicine. Using acupuncture, deep breathing, meditation, and guided hyperventilation he takes people with chronic pain into what he calls the “void”. He believes that “chronic pain points to a deeper reality which wants to emerge into consciousness. It is a call for a transformation of the small self to a larger self. For those who take the time to explore it, pain can become the mystical fire which transforms and gives meaning to life.”

The “void” is described by likening it to that place most people feel between sleeping and waking in the morning or someone experiences through meditation or centering prayer. The difference is in the intention. The intention is to enter the void with mutual trust and openness to whatever will create healing. Sometimes a dark past like a bad accident or an abusive relationship that the person has not wanted to relive is revealed.

He writes about pain as a symptom and when it is masked or eradicated healing of the true pain may be deferred. He shares stories of people who have chronic pain, who have exhausted traditional medicine, and people with psychological problems who don't like the side effects of medications. Some are pain free with one session. Others take longer to work through. With some what they found was so painful they did not want to continue treatment.

The author does not describe the process in much detail but the book does show the benefits of dealing with the whole person, the shortcomings of the traditional 10 minute office visit, the dangers of diagnosing the “problem” and medicating the symptoms. This book is for those who want to stretch their medical imaginations.

*Submitted by Kathy Hackleman,
Retired Librarian Vigo County Public Library*

Dr. John Black Memorial Library

How do I find books from the Maple Center Collection?



If you click on the link available on the John Black Memorial Library's page (www.themaplecenter.org, click on Resource) or copy and paste the following link, you will be taken to the collection directly:
<http://www.google.com/books?hl=en&uid=4611478877290630623>
When you get there, you will have the option of search within just the Maple Center's collection, or the entire world of Google Book.



Gardening 101 – Watering tip for dry weather – August 2011

You know from my previous articles that I like to try new plants, seeds and gardening techniques. This very hot and dry weather helped remind me about a garden item I bought a couple of years ago and never did anything with. These items are

called watering cones. The cones are pointed to go in the ground. They have small holes in them that allows



water to seep out. The top part is a 2 liter pop bottle that is filled with water then inverted and the neck of the bottle sits in the top part of the cone. This allows the water to get down more into the root system as opposed to surface watering which evaporates quickly and can burn the plants up if done during the hot sunny part of the day. I

just put 6 of these in my garden 3 days ago and so far I am thrilled with how they are working. The ground has really soaked up the water. I am filling the bottles 2 times per day. It's so nice to be able to fill them whenever I can get around to it and not have to wait on the sun to go down. I have my bottles with the cones place with 6 different garden plants so I am experimenting to see if these plants with the additional water grow better than others without the cones. Of course it's too soon to tell right now but maybe I can let you know in a follow-up tid bit article or better yet you can try this yourself. I have noticed that the sweet potato plant with the watering cone intact is perky looking and the plant next to it without this system is droopy during the day.



I bought my cones, a package of 6, at Harbor Freight on sale for about \$2-\$3 during summer clearance. I think regular price is about \$6 or \$7. I've seen them other places and of course they are available from almost any garden catalog. I have included some pictures.

If this system works out well it will also be a benefit to us since we have a shallow dug well that does not permit extensive watering of the garden without the risk of the well going dry.

The other thing I like about this is that to me it directly ties into recycling which I am passionate about. I figure I am promoting the 3 "R's"....reduce (actually I don't drink pop so I don't have these bottles to reduce), reuse (I have asked family and friends for their empty bottles so I am reducing their waste items and at the same time reusing them), recycle (when the bottles get busted or dried out from the weather I will take them to the recycling center with the rest of my plastics and other recycling).

Until next time, let's do a rain dance!

Submitted by,

Karen Cunningham, PT

Board 1st Vice-Chair, CHIP Coordinator

sheva18@yahoo.com



Heartland Health and Wellness Conference

Thursday, September 15, 2011 at 9:00 AM –

Friday, September 16, 2011 at 4:00 PM (ET)

Madison Park Church of God

6607 Providence Drive, Anderson, Indiana 46013

Conference Fees and Registration: <http://hhaw.eventbrite.com/>

IHCI is an Indiana-based, non-profit organization. IHCI's mission is to empower Hoosiers to take control of their health ~ living longer and happier lives. Join IHCI at the 4th Annual Heartland Health and Wellness Conference. Don't wait another second to live the good life you deserve!

To access the 2011 Heartland Health & Wellness brochure:

http://www.commprod.com/media/images/chip/HHWC_emailBrochureAug1.pdf.

Keynotes speakers include:

Chef AJ, Executive Culinary Chef; Dr. Hans Diehl, CHIP; Dr. Caldwell Esselstyn, Cleveland Clinic Heart Disease Research; Dr. John Kelly, Epigenetics and Lifestyle Medicine.

CHIP alumni will be attending the conference. If you are interested in attending/want to carpool contact CHIP coordinator:

Karen Cunningham, sheva18@yahoo.com

COMMUNITY RESOURCES



THE
COMPASSIONATE
FRIENDS
Supporting Family After a Child Dies

Indiana
Wabash
Valley
Chapter

**4th Thursday of Each Month
6:30-8:00pm
1875 S. Fruitridge
(Universalist Unitarian)**

Information, memorial
tributes/donations and free
e-newsletter subscription,
please contact us.

Email: tcfwv@googlegroups.com

Facebook: Type Compassionate
Friends of the Wabash Valley



The Breastfeeding Coalition of the Wabash Valley

Meetings:

Monthly - First Monday
5:30 PM

Union Hospital Professional Office
Building (POB),
Room 352, Corner of 7th St. and
8th Ave.

For more information, call The
Maple Center
812-234-8733



Terre Haute Birth Network

*Advocacy organization
to promote
“normal, mother/baby-
friendly birth”*

*For more information:
THBirthNetwork@gmail.com*

BREASTFEEDING WORKS!

“Breastfeeding Works!” and to celebrate World Breastfeeding Week as well as the benefits and joys of breastfeeding, the Breastfeeding Coalition of the Wabash Valley will hold its second gathering in the park. The event is scheduled for August 8, 2011 at 5:30 PM Deming Park at the Lions One Shelter.

Tina Cardarelli, Indiana State Breastfeeding Specialist will be the speaker for the evening. Recognition and awards will be given to those employers in the Wabash Valley who have been supportive of women returning to work after giving birth and continuing to breastfeed. Watermelon and water will be refreshments. Bring a covered dish to share for after the recognitions are awarded.

In August 2010 the first *Breastfeeding Works* employer award was given to the Sisters of Providence at St. Mary of the Woods College in support of an employee who returned to work and was breastfeeding. Sister Ann Kasper received the recognition and award plaque. Sr. Kasper stated that not only were their employees supported in breastfeeding, but also students who returned to classes and continued breastfeeding.

Join us at Deming Park at 5:30 PM on August 8th to celebrate *Breastfeeding Works!*

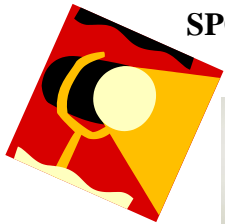


INTRODUCING: Frances Meritt, RN, MSN Certified Nurse Midwife (CNM)

Frances a certified nurse midwife is an Advanced Practice Nurse trained to care for women during pregnancy and post-partum. Nurse Midwives can also provide family planning services and routine well woman exams. Frances is offering her midwifery services in collaboration with Dr. Magdy Nour.

In addition Frances has been instrumental in creating the Terre Haute Birth Network. This statement represents her passion for her work: “It is an honor to support women and families through life-transforming events. I love helping women discover their own power and strength.”

Frances Meritt, RN, MSN, CNM
1530 N. 7th St. Ste 109
Terre Haute, IN 47807
812-242-9631
Fax 812-242-9647/9648



SPOTLIGHT ON



Penny Money

The Maple Center for Integrative Health is pleased to announce that Penny Money will offer her services on Tuesdays at the center.

Since 1988, Penny Money has been a “Body Worker” dedicated to helping others in their desire and quest for wellness. She has been helping people find relief from a host of physical problems by means of Neuromuscular Re-education. This coupled with thousands of hours in various related modalities of continuing education and working with Doctors, Neuromuscular Dentists, and Clinicians has resulted in positive results for her clients. She works with everything from birth canal trauma with infants and small children to T M J dysfunction, head neck and shoulder pain, sciatica, carpal tunnel syndrome, lower and upper back issues, post-surgical release from broken bones to colon routines and CRA (Contact Reflex Analysis). She is dedicated to applying knowledge, experience, and intuition in her quest to help others meet or exceed their wellness goals.

Penny’s arduous attention and commitment to fulfill her calling is assisting others to understand and realize that the body can and will heal itself naturally once given the proper support, care and attention.

Treatment fee is \$60.00 per hour.

For more information or to schedule appointments call Penny:
317-670-3764



Board of Directors

THANK YOU!

The board and staff of The Maple Center would like to recognize the contributions of Randy Stevens who was one of the original board members, served as the Credentials Committee Chair, 2nd Vice-President and has completed his term on the board. Thank you, Randy! Also, thank you to Annette Franklin! She completed her term as 1st Vice-Chair.

WELCOME!

This month the board welcomed new members Lynn Hayes an Oncology Nurse Navigator at the Paul Siebenmorgan Cancer Center/ Terre Haute Regional Hospital and Ann Ferguson a teacher with Vigo County. We are excited to have Ann and Lynn on the board.

EXECUTIVE CHANGES

We are grateful to Karen Cunningham who will serve as the board 1st Vice-Chair and to Sandra Hendrich who will serve as 2nd Vice-Chair.

The Maple Center Board of Directors

Vanta Black, MEd Board Secretary	Retired Teacher Vigo County School Corporation
Stephen Browning, CPA Chair-Audit Committee	Vice President 1 st Financial Bank
Carol Crawford, MEd Board Member	Retired Teacher Vigo County School Corporation
Karen Cunningham, PT Board 1 st Vice-Chair	Physical Therapist Independence Rehabilitation
Ann Ferguson, MA Chair-Facebook	Teacher Vigo County School Corporation
Julie Fine, PhD Chair-Grants/Programs	Associate Professor Nursing Indiana State University
Annette Franklin, CD Board Member	Childbirth Class Instructor, Doula The Maple Center
Roy Geib, PHD Chair-Credentials Committee	Professor Indiana University School of Medicine
Lynn Hayes, RN Board Member	Oncology Nurse Navigator Terre Haute Regional Hospital
Sandra Hendrich, PT, DPT Board 2 nd Vice-Chair	Physical Therapist St. Vincent Clay Hospital
Jean Kristeller, PhD Chair-JBM Library	Physiotherapy Associates Professor
Margaret Moga, PhD Chair-Publicity	Indiana State University Associate Professor
Nellie Simbol, JD Board Member	Indiana University School of Medicine Attorney at Law Simbol & Crossen
James Snapp, BS Board Treasurer, Chair-Finances	
Kathleen Stienstra, MD Board Chair	Physician, Medical Acupuncture The Maple Center, Union Hospital
Melissa Dominguez Geib, MEd Board Ex-Officio	Executive Director The Maple Center for Integrative Health

AMERICORPS

Kathryn Keep and Demarcus Sneed have completed their service time with our center. We are grateful for all of their contributions!



Kat used her computer skills to continue the work on the new website and in center marketing. Demarcus primarily assisted with the CHIP program. We wish them continued success in their future endeavors including completion of academic degrees.

The departure of Kat and Demarcus creates opportunities for others interested in serving and in working with The Maple Center. If you are interested in applying for one of the AmeriCorps positions with The Maple Center, please contact Stephanie Squires, AmeriCorps Program Coordinator at Stephane.squires@indstate.edu or 812-237-7900.

Center for Community
Engagement
Tirey Hall 134A
Indiana State University
Terre Haute, IN 47809
812.237.2334
812.237.2525 fax
cpsce@indstate.edu
Office Hours:
Monday-Friday
8:00 am - 4:30 pm

The two AmeriCorps position descriptions for The Maple Center may be viewed online:

http://www.indstate.edu/ameriCorps/2011-2012_positions.htm.

The positions are:

1. The Maple Center for Integrative Health-CHIP Volunteer and Community Outreach Coordinator

2. The Maple Center for Integrative Health-Marketing Promotion Assistant

Dear Readers,

This is a good time to take advantage of fresh herbs. Whether from your own garden, a friend's (she know who I mean :) or the grocery store. Savor the flavor and reap the health benefits of herbs!

Preliminary studies demonstrate that herbs: have anti-inflammatory properties; boost metabolism; and curb hunger. So lower your salt intake and increase your use of herbs. Below are simple and healthy recipes using herbs-enjoyed by the young and the young-at heart.

Happy Healthy Summer!

Melissa Dominguez Geib, MEd

Executive Director, The Maple Center for Integrative Health

WALNUT PESTO

1/2 cup walnuts, 1 small clove garlic, 1/2 cup olive oil

2 cups basil leaves, loosely packed

Salt substitute and freshly ground pepper

Preheat oven to 300°. Spread walnuts on a baking tray, and toast until golden, 5 to 7 minutes. Cool completely.

Combine 1/4 cup nuts, basil, garlic, and 1/4 teaspoon salt in the bowl of a food processor. Process and, while motor is running, drizzle in 1/2 cup olive oil to form pesto; set aside.

PEA HUMMUS

Bring a small pot of salt substitute/salted water to a boil.

Add 1 cup fresh shelled peas; cook until tender, about 2 minutes.

Drain; run under cold water.

In food processor, pulse peas, 1/4 cup fresh cilantro, 2 Tbsp tahini, 2 Tbsp lemon juice, 1 small clove minced garlic, and 1/8 tsp ground cumin 30-40 seconds. Season with salt substitute or herb of choice.

EDAMAME PATE

The pate can also be spread on crackers/whole wheat bread or thinned with additional water and used as a vegetable dip.

1 1/4 cups frozen shelled edamame, thawed

1/2 cup walnuts

1/3 cup basil or mint leaves (packed)

1 green onion, chopped

1/2 tsp. salt substitute/herb

3 Tablespoons lemon juice

1. Puree edamame, walnuts, basil/mint, green onion and 'salt' in food processor until finely chopped (add a small amount of the ingredients at a time).

With motor running, add lemon juice and 3 tablespoons water.

Process until smooth.

