



Monthly Matters Newsletter

The Maple Center for Integrative Health

November 2011

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

Phone (812) 234-8733
www.themaplecenter.org

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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!



Spotlight on AmeriCorps



We have two new Indiana State University AmeriCorps Service Members joining us at The Maple Center. Ruth Pleus will be The Maple Center for Integrative Health-CHIP Volunteer and Community Outreach Coordinator; and Cynthia Phillips will be The Maple Center for Integrative Health-Marketing Promotion Assistant. When you are at the center, be sure to extend a warm Maple Center welcome!

My name is Ruth Pleus and I am an AmeriCorps Service Member and also a CHIP alumni. I started my service at The Maple Center for CHIP in mid September, assembling program materials and assisting with the weekly classes.

My husband Gordon and I have two adult children and two granddaughters. We both retired from the Vigo County E911 office five years ago and have spent a lot of time traveling.

Dr. Stienstra encouraged me to apply for the AmeriCorps program and it has been an interesting and rewarding journey thus far.

My name is Cynthia Phillips and, through AmeriCorps, I am the new Marketing and Promotions Assistant at The Maple Center. In this position, I look forward to working and expanding the center's marketing and health education program in the Wabash Valley community.

I graduated from St Mary of the Woods College with a BA in Fine Arts and am currently attending Indiana State University to complete my Master of Fine Arts degree with a focus on environmental sustainability within the field of Graphic Design. I have an extensive retail management and marketing background. I currently work at Dever Distributing as a Graphic Design Artist and also run my own freelance design business.

I am very excited to be working with The Maple Center and hope that I can use my skills as a graphic designer to make a contribution to the team while at the same time learning more about non-profit organizations and the Integrative Health field.



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
Clinical Appointments
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 2012

Seminars 6:30-8:30 PM
Mondays and Thursdays
March 5 - April 26
\$ 399.00 Individual
\$ 650.00 Couple
FREE information sessions
To be announced.

For information or to register
call

The Maple Center
812-234-8733

**Neuromuscular
Re-education**

Tuesdays
By Appointment
Fee: \$60.00, 1hr. Treatment

Penny Money
317-670-3764

Mark Your Calendars!
Annual Maple Center
Dinner and Board Meeting
Tuesday, February 7, 2012

FREE Workshop

*“Healing Your Grieving Heart
When Someone You Love Has Died”*

Dr. Alan Wolfelt

Presented by Union Hospital

Wednesday, November 16, 2011

7:00PM

Landsbaum Center for Health Education

1433 N. 6 ^{1/2} Street

Terre Haute

RSVP to Chaplain's Office

812-238-7628

chaplainsoffice@uhhg.org

Dr. John Black Memorial Library

*How do I find the book from
The Maple Center
library collection online?*

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://books.google.com/books?uid=108073147105936153925&source=gbs_lp_bookshelf_listg8u

When you get there, you will have the option of searching within the Maple Center's collection, or the entire world of Google Book.



VEGETARIAN DINNER

MONTHLY

*Bring a vegetarian
dish
and recipe to share.*

Contact

Debbie Stevens
[debbielstevens@
hotmail.com](mailto:debbielstevens@hotmail.com)

The Maple Center for Integrative Health Nonprofit FUNDRAISER

\$5.00 COUPON BOOKETS ON SALE NOW!!!

SUPPORT THE MAPLE CENTER FOR INTEGRATIVE HEALTH!

Friday, November 11, 2011
Saturday, November 12, 2011

Since 1999, the Bon-Ton family of stores has partnered with local community organizations just like ours to help raise over \$84 million! Community Day is a great way for you to give back to your community by **purchasing coupon booklets valued at over \$200 for just \$5 each!**

You get a \$10 off coupon with minimal restrictions, a 20% *shopping pass that you can use over and over, a 30% off early bird coupon valid Saturday from 6am -10am, 11 bonus buy coupons and exclusive web offers.

The Maple Center, Inc. keeps 100% of the booklet price! *restrictions apply. We are using the funds to support The Maple Center's community health education programs. You can go shopping in Terre Haute at Carson's, get discounts on great merchandise and show your support for The Maple Center, Inc.

READY TO PURCHASE A BOOKLET? HERE'S HOW:

STEP 1

Purchase the Community Day booklet from our office or a board member for \$5.00.

STEP 2

Shop the Two-Day Community Day Sale on Friday, November 11, 2011 & Saturday, November 12, 2011 at any participating store (online or in advance of sale days) and use your coupons for sensational merchandise at great prices.

STEP 3

Look fantastic and feel even better about helping The Maple Center for Integrative Health!

Questions? Please contact us!

The Maple Center for Integrative Health: 812 234-8733



CHIP #4 is still in session and plans are being made for the next session to begin in 2012!

March 5-April 26
6:30-8:45 PM

Classes will meet for eight weeks on Mondays and Thursdays

The first HeartScreen is scheduled:

Friday, March 2

FREE Information Sessions will be announced in upcoming issues of Monthly Matters.

Contact the nonprofit for more information:

812-234-8733

These are my recipes for Hummus and Chips. There are countless variations on the hummus. You can vary the proportion of garbanzo to white beans and put more or less roasted peppers. I also sometimes add a can of drained and rinsed artichoke hearts. It is better to use less Tahini as it is high in fat (50% fat, of which 10% saturated). You don't have to use any but I find that it adds smoothness to hummus as well as a nutty flavor.

Submitted by: Miren Beristain, CHIP Alumni Coordinator

RECIPE: **Hummus**

1lb bag of dry garbanzo beans (equivalent to approx. 4 cans of cooked beans)
1 can of white beans
1 jar of roasted red peppers
1/3 Cup of Tahini
Cumin to taste (I used 2 Tblsps)
Garlic to taste (I used at least 3 Tbsps)
Lemon Juice to taste (I used at least 1/2 Cup)
Cooking liquid from beans as needed

I placed the dry garbanzo beans in the crockpot in the evening (covered with 3/4 times their volume in water) and they were done in the morning.

Place all ingredients in food processor (or use hand-held immersion blender) until very smooth. Add cooking liquid from beans and/or lemon juice until you reach desired consistency.

RECIPE: **Chips**

I used whole wheat tortillas, cut them in squares and triangles (as best as you can!), place them on a cookie sheet and bake at 350 Deg. for 15 minutes (10 minutes on one side, then turn over and bake another 5 minutes)

COMMUNITY RESOURCES

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 Avenue
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

In *The Creation of Health: The Emotional, Psychological, and Spiritual Responses that Promote Health and Healing*, Norman Shealy, a neurosurgeon and Carolyn Myss, a medical intuitive, emphasize one's role in creating his/her own health. They state that "there is no getting around the fact that each person must ultimately take full responsibility for the quality of his/her own life." Using scientific research and individual case studies they suggest illness is caused by 8 dysfunctional patterns such as unresolved stress, negative belief patterns, and lack of a sense of humor among others. They then link stressors to specific diseases. Their belief is, "disease is the result of the creativepower of negativity."

They state that awareness of what a person has faith in and the choices he/she has is essential in the healing process. If a belief is no longer helpful in dealing with life it should be discarded. Letting go of all that is not contributing to one's well being begins the healing process. Health is the result of a positive attitude and the choices one makes in relation to his/her lifestyle.

The book concludes with lifestyle choices, diets, exercises, and spiritual awareness that contribute to one's well being. It is not a one-time experience but a constant life style choice that requires every day discipline. Developing skills of awareness that release one from feelings of being a victim to one in charge of his/her reaction to life's challenges is an inside job that has its own reward.

Submitted by Katherine Hackleman
Retired Librarian Vigo County Public Library

The Compassionate Friends Worldwide Candle Lighting



Join Us on **December 12, 2010** for the annual Worldwide Candle Lighting Ceremony. Beginning at **7 p.m.**, local time in New Zealand, candles are lit for one hour to honor and remember children who have died. As the candles burn down in one time zone they are lit in another.

The Central Indiana Chapter of Compassionate Friends encourages you to observe this time, either alone, with family, friends, or at the Candle Lighting Ceremony.

For more information email: tcfwv@googlegroups.com.

Fewer Hospitals Giving Away Free Formula

By Miriam Falco CNN

POSTED: 2:21 am EDT September 26, 2011 UPDATED: 6:40 am EDT September 26, 2011

(CNN) -- An increasing number of hospitals are no longer giving new moms industry-sponsored baby formula samples when they leave the hospital -- and that's a good thing, health experts say.

The number of hospitals choosing to discontinue this practice doubled, on average, in the past four years according to a study published Monday in the journal *Pediatrics*. However, most hospitals still send new parents home with samples of formula, even though major health organizations including the American Academy of Pediatrics, World Health Organization, Centers for Disease Control and Prevention and the American Congress of Obstetricians and Gynecologists recommend mothers try to exclusively breastfeed their babies for the first six months of life. Breast milk is considered to be the best source of nutrition for newborns and infants.

"It's a change, but it's just a small change," says Anne Merewood, Ph.D., director of the Breastfeeding Center at Boston Medical Center and senior study author.

Four years ago, researchers surveyed hospitals in all 50 states and found that all but 14 percent of hospitals were giving new mothers free baby formula samples. In 2010, they surveyed hospitals in 20 states (the 10 best and 10 worst states when it comes to distributing industry-sponsored formula samples).

The latest study found 28 percent of hospitals were now leaving formula out of the goodie bags they were sending home with new moms.

"But most hospitals are still giving them out," says Merewood. She adds that most hospitals do not pay for the formula they feed their youngest patients or give the parents. "Hospitals don't have a role in marketing formula but that's what they're doing," Merewood believes.

In August, the CDC released a report that found hospitals need to do more to encourage moms to breastfeed. "We know 80 percent of mothers plan to breast feed," says Cria Perrine, Ph.D., one of the authors of last month's CDC report. She says 75 percent of moms do start nursing their newborns, but half of them give their baby formula by the time their little one is one week old.

Experts including Merewood and Perrine believe that new parents may interpret the hospital's gift of free formula as an endorsement. Merewood adds that when women are given free formula, that's usually the brand they will continue to use.

Source: Indiana Perinatal Network, *Breastfeeding News Update* Newsletter

<http://www.indianaperinatal.org/sections/information>

Submitted by the wabash Valley Breastfeeding Coalition