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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)

You are invited to attend



A FREE Information Session

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.



CHIP Alumni Dee Hoke and Larry
Lenderman volunteer to prepare CHIP
materials.

**Visit The Maple Center or call
812-234-8733 to register.**

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

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

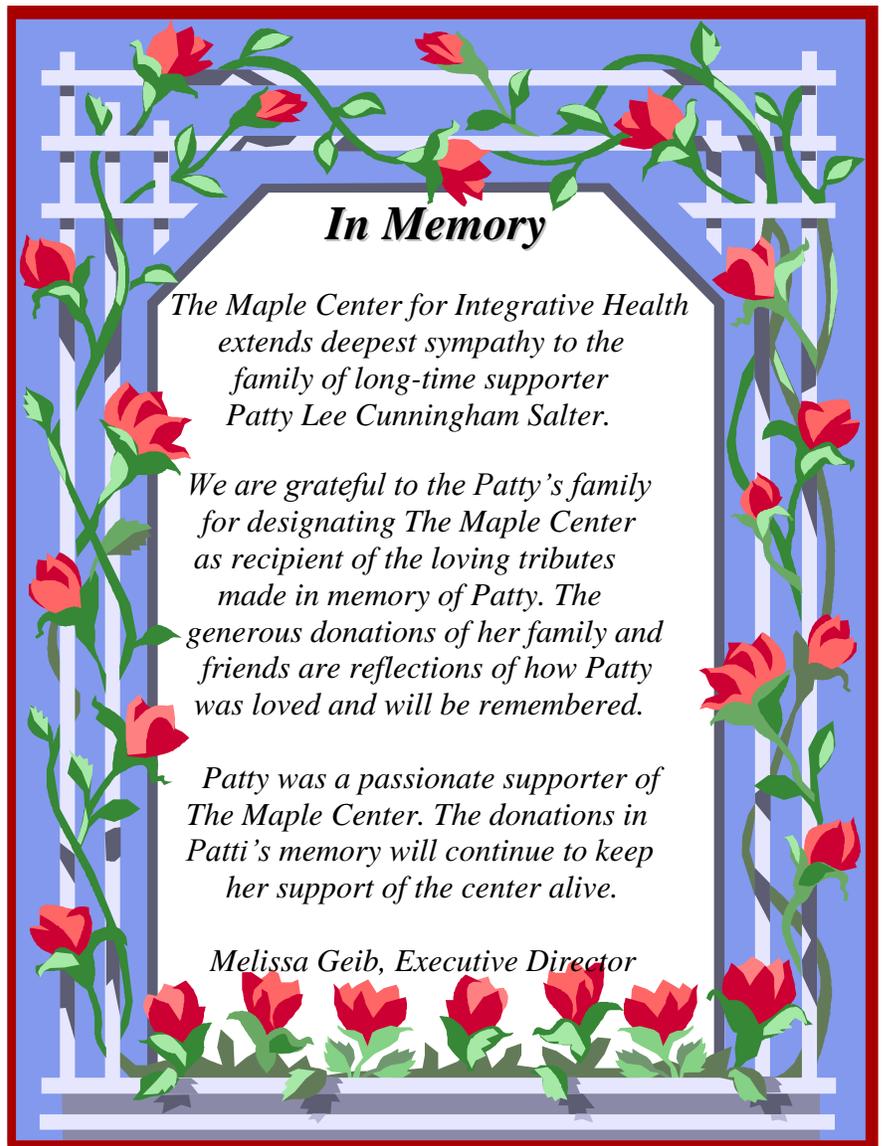
By Appointment

Fee: \$60.00

One Hour Treatment

Penny Money

317-670-3764



Ms. Patty Salter-

What a woman. It was my privilege to know Patty Salter. Ms. Salter was as strong as steel, soft as a puppy, full of love for her family, and resilient—a true phoenix who rose again time after time when a serious illness threatened her. She had a tough honest spirit that kept her moving forward during difficult times and a strong faith which sustained her. She explored complementary approaches and was willing to be a rebel when needed.

She was very fortunate to be loved and actively supported by her two daughters, Stephanie and Debbie, her sister, Linda, and during the last year of her life, Paula, her caregiver that loved her like a family member. Ms Salter spoke often of her extended family members and was rich in the wealth of family connections.

We are grateful that Ms. Salter's family opted to direct her memorials to the nonprofit Maple Center for Integrative Health. We hope that our efforts to provide life enhancing integrative health education will stand as a fitting tribute to her memory.

*Kathleen Stienstra, MD
The Maple Center Board Chair*

Dr. John Black Memorial Library



How do I find books 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://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.



Kneadless Bread

This summer I had a chance to visit with a friend, who has been following the Ornish lifestyle (very like the Coronary Health Improvement Project or CHIP) for a number of years. He was very enthusiastic about a new, easy way of making his own bread. The method is described in a book by Nancy Baggett titled, *Kneadlessly Simple: Fabulous, Fuss-Free, No-Knead Breads*.

After exploring the Internet for recipes and reviews (See the



list below), I ordered the book and promptly began baking bread about twice a week. This method is simple and turns out beautiful loaves, even with some changing of the recipes to use whole grain flours and less oil than the recipes specify. I had always had trouble with my bread-maker and even more with trying to knead, handle and clean up from making bread by hand (messy hands too!) with less than stellar results. The first kneadless loaf turned out beautifully and I have not had a disappointment yet.

What are the secrets? A smaller amount of rapid rise yeast than the usual is mixed with the dry ingredients first. Second, ice water is used along with other wet ingredients to slow the yeast fermentation. This slow fermentation is the secret to developing the gluten with no work of kneading.

The kneadless method requires a long first rise, so you do have to have patience, but the timing is easy to work into a busy schedule. The first rise takes 12 to 24 hours and can be lengthened by putting the dough into the refrigerator for 3 to 10 hours before the first rise. This is actually recommended to increase the flavor. You can also choose the length of the second rise.

For a quick rise, put the loaves in a microwave with a cup of boiling water; you can wait for one to two hours or you can refrigerate for up to 40 hours before letting the bread rise and baking if you can wait that long. However long you wait, the smell of baking bread and the anticipation is a wonderful reward. Web links for kneadless bread:

Recipe: No-Knead Bread

<http://www.nytimes.com/2006/11/08/dining/081mrex.html>

You-tube: Making No-Knead Bread

<http://www.youtube.com/watch?v=13Ah9ES2yTU>

Review of Kneadlessly Simple by NPR with two recipes

<http://www.npr.org/templates/story/story.php?storyId=102124561>

Recipe for Crusty Portuguese American Yeasted Cornbread

<http://www.janeblack.net/an-ode-to-kneadless-bread/>

Submitted by

Julie Fine, PhD, FNP

The Maple Center Board Member





Recognition to Valley Employers

Employers in the Wabash Valley providing a lactation friendly workplace were recognized August 8, 2011 by the Wabash Breastfeeding Coalition. Nominations were sought over the past months from mothers who had returned to work in the Wabash Valley and continued to breastfeed their infants.

The **Breastfeeding Works** recognition was awarded to **Bemis Corporation** and **Days Inn of Terre Haute** for the supportive work environment provided to lactating mothers. Honorable mention went to **Babies "R"Us, Chrisman Schools,** and the **Fleschner, Stark, Tanoos Law Office.**

Award recipients were announced at "Breastfeeding Works", held in Deming Park on Monday evening August 8, 2011 to celebrate National Breastfeeding Month. Speaker for the evening was Tina Carderelli, Indiana State Breastfeeding Specialist. She highlighted some of the activities happening in the world of breastfeeding support at the national and state level, and spoke with those in attendance about their efforts to provide support in the community.

Those attending were eligible in drawing for door prizes provided by Baeslers Market, Stork Shoppe, Frances Merrit CNM, the Breastfeeding Coalition of the Wabash Valley and the Medela Company. The evening closed with a pot luck picnic and social time.

A grant by the Indiana Perinatal Network was awarded to support the formation of a community based breastfeeding coalition in 2009. Local professionals and mothers who choose to educate, encourage and support breastfeeding formed the Breastfeeding Coalition of the Wabash Valley. Meetings are the first Monday of the month at 5:30 p.m. in room 352 at the Professional Office Building, corner of 8th Ave and 7th St.

The next scheduled meeting is October 3. Contact can be made through The Maple Center for Integrative Health phone 812-238-8733.

*Submitted by Janett Allen, RN
Chair, Breastfeeding Coalition of the Wabash Valley*

BREASTFEEDING WORKS!

August is National Breastfeeding Month, and the Breastfeeding Coalition for the Wabash Valley kicked it off with our annual "Breastfeeding Works!" event on Monday, August 8th at Deming Park. It was our most successful event yet – we didn't let the torrential rain at the beginning deter us!



One of the highlights of the event is recognizing employers around the Wabash Valley for their support of mothers who continue breastfeeding when they return to work. It can be tough to continue breastfeeding when a mom returns to work. Employers are nominated directly from their employees, who feel like their employer strongly helped them continue the breastfeeding relationship with their child by providing things such as supportive breastfeeding policies, pumping locations, and time off to pump. The awardees this year were **Terre Haute Bemis, and Terre Haute Day's Inn.** Honorable mention was given to other nominees: the **Chrisman School**

District; Fleschner, Stark, Tanoos and Newlin Law Offices; and Babies-R-Us.



Tina Cardarelli, the Indiana state Breastfeeding Specialist, came and gave a great speech about the growing support of breastfeeding in our nation, and specifically in the state of Indiana. One of the really heartening things that she talked about was how the Surgeon General of our country, as one of her first duties, released *The Surgeon General's Call to*

Action to Support Breastfeeding.
Having someone in such an important role in our government focus on the importance of breastfeeding and future health is very exciting. Tina also talked about the newly stated Indiana goal to have daycare workers all trained so that they understand breastfeeding and how to support their breastfed babies.

We could not have done it without help from our fabulous sponsors – Baesler’s Market; Babies-R-Us; the Union Hospital Breastfeeding Center; Frances Meritt, Certified Nurse Midwife. They helped to provide a lot of excellent door prizes.

The grand door prize, a Medela “Swing” pump and a lot of Medela accessories, went to Molly Claussen, a new mom who greatly appreciates it as she reports her old pump had just broken!



*Submitted By
Devon Kinne
Member Breastfeeding Coalition
of the Wabash Valley*



Gardening Tip:

Tomatoes, oh, glorious tomatoes!

A quick tip from your garden loving friend....

This time of year a lot of us have an abundance of wonderful, red (and other colors), juicy, great tasting tomatoes. Although I’ve been known to eat tomatoes for breakfast, lunch, dinner and for snacks in between there is a limit to how many my husband and I can consume fresh from the garden.

Before I share my tip with you I want to give the tomato a healthy “plug” below:

In addition to the great taste of tomatoes, they also are full of vitamins and minerals both if eaten fresh and when cooked. Tomatoes contain a high level of a substance called lycopene. This compound has antioxidant properties and there are some studies that indicate lycopene may be effective in decreasing the risk of certain types of health issues including cardiovascular problems and breast and prostate cancer. The research is inconclusive but they do know for sure that there are numerous health promoting vitamins and minerals in tomatoes.



So, with my extra tomatoes I wash them gently, wipe off the excess water with a clean towel then line them up on a cookie sheet in a single layer and put them in my freezer. I prefer to use a paste/Italian tomato like a Roma because they are meaty, have less juice and they freeze really well although this system works with any type of

tomato. I let them freeze for several days until they are so hard they sound like little bowling balls when they hit against each other. At that time I transfer them into freezer weight Ziploc bags, seal them very tightly, label them and put them back in the freezer as quickly as possible.

Fast forward to winter and when I want to add tomatoes to soups, stews, spaghetti sauce, etc, I just pull out 2 or 3 of my frozen tomatoes and drop them in my hot soup or other liquid. I like leaving the skins on for the fiber and extra nutrients. If you prefer to remove the skins just dip the tomato quickly into the hot liquid by holding it with a pair of tongs and remove after less than a minute. If the liquid is hot enough the peeling should fall off or be able to be pulled off easily (just be careful because it will be hot) and then the rest of the tomato can go back in the soup. Bigger tomatoes may need the core removed as well as the skin so that’s another reason why I prefer the Roma tomatoes because there is almost no core and it all goes in the soup pot.

This is a great, easy and fast way to preserve a lot of tomatoes at one time. It certainly is less time consuming and less work than canning the tomatoes. Also, research has stated that freezing preserves more nutrients than canning because canning uses high temperatures which can decrease the overall nutrient value.

Have fun with Mother Nature’s little ‘bowling balls’ and enjoy!

*Submitted by
Karen Cunningham,PT
Board 1st Vice-Chair
Coordinator, CHIP*

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

Heartland Health and Wellness Conference

Thursday, September 15, 2011 at 9:00 AM –Friday, September 16, 2011 at
4:00 PM (ET) at 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

AMERICORPS

AmeriCorps has often been referred to as the “domestic
Peace Corps”. This program allows individuals of all ages (**from 17
years old to senior citizens**) to serve with nonprofit organizations in
order to help communities grow and flourish in many ways.



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

http://www.indstate.edu/amicorps/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**

If you are interested in applying for one of the AmeriCorps positions
with The Maple Center, please contact Stephanie Squires, AmeriCorps
Program Coordinator at Stephanee.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