



Monthly Matters Newsletter

The Maple Center for Integrative Health

May 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
- 2012 Breastfeeding Works! Application 2
- Dr. John Black Memorial Library 3
- Monthly Vegetarian Dinner 3
- Tribute to Carol Crawford 3
- Poem: *Low Tide* 3
- Community Resources 4
- Shooting Hoops for a Cure 4
- CHIP: Alumni Events 4

VISIT

<http://www.themaplecenter.org>

The Maple Center
for Integrative Health

WEBSITE!

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



The Maple Center for Integrative Health
Nonprofit FUNDRAISER



First Annual Golf Scramble

DATE: FRIDAY, JUNE 15, 2012
LOCATION: Rea Park
3500 South 7th
Terre Haute, IN
TIME: 10:30am-5pm
REGISTRATION: 812-234-8733
mcih@themaplecenter.org

\$50,000
Hole-in-One!

Why play in this golf scramble fundraiser?

By participating in the 1st Annual Maple Center Golf Scramble, you will help support healthy living. Through education, we can meet our goals to provide integrative health education and clinical services that combine the best of modern medicine and complementary care.

REGISTRATION FEE

Foursome is \$400; \$100 per player (\$35 of each player's cost is tax deductible).
Includes **lunch, golf cart, green fees and beverages** (no alcohol) and
one entry to random draw for a 7 Day GETAWAY!

DEADLINE

Registrations are due by June 1st
Registrations accepted after this deadline are based on space availability.

PRIZES

1st, 2nd & 3rd Place Teams
\$50,000 Hole-in-One, 50/50 ticket drawing
(Maple Center receives half of the proceeds won)

SPONSORSHIP

\$100 for each hole sponsored

RAIN

Lunch, prizes and free Rea Park greens/cart for another date.



First Financial Bank
Always Close to Home



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

812-234-8733

CHIP 2012 Fall Session

Sept. 24-Nov.15

Seminars 6:30-8:45 PM
Mondays and Thursdays

For information or to register, call
812-234-8733

Therapeutic YOGA

Wed., 4:30-6pm

June13-July27

Hux Cancer Center

Six Saturdays, \$60.00

Registration: 812-234-8733

Breastfeeding Works



Breastfeeding Coalition of the Wabash Valley would like breastfeeding families to provide information about how they feel their employer supported breastfeeding in the work place during the 2011-2012 year.

In August 2012 during National Breastfeeding Month-- the **Breastfeeding Coalition of the Wabash Valley** will be honoring some of our community employers for their support in breastfeeding while mothers return to work.

Breastfeeding Mother or family please takes time to fill in the information below. This will help the Coalition to recognize and help the community employer support grow.

Business/Workplace: _____

Share your story why you think this place deserves recognition regarding Breastfeeding:

(continue on back side if you need more space)

Your Printed Name: _____

Your Signature: _____

Contact number, if desired: _____

Dates of breastfeeding at work: _____

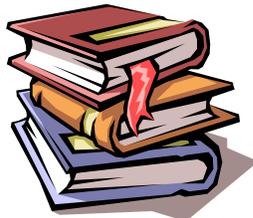
The Maple Center for Integrative Health
Breastfeeding Coalition of the Wabash Valley
1801 North Sixth Street, Suite 600
Terre Haute, IN 47804

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=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

Tribute to Carol Crawford



Carol Crawford, retired high school English teacher, mother, grandmother, widow, friend and member of The Maple Center's Board of Directors has ended her courageous dance with the challenge of metastatic leiomyosarcoma. When she learned of her diagnosis—an uncommon cancer—she sought advice and options. The Mayo Clinic told her there were no established treatments shown to be successful, but they suggested a specific regimen of chemotherapy. She went for it.

She also sought out additional ways to engage with life and support herself—learning about meditation from her Buddhist son and daughter—in-law, use of imagery/relaxation techniques from Jan Croft, Reiki from Sister Diane at St Mary's, massage, acupuncture, and natural medicines that helped her tolerate the chemotherapy. With the help of Dr. Huh, a variety of chemotherapy regimens occurred sequentially and all these approaches held her cancer to a standstill for years. There were tough times along the way—it is not fun to lose your hair. She got a gorgeous auburn wig. Pneumonia, kidney damage, compression fractures of her spine happened—but she was tougher. What an inspirational woman!

Always expanding and rearranging her “comfort zone” to meet the next challenge, her sense of humor ever present, she was a true phoenix. When we thought we were going to lose her last Christmas, she rose from the ashes for another couple months with some quality of life and connection to those she loved. The steadfast support she received from her girlfriends – especially Mary Page and her friend Phil have touched my heart.

During acupuncture we had ample time to chat—and she often expressed the love and concern she had for her children and grandchildren from her personal and step-family. Here's an anecdote that tells you a bit about her. She enjoyed going to HS basketball games. J Turner, a South High School star is the son of Kristi Turner, the office manager who works with me. Carol and Phil enjoyed going to his games. J appreciated her support and recognized her fighting spirit so much that he and his family have planned a benefit for the American Cancer Society in her honor on May—hoping that she could be the star. When she took a sudden turn for the worse and spent her last few days in the hospital, J came to visit. She was barely conscious but when she recognized him, she smiled and said “Hi, Good-Lookin’.”

Grace under pressure, courage through difficult times, humor when you're hurting, and concern for others—all exemplify Carol's life. She was the first to admit that she had made mistakes in her life and had regrets. Love, sacrifice and forgiveness are elements of all our lives, and they were strong themes in hers as well.

The Maple Center benefitted from her wisdom and input—we salute her legacy and acknowledge what a privilege it has been to know her. We'll miss her deeply.

Kathy Stienstra, MD

Low Tide

It's Low Tide my love
Time to dip into the Sea of Eternity
Waves of Destiny cover toes,
Ankles feel them rise.
The Sea meets your opening arms
In a dual embrace mingled as one.
Whatever has been is stilled:
An imprint on a frame.
It is time
To vanish into the endless
embrace of spiritual love.

By Brenda Ramponi-written for her beloved husband Phil during the last days of his life.

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:
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

Shooting Hoops for a Cure Fundraiser for the American Cancer Society in Memory of Carol Crawford

To raise money for the American Cancer Society, area high school boys basketball players will challenge their coaches to a game. Terre Haute North, Terre Haute South, West Vigo, Northview, Rockville, and Sullivan will all be represented at this fundraiser game on Thursday, May 17, 6:30 pm at Terre Haute South High School. Admission fees of \$4/person (age 5 and under is free) and concessions revenue will be donated to the American Cancer Society.

The fundraiser is the inspiration of Jeffrey Turner from Terre Haute South High School in memory of Carol Crawford, a retired high school English teacher and faithful fan of high school basketball games. Although her courageous struggle with cancer ended recently, she attended games up to a few weeks before her passing.

Come out to the game in support of all people
facing the challenge of cancer!

MAY 17th

6:30PM

Terre Haute South High School



CHIP ALUMNI MEETINGS & ACTIVITIES

Please mark your calendars with the following CHIP
Alumni Meetings. Details will follow:

April 30 - May 7 - May 14 - May 21

These four meetings are on four consecutive Mondays immediately following CHIP #5 graduation. The meetings are designed to help new graduates settle into their new CHIP lifestyle.

June 26

Mary Fouts will facilitate this "CHIP on the go" discussion. This will be about surviving travel while following the CHIP lifestyle.

July

CHIP Picnic (date & location to be confirmed)

PROVEN RESULTS

Priceless benefits