



Monthly Matters Newsletter

The Maple Center for Integrative Health

April 2013

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

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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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OLLI Presentation from the Maple Center on Wednesday,
May 1 at Westminster Village Community Room

1:30—3:00 PM

Cathleen Drobny



Cathleen will explain about the Zumba Gold classes. She will give some of her own history and talk about the history and concept of the Zumba program. Zumba Gold is different from regular Zumba in that the **focus is on safe movement for everyone**. Cathleen will also tell what she has witnessed in her own classes, and will cite studies about the benefits of dancing on special populations. She plans to play some music, showing examples of some of the rhythms used in her classes, talk a little about the country of origin, and show some steps she might use to represent that rhythm. Anyone who knows Cathleen knows this talk will be educational and **fun!** Please call the Osher Lifelong Learning Institute office at (812) 237-2345 for more information.

Aerobic Exercise VS Dementia

From the U.S. Department of Health and Human Services—A study indicates that people who stay aerobically fit in middle age might be less likely to develop dementia later. At the Cooper Institute in Dallas, researchers saw this in 24 years of data on about 20,000 people. Researcher Laura DeFina:

"With increasing cardiorespiratory fitness levels, there was decreased development of all-cause dementia in later life."

For instance, people in the fittest 20 percent around age 50 were 36 percent less likely than those in the least-fit 20 percent to be diagnosed with dementia after age 65.

DeFina notes other studies have found better blood flow in brains of fitter people.

The report in *Annals of Internal Medicine* was supported by the National Institutes of Health.

Learn more at healthfinder.gov.

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

By Appointment

Fee: \$50.00 : 50 Minute Session
Tracy Richardson, PhD, MT-BC

Clinical Appointments

Call 812-249-4290

Healing Touch

Mondays: By Appointment

Margaret Moga, PhD

Call 812-240-3302

Neuromuscular Re-education

Tuesdays & Wednesdays By Ap-
pointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

Nutrition and Health

Thursday Mornings: By Appoint-
ment

Fee: \$50.00—First Consultation

Melissa Schollaert, HHC

Health Coach

Call 916-792-4218

Zumba Gold!

Classes are Monday, Wednesday, and
Friday evening from 5:45 PM to 6:45
PM. The Maple Avenue United Methodist

Church, 1203 Maple Avenue, Terre
Haute. Call the office at [812 234-8733](tel:812-234-8733)

for more information.

Monthly Matters Reflections

By Martha Reed – CHIP Program Graduate and Volunteer

Ever so quietly beneath last year's leaves, life has begun again in the little woods. New roots are threading through the rich wet earth to feed and anchor the delicate shoots pushing up to the warming woods' floor. Like an orchestra's crescendo the leaves unfold. The petals of the tiniest to the mightiest flower pop open to display their beauty and scent to compete for those first pollinators of the season. Beginning in early March, daily excursions are taken to watch the wonders of spring unfold.

None of the other seasons' opening acts can compare to spring in an Indiana woods. This time of year the overhead canopy opens wide to allow the sun to reach the woods' floor. For a few months it warms the earth there and allows the flowers to bloom and even begin their cycle for the next year.

Since their life is so brief, these flowers of the woods' floor are held in an admiration that warms the heart. Because of their short life cycle and delicateness, they are worthy of respect. Through the years, they have been the topic of poems, songs and stories, even one about eating certain flowers that would enable one to see woodland fairies.

For many years the hunt for those elusive Morel Mushrooms has taken the front seat, but looking through a new set of eyes, many flowers that were once unnoticed are now being inspected closely on bended knee. There are a variety of different wildflowers. One of the first is the *Claytonia virginica*, commonly known as Spring Beauty. There are places where they cover the woods' floor like a pure white carpet.

It is in Tolkien's description of emerging spring in *The Two Towers* that one can find reference to the spring flowers, "Great ilxes of huge girth stood dark and solemn in wide glades," he writes, "with here and there among them hoary ash-trees, and giant oaks just putting out their brown-green buds. About them lay long launds of green grass dappled with celandine and anemones, white and blue, now folded for sleep; and there were acres populous with the leaves of woodland hyacinths: already their sleek bell-stems were thrusting through the mould" (Tolkien Page 681).

There are many woodland creatures. Of course our deer friends, wild turkeys, squirrels, turtles, raccoons, groundhogs, and rabbits, to name a few, that scurry out to find who had invaded their homes. Woodpeckers, Blue Jays, Red-Tailed Hawks, and Cardinals were among the birds that are about. Each day their songs grow happier and longer.

As the spring days begin to warm and dappled sunlight falls along the deer paths, there is no more beautiful time to see the Indiana woods than now. Mother Nature's jewels sparkle with the delicate flowers of white, yellow, purple, and blue. This year has brought new meaning and appreciation to the harbingers of spring. It is a time to return to nature and what truly **matters** and applaud its grand entrance in the little woods.

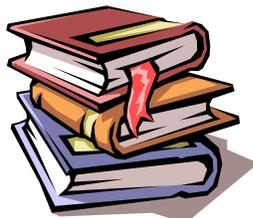


Dr. John Black Memorial Library

*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_list-g8u

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



Mindfulness-Based Stress Reduction

An invitation to move toward
greater balance and fuller participation in your life

In this class, you will cultivate new ways of meeting the stress in your life—including the ability to embrace the life you have now—through meditation, gentle mindful yoga movements, and other mindfulness practices. Course includes recordings and materials for home practice.



Facilitated by **Linda F. Brown, PhD, HSPP**

Clinical psychologist and adjunct instructor at Indiana University. Dr. Brown has participated in professional training at the Center For Mindfulness, University of Massachusetts Medical Center. This program was originally developed by Jon Kabat-Zinn.

Classes will be held on Tuesdays

May 7-June 25, 2013 (8 weeks)

Time: 6:30-9:00 p.m.

No Obligation Orientation: Free and Highly Recommended, April 30, 6:30 p.m.

Location: Landsbaum Center For Health Education

1433 N 6½ Street, Terre Haute, Indiana

Course includes an all-day retreat on Saturday, June 15, 2013

This program is sponsored by the Indiana State University Center for the Study of Health, Religion, and Spirituality. Additional sponsors: the Maple Center (Terre Haute) and the ISU Center for Health, Wellness, and Life Enrichment.

For more information, visit: www.mbsrbloomington.com.

A reduction in tuition is available due to the generosity of our sponsors

Full time ISU student: \$100 (scholarships available from the Center for Health, Wellness, and Life Enrichment.

Contact Susanne Wheeler, RN, MSN at 812/237-8503)

Full time ISU/Union Hospital/Maple Center faculty, staff, medical providers: \$150

Community Members: \$200

This course is limited to 20 participants. Early registration is highly recommended! To register contact Janis Leigh by e-mail at Janis.leigh@indstate.edu or by phone at 812-237-3447. Payment in full (check or cash) is due by April 30, 2013.



Book Review:

Dr. Christine Northrup in Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing explains how energy systems, dreams, our thoughts, our activity level, the food we eat, and body sensations affects our quality of life. Knowing more about these can help us understand our bodies in a holistic way, reclaim our sexuality, and take steps to keep our body healthy.

Some interesting suggestions:

- Pay attention to your thoughts and observe how they affect your body.
- Stand in front of a mirror regularly and thank your body for all it has done for you.
- When you experience a bodily sensation, pay attention to it...stop what you are doing, lie down and "wait with" the symptom. What insights arise?
- Emotions are a vital part of our inner guidance. Respect them, release them, & make adjustments as needed.

The chapter on "Nourishing Ourselves with Food" blends psychological advise such as "Respect your body regardless of its size, or not only when it weighs a certain amount" with healthful nutrition tips. It complements CHIP nutrition.

Submitted by **Kathy Hackleman, Retired Librarian Vigo County Public Library**

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

Or

Terre Haute Birth and Beyond network on FACEBOOK

COCONUT and RED LENTIL SOUP

1½ tablespoons cumin seeds
1 tablespoon coriander seeds
2 tablespoons olive oil
½ red serrano or cayenne pepper (¼ tsp. cayenne pepper)
1 small white onion, finely diced
1 ½ cups red lentils
4 to 5 cups vegetable stock (or water)
One 12 – ounce can coconut milk
2 tablespoons minced or grated (not zested) fresh ginger
½ tablespoon black pepper
½ tablespoon sea salt
2 tablespoons lemon zest
(1 lemon rind)
2 lemons, juiced (or 5 tablespoons bottled lemon juice)
½ bunch fresh cilantro, chopped, plus more for garnish
Avocado, diced (optional)
(don't dice before hand)
Thirty percent of the calories in lentils come from protein, which our bodies use to build and repair tissues (pretty important!). This recipe is a creamy, spicy spin on classic Indian dal. Enjoy with a slice of gluten-free or whole-grain seeded bread.

1. Toast cumin and coriander seeds in dry pot on medium heat for 2 minutes until you smell the robust aromas. (This process releases the full flavor of the spices.)
 2. Add the olive oil, pepper, and onion. Stir consistently until the onion is golden and translucent.
 3. Add the next 6 ingredients.
 4. Put on low heat, stir well, and cover. Allow to cook for about 30 to 35 minutes, stirring occasionally, until the lentils have "melted," meaning that they have lost their round shape and have softened. You may need to add more water to get the desired thickness.
 5. When soup is done, add the lemon zest, lemon juice, and chopped cilantro.
 6. Remove from heat and serve with diced avocado, if using, and cilantro leaves.
- COOKING TIME - SAVER**
Cut the cooking time in half for the red lentils by soaking them overnight in water. Strain the lentils and discard the soaking water. You can apply this technique to any bean or grain.



Upcoming CHIP Alumni Meeting:

Please Mark Your Calendars

Tuesday, April 23

6:30 PM—ATRIUM ROOM—Lower level at Union Hospital, 1606 N. 7th St., Terre Haute