



Monthly Matters Newsletter

The Maple Center for Integrative Health

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June 2013

INSIDE THIS ISSUE:

- Welcome Nancy Humphries
Plus info on New Therapeutic Yoga
Classes* 1
- Monthly Matters Reflections -
Martha Reed
Calendar Connection* 2
- Breastfeeding Coalition News
- Karen Baker* 3
- CHIP 7 Update—Karen Cunningham,
CHIP Alumni Events
Monthly Vegetarian Dinner* 4

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<http://www.themaplecenter.org>

The Maple Center
For Integrative Health

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and clinical services
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New Therapist at The Maple Center!

Nancy Humphries is a graduate of the nationally respected and COMTA approved **Body Therapy Institute (BTI)** in Siler City, North Carolina and a licensed massage therapist in Indiana. She will tailor a session to your needs using combinations of Swedish, Myofascial, Pressure Points, Stretching, Reflexology, and Energy Work to facilitate relaxation, restoration, and balance. She is a current member in good standing and shares the views of the **Associated Bodywork and Massage Professionals (ABMP)**, an organization that upholds high standards of work and ethics.

Nancy grew up in rural Indiana, lived in Florida for a while, and then enjoyed North Carolina for many years working in the residential building industry. During this time she began visiting a massage therapist for relief of back pain and became intrigued with the individual, holistic, hands-on approach to achieving better health.



A midlife career change has proved to be greatly satisfying and opened a wide expanse of knowledge to explore. She shifted from studying buildings to the architecture and landscape of the human body. The magnificence of the body structures and functions along with how a skilled massage therapist can help guide the healing process is most fulfilling. Nancy will offer therapy on Fridays and Saturdays at the Center and can be reached at (812) 251-9190. We are pleased to welcome Nancy to the Maple Center family!

You may find Nancy gardening, sewing, looking at colors, or practicing yoga – she is a self-proclaimed certified-for-life beginner! Some of her favorite things are a refreshing cool breeze, NC beaches and ocean waves, or beautiful landscapes and unique architectural designs.

Therapeutic Yoga—Upcoming Saturday Classes

Classes will begin on Saturday July 20th and continue the following five Saturdays through August 24th. The class time is 9:00—10:15 AM and the location is the downstairs meeting room at Hux Cancer Center, 1711 North 6 1/2 Street, Terre Haute. The six classes will cost a total of \$60.00 payable at the beginning of class. Our instructor will be Tammy Lundborg. (Another welcomed new member of our Center!) Please call us at 234-8733 for more information or email questions to kalexander@themaplecenter.org.

The Maple Center Calendar Connec-

tion

Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday
By Appointment

Kathleen A. Stienstra, MD

Clinical Appointments

Call 812-235-4867

Healing Touch

Mondays: By Appointment

Margaret Moga, PhD

Call 812-240-3302

Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC

Clinical Appointments

Call 812-249-4290

Neuromuscular Re-education

Tuesdays & Wednesdays By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

Nutrition and Health

Thursday Mornings: By Appointment

Fee: \$50.00—First Consultation

Melissa Schollaert, HHC

Health Coach

Call 916-792-4218

Massage Therapy

Fridays & Saturdays By Appointment

Nancy Humphries, LMBT

Call 812-251-9190

Zumba Gold!

Classes are Monday, Wednesday, and
Friday evening from 5:45 PM to 6:45

PM. September—May 16. Summer

classes at the Hux Cancer Center, May 20

-August 16th.

Call the office at 812 234-8733 for more
information.

Monthly Matters Reflections

By Martha Reed – CHIP Program Graduate and Volunteer

Driving to work one day, I saw a bright yellow Volkswagen Beetle. I thought what a unique person this must be to drive this car. Then my eye moved to the bumper sticker. Not just any bumper sticker, this one went clear across the back, “Powered by Imagination.” What a statement! Imagination allows us to form a mental image of something. It gives us the ability to better understand and provide meaning and knowledge to an experience.

When was the last time you really used your imagination to power you? When we were little we really utilized it. We made up games to play. A tree might have been a powerful ship on the ocean and you were the captain. Your bicycle might have been racing in the Indianapolis 500. You may have had a fancy tea party with your bears and dolls where you invited the queen. When we were young, the sky was not even the limit as you could use your imagination to fly to the moon. Where in life did we lose this thought pattern? When did life become so serious?

I know what you are thinking, but I have grown up and imagination is kids “stuff.” Do you think Thomas Edison was a child when he “imagined” the light bulb?

As adults we use imagination without really thinking about it. For example, don’t we all try to imagine how we could have acted differently when we make a mistake? We strive to envision a better outcome and we learn, yes, from our imagination.

A healthy imagination is important to each of us. It is better to imagine things that are positive and beneficial to you rather than negative. You cannot fail by having a healthy imagination. It helps you to look forward to each and every day with spring in your step, which will encourage you to move in the right direction!

Imagine what great things you could come up with if you open your mind. Science tells us that we only use 10% of our brains. From your imagination, ideas form. This is one of the greatest building blocks for you to utilize. Do not worry that your idea may be a small one in the grand scheme of things. From that one small imagined idea you may change the world or make life easier for someone else. Just remember, the next time you turn on your light, that is the power of imagination! Use it wisely my friends!

Albert Einstein once wrote, “For knowledge is limited to all we know and understand, while imagination embraces the entire world, and all there ever will be to understand.”

Thank you to all the readers of The Maple Center Newsletter. You are the ones that breathe life into the writings. Without you reading, they are just words on the pages.



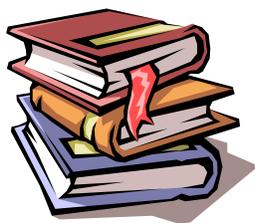
Dr. John Black Memorial Library

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.



MONTHLY VEGETARIAN DINNER

Bring a vegetarian dish and recipe to share.

Contact

Debbie Stevens

debbiestevens53@gmail.com

Breastfeeding Coalition News

Union Hospital's Maternity Department Renovations Now Complete!

- By Karen Baker, RN, IBCLC

Our Labor and Delivery suites are large and inviting. Parents work with their doctors to have the birth of their choice. If an expectant mom chooses a "natural birth", we will assist her during labor with encouragement and suggestions. Birthing balls, showers, and gentle massage can be very helpful.

Pain relief options such as medications and/or epidurals are available when requested. A mother's comfort during this exciting time is vital to a positive birthing experience. Each private birthing suite is equipped for any method the mother may choose.

After their "bundle of joy" has arrived, the family will be moved to the Mother/Baby Unit on the third floor. Each room is private for the new family. A sleep sofa is provided for the support person. We encourage the babies to stay in the room which allows parents to bond as well as learn about their newborn.

Before the family goes home, we offer the couple a special "Celebration" meal. Also, the opportunity to have professional photos of their newborn is offered to all parents by Bella Baby Photography. If a mother chooses to breastfeed, Lactation Consultants will offer assistance seven days a week. The "Stork Shoppe" has breastfeeding lactation supplies.

Prior to this special event, Union Hospital offers Prepared Childbirth Classes, Breastfeeding Classes, and a Big Brother/Big Sister Class. The birth of a baby is an experience to be treasured forever. Union Hospital has a dedicated staff of nurses and doctors to ensure that this is a memorable event for each family.



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:

Terre Haute Birth and Beyond network on FACEBOOK
Or

<https://sites.google.com/site/>

CHIP 7 Graduation

—by *Karen Cunningham PT, CHIP Program Coordinator*

As many of you readers know our CHIP 7 class has finished and the graduation was on April 25, 2013 at the Maple Avenue United Methodist Church. As always, it was a fun and rewarding evening both for the graduates and for our leadership team. One of the aspects that have been promoted with each Complete Health Improvement Program is for individuals to incorporate exercise into a healthy lifestyle. All forms of exercise are encouraged but the easiest for most people is to do a walking program. By using a simple formula to convert all types of exercise into miles everyone was able to record his or her exercise totals and log these in at class each night. In fact, the CHIP 7 participants were even logging in miles during the first half of the graduation night! This kept Linda LeCour, CHIP leadership team member, busy adding up all the totals in order to give the audience the FINAL report. Linda did a fantastic job keeping all of us motivated. Linda also was, once again, so creative with her idea for the rewards. Each of the persons below received a BRAND NEW, SHINY AND SPARKLY, and MARVELOUS HULA HOOP!

CONGRATULATIONS to the award recipients and many thanks to Linda for all her help. Unfortunately, the actual number of miles each person logged is not available now but the figures were quite impressive!

Dennis Thompson	1st place Male
Mary Kay Jungers	1st place Female
Betty Hopf	1st place Leadership team-female
Gordon Pleus	1st place Leadership team-male

As you can see in the photo below some of the leadership team also demonstrated how “one is never too old to exercise and to enjoy the hula hoop!” This was a nostalgic experience for us also as most of us can remember “doing” the hula hoop as a kid. It was kind of like riding a bike....”just have to get back on.”

Last but not least....remember a healthy lifestyle includes wise choices with eating AND exercising forever.

These members of the Leadership Team are moving so fast (or maybe just laughing so hard) they are a blur!

Pictured Left to Right: Ruth Pleus, Karen Cunningham and Linda LeCour



CHIP Alumni Meeting

Tuesday, June 25— **Randy and Dara Stakeman's House**
6:30 PM

“Cooking Greens” by Dara

Call the Maple Center office 234-8733 for more info