



MONTHLY MATTERS

THE MAPLE CENTER FOR INTEGRATIVE HEALTH

July 2015

Classes Fun for All

As many of you know this has been a busy few months with all of the class that we have offered. We finished up May with the Power of Food for Diabetes Prevention and Survival class. We have enjoyed educating individual participants about healthy lifestyle choices and have had much positive feedback from them about the classes. Individuals were able to review food labels of several types of foods and sample several types of foods, while receiving great nutritional information to help them with their diabetes.

We hope that everyone who participated has a relaxing, healthy summer !

"This class helped me to see how easy it is to eat healthy and its not time consuming to make. I did not feel judged due to me being morbidly obese, in fact I received lots of support."

- Barbara

Participant of the
Diabetes Prevention &
Survival Class



The Power of Food for Diabetes Prevention and Survival—May 2015 Class

In This Issue

- Ballot for Breastfeeding Works Award
- LEAF Information
- Safety Reminders



Wabash Valley LEAF



Is Coconut Oil Healthy or Hazardous?

For those of you interested in the benefits of a whole foods plant based lifestyle, the Forks over Knives (FOK) website has a lot to offer. Here is a link to an interesting article on coconut oil-always an area of questions:

http://www.forksoverknives.com/is-coconut-oil-healthy-or-hazardous/?mc_cid=1223293d8a&mc_eid=aba3edc9a9



The article was written by [Alona Pulde, MD and Matthew Lederman, MD](#) Alona Pulde, MD, is a family practitioner and Matthew Lederman, MD, is a board-certified Internal Medicine physician. Both specialize in nutrition and lifestyle medicine.

The article states, **“Inflammation increases and blood vessel flow decreases when exposed to any fat, including coconut oil. Overall, health takes a beating. When looking at the whole package, the numbers just don’t lie. Take a look at the nutritional content of one tablespoon of coconut oil.”**

1 Tablespoon of Coconut oil nutritional content is as follows:

Calories (mg) 116, Total Fat (g) 14, Saturated Fat (g) 12, Monosaturated Fat (g) 0.8, Polyunsaturated Fat (g) 0.2, and Vitamin K (mcg) 0.1

The article contains more information on this subject and is worth reading.

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 8 Week Wabash Valley LEAF
(Lifestyle Education And Food) Program**

Class Information:

Thursdays from 6:30 PM to 8:45 PM September 24 - November 12, 2015

LOCATION: Northside Community United Methodist Church

COST: \$249 per individual or \$473 for two people registering together

Limited scholarship assistance available

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

| | |
|---------------------------|---|
| Monday, August 24, 2015 | Providence Place: All Place , 219 Providence Place, WTH |
| Thursday, August 27, 2015 | Northside Community UMC, 1075 N Fruitridge Ave., TH |
| Thursday, Sept. 10, 2015 | Union Hospital EAST: Atrium Classroom |
| Monday, Sept. 14, 2015 | First Financial Conference Center, 4353 S 7th St., TH |



For more information contact:

The Maple Center for Integrative Health

812-234-8733 or

Visit our website at www.themaplecenter.org or



Sponsored by:



Community

Resources

The Breastfeeding

Coalition of the

Wabash Valley

[www.themaplecenter.org/
programs-and-workshops/](http://www.themaplecenter.org/programs-and-workshops/)

Compassionate Friends

Indiana Wabash Valley

Chapter

4th Thursday of Each

Month

6:30-8:00 PM

1875 South Fruit ridge

(Universalist Unitarian)

Information, memorial
tributes, donations, and
free e-newsletter subscrip-
tion, please contact us at:
tcfwv@googlegroups.com.

Facebook: Type

Compassionate Friends of
the Wabash Valley.

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/
hbirthandbeyondnetwork/](https://sites.google.com/site/hbirthandbeyondnetwork/)



2013 Breastfeeding Works Award recipient - 7th & Elm Bar and Grill

“Breastfeeding Works” at home & WORK!

Want to recognize your employer for providing support toward your choice of returning to work while continuing to provide your infant with YOUR breast milk?

Breastfeeding means providing your breastmilk to your baby whether you bring your infant to breast or if you pump to express your milk to provide it to your infant.

Congratulations for undertaking this mission to return to work without weaning. YOU are remarkable!

This is an awesome choice you made toward health benefits for your child and you.

The more you communicate the challenges you encounter breastfeeding while at work the more successful you will have. Your employer will not know any difficulties maintaining your milk supply during your work hours unless you provide information that may help you and your employer toward your success with your job responsibilities and your commitment to provide breastmilk to your baby.

You say you did return to work with intentions to continue breastfeeding that special little one, however you only breastfed for couple weeks or couple months once you returned to work. Your employer can still be submitted if you feel they played an important role in aiding to meet your goal.

The Breastfeeding Coalition of the Wabash Valley is in its sixth (6th) year to select the best of the best employers which you submitted to the Coalition for supporting YOU any portion of this past year (2014-2015) as you returned to the work force while continuing to provide your breastmilk to your new baby. If you feel your employer provided you great support and encouragement while you breastfed during work the Coalition wants to hear your experiences.

Statistics reflect that the more supportive your employer & family give in helping your comfort and success in maintaining your milk supply while working --- the longevity of your breastfeeding plan adds to that success.

The Breastfeeding Coalition of the Wabash Valley would love to hear from you about how your employer was involved in meeting your goal of returning to work and continuing to breastfeed.

Please use the Breastfeeding Works ballot form to share your success whether breastfeeding continued for a couple weeks, couple months or your continued breastfeeding while working during the 2014-2015 year.

You can vote online, e-mail your response or snail mail your input now through the end of August 2015. Information to provide the Coalition feedback is at the end of the form.

Thank you for helping the Coalition in recognizing the employer(s) which helped in your success. Again your choice to return to work and not wean We Salute YOU for those efforts and choice.



Remember

Submission
deadline is:

August 28,
2015



Breastfeeding Works

For the 6th Year - Recognize an “Employer that supported your efforts to return to work while breastfeeding”!

The Breastfeeding Coalition of the Wabash Valley wants to recognize an employer who supported breastfeeding in the work place during the 2014-2015 year.

In August 2015 during National Breastfeeding Month-- the **Breastfeeding Coalition of the Wabash Valley** will be honoring the best supporting employer that **YOU** (the breastfeeding family) feel supported breastfeeding during their return to work & continued to breastfeed while at work.

Your voice is important to help continue the support that breastfeeding mother’s need from their employers in the work place.

Please take time to fill in the information below. This will help the Coalition recognize and build community employer’s support of mothers that breast-feed while working.

Business/Workplace & Phone Number:

**Share your story why you think this employer deserves
recognition regarding your Breastfeeding experience:**

(continue on separate
sheet if needed)

Your Printed Name & Phone: _____

Your Signature: _____

Your contact number, if desired: _____

Dates YOU breastfed while working: _____

Mail to: The Maple Center
Breastfeeding Coalition of the Wabash Valley
1801 North Sixth Street Suite 600 Terre Haute, IN 47804

OR email to: dferguson@themaplecenter.org

**or you may submit online at our website
www.themaplecenter.org/forms/**

Safety Reminders

There are many ways to stay safe at work, at home and in your vehicle.

Here are just a few safety tip reminders:



Summer Safety

1. **Use water resistant SPF 30 sunscreen 30 minutes before you go out and reapply every two (2) hours. Also wear sun glasses to protect your eyes.**
2. **Stay Hydrated!!! Drink water, if you are already thirsty its too late.**
3. **Swim with a Friend, never leave children alone near water.**



Fall Safety

1. Declutter your area—remove items such as boxes, electrical cords, newspaper, and books. Remove items and furniture from high traffic areas. Secure or remove rugs and clean up spills quickly.
2. Make sure to have proper lighting in each area in order to see what obstacles could be in your walk area.
3. Store items within reach, if you have to use a ladder don't lean too far or reach too high and centered on the ladder.
4. Exercise/ physical activity can help to prevent falls. It improves your balance, coordination and flexibility.

Firework Safety



According to the US Consumer Product Safety Commission, in 2013, 8 people died and approximately 11,400 required medical treatment from firework injuries. Fireworks are also responsible for several home fires each year.

- Do not allow young children to handle fireworks and older children only with adult supervision
- Light them away from flammable materials and people
- Light them once, keep a safe distance, and DO NOT try to re-light them
- Always have a bucket of water near in order to fully extinguish fireworks



OLLI Series

New Frontiers in Medicine: Welcome to the World of Genetics

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

Wednesday, September 9, 2015

How our genes affect food choices and how food choices and lifestyle affect our genes

Presented by: Dr. Julie Fine, RN, PhD, FNP-C, Assoc. Professor, Dept. of Advanced Practice Nursing

A short review of genetics, genomes and epigenetics (the way we turn genes on and off) with an explanation of the interaction between food and lifestyle with our genes.

Wednesday, October 14, 2015

How Genetics Affects Your Body's Ability to Handle Toxins and Medications

Presented by: Kathleen Stienstra, MD, FAAFP, DABHIM, -Board Chair for the Maple Center for Integrative Health, Integrative Medicine specialist and Medical Acupuncturist

Knowing your own detoxification genetics can guide your medication and health choices. Knowledge is power.

Wednesday, November 11, 2015

Methylation & Mood: How B Vitamins & Your Genetics can affect how you feel

Presented by: Jennifer Brooks, PA-C and Dr. Kristen Walton, DC, LAc

Have you ever wondered why leafy green foods are so important to health? Or why some people feel better while taking certain supplements, but others do not? Come learn about how genetics and environment can affect the biochemical processes in your body. Learn why more supplementation is not always better. And see just how big (or little) a serving of spinach really is!

Wednesday, December 9, 2015

The Genetics of Weight: What Can I Do?

Presented by: Jean Kristeller is Professor Emeritus in the Dept. of Psychology, Indiana State University, and Board Member of The Maple Center for Integrative Medicine. She has received multiple NIH-funded grants to study weight management and psycho-biological factors in obesity. She lectures and teaches nationally and internationally about her work on mindful eating.

Without question, we now know that body weight and likelihood of obesity is strongly affected by genetics. This is what helped people survive famine, drought, and other natural catastrophes over the ages when food was scarce. This program will review what we know about the effects of genes on weight, and what you might do to counteract these effects for yourself and your family.

The Maple Center Connection

Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday

By Appointment

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



Integrative Medical Consultation

Wednesday & Friday

By Appointment

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

Neuromuscular Re-education

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

Nutrition for Healing, PC

By Appointment

Sylvia Middaugh, MS, RDN, CD
sylvia@foodthatheals.us
Call (812) 229-4059

Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments

Call 812-249-4290

**Available in the
Maple Center Lobby!**

circle of hope
bracelets



*Symbol of life and visible connection among women involved in the fight against cancer.

*Donated more than \$1.5 million to cancer research, education, and care.

We will continue the fight against cancer.... With your support.

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

For updates on
programs “like” us on
Facebook!



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.

Sponsored by:



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**