



Monthly Matters Newsletter

The Maple Center for Integrative Health

October 2012

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

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

INSIDE THIS ISSUE:

The Joy of Healthy Eating	1
Penny Money Expands Services!	2
Calendar Connection Zumba Gold with Cathleen Drobny!	3
Dr. John Black Memorial Library Monthly Vegetarian Dinner Book Review—Reference Book: Herbal Prescriptions for Better Health AmeriCorps—Maple Center	4
Community Resources Breastfeeding Coalition News CHIP: Alumni Events	5

VISIT

<http://www.themaplecenter.org>

The Maple Center
For Integrative Health's

WEBSITE!

For updates on programs
and clinical services
"like" us on Facebook!



The Joy of Healthy Eating

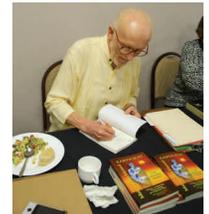
Sponsored by The Maple Center for Integrative
Health and Union Hospital
Saturday, September 15, 2012



JoHE crowd mingling before lunch.

This half day seminar was joyously well received by the over one hundred people in attendance. The participants' evaluations rated the day as excellent. The presentations were:

- **"Back to Fresh Foods"** - Chef Wendell Fowler presented a humorous review of current food craziness and ways to bring health and sanity to your food choices.
- **"The Joy of Digesting Well"** - Kathleen Stienstra, M.D. taught us how to say goodbye to heartburn, constipation, irritable bowel, and diverticulitis.
- **"The Joy of Mindful Eating"** - **Jean Kris-teller, Ph.D.** demonstrated ways to cultivate our "inner gourmet" while bringing mindful awareness to the foods we choose to eat and enjoy.



Chef Wendell busily signing books.

Lunch and "The Joy of Easily Prepared Foods" - Chef Wendell demonstrated how to prepare the food we had for lunch: Mediterranean Quinoa Salad, Green Salad with Beets and Oranges, Whole Grain Rolls, and Chocolate Pudding with Chocolate Dipped Strawberries

Thank you to our Presenting Supporters: Baesler's Market, CHIP, The Landing, Regional Hospital, and Union Health Systems. We also thank our Contributing Supporters: Clabber Girl, ISU Center for the Study of Health, Religion and Spirituality, The Downtown Terre Haute Farmers' Market and The Spring Mill Bread Company. Thank you also to our outstanding presenters and (last but not least) the volunteers who helped make the day a success: Master of Ceremonies & Program Chair —Fred Nation, Server volunteers—Dori Ball, Karen Cunningham, Terri Kuhnle, Larry and Sandy Lederman, Todd Nation, Gordon & Ruth Pleus, and Brad Spice.

Penny Money Expands her Time at the Maple Center for Integrative Health!



Penny Money has been seeing clients for Neuromuscular Re-education for the past year at The Maple Center for Integrative Health on Tuesdays. She also maintains a practice in Indianapolis and sees some clients in Parke County. We are delighted to announce that she is expanding her time to also include Wednesday mornings due to a growing demand for her services.

Since 1988, Penny Money 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 plus 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 TMJ dysfunction. Penny's arduous attention and commitment to fulfill her calling is in assisting others to understand and realize that the body can and will heal itself naturally - once given the proper support, care and attention.

Dr Kathleen Stienstra reports that her patients have received significant benefits from their work with Penny and raved about her caring and professionalism. She asked 3 to share their experiences:

I have had low back problems since I was in high school. I am now sixty five years old and problems with my back escalated through the years to where the chronic back pain moved into my left hip and down through the thigh to my knee. It inhibited casual walking. Mere sleeping was challenged as I could not lie on either side without pain. Many nights I ended up in a recliner to forgo the pain. I tried many things to eliminate or give relief to an unrelenting problem. Physical therapy offered some relief but it was always temporary. Then I met Penny Money and her Neuromuscular Re-education in Dr. Stienstras's office. My visits with Penny have brought about fantastic results. My low back and hip pain are gone. I am walking four miles a day now and expect to increase that number. The recliner is no longer my bed. I am ecstatic. Penny Money has made a significant change in my life and my physical well being.

Judy Whitaker

I have been seeing Penny Money for 2 months. I am a 14 year cancer survivor of oral cancer. Due to a radical neck dissection and 35 radiation treatments on both sides of my neck and in my mouth, I no longer have saliva and have great difficulty in swallowing. Dr. Kathleen Stienstra made me aware of the Neuromuscular Re-education services offered by Penny. I have been seeing her once a week for an hour in which she is trying to stimulate the muscles and blood flow in my mouth, neck, face, and back. She is very gentle and professional. Also, she has given me some helpful hints, such as using coconut oil in my mouth to keep it moist. I am very grateful to Penny for her expertise in this field and her willingness and enthusiasm to share it with other.

Sister Mary Ryan

Re: Penny Money

Penny has treated me for chronic migraine and for post-surgical shoulder pain. The results are truly amazing. The migraine episodes have been reduced in frequency and severity, and I have experienced rapid improvement in shoulder mobility and pain. Penny's attention to detail and her willingness to listen to her patients has contributed greatly to my recovery.

Marcella Speth

To make an appointment with Penny-call her at (317) 670-3764

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 &
Wednesday Mornings: 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

At Ivy Tech Community College

For information, call

The Maple Center



Zumba Gold—Coming October 15th to the Maple Center !

Zumba is a dance fitness class incorporating Latin and International rhythms and moves. It's popular and effective because 'dancing', is exercise in disguise. The exciting rhythms make you forget you are working out, as you get caught up in the music and the moves.

Zumba Gold is different from regular Zumba in that the focus is on safe movement for everyone in the class. Zumba Gold is low impact, with fewer transitions and turns. The warm-up and the cooldown/stretch are designed for each specific group that Cathleen Drobny teaches and often a balance segment is included .

About Cathleen Drobny

Cathleen has instructed Zumba, Zumba Gold Toning and Zumba Gold for over 3 years, from high intensity to very low, dependent upon the ability levels of the group she's working with. Cathleen focuses on conducting a class that encourages each person to work at their own capacity.

During each song, Cathleen will show different levels of the same move. Not only does this help people learn the moves, but it also allows options for all levels of ability. People are encouraged to work at their own pace, and they can lower their arms, just march in place, or take a break as needed.

Cathleen's first training was in 2009 and she has earned licenses to instruct Zumba, Zumba Toning, Zumba Gold, Zumba Gold Toning and Zumbatomic.

When Cathleen started taking and then teaching Zumba classes, she had severe knee problems that have cleared up as she learned to move safely, including how to warm up and cool down properly. It has been a great benefit to her own health overall and she enjoys being able to help others enjoy the same benefits.

The benefits of Zumba Gold are increased stamina, flexibility, balance, strength and mental wellbeing.

The Maple Center will offer Zumba Gold with Cathleen Drobny on Monday and Wednesday evenings from 6-7 PM at the downstairs meeting room of the Hux Cancer Center, 1711 N. 6 1/2 Street, Terre Haute. Each session will cost \$5.00, or 10 for \$45, and will begin on Monday, October 15th. *To enroll call the Maple Center at (812) 234-8733 or email kalexander@themaplecenter.org*

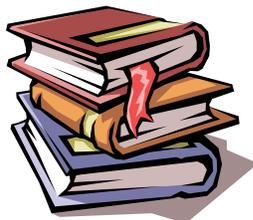
Dr. John Black Memorial Library

*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=gbp_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.



MONTHLY VEGETARIAN DINNER

*Bring a vegetarian
dish and recipe
to share.*

Contact

Debbie Stevens

debbiestevens53@gmail.com

Book Review

As a former librarian, I am always impressed with a reference book that has footnotes and cross references, Table of Contents and Index. The Herbal Prescriptions for Better Health has all these making information so much more accessible. The chapters on herbs have a detailed description of each herb, the dosage suggested, what it is used for, how it works and any concerns and related conditions.



The Common Health Concerns section is alphabetized and explains how the herb works on the concern and gives specific diet, supplements, and herbs recommendations. For example the chapter on Mouth and Gums recommends 500 mg. L-lysine, 250 mg/day of Vitamin C and chewable zinc tablets to help cold sores. Foods high in lysine such as legumes, fish, and chicken are to be included. Foods in arginine (peanuts, almonds, nuts, chocolate) are to be avoided. A daily mouth rinse of sage, peppermint, or clove oils .5 ml in 1/2 glass water is suggested for periodontal disease.

Submitted by Kathy Hackleman, Retired Librarian Vigo County Public Library

An AmeriCorps Site - The Maple Center



The Maple Center welcomes two AmeriCorps members:

Ruth Pleus is a CHIP graduate, Maple Center volunteer, and now an AmeriCorps worker assigned to the CHIP program. Those who have worked with Ruth in the past know how lucky we are to have her at the Center.

Ruth and Martaze working in the library.

Martaze Mable is an ISU Business and Marketing major. He is working at the Center as a Marketing and Fundraising Assistant. We are pleased to have Martaze's knowledge of marketing and business help us further our mission to *provide integrative health education and clinical services which combine the best of modern medicine and complementary care.*

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:

**This Month– Thursday (instead
of Monday) October 4th, 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:
“Daddy Bootcamp!” A chance for
Dad’s to come and talk with other
dads about what childbirth is actu-
ally like, how to survive the sleep-
less nights, and much more! Tues-
day, November 27, 6:00 PM,
Meeting Rm. B, Vigo Co. Library*

BREASTFEEDING WORKS!

The Breastfeeding Coalition of the Wabash Valley met on Thursday, October 4, 2012 at 5:30 p.m. room 352 of Union’s Professional Office Building, rather than the customary Monday night. A plaque was presented to Union Hospital for being the nominated employer "breastfeeding friendly" by the employees who have returned to work and continued to breastfeed.



Alumni News

*Meetings held the fourth Tuesday of the month
at 6:30 PM*

Our Tuesday, Sept 25th , 6:30 meeting was held in the Green Room (downstairs) of Union Hospital West. Ulla Kesler from Set to a Tea told us all about the brewing of tea and presented a fascinating review of tea history. She also brewed some tea that we had with our desserts. We all brought a favorite dessert that we shared and enjoyed with the tea! Thank you to CHIP Alumni Coordinator, Miren Beristain, for making all the arrangements for our own very special tea party.

Next month’s meeting (facilitated by Joann Orman) will be “Hands on Cooking” and held at United Methodist Temple, 5301 S US Hiway 41, Terre Haute. The meeting will be held at 6:30 PM on the fourth Tuesday of the month, October 24th. Joann tells us that we’ll be preparing three items: A Snack in a Second, Veggie Pizza, and an Apple-Spinach-Walnut Salad. We’ll each need to bring \$5.00 to cover the food costs, a water bottle for ourselves, and to make a reservation with Joann at ormanjoann@yahoo.com. This one will definitely be an especially fun CHIP Alumni meeting!