



THE MAPLE CENTER

MONTHLY MATTERS

THE MAPLE CENTER FOR INTEGRATIVE HEALTH

February 2016

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Happy Retirement Dr. Zody

You are invited to join us on

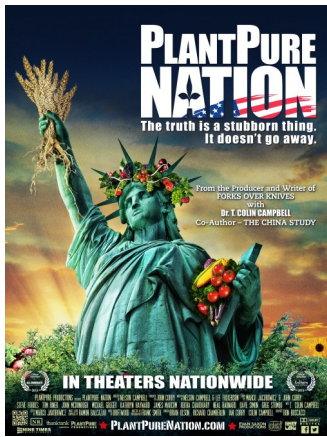
Saturday, March 5, 2016

at Providence Hall Dining Room,
St. Mary-of-the-Woods College

from 2:00 – 4:00pm

to celebrate
Dr. Zody's retirement.

There will be hors d' oeuvres and
then a short program at 3:00 pm to
honor her



PlantPure Nation Film Event Hosted by The Maple Center for Integrative Health Shown on Saturday, February 6, 2016

PLANTPURE NATION IS THE INSPIRING ORGANIZATION THAT CREATED THE FILM AND HAS A REMARKABLE PASSION FOR ENCOURAGING A NATIONAL AND INTERNATIONAL GRASSROOTS MOVEMENT TO HELP PEOPLE EMPOWER THEMSELVES WITH A LIFESTYLE THAT PROMOTES HEALTH AND HAPPINESS IN MANY WAYS.

In our own “back yard” I would personally like to express my thanks to SO MANY people and organizations for helping to make this event amazing! I have had many people share with me how much they enjoyed the whole event.....film/venue and atmosphere! By our ticket count we had over 300 people attend but we also know some people that came late did not get a ticket so we are very comfortable saying the number was closer to 400 people.

I can't possibly list and/or remember everyone but I would like to share with you some key folks and organizations who were an essential part of making this happen. Without their involvement, generosity of time, energy and materials the Wabash Valley would not have had this great opportunity.

INDIANA THEATRE

Anonymous person plus management of the theatre who worked together to provide the lovely historic theatre for this event. What a gorgeous place and just marvelous with the size that gave us the ability to dream big with no restriction for capacity.

LEAF/CHIP ALUMNI

DREAM TEAM – Ruth and Gordon Pleus and Susan Hawk sat down with me to develop a plan and then put it in place. What amazing brainstorming sessions we had followed by a LOT of hard work with the distribution process. If Gordon had been wearing a pedometer I am sure he would have been like an early model vehicle that had the odometer that would “roll over” after 100,000 miles or in his case, it would have been steps. Thanks Gordon AND to Ruth for keeping Gordon supplied with materials among other things

ALUMNI and MAPLE CENTER PRACTITIONERS

They also hit the pavement with ALL parts of Terre Haute, Vigo County and several surrounding communities to post flyers and pass out PPN notecards. In addition, MANY alumni assisted in spreading the word by mouth and electronically.

MEDIA – great job of getting the word out to large audiences throughout the Wabash Valley

- WTHI, WTWO and WAWV all provided TV spots.
- Tribune Star newspaper published really great articles. Many thanks to Lisa Twiggs and Jane Santucci
- Local newspapers in other communities also published stories and press releases.
- Big Picture provided outstanding promotional materials including those really neat posters in the theatre show cases.

LAST, BUT MOST CERTAINLY NOT LEAST, A HUGE THANKS TO EACH AND EVERY ONE OF YOU WHO CAME TO THE THEATER TO SEE THE FILM AND BE PART OF THE DAY'S EVENTS. WHAT AN ABSOLUTE DELIGHT TO SEE SO MANY PEOPLE AND SO MANY FAMILIAR FACES.

TIPPED WITH A HEAPING FULL OF GRATITUDE, MY HAT GOES OFF TO YOU WABASH VALLEY!!!

STAY TUNED FOR MORE INTERACTIONS BETWEEN PLANTPURE NATION AND OUR WABASH VALLEY J

Submitted by:

Karen Cunningham

Maple Center Board of Directors

Want to...

**Reach your Ideal body weight?
Prevent chronic disease?
Have more energy?
Have less pain?
Sleep better?
Be less depressed?**

Then turn over a new LEAF



Enroll in our 9 Week Wabash Valley **LEAF** (Lifestyle Education And Food) Program

Class Information:

Tuesdays from 6:30 PM to 8:45 PM March 8 - May 3, 2016

LOCATION: Rose Hulman Institute of Technology, Myers Building, Rm 137

COST: \$199 per individual or \$373 for two people (sharing materials)

Private funding has reduced the cost of this class from \$249 per individual

**Individuals meeting the Federal Poverty Guidelines will be able to take this class at no charge.
Thanks to private donations, additional sliding scale scholarships are available also.**

FREE INFORMATION SESSIONS - All Sessions 7 PM to 8:30 PM

No obligation or registration needed to attend any information session

Tuesday, Feb. 16, 2016	First Unitarian Universalist, 1875 S. Fruitridge Ave, TH
Monday, Feb. 22, 2016	Providence Place: All Place, 219 Providence Place, WTH
Thursday, Feb. 25, 2016	Union Hospital EAST: Atrium Classroom, TH



For more information contact:
The Maple Center for Integrative Health

812-234-8733 or

Visit our website at www.themaplecenter.org or



This initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit www.smwc.edu/wellness

Sponsored by:



Visit our
Website
at

www.themaple
center.org



The online Dr. John
Black Memorial
Library link can be
found on the home
page of our website
or you may go to
[https://
books.google.com/
books?
hl=en&uid=46114788
77290630623](https://books.google.com/books?hl=en&uid=4611478877290630623)

NEWSLETTER ARTICLE INDEX

Looking for a past newsletter article.....
then go to our website at www.themaplecenter.org

Now there is a newsletter article index that list the articles by subject. A great big THANK YOU to Jamie Oberste-Vorth for donating her time to compile the index together and keep it updated.

Below is a sample of the new indexing.....

Acupuncture and Accupressure

Allergies, [Apr 2011](#)

Auricular update, [Jan 2008](#)

Auriculotherapy (drug cessation), [Sep 2007](#), [Nov 2007](#), [Aug/Sep 2008](#)

Back pain, [Jan 2011](#)

Chinese Scalp acupuncture for neurological conditions, [Mar 2014](#)

Book Reviews

Beating Cancer with Nutrition by Patrick Quillen, [Feb 2011](#)

Braving the Void by Michael Greenwood, [Aug 2011](#)

The Creation of Health by Norman Shealy and Carolyn Myss, [Nov 2011](#)

The Dance of Connection by Harriet Lerner, [Mar 2010](#)

When you find the article you are looking for click on the underlined date and the link will take you to that newsletter.

These articles along with the online John Black Memorial Library are a great wealth of information and they are easy to access.

HYDRATION, HOW IMPORTANT IS IT?



Staying hydrated is very important since the average amount of water in the human body is 50% - 75%. Your body needs water to perform several of its functions.

Let's first explore **why our bodies need water**:

- Your bones are over 22% water
- Your blood is over 80% water
- Muscle is 70% water and there are over 600 muscles your the body
- Your lungs are 73% water
- Nearly 60% of an average person's weight is water

Next lets look at the ways your body uses the water you consume

- It helps form saliva
- It digests food and pass nutrients to cell walls
- Water carries waste products out of your body
- Allows body's cells to grow, reproduce and survive
- Send electrical messages between cells so that your muscles can move, your eyes can see, and your brain can think
- It helps the brain to make hormones and neurotransmitters
- Regulates body temperature
- Lubricates your moving parts (your joints)
- Aids in the deliver of oxygen all over the body

So how much water should and individual consume each day?

The exact amount varies depending on weight, activity level, air temperature, whether you are breastfeeding or the intake of moist foods during the day.

The approximate amount in ounces is **your weight times 0.67 or 67% and then add 12 oz for every 30 minutes of exercise**. This amount also needs to be increased if you have been sweating due to air temperature.

Your urine is also a good indicator of your dehydration level.

	Clear	Plenty of Water
	Light Yellow	Adequate
	Dark Yellow	Dehydrated

Urine with a strong smelling order can also indicate that you are dehydrated. Lastly, remember that some supplements can change to color of your urine for a few hours.

References: <http://studiodgroupfitness.com/1/post/2015/03/why-your-body-needs-water.html>



Wabash Valley LEAF/CHIP Chats

How many more days till spring? Not sure Mother Nature knows for sure what the weather is supposed to be. Subzero wind chills one day and up in the 50's by the end of the week! The only good thing about the snow we are going to get is the fact that by midweek it should be slush! Think spring! :)

I don't know how many of you got to come to the Indiana Theatre last weekend to see the Plant Pure Nation film but if you didn't, you missed an eye opener. It is really sad the extremes some 'older' politicians will go to protect the contributors to their election/re-election chances even though they can see the differences **simple lifestyle** changes make. Term limits really sound like a better and better idea!! On a lighter note, all of the team was absolutely amazed by the turnout. We gave out 317 tickets but I know there were more who came in who didn't receive one. Even after the movie started, more people came in and stood in the entrance ways. The theatre management believed there were upwards of 500 there. We will never know the actual total, but it was a bunch!!

There was a wide spectrum of people from senior citizens on walkers to young children. I was especially pleased that two teachers from South High School were there with some of their class members. Granted, it was for extra credit but none the less, they were there and hopefully it gave them something to think about. We can only hope!

Several of the alumni who attended asked about registering for the next LEAF class that starts next month. Deanna does have the registration forms on line now so if you don't want to wait for Karen's email, you can go on line and print them off. Log on to the Maple Center's website www.themaplecenter.org and look under the LEAF tab about half way down the page. The health screens, classes and graduation will all be held on the Rose Hulman Campus. We are so blessed to have it all in one location again. There are several scholarships available for those who can't afford the full cost, plus the sliding scale fee scholarships. If you know anyone who falls into either category, please encourage them to contact the Maple Center (812-234-8733) or Karen. (I **know** you have her email and phone number! :))

How many of you have seen Baesler's commercial featuring our own Chef Susan Outlaw Stallings? For those who haven't seen it, they are advertising the fact that they offer **VEGAN** dishes and that Susan prepares them. I even saw on Facebook that they are touting that fact. Amazing, and I told them so!

Speaking of Facebook, there is now a Facebook page for LEAF/CHIP. Miren and Mardel set it up. Check it out and 'like' the page. It does help to get the word out. Also....you can log onto the Plant Pure Nation page and sign up to be in the Maple Center pod (or group). It's easy and you will be helping to spread the word. The site is www.plantpurepods.com. Look for the Terre Haute-Maple Center group, sign up to have an account and then join the pod. It's easy to sign up. Please also remember the monthly alumni meetings, almost always on the fourth Tuesday of the month. We would love to see more 'old' familiar faces at these meetings. The food is always great and the company is pretty great too! Miren sends out the reminders each month with the location and topic.

Have a pile of factoids I was going to share with you but there was so much to talk about this month, it will have to wait for another day. ;-(

Your February recipe.....everybody deserves chocolate on Valentine's day, right?

Wacky Chocolate Cake From the 21 Day Kickstart book by Dr. Barnard

1 ½ C whole wheat flour ¾ C sugar ½ tsp. salt 1 ½ tsp. baking soda
3 Tbsp cocoa powder 2 tsp. vanilla 5 tsp. unsweetened applesauce
1 Tbsp. vinegar 1 C cold water

Preheat oven to 350 deg. Combine flour, sugar, salt, baking soda and cocoa in a bowl, stir with a fork until mixed. In a separate bowl, whisk the vanilla, applesauce, vinegar and water. Pour the wet ingredients into the dry ingredients. Stir with a fork until well mixed. Lightly spray a 9 X 9 baking dish, pour in the batter and bake for 30 minutes, until a toothpick inserted into the center comes out clean.

Frosting From Forks over Knives cookbook

1 C boiling water 1/3 C unsweetened cocoa powder 1 ½ C dried pitted dates, tough end removed
1 Tbsp. brown rice syrup pinch of salt ½ tsp. vanilla extract

Put the boiling water and cocoa into a blender. Blend on high for about 30 seconds or until relatively smooth. Scrape the sides of the blender down. Be careful not to let steam build up.

Add the dates, brown rice syrup and salt. Blend until smooth, stopping occasionally to scrape down the sides with a spatula to make sure all the ingredients are incorporated. Add the vanilla. Transfer to an airtight container and let chill for at least 3 hours or until it becomes firm and spreadable. Spread onto the cooled cake with the back of a spoon or spatula. (I could just eat the frosting without the cake :).)

Enjoy!

Ruth Pleus

Leadership Team Member

Smartphone Emergency Information

It's handy to store emergency information in your smartphone. However, if an emergency worker can't access it because your phone is locked, then it doesn't do much good. Here are some tips about how to display In Case of Emergency (ICE) information on your lock screen so that anyone can see it.

To add ICE to an iPhone:

1. Open the Health app, which is installed on all iPhones running iOS 8 or later. (If you can't upgrade to iOS 8, see below for more generic instructions.)
2. Tap on Medical ID on the bottom right hand corner.
3. Tap Create Medical ID.
4. Fill in the relevant information. Make certain the Show When Locked option at the top of the screen is turned on (green).
5. Note that an emergency contact person must be in your Contacts.
6. Tap Done to save.
7. To make sure it works, put your phone to sleep. Wake it up but don't use your passcode or Touch ID to fully open it. When you get to the screen where you put in your passcode there should be an Emergency option at the bottom left; tap it. Then tap Medical ID at the bottom left. Your ICE should then be displayed.

To add ICE to an Android phone:

This may be a bit tricky depending on which version of Android you have. There may be an emergency contact information option under settings. It may be under a sub-menu such as My Information. If that's not an option, you can try downloading an app, but make sure the information is accessible from the lock screen. Not all apps have this feature, which makes them useless in an emergency. When entering the information, make sure to put ICE at the beginning. If none of this works for you, see the generic instructions below.

To add ICE to a Windows phone:

Use a lock screen app that lets you enter text and use it to display your ICE information. When entering the information, make sure to put ICE at the beginning.

To add ICE to a Blackberry 10:

1. Pull up the home screen menu by swiping down from the top.
2. Select settings.
3. Select Security and Settings then Lock Screen.
4. Select Lock Screen Message. Enter your ICE information, making sure to put ICE at the beginning.

Generic instructions to add ICE to any smartphone:

1. Use any text app to enter your ICE information, making sure to put ICE at the beginning.
2. Take a screen shot of the note.
3. Make the screen shot your lock screen picture.
4. The emergency worker will have to dial any phone numbers manually instead using a link, but it's better than nothing.

If none of these options work, or you don't have a smartphone, you can put an ICE sticker on the back of your phone or case with the relevant information on it. Make sure you indicate that it's ICE and not personal information.

Hopefully none of this will be necessary, but better safe than sorry!

Emergency Information to Carry

Once you are in the emergency situation it may be too late...

It is important for everyone to carry some emergency information on their person. Carry an emergency card behind our driver's license and then make sure to tell your family members, friends or neighbor where the information is located.

This card talks for you when you are unable.

As unbelievable as it seems, you may think that you know each other very well, but when the emergency personnel are asking the questions you quickly realize how little you know about the other individual's health.

The main information that should be contained on the card is:

- **Your primary doctor's name and phone number**
- **Your primary medical conditions**
- **Any allergies**
- **Your current medication list with dosage**
- **Blood Type (if known)**
- **Emergency Contacts (Local)**
- **Emergency Contacts (Out-of-town)**

It is also important to update the information after each doctor visit with any changes.

Each individual in my family started carrying a card after we were shopping as a group and my Aunt past out in the mall. We realized very quickly that we knew some of the information, but had no idea about her current medications and dosages.

Better safe than sorry!



Chronic Health Challenges: “Do I really have to live with this?”



At Landsbaum Center from 1:30 - 3:00 pm

Cost: No Charge

March 9, 2016— Why is my Thyroid Putting on the Brakes! by Kristen Walton, DC, CAC

Kristen will discuss how the thyroid works, what happens when it does not work and ways to help it work better.

April 13, 2016— Understanding and Coping with Anxiety by Jan Croft, MS, LMHC, NCC & Jean Kristeller, PhD

Anxiety is one of the most commonly occurring challenges people face. Statistics demonstrate that anxiety disorders are increasing in frequency in the United States. This course will examine some of the causes and types of anxiety, its symptoms, and how it is diagnosed, as well as some of the common treatments. You will be introduced to the practice of mind-body techniques that have been proven effective in reducing anxiety. These include a variety of meditations, guided imagery, deep breathing, and gentle yoga. Comfortable clothes are recommended.

May 11, 2016- Fibromyalgia: Symptoms, Causes & Options for Optimal Health by Kristen Waldon, DC, CAC

Dr. Walton will talk about this diagnosis of exclusion and will explore risk factors, possible causes, and treatment strategies for better health.

The Maple Center Connection

Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday

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Kathleen A. Stienstra, MD
Clinical Appointments
Call 812-235-4867

Functional Health & Professional Acupuncture

Tuesday & Thursday

By Appointment

Kristen C. Walton, DC, CAC
Clinical Appointments
Call 812-235-4867

Integrative Medical Consultation

Wednesday & Friday

By Appointment

Jennifer Brooks, PA-C
Clinical Appointments
Call 812-235-4867

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Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

**Newsletter article
submission due by the 22nd
of each month for the
following month.
Email article to:
**dferguson@
themaplecenter.org****

Therapeutic Massage Therapy

Nancy

Fridays & Saturdays

By Appointment

Nancy Humphries, LMBT

Call 812-251-9190

Mental Health Counseling

By appointment

Fee: \$60 per hour

Jan Croft, MS, LMHC, NCC

Call 812-240-5804



Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments

Call 812-249-4290



Contact Us

Give us a call for more information about our services or go to our website:
www.themaplecenter.org



The Maple Center
for Integrative Health
1801 N. 6th St, Suite 600
Terre Haute, IN 47804

Clinical Office: (812) 235-4867
Nonprofit Office: (812) 234-8733
Website: themaplecenter.org
E-mail: info@themaplecenter.org

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programs “like” us on
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The Maple Center is a Non-profit integrative health center, started in 2004, that offers classes and workshops in mind, body, and spirit approaches to optimal wellness. We offer workshops in preventive strategies to maintain health, and unique programs for those challenged by cancer and chronic illness. The center offers professionals trained in acupuncture, health coaching, integrative medicine, neuromuscular integration, nutritional counseling, therapeutic massage, and therapeutic touch.

For more information on our programs, workshops, or professional services contact us at (812) 234-8733 or visit our website: themaplecenter.org

“Optimizing individual health thru community education and clinical services.”



Dr. John Black Memorial Library

How do I find the book from
The Maple Center library collection online?
Go to www.themaplecenter.org and

Click on the link available on the home page for the John Black Memorial Library's page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of searching within The Maple Center's collection, or the entire world of Google Books.

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Monthly Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,

Contact Debbie Stevens at
debbiestevens53@gmail.com

Check us out at:
www.themaplecenter.org