



Monthly Matters Newsletter

The Maple Center for Integrative Health

August 2012

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
"like" us on Facebook!



Be a Friend—*Tell Your Friends*—CHIP VI is Here!

Lifestyle Is Powerful Medicine
Heart Disease can be REVERSED!



PROVEN RESULTS

Priceless benefits

The Wabash Valley CHIP Program can help you to survive and thrive. Eating healthy, low fat, low processed, high fiber foods, exercising moderately, and learning stress management tools in an atmosphere of fun group support has been shown to improve, prevent and in some cases reverse heart disease. CHIP can also teach you how to reverse other chronic diseases such as diabetes, hypertension, gout, and high cholesterol. This lifestyle has been shown to improve quality of life, survival and reduce recurrence for those with cancer.

ATTEND A FREE INFORMATION SESSION - All sessions 7:00PM - 8:30PM

Thursday, September 6

-Union Hospital East - Atrium level classroom

Thursday, September 13

-Terre Haute Regional Hospital - classrooms 1 & 2

Monday, September 10

-Terre Haute Chamber of Commerce

Monday, September 17

-United Methodist Temple (next to Walmart South)

Twice Weekly Seminars

Sept. 24-Nov. 15, 2012 Monday & Thursday 6:30-8:45 pm

Ivy Tech Community College - Community Room

♥ What You Receive...

- * 2 Health Screens (Before and After) Measurements, lipids and blood sugar followed by breakfast
- * Dynamic Living Text & Workbook
- * Food Demonstrations & Samples
- * Optional Nutrition Workshop \$25
- * 2 Lifestyle Evaluations
- * Personalized Counseling
- * 16 Classes
- * Cookbook
- * Monthly Support Meetings for Graduates
- * Optional Grocery Store Tutorial \$10

CHIP REGISTRATION

Individual \$399.00* Couple \$650.00* (price increases by \$50 after 1st 50 Enrollees)

Eligible for Medical Saving Acct and Flexible Med Spending Acct Reimbursement

Sliding Scale Scholarships

Funded by alumni donors & Wabash Valley Community Foundation Grant



Thank you to our sponsors:



Presented by
The Maple Center for Integrative Health
1801 N. Sixth Street, Terre Haute, IN 47804
812-234-8733
www.themaplecenter.org

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

Thursdays: By Appointment

Margaret Moga, PhD

Call 812-240-3302

Neuromuscular Re-education

Tuesdays: By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

317-670-3764

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 6:30-8:45 PM

Mondays and Thursdays

For information or to register, call

The Maple Center

812-234-8733

The Maple Center Welcomes New Board Member, Fred Nation

Fred J. Nation is a native of and lives in Terre Haute. He retired at the end of 2011 from the Indianapolis Motor Speedway, where he served as executive vice president for IMS, Hulman & Company, Clabber Girl Corp., and the IZOD Indy Car Series. Previous to that he had served for eight years as executive assistant and press secretary for Governor Evan Bayh. In the 1980s he was a partner in Graphic Edition, now Miller & White, in Terre Haute. In the 1970s, he was editor and general manager of The Spectator, a weekly magazine serving Terre Haute. Before that he served as vice president for development and director of public relations for Saint Mary-of-the-Woods College and was a reporter for the Terre Haute Star.



Fred has served on numerous boards in Terre Haute. Currently, he is vice president and president-elect for the Wabash Valley Community Foundation and is on the board of Wabash River Beautification and Development, Inc., commonly known as River-Scape. He sits on the state board of Indiana Landmarks. He and his wife Nancy are active in a number of local organizations. They have four children and 15 grandchildren. Both are graduates of the CHIP program.

Upcoming Presentation on the Joy of Healthy Eating!

Wendell Fowler is a popular humorist and fresh food promoter whose bi-weekly program “Eat Right Now with Chef Wendell” is on WISH TV 8 in Indianapolis. The Maple Center for Integrative Health is sponsoring a program on Saturday, September 15, at The Landing, starting at 9:00 am and ending with a buffet lunch at noon prepared under the direction of Chef Fowler.

The Joy of Health Eating schedule, filled with information, education and fun is:

9:00—9:05 Welcome and Introduction

9:05—10:00 “Back to Fresh Foods” A humorous review of current food craziness and ways to bring health and sanity to your food choice, Chef Wendell

10:00—10:45 “Eating Well—How to Say Goodbye to Heartburn, Constipation, Irritable Bowel, Diverticulitis”, Kathleen Stienstra, M.D.

10:45—11:00 Break

11:15—11:45 “The Joy of Mindful Eating” Accessing both Inner and Outer Wisdom, Jean Kristeller, Ph.D., Professor Emeritus, I.S.U.

12:15—1:00 Chef Wendell will demonstrate how to prepare the food we will be enjoying for lunch.

Plan to join us for this special event that will expand your way of thinking about, experiencing and truly enjoying food.

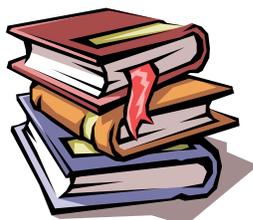


Dr. John Black Memorial Library

*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_1p_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

Dinner in a Minute! (Ideas for dinner without much cooking) - Joann Orman

Pizza – whole wheat pizza crust by Boboli

Small jar of pizza sauce- or spaghetti sauce mixed with
can of no salt added tomatoes

Package of fajita mix from Baesler's – onion, red/green
peppers, chopped

Package of mushrooms

Package of mozzarella veggie shreds/optional

Basically, you assemble the items and put the pizza in the oven.

While it is cooking you could put together a salad - quick salad
ideas to follow.

Hot wraps – the next day you sauté the leftover fajita mix items
and the mushrooms.

Using a healthy wrap, spread some hummus in the wrap, add the
warmed vegetables,

Add some shoestring carrots from a bag of shoestring carrots and
TADA – an entrée.

You call them haystacks – I call them taco salad.

Bag of Tostitos artisan black bean chips.

Can of mixed beans (Kroger's)

Bag of veggie crumbles .

Bag of just lettuce (Baesler's)

Bag of cheddar veggie shreds- optional

Jar of salsa.

Small serving of guacamole.

Black olives-optional

Tofutti sour cream – optional

Basically, you assemble the items, putting the chips in the bottom
of the bowl,

Mix together some of the mixed beans, drained, with the veggie
crumbles and warm in microwave.

Add remainder of ingredients in order.

Barbeque sandwiches

Place 2 cups of soy curls and soak for 10 minutes covered in warm
water.

Drain, sauté with one tablespoon of olive oil in wok or nonstick
frying pan to warm.

Add some of your favorite barbeque sauce. (I used Stubbs original
sauce from Baesler's because it had lower sodium and less
sugar than most.)

Stir and heat on low until mixture is warm.

Serve on a whole wheat sandwich slim.

Add raw chopped onions after mixture is warm.

May also add garlic to the mixture while it is getting warm.

Community Resources

**Compassionate Friends
Indiana Wabash Valley Chapter
4th Thursday of Each Month
6:30-8:00 PM
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:
Most Months- First Monday
5:30 PM
Union Hospital Professional Office
Building (POB)
Room 352, Corner of 7th Street
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
Next Free Educational Activity:
All About Childbirth Prep
*Tuesday, August 28th, 6:00 PM,
Meeting Rm. B, Vigo Co. Library*

BREASTFEEDING WORKS!

August is World Breastfeeding Month. The Breastfeeding Coalition of the Wabash Valley is hosting "Breastfeeding Works", August 8, 2012 at 5:30 p.m. The event will be at the Collett Park Pavilion. "Breastfeeding Works" celebrates the joys of breastfeeding and the young mothers who choose to breastfeed. Recognition will be given to area businesses or employers who have provided a supportive environment for the mother returning to the workforce and continuing to breastfeed her child. The event welcomes family members and children. Door prizes will be drawn for including a Medela electric breast pump. Light refreshments are planned, attendees can bring finger foods to share. **-Janett Allen**

THE REPORTS ARE IN: The Lactation Station at the Vigo County Fair was a big success. Having a private, shaded area in which to feed the little ones was much appreciated by breastfeeding mothers. Congratulations to The Breast Feeding Coalition for providing another great service!



CHIP ALUMNI MEETINGS & ACTIVITIES

Twenty five CHIP Alumni attended the picnic at Janet Schlunt's house on Sunday, July 22nd. It was too hot to enjoy any horseshoes, volleyball and croquet; so we had a great time chatting and getting to know each other better and enjoying the delicious CHIP congruent food! Thank you Janet for a great, relaxed, fun time in a lovely setting.

We hope to see more CHIP graduates on August 28 at our next meeting. Cathleen Drobny, a certified Zumba Instructor, will teach us some Zumba moves before the carry-in dinner. Please mark your calendars; our meetings are usually on the 4th Tuesday of every month (August 28, September 25, October 23).