



Monthly Matters Newsletter

The Maple Center for Integrative



December 2012

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Save the Date!

The Maple Center Program Committee is planning a presentation on Midlife Hormone Health on Tuesday, January 15, 2013 at 7:00 PM

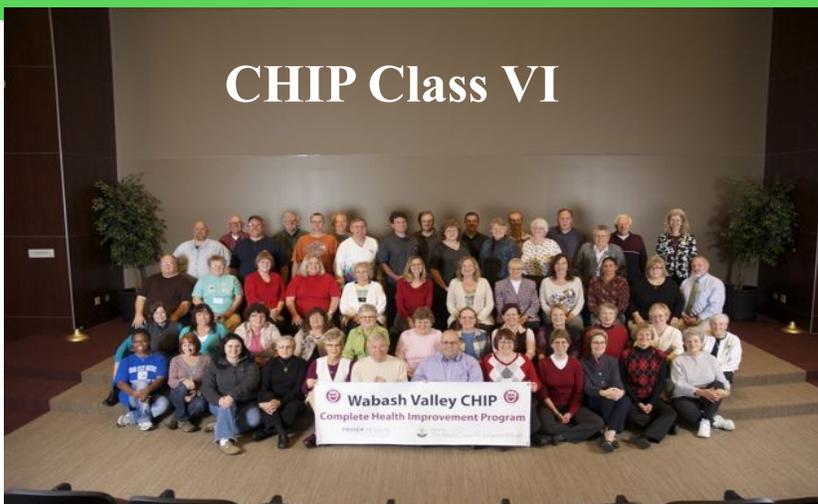
Zumba Gold - On the Move

Our classes have outgrown the meeting room at Hux and have moved to The Maple Avenue United Methodist Church, 1203 Maple Avenue beginning Monday, Dec. 10th. Call the office at (812) 234-8733 for more info

VISIT

<http://www.themaplecenter.org>

The Maple Center
For Integrative Health
For updates on programs
and clinical services
"like" us on Facebook



CHIP Class VI

By Karen Cunningham—
Volunteer CHIP Coordinator

Photo Courtesy of Hickman
Photography

The Maple Center for Integrative Health is proud to announce that another class has graduated from the Complete Health Improvement Program. This lifestyle changing program is congruent with the mission and vision of The Maple Center to help people of the Wabash Valley to improve their health by making better choices with regards to food and nutrition, exercise, stress management and smoking cessation. This class met two evenings per week for 2 hours and 45 minutes beginning Sept. 24, 2012 and finishing with graduation on November 15, 2012. The classes were held at Ivy Tech Community College which is a beautiful institution with most accommodating facilities and staff.

There were 50 new participants enrolled in this class along with 20 alumni from previous classes who repeated the class to enjoy the learning process as well as the group support. As reflected by the evaluations the participants filled out, the class was enjoyed by all and quite a success with most people showing significant changes such as decrease in weight, drop in total cholesterol and/or blood pressure, better energy and less overall aches and pains, etc.

Graduation was held on Thursday, November 15, 2012 at the Indiana National Guard armory on Maple Ave. This was a very nice facility with lots of space, kitchen facilities and ample parking. A delicious meal was enjoyed which included tofu lasagna prepared by CHIP team members, Brad and Susan Spice, plus carry in by all others.

(Continued on page 2.)

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

Thursdays: By Appointment

Margaret Moga, PhD

Call 812-240-3302

Neuromuscular Re-education

Tuesdays : By Appointment &
Wednesday Mornings: By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

317-670-3764

Natural Childbirth Classes

By Appointment Fee: \$50.00

Annette Alexander Franklin, Doula

For information or to register, call

The Maple Center

812-234-8733

(Must have at least 4 participants to
schedule a class)

CHIP 2013

Seminars 6:30-8:45 PM

Mondays and Thursdays

March 4—April 25

Place—To be announced

For information, call

The Maple Center

812-234-8733

The evening included awards being given by CHIP team members, Miren Beristain and Joann Orman to the graduates who had the most dramatic results with personal improvements. The 47 CHIP 6 class members who completed at least 13 out of the 16 classes were given a certificate and CHIP pin. This was a highlight of the evening for the entire leadership team to be able to present these and congratulate each graduate.

Once again, the CHIP leadership team wants to extend much gratitude to The Maple Center, Inc. for being the nonprofit organization that makes the CHIP program possible in the Wabash Valley. Also, a lot of gratitude goes to our sponsors...Ivy Tech Community College, Terre Haute Regional Hospital, Terre Haute Chamber of Commerce, UAP Clinic and Union Hospital. The CHIP program also receives much support from many donors, alumni and others as listed in the graduation program. Our program is ONLY successful because of all this wonderful contribution of money, supplies, time and energy. The dates for CHIP 7 have been set for March 4 to April 25, 2012. The location has not been determined yet. As we work out more details for this next class we will look forward to continuing working with our community partners and friends.

BREASTFEEDING WORKS!

Interview with Janett Allen by Kaylee Morrow

Kaylee Morrow a student intern with The Maple Center completed an interview with Janett Allen with the Wabash Valley Breastfeeding Coalition. In the interview Kaylee asked a number of different questions and got great responses from Janett. The interview went as followed:

Kaylee: How did you get involved with the breastfeeding coalition?

Janett replied The suggestion came about to develop a Community Coalition to promote breastfeeding at a meeting with Indiana State Breastfeeding coordinator in the spring of 2009. When the coordinator visited each hospital in the state of Indiana to evaluate breastfeeding, it was then brought to her attention that the statistics show Indiana to be below average on the number of women choosing to breastfeed. Efforts are now being made all across the state to improve and promote breastfeeding which provides the best nutrition to the youngest Hoosiers.

Janett's 30 years spent in Maternal and Child nursing, first in the NICU at Union Hospital and then at the Maternal Health Clinic, and her experiences as a mother who chose herself to breastfeed, motivates her to share and promote the many benefits of breastfeeding.

(Continued on page 4.)

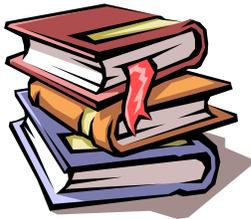
Dr. John Black Memorial Li- brary

*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=10807314710593615392
&source=gbs_1p_bookshelf
listg8u](http://books.google.com/books?Uid=10807314710593615392&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

(Group will not meet in December. See you Jan. 5, 2013!)

Librarian Vigo County

Book Review

In STRESS FREE FOR GOOD Drs. Fred Luskin and Kenneth Pelletier spell out 10 skills for reducing stress. Stress affects the mind and body. It can raise blood pressure and lower effectiveness of the immune system. Their research and clinical experiences confirm the value of stress reduction. They use examples of people who were helped and exercises to develop the skills which are easy and take very little time to practice.

The key is to practice a skill for 10 minutes each day for 6 weeks. The 10 skills are 1) belly breathing, 2) counting blessings, 3) Jacobsen's tensing/relaxation technique, 4) Visualizing success/positive imagery, 5) Intentionally slowing down, 6) Appreciation of oneself, 7) Smiling, 8) Asking the question: "Does it make life better?", 9) Becoming more assertive, and 10) Accepting what cannot be changed. They suggest starting with one or two to experience success and then adding another.

Submitted by Kathy Hackleman, Retired Librarian Vigo County Public Library

Monthly Matters Reflections

By Martha Reed – CHIP Program Graduate and Volunteer

When Kathy e-mailed and asked for articles for Monthly Matters, I thought about what the title really may convey. Of course, for everyone it has a different meaning. I went to the shelf and referred to my old hard copy 1964 edition of the Webster's dictionary that I cherish, I looked up "matters" and it is defined as "the events or circumstances of a particular situation".

The month of December brings a lot of "matters" to mind. The season is one that invokes giving, sharing, and kindness toward others. Red kettles and bells ring loud and clear at almost every store to remind us to give help to those in need. Trees are adorned not with silver and gold but with a family's holiday dream. We find ourselves reaching deeper in the already strained pocket to help another, and the feeling you receive in your heart cannot be measured on any earthly scale.

As a dear friend once told me, it does not cost anything to be kind. A smile to anyone goes a long way, as does holding open a door, letting someone in front of you in the checkout line that has fewer items, handing a Kleenex to someone who has just caught a cold, a warm hug when no words come to mind. These are simple things, but in someone's life in that moment they are "matters." It "matters" to them!

My encouragement in these "matters" is to remember them all year long. Remember what really "matters" in this life is to reach out and help each other. That is what really "matters".

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*

(Breast Feeding Coalition Interview—continued from page 2.)

Kaylee: What is the history of the coalition in our area?

Janett replied In the spring of 2009, we called together a group of people who recognize the benefits of breastfeeding and support breastfeeding to come together and form a coalition. Included in the group were health care providers, WIC, educators, and young breastfeeding mothers. We agreed to meet on a monthly basis and develop activities to promote and support breastfeeding, provide resources and information re: breastfeeding, and provided a professional network.

Kaylee: What is your exact position, and what do you do?

Janett replied I have served as the chairwoman of the Coalition since its beginning. I coordinate and conduct the monthly meetings, work with members on planning and implementing activities, keep an up to date list of local resources (which Janett stated seems to change almost every month and it sadly shrinks) and encourage the efforts of those who are breastfeeding or promoting breastfeeding.

Kaylee: What is happening right now with the coalition?

Janett replied currently we are discussing an educational offering for Child Care Centers or workers in caring for the breastfeeding infant: handling and storing breast milk, feeding the infant, normal elimination and supporting the mother. We find many mothers planning to wean breastfeeding infants before returning to work to avoid these issues, and mothers who are not satisfied with child care offered if they do continue to breastfeed and return to work.

We are also working on getting a website up and running to help answer breastfeeding questions, connect with people, and help with resources.

In August we held “Breastfeeding Works” which is our annual celebration of breastfeeding and recognition of employers who provide a supportive work place environment for the breastfeeding mother as she returns to employment

We also have a “Lactation Station” which is a tent where mothers who breastfeed are welcome to come and have the privacy when they are at community events. We set it up to where it is private, quiet, and we also provide water for the mothers. These kinds of tents were held at the Terre Haute Block Party and the Vigo County Fair. In February of 2013 there will be a health fair where we will have a table/display with informational materials and a Coalition member on hand to discuss and answer questions.



Alumni News

CHIP (Complete Health Improvement Program)

Some of our CHIP alumni have been hard at work collecting, organizing and making available to others a large group of educational DVDs. Thank you to Mary Fouts, Lorraine Brown and their volunteers for getting this considerable collection of materials organized for the use of other graduates. Over 80 DVDs have been collected and cataloged and are ready for loan. The volunteers allow one DVD to be loaned out at a time. They receive a check for \$20 from the alumni who wishes to borrow the material and that check is returned to them when the borrower returns the DVD. If the DVD is lost, the funds are used to replace the DVD. Alumni who are interested in borrowing materials may contact Mary at (812) 877-9442 or Lorraine at (812) 234-2734

Below are just a few of the materials (DVDs #22-#30) available for loan:

- #22-The China Study by Dr T Colin Campbell presentation one. 96 Minutes** Author speaks live in Walla Walla. He shares 40 years of research in a nutshell. This is the summary of his findings on how to lose weight, prevent cancer, avoid diabetes and reverse heart disease. National Best Seller.
- #23-Dr McDougall's Money Saving Medical Advice, Max weight Loss, Vitamins, Choosing a doctor. The McDougall Advanced Studies Series 3 Discs www.drphilmcDougall.com**
- #24-Disc #1 T.Colin Campbell Phd The China Study Update, The Myth of High Protein**
- #25-Disc #2 Neil Bernard breaking the food seduction, new diet approaches for diabetes and cancer.**
- #26-Disc#3 – Howard Lyman The journey of a mad cowboy, Eating the earth one bite at a time.**
- #27-FOODMATTERS 80 min** Features interviews with leading medical experts from around the world who discuss natural approaches to preventing and reversing Cancer, Obesity, Heart Disease, Depression, and many other chronic conditions. www.foodmatters.tv
- #28-Eating 2nd edition Plus – the RAVE diet 1 hr & 50 min.** “A mind-blowing video experience that will forever change the way you think about food says Joel Fuhrman, MD & author of Eat to Live. A compelling and shocking look at the standard American diet and how to eat healthy.
- #29-Tackling Diabetes with Dr Neal Barnard MD 150 min** Dr Barnard will teach you how to establish a new style of eating and discover that it is possible to repair insulin function and dramatically improve type 2 diabetes through nutrition. Learn how to improve body's response to insulin, cut back on meds, lower cholesterol, blood pressure and shed pounds while boosting energy levels. ****Great Speaker, he will not put you to sleep****
- #30-Eating Right America, Eating like a Nutritarian by Joel Suhrman MD** An easy step by step guide to easy weight loss 92 min www.eatrightamerica.com

Upcoming Alumni Meetings:

CHIP Alumni Chair, Miren Beristain, has reserved the party room at the Teppanyaki Grill at 6:30 pm on Monday, Dec 10 for the CHIP alumni meeting. Hope all you CHIP Alumni will join us!

Please mark your calendars for our usually scheduled Alumni meetings on the 4th Tuesday of every month in 2013.

