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June 2011

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Coronary Health Improvement Project



Gordon and Ruth Pleus, CHIP Leadership Team

CHIP



Sylvia Middaugh, CHIP Coordinator

Members of the CHIP Leadership Team represented the Maple Center for Integrative Health at Union Hospital's Employee Health Fair on May 20, 2011. Over 300 employees visited the CHIP display table. Information was presented by coordinators Karen Cunningham and Sylvia Middaugh; and Leadership Team members Gordon and Ruth Pleus.

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



Be sure to "like" the Maple Center.

VISIT

<http://www.themaplecenter.org>

The Maple Center for Integrative Health's

WEBSITE!



On May 26, Karen Cunningham (photo left), CHIP Coordinator and Gordon Pleus presented CHIP information to Union Hospital employees in Clinton.

CHIP #4 has been scheduled! For information see page 2 of this newsletter.

At the Terre Haute Union Hospital Employee Health Fair on May 20th the *Breastfeeding Coalition of the Wabash Valley* was represented by Janett Allen, coalition chair. She provided information about the benefits of breastfeeding as well as upcoming coalition events including: Lactation Station in July at the Vigo and Parke County Fairs; and *Breastfeeding Works*, Employer Recognition Day in August. In this photo Janett is sharing information with Jennifer Barnhart Harrah, Union Hospital NIC unit.



Submitted by
Melissa Dominguez Geib, MEd
MCIH, Executive Director
Breastfeeding Coalition, Treasurer

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

Therapeutic Yoga

6 Saturdays

July 2 -August 6

10-11:30am

Hux Cancer Center

\$60.00 Registration

by June 24

Call The Maple Center

812-234-8733

BOOK REVIEW



The Healing Power of Herbs, by Michael Murray, N.D. is a guide to the history, pharmacological action, and uses of many of the most common herbs in the United States. However he advises that individuals not self-diagnose. *Consult your doctor if you are interested in using herbs medicinally.*

Much of the book informs the reader to better understand the usefulness of readily available herbs. The chapters on onions, cayenne pepper, ginger, garlic, green tea, mint and turmeric convinced me to include them more often in my cooking even though I am not interested in using them in medicinal doses. The section on "Recommended Herbs for Some Specific Health Conditions" is a nice cross reference to specific herbs.

If you are working with a doctor it also gives advice for what to buy. For example, it is important to buy ginkgo biloba extract (GBE) standardized to 24% ginkgo heterosides (flavonoid glycosides) to aid absorption. The suggested dosage is 120 mg divided in 40 mg 3 times a day. It is used for dementia, circulation problems, tinnitus, and peripheral arterial insufficiency.

He suggests that a man who has an enlarged prostate should check to see if he is low in zinc as that may be the cause. If using saw palmetto, make sure it is the extract standardized to contain 85-95% fatty acids and sterols. Suggested dose is 160 mg twice a day. A similar dose using crude berries, fluid extracts and tinctures cannot be achieved.

Another suggestion is to make sure St. Johns wort contains 0.3% hypericin. St. Johns wort is for mild to moderate depression. The suggested dosage is 300 mg three times a day with food. Otherwise it might cause mild gastric upset.

The table of contents glossary, and index make it a very usable reference book. *Consult your doctor if you are interested in using herbs medicinally.*

Submitted by Kathy Hackleman,

Retired Librarian Vigo County Public Library

Dr. John Black Memorial Resource 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.





GARDEN NOTE: BLUEBERRIES

First I want to confess that we have been

blueberry lovers for a long time but have only had blueberry plants ourselves for 2-3 years now. The information below is what we used when we got our plants and they have done well.

Soil Preparation and Planting

Blueberry plants are shallow rooted and require soils that hold moisture well, but are also well-drained. Dry, sandy soils and heavy wet soils can be improved by adding a source of organic matter such as peat moss, well-rotted manure, compost, aged sawdust, or leaf mold. Blueberries grow best in soils with a pH range of 4.6 to 4.8 but should do well in soils with a pH ranging from 4.0 to 5.2.

Soils should be prepared, and all preparations should be completed two weeks ahead of planting. Rows can be rototilled, or individual holes (two feet across by two feet deep) can be dug as early in the spring as possible. A mixture of equal parts of loam, sand, and organic matter should be placed in the holes before planting. It is best to do a soil pH test (simple kits for home use are available in garden stores) and if the pH is too high then adding sulfur or other acidic material will lower the pH.

We fertilized our plants about one month after planting them and have done so each year. We prefer using an organic

fertilizer that is made for blueberries and can be ordered from garden catalogs if not available locally.

Planting

It's best to have at least 2 plants to start with and different varieties produce early, middle and late so you can stagger your harvest. We planted our plants in full sunlight for maximum fruit production and set them out in early May as soon as the ground could be worked up. I bought our plants at the Wabash Valley Herb Fair but they can be bought at about any garden center, including Wal-Mart and Sam's Club. We have 3 bushes and they are planted about six to eight feet apart. If you have more than one row then rows should be spaced eight to ten feet apart. After plants have been set in the holes, fill the holes three-fourths full with soil mixture (see "soil preparation"), and then flood the hole. After the water has drained, fill in the holes with soil and tamp it down.

We then mulched around our plants with straw and wood chips in order to keep the weeds down and to conserve moisture both which are critical for successful growing of blueberries. Blueberries require 1-2 inches of water each week for growth and productivity. Last summer with the drought we definitely had to help Mother Nature by watering our plants.

Harvesting

Although it's very difficult the flower buds should be removed the first year to allow for better growth of the plant and better production of the berries in following years. Starting with the 2nd year, the berries should be picked a few days after they have turned blue in order to let them fully ripen and the sugars become sweet. If the berries are then harvested every 2-3 days this will discourage pests from entering the fruits.

Pruning is a very important part of caring for blueberry bushes especially after about 3 years so that the plants stay strong which will provide good limbs for the berries to grow on. We have done very minimal pruning since our plants are still young.

GOOD FOR YOUR HEALTH!

Blueberries are full of antioxidants that are known to support our immune system. Research has shown that just 1/2 cup of blueberries has more antioxidants than 5 servings of apples, carrots, peas or broccoli.

I am including one of my favorite CHIP recipes. It is simple to make, VERY tasty and has even been a big hit with some of my friends with more conventional type of diets and food preferences.

ENJOY!

*Submitted by Karen Cunningham, PT
MCHI, Board Member and CHIP Coordinator
sheva18@yahoo.com*

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 Ave.

For more information, call

The Maple Center

812-234-8733

BLUEBERRY PIE

Crust:

1 cup dates, chopped 1/3 cup water
¾ cup Grape-Nuts cereal ½ cup oats
¼ cup pecans, finely ground



Filling:

2 cups blueberries, frozen 1 tsp vanilla extract
¼ cup Minute Tapioca 1 TBSP lemon juice
1 cup grape juice, frozen concentrate, undiluted

Crust:

1. Place dates and water in a small pot. Bring to a boil. Simmer until dates are soft. Mash dates.
2. Place dates into a mixing bowl. Add remaining ingredients and mix well with a fork.
3. Press into a pie plate on the bottom and up the sides.
4. Bake at 350 degrees F for 12 minutes. Cool to room temperature.

Filling:

1. Place grape juice and tapioca in a medium-sized pan. Let stand 5 minutes.
2. Bring pot to a boil, and then reduce heat to simmer for 5 minutes.
3. Add blueberries, lemon juice, and vanilla to pot. Simmer for another 5 minutes, or until tapioca granules turn clear in color.
4. Pour into crust in pie plate. Chill in refrigerator until firm.

Serves 8

SOURCE: Optimal Diet Cookbook, page 144

“Breastfeeding Works!” and to celebrate 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.

The first **Breastfeeding Works** employer award was given to the Sisters of Providence at St. Mary of the Woods College for going “above and beyond” 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.

Nominations for the 2011 **Breastfeeding Works** award are now being accepted. **Breastfeeding Works** nomination forms are available through the Breastfeeding Coalition, WIC, Breastfeeding Center at Union Hospital and the Maple Center for Integrative Health (812-234-8733). The nomination form is on our website at www.themaplecenter.org: Programs/ Breastfeeding Coalition of the Wabash Valley/ Breastfeeding Works/Nominate your employer. Submit completed nomination forms to The Maple Center 1801 N. 6th St., Suite 600, Terre Haute, IN 47804.

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

BREASTFEEDING WORKS! Submit your nomination for the 2011 annual award.

During World Breastfeeding Week August 2011 your Breastfeeding Coalition of the Wabash Valley wants to **recognize employer(s)** that help Mother's return to work and continue breastfeeding during their work shift.

Tell us how you feel your employer helped or is helping you continue to breastfeed while you are at work.

Business/Workplace & Phone #:

Your Name (Printed):

Your Signature:

**Contact Number or
e-mail where you can be reached:**

**Approximate Date/Yr Returned to
work: _____**

**Share your story as to why you think your
employer deserves recognition regarding
Breastfeeding while at work:**

Forms are available at WIC,
The Maple Center and website
www.themaplecenter.org .

Complete the nomination form and
submit by **JULY 16, 2011.**

You may e-mail form to: alljans@msn.com
Or mail to: The Maple Center for
Integrative Health
Attn: Breastfeeding Coalition
1801 North 6th Street, Suite 600
Terre Haute, IN 47804

“Mama Milk”

Nursing a toddler – it is something that, as a new mom, seems so far removed when you are struggling with latch issues, milk supply, and waking all night with a sweet little one who wants to cluster feed. Many people in our society have only minimally experienced an infant nursing – let alone a nursing toddler. However, there are so many benefits to nursing a toddler; in fact, the WHO recommends nursing for a minimum of 2 years. ¹

I have three boys – 6, 4, and a newly-turned 2 year-old. All three of them nursed past their first birthday, and my youngest is still nursing. I've learned so much about toddler nursing and it has become something that I will always cherish. My first and second sons self-weaned around 23 months each, when I was pregnant with their sibling. My youngest is still going strong at 2 years. It was my second and third sons that really taught me about nursing a toddler. Both boys and I quickly realized that nursing is a relationship – it takes two people to do it, and especially with a toddler, it takes two people working together for it to succeed. My second son loved to nurse – and, like a typical toddler, wanted to nurse when he wanted, how he wanted. He was an acrobatic nurser, who liked to twist and turn, smile and talk to his big brother, and style my hair, all while he was latched on and nursing. This was definitely not the same as nursing a snuggly little infant! Throughout all of that, when we were snuggling up together in the evening, I would look down and see his sweet face, still a baby but moving towards a big boy, and remember why it was worth it. Nursing has helped me mother and comfort my sons through surgeries and illnesses. It was the one constant after surgery that both my second and third sons immediately needed, and in fact helped to keep my second son off of an IV because it kept him hydrated when he couldn't tolerate anything else.

Nursing a toddler is about so much - it continues to provide for them nutritionally, but equally important, it helps nurture their social and emotional development. With my sons, it would help settle their emotions when they were upset; it helped to soothe their wildly fluctuating emotions of frustration, stress, and uncertainty in learning how the world works; it gave them a shot of energy through their active play; it helped them navigate the confusion and changes as they moved towards childhood. It also continues to have nutritional benefits: In the second year (12-23 months), 16 oz. of breast milk provides 29% of energy requirements, 43% of protein, 36% of calcium, 75% of vitamin A, 76% of folate, 94% of vitamin B₁₂, and 60% of vitamin C requirements.² I feel like I have gained so much by being able to provide “mama milk” for my boys as they have navigated the rocky waters of being a toddler boy. Not only did it provide numerous benefits to them, but I got such joy in my life from being able to provide and make the world a gentler place for them for just a little longer.

*Submitted By Devon Kinne
Breastfeeding Coalition of the Wabash Valley, Member
Birth and Postpartum Doula
Mother to Andrew (6), William (4), and Matthew (2)*

¹ http://www.who.int/nutrition/topics/infantfeeding_recommendation/en/index.html

² Dewey KG. Nutrition, Growth, and Complementary Feeding of the Breastfed Infant. *Pediatric Clinics of North American*. February 2001;48(1)

2011 Annual Dinner and Board Meeting



Dr. Kathleen Stienstra, Board Chair, shares information with attendees.

On May 3, 2011 supporters of the nonprofit **Maple Center for Integrative Health** gathered for dinner and to review the center's activities. Dr. Kathleen Stienstra, Board Chair called the annual meeting to order after a delicious, heart-healthy pasta bar dinner provided by Annie Conley and *4 Sisters Catering*.

Speakers and topics included: Vanta Black, *Cheers to Good Health* fundraiser; Eloise Weymouth Lovell, Arts Illiana grant funded *Portrait Project*; Zann Carter, Arts Illiana grant funded workshop, *Creating a Path through Loss the Arts as Healing Tools*; Janett Allen, Breastfeeding Coalition of the Wabash Valley; Margaret Moga, Healing Touch Energy Therapy; Stephanie Downing, Coleman Cancer Center Foundation's Massage Therapy program; and Karen Cunningham, CHIP (Coronary Health Improvement Project).



Zann Carter -
Creating A Path through Loss- The Arts as Healing Tools

Eloise Weymouth Lovell - *Portrait Project*



Karen Cunningham-CHIP

Dr. Kathleen Stienstra presented the staff of the former Maternal Health Clinic with a tribute plaque in recognition of their contributions to maternity care in the Wabash Valley. Staff members recognized: Helen Beane, Ann Mishler, Mary Huffman, Janett Allen, Stephanie Cloutier, Debbie Stevens, Julie Fine, Chris McCormick, Katy Harden. Recognized but not in the photo: Nancy Haynes, Marcee Everly, and Kristi Turner.



Other contributions to the Maple Center were acknowledged: current Board Members; new Board Members- Stephen Browning, Ann Ferguson, Sandra Hendrich, Margaret Moga, and James Snapp; retiring board members Kathy Baysinger, Janett Allen, and Mary Huffman; Monthly Matters, e-newsletter creator/editor Stacie Marlin and contributors Melissa Geib, Kathryn Keep, Karen Cunningham-Gardening, Kathy Hackleman-Book Review, Roy Geib- Mindful Moments/Animal Wisdom; Sandy Hendrich- Massage/ Acupressure; and Americorps volunteers Kathryn Keep and Demarcus Sneed.

2010 community partners providing venues for programs were acknowledged: Vigo County Public Library - Portrait Project Art Exhibit and Annual Dinner Meeting; Hux Cancer Center - Therapeutic Yoga; Gopalan Contemporary Art Gallery - A Path through Loss Art Exhibit; Union Hospital, Chamber of Commerce, Clabber Girl, Vigo Co Public Library – CHIP.



AmeriCorps: Demarcus Sneed
Kathryn Keep

Volunteers in 2010 included: Union Hospital Service League; Rose-Hulman Institute of Technology Fraternity ATO-Cheers to Good Health; St. Mary of the Woods College - Celebration of Life, Website/Facebook; Indiana State University- Celebration of Life, Portrait Project, Workshop and Art Exhibit *Creating a Path Through Loss*; CHIP Leadership Team and instructors; and The Maple Center for Integrative Health Board and Committee Members

For their contributions to the success of the 2011 Annual Dinner and Board Meeting, the Maple Center for Integrative Health extends gratefulness to: Chris Schellenberg and Sally Weatherston and the Vigo County Public Library; Annie Conley and 4 Sisters Catering; Chris Mc Cormick for table centerpieces; Annual Dinner Meeting Planning Committee-Carol Crawford, Karen Cunningham, Melissa Geib and Kathy Stienstra; Americorps volunteers Kathryn Keep and Demarcus Sneed; attendees of the annual dinner meeting; and all supporters of the Maple Center for Integrative Health.

For more information on the Maple Center's programs and clinical services visit us at www.themaplecenter.org and for current updates at FACEBOOK.

Please consider joining us for the center's Annual Dinner Meeting in 2012!

Submitted by
Melissa Dominguez Geib, MEd
Executive Director

