



# Monthly Matters Newsletter

## The Maple Center for Integrative Health

July 2012

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

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

### ***INSIDE THIS ISSUE:***

- Fundraiser: Tee Up for Health** 1
- Calendar Connection** 2
- Tee Up for Health (Continued)**
- Fundraiser: Downtown Dining Cards**
- Dr. John Black Memorial Library**
- Inside Scoop on Integrative Health** 3
- Monthly Vegetarian Dinner**
- Community Resources** 4
- CHIP: Alumni Events**

## ***VISIT***

<http://www.themaplecenter.org>

The Maple Center  
For Integrative Health's

## ***WEBSITE!***

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



### **Golf Outing Fun, Educational, AND Successful!**

The Maple Center Golf Scramble Committee under the direction of Ann Marie Ferguson, Golf Chair, put the fun back in fundraising for our first, annual Golf Scramble. Major sponsors of the event were First Financial Bank, Baesler's Market, Clabber Girl, MEDLAB, and Big Picture Printing. Additional support was provided by Columbian Home Products, Sullivan Automotive Group, Meneely Construction, Terre Haute Chevrolet, and 500 Express. Other contributors included Mary Cramer, Mike Ciolli, and numerous businesses.

After a delicious lunch from Baesler's, the golfers teed off. To ensure that the day was fun and healthy, educational health stations were positioned throughout the course. The stations gave golfers information and demonstrations on Acupressure and the Maple Center Integrative Health Services of Healing Touch and Neuromuscular Re-education Body Work. There were also displays on the Importance of Fiber in Diet, A Blood Pressure Station, Importance of Drinking Water, A Body Fat Monitoring Station, and the Complete Health Improvement Program (that also distributed healthy cookies)!



**Dr. Kathy Stienstra and Gary Strong with acupressure demonstration.**

Teams who participated in the day were: Jones and Sons, Overhead Door Company of TH, Nancy Brentlinger, Scott Brentlinger, 500 Express, Ron Fouts, T.H. Chevrolet, Misco, Columbian Home Products, First Financial Bank, Fifth Third Bank, Union Hospital, Meneely Construction, Paul Mason, Easy E and the Amazing Three, Kellogg's, and Clabber Girl. Hole Sponsors for the event were: Attorney Nellie Simbol, Gartland Foundry, Toyota of Terre Haute, Rogers Home Improvement, Thompson Thrift, Duke Energy, Forrest Sherer Insurance, SOS Tech, Attorneys Fleschner, Stark, Tanoos, and Newlin, Meneely Construction

# 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

Weekdays 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**

Old National Insurance, 500 Express, Mayor Duke Bennett, Sullivan Automotive Group, Anderson Medical, T.H. Savings Bank, Dr. Karla Zody, Garzo Tire, T.H. Chevrolet, Hoosier Pharmacy, River Wools, WV Packaging Corp., Columbian Home Products, Casey's Stores, First Financial Bank, Baesler's, Clabber Girl, Med Lab, and Hamilton Center.

Numerous prizes were awarded at the end of the day while ice water and healthy cookies from Clabber Girl were enjoyed by the golfers and volunteers. While no one was lucky enough to win one of three hole-in-one prizes, the team who placed first, Scott Brentlinger, won four \$75 dollar gift certificates from the Rea Park Golf Shop and a one hundred dollar gift certificate from Teppanyaki Grill.



**First Place Winners: L. to R. Will Mansard, Scott Brentlinger, Brian Schroeder, and Aaron Azar.**



Second Prize – four 1 hour Neuromuscular Re-education Massages by Penny Money and four Garfield's Gift Certificates were awarded to the Team from Misco. Third Prize – four 1 hour massages from Anderson Chiropractic went to 3<sup>rd</sup> Prize Winners, the Team from Kellogg's.

A one week long Time Share Getaway, donated by Gordon and Ruth Pleus, went to Gary and Tuesday Strong.

The Golf Outing Committee was chaired by Ann Marie Ferguson and included volunteers: Nancy Brentlinger, Karen Cunningham, Sharon Polge, Gordon and Ruth Pleus, Kathy Stienstra, and staff – Melissa Geib and Kathy Alexander.

Other volunteers who provide invaluable help during the day's outing were: Vanta Black, Steve Browning, Leah Fouts, Linda Le Cour, Elisabeth Friedman, Lisa Gibson, Chris McCormick, Phung Ly, Sylvia Oster, Paul and Martha Reed, Doddie Stone, Gary Strong, and Liz Tuttle.

Thank you to all who participated and made the day such a healthy success.

## NONPROFIT FUNDRAISER

What better way to support The Maple Center,  
your community, and shop local than the  
Downtown Dining Discount Card?

Nine of your favorite downtown restaurants have joined together to  
offer you great savings!

**100% of the proceeds from this fundraiser go  
directly to the nonprofit**

**\$10.00 per card**  
Expires Jan. 1, 2013

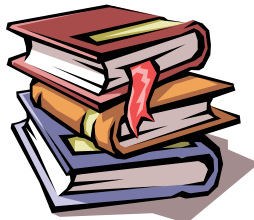


# Dr. John Black Memorial Library

*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](http://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](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](mailto:debbielstevens@hotmail.com)

## Inside *Scoop* on Integrative Health



### Women's Bodies, Women's Wisdom

Creating Physical and Emotional Health and Healing

Author: Christiane Northrup, M.D.

1994, Bantam Books, 1540 Broadway, New York, New York 10036

(Excerpt, Pages 483-4)

There is power inherent in committing yourself to the process of creating health in all levels of your life. Once you've made a commitment to heal your life, you will discover that guidance and information from many different sources becomes available to you. Commitment engages your will, the power to hold a commitment to healing involves two steps: The first is admitting that healing is necessary, and the second is opening yourself to the information that you begin to attract following the commitment.

Goethe said it best.

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no man (or woman) could have dreamed would come his (or her) way. Whatever you can do or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

Problem-solving, whether through drugs, surgery, or herbs, is entirely different from creating health. Creating health requires making a paradigm shift, or systems shift, to a new way of thinking about and being in relationship with our bodies, our minds, or spirits, and our connection with the universe. Very few people maintain or regain health and wholeness until they make this shift.

# 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](mailto:tcfwv@googlegroups.com)  
Facebook: *Type* Compassionate  
Friends of the Wabash Valley

---

## **The Breastfeeding Coalition of the Wabash Valley**

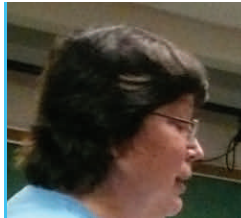
Meetings:  
Most Months- First Monday  
5:30 PM  
Union Hospital Professional Office  
Building (POB)  
Room 352, Corner of 7th Street  
and 8th Avenue  
For more information call  
The Maple Center  
812-234-8733

---

## **Terre Haute Birth Network**

*Advocacy organization to promote  
"normal, mother/  
baby-friendly birth"*  
For more information:  
[THBirthNetwork@gmail.com](mailto:THBirthNetwork@gmail.com)

---



**Mary Fouts**

CHIP alum, Mary Fouts, presented some great tips at the June Alumni meeting and carry-in-dinner on how to remain CHIP compliant while traveling.

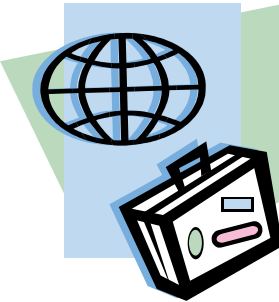
**Tip #1.** Bring your kitchen with you! Mary gave a "show and tell" on various small kitchen items that

can help you easily prepare healthy meals on the road. (Many of these utensils can be purchased at truck stops!)  
**Tip #2.** Bring a few food essentials! Pack some unopened, non-perishable food items into your checked bag, just be sure to declare them at customs.

**Tip #3. Research, Research, Research!** Before going anywhere, research whether they have a natural foods store or farmers' market. Find vegan friendly restaurants at [www.happycow.com](http://www.happycow.com).

**Tip #4. Stock Up!** When you locate that health food store stock up on healthy foods that you can store in your hotel room.

**Tip #5. Learn Some Lingo!** If you are going to a country where they do not speak English, learn at least a few phrases that will allow you to ask for vegan items on menus and shopping. Mary also gave us an additional website that will help us travel and keep ourselves well: <http://www.vegfamily.com/vegan-children/vegans-abroad.htm>



## **CHIP ALUMNI PICNIC**

Bill Carper, CHIP Alumni Co-chair, reminded everyone at the June meeting that Janet Schlunt has invited CHIP alumni to a **picnic** at her house on **Sunday, July 15th**. Please bring a CHIP congruent dish to share. **Dinner will be at 5:00 p.m.** but you are **welcome to come at 4:00 p.m.** and enjoy swimming, a game of horseshoes, volleyball and croquet. If you are able to attend, please **confirm with Janet at 812-872-2231**. Her address is 1250 N. Main Street, Terre Haute, IN 47803-9676.



**Bill Carper**

# PROVEN RESULTS

*Priceless benefits*