



INSIDE THIS ISSUE:

CHIP Free Information Sessions	1
Book Review	2
Calendar Connection	2
Massage Point: Bubbling Spring	3
CHIP Grant Award and Scholarships	3
Community Resources	4
Breastfeeding Works	4, 5
To Breastfeed or Not...	5
Monthly Vegetarian Dinner	6
Recipe	6

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.*



CHIP

Coronary Health Improvement Project



FREE Information Sessions

7:00PM-8:30PM ALL SESSIONS

August 22, Monday

Honey Creek Fire Dept. #1, 6553 S. Carlisle Street

August 25, Thursday

Terre Haute Regional Hospital, 3901 S. 7th Street

August 29, Monday

Union Hospital East, Atrium Level Classroom, 1600 N. 7th Street

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%
- Reduce coronary risk factors with just your fork and knife
- Control Type II diabetes through lifestyle
- Reverse hypertension & heart disease
- Work with your physician to reduce reliance on prescription medications
- Develop long-term strategies for optimal health

2011 Fall CHIP Program

Weekly Seminars 6:30-8:30 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.

Call The Maple Center to register: 812-234-8733

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



In Holding on, a Brave Girl's Guide to Surviving Change, Lisa Weedn uses guided journaling to help the reader work through her feelings, memories, and thoughts about her situation and gives her steps to take the work through change. Although this is described as a healing workbook for girls, it can also be used for anyone who is having a difficult time with change in her life.

Sprinkled throughout the book are inspirational quotes like "Feelings are never right or wrong. To feel is to prove I exist." She walks the reader through fear, guilt, blame, forgiveness and release in a very specific and personal way. Together they explore faith, love, trust, respect and understanding with minimal reading and ample opportunity to write.

It includes lists to complete such as "Best People to Hang With", "Favorite Places to Go" and "Taking Care of Me". The quote which sums up the book is "Through thankfulness, I can learn the wisdom of the ages. I only need to look within to hear the voice of love."

*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.



“Bubbling Spring Reduces Stress”

湧泉

Chinese Name:
Yong Quan

English Name:
Bubbling Spring

Meridian Point Location:
Kidney I (K-1)

Reflexology Point:
Solar Plexus

So many names, and such a powerful point!

The bubbling spring point is located in the center of the ball of the foot. It is an important point in both acupuncture/acupressure treatments as well as in reflexology. In acupuncture, the point is the start of the Kidney Channel, and is known for its ability to reduce fatigue and lethargy as well as to aid the body in replenishing its energy stores. It is also known as a “grounding point” and it aids in reducing stress.

In the study of reflexology, this point is known as the Solar Plexus point, and working on this reflex can decrease stress and nervousness, and promote an overall sense of calm and relaxation. Because of its

ability to relax the entire nervous system, I have clinically found this point to aid in pain relief as well.

Massage the Bubbling Spring Point with your thumb with either a constant pressure, with a press and release method, or by moving your thumb in small circles over the area. Massage both feet. Massage each point for 30 seconds to one minute. If your thumb gets sore, try using the **eraser tip** of a pencil to massage the area, or rub this area of the foot over a small, rubber ball. Breathe slowly and deeply while massaging this point, slowing down your mind and body to aid in relaxation.

These are also great points to massage on your partner. Try massaging both points at the same time.

Submitted by
Sandra Hendrich, PT, DPT
The Maple Center Board Member



CHIP GRANT AWARD AND SCHOLARSHIPS



On behalf of The Maple Center for Integrative Health Julie Fine and Karen Cunningham board members and members of the CHIP leadership team attended the Wabash Valley Community Foundation grant award luncheon on May 18, 2011.

Julie and Karen accepted a Wabash Valley Community Foundation grant award designated to provide scholarships for the CHIP (Coronary Health Improvement Project) program. In addition they had an opportunity to give a synopsis of the CHIP program. We are grateful to the Wabash Valley Community Foundation for this award and for their recognition of the need for local programs which have the potential to positively impact the health of our community.



If you are interested in applying for a CHIP scholarship opportunity, funded by past CHIP participants and the Wabash Valley Community Foundation grant, call The Maple Center’s nonprofit office:

812-34-8733.

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



LACTATION STATION

is a quiet, private place where a breastfeeding family can retreat from the hustle and bustle of the crowds and activities in a public place when it is time for baby to nurse.

The Breastfeeding Coalition of the Wabash Valley will host the lactation station at the following county fairs:

VIGO COUNTY FAIR July 10 - July 16

PARKE COUNTY FAIR July 23 - July 30

CALL FOR Breastfeeding Works Award Nominations

“Breastfeeding Works!” and to celebrate World Breastfeeding Week as well as 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.

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.

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.

In August 2010 the first **Breastfeeding Works** employer award was given to the Sisters of Providence at St. Mary of the Woods College 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.

Nominate an employer who supports breastfeeding and plan to 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

To Breastfeed or not to Breastfeed

Like most women when I found out I was pregnant it seemed so surreal. A child was growing inside of me! It was so wild to think that my body was now changing to accommodate the growth of my unborn child. And like most women I read lots and lots of books and I thought about what I should and shouldn't be eating or doing. Such as is it safe to color my hair, can I paint my toes, is it safe to be around loud noises and the list went on and on for me.

It wasn't until my husband and I made a trip to a Baby Superstore and after all the ogling over all the baby stuff I came to the feeding aisle and thought oh a breast pump and I thought am I going to use that? In all the books I read, all the precautions I was taking and all the shopping I was doing I never really thought am I going to breastfeed or formula feed. None of my books mentioned this in fact no one had really ever mentioned this to me as an option. I had no idea what anyone in my family did I didn't know if I was breastfed! As a little girl growing up I didn't have breastfed dolls or pretend breastpumps or bags of milk. So I began checking out books on breastfeeding.

I began to get overwhelmed with the information in the books and felt that breastfeeding seemed a bit complicated but the benefits seemed to outweigh the confusion. I also thought I am taking all these precautions during my pregnancy and I really want what is best for my child so I said yes I am going to give breastfeeding a good old college try. This decision came with many worries and other people's opinions. Here is what I learned

I took a class and bought all the necessary things to be a successful breastfeeding mom and then I delivered my child... While in the hospital I attempted to breastfeed my child and I had lots of failures and few successes but I stayed determined to figure this out and after some not so helpful people and some really helpful people my son was a full-fledged breastfed child! And then I went home... I panicked I thought I don't know what I am doing, does he need to eat now, is he hungry or just upset, should I be pumping to bring up my milk supply, I don't want to sit here all day and become a 24 hour milk cow, I don't want to expose myself to feed my child when I am out in public. After great guidance and amazing help from local community programs and several bouts with mastitis I figured it out my son and I found our rhythm! I set up times for pumpings and feedings and it was a natural part of our lives. Then I went back to work...

After returning to work my 3 month mastering of breastfeeding changed a little but I adapted by setting up pumping time at night so he had enough milk for bottles at daycare and I could still breastfeed him when I was with him. I didn't become a 24 hour milk cow; I still had a social life and went lots of places!

There are so many stigmas about breastfeeding! People say it's too much work it's not worth it; I can't have a social life, etc... But the truth is having children is work and they become a part of your social life. As our children grow older and we wish we had more time for them and could do more for them. What better way to start them on the right track than by spending so much quality cuddling time breastfeeding your child bonding with them on a level that is so

immense that when you do quit breastfeeding that you actually miss having that one on one time that only you and your child can share.

I set goals I told myself okay 4 months, then 6 months and before I knew it a year had passed. I made it 12 months breastfeeding my child and I couldn't be happier! Not all pregnancies are the same, not all deliveries are the same and not all breastfeeding experiences are the same. Everyone is different every child is different but the benefits of breastfeeding are the same and well worth it! To breastfeed is to learn by doing. I am a success story and you can be too! There are so many organizations out there that can offer you the support you need and will help answer the questions too!

Submitted By:

Cora James

Breastfeeding Coalition of the Wabash Valley

Resources:

Breastfeeding Coalition of The Wabash Valley

La Leche League

WIC

VEGETARIAN DINNER Monthly

**Bring a vegetarian dish
and recipe to share.**

**Contact Debbie Stevens
for information:**

debbielstevens@hotmail.com

Dear Readers,

Add natural flavor and antioxidants by putting fresh blueberries in your ice cube tray with water. When frozen add the ice cubes to your glass of water!

Below is a simple, healthy and refreshing recipe for a hot, summer day or evening!

*The recipe source is one of my family's new favorite recipe books:
The Happy Herbivore by Lindsay Nixon.*

*Happy Healthy Summer!
Melissa Dominguez Geib, MEd
The Maple Center for Integrative Health
Executive Director*



SUMMER SORBET

3 ripe bananas, frozen (for ease of use, cut into halves or quarters)
1 cup strawberries or 1 cup blueberries or
1 cup combination of berries

Pulse in food processor or Vita Mix blender.

Recipe states it serves two but there is enough to share with 3 or more. ENJOY!

Our family variations include adding:
1 cup of almond milk (smoothie consistency)
Cinnamon
Vanilla or other pure extract