

MONTHLY MATTERS



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

September 2015

Maple Center Update

Here is a brief overview of the Maple Center's recent and upcoming activities.

Although the weather didn't cooperate, our **4th Annual Golf Scramble** was a successful fundraiser for the center. Thanks goes out to First Financial for being a major sponsor, Baesler's for providing the food and so many other sponsors and participants for their support.

As many of you know, our fall **LEAF** class started last week at Northside Community United Methodist Church. Many thanks to the church for allowing us the use of their facility. To all the participants on your healthy journey, good luck!

Another current program is our **Yoga** classes with Jan Croft. This class has continued thru the summer and participation has increased at each class series.

Next, we are continuing our health information series with **OLLI** (Osher Lifelong Learning Institute). The fall series title is, "New Frontiers in Medicine: Welcome to the World of Genetics". More information about the series is included in this newsletter.

Lastly, an upcoming program is our free **October 3, "Celebrating Wellness"** program. Bring a friend and enjoy the morning learning about the benefits of acupuncture, essential oils, massage therapy, a gluten free diet, and stress management. Lunch will be served around noon with a question and answer session. More information is included in this newsletter.

To make a reservation go to our website at www.themaplecenter.org or call the office at 812-234-8733.

To stay current with programs being offered go to our website or our Facebook page.



"One thing that sums up the LEAF program is Empowerment. The weight is just dripping off of me."

- Karen

Participant of the
LEAF Class

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Whole Grain Stamps



When shopping an easy way to identify whole grain products is by looking for the WHOLE GRAIN Stamp. There are two different varieties of Stamps, the Basic Stamp and the 100% Stamp.



THE BASIC STAMP	THE 100% STAMP
Product may contain some extra bran, germ, or refined flour.	For products where ALL of the grain is whole grain.
Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)	Minimum requirement: 16g (16 grams) whole grain per serving. (a full serving of whole grain)

It is recommended that half or more of your grains be whole grains, which means 6 or more servings per day are whole grains. **That being said look for the 100% Whole grain stamp.**

Happy Shopping!

References: <http://wholegrainscouncil.org/whole-grain-stamp/stamp-faq-consumers>

Celebrating Wellness

With  The Maple Center

October 3, 2015 from 9am-1pm

The program will take place at

Unitarian Universalist Church, 1875 S Fruitridge Ave, Terre Haute, IN

Cost: FREE (reservation needed by Sept 30)

Agenda for the Day

9am—9:30am “Needle Your Way to Health—Acupuncture” by Kathleen A. Stienstra, MD, FAAFP, DABHIM

Dr. Stienstra will discuss the modern understanding of how acupuncture works and the many health challenges it can help. Dr. Stienstra practices Integrative Medicine and Medical Acupuncture at the Maple Center for Integrative Health. Boarded in Family Medicine and Integrative/Holistic Medicine she received her training in Neurofunctional Acupuncture at McMaster University's Medical School in Hamilton, Ontario.

9:30am—10:00 am “Essential Oils and their Impact on Personal Health Practices” by Penny Money, NMT

Penny will be presenting a brief history of essential oils. Learn how essential oils interact with the body as well as the benefits of their daily use. You will see “How” to use doTerra Certified Pure Essential Oils to soothe a sore throat, boost the immune system and to help with mild discomfort in other areas of the body. Using Nature we can better assist our body's systems to be healthier and to feel better than we ever thought possible.

10:00 am—10:15 am Break/ Time to stretch

10:15am—10:45am “Massage – More than just “Feel Good” by Nancy Humphries LMBT

Explore the energy and some of the mechanics of massage and how the body responds to trusted touch. When is massage not a good idea? Learn a few techniques you can take home to use on yourself or a friend. Nancy is a graduate of the nationally respected and COMTA approved Body Therapy Institute (BTI) in Siler City, North Carolina

10:45 am—11:15 am “Gluten Sensitivity: Fad or Fact?” by Kristen C. Walton, DC, CAC

Dr. Kristen Walton DC CAC will discuss why people can have health issues driven by wheat products, what ‘unexplained’ chronic issues can be caused by gluten sensitivity and why you may see benefit from a gluten free diet. Dr. Walton has completed a postdoctoral Internal Health Specialist program with Logan University and co-designed & conducted: “A Randomized Controlled Pilot Study of the Clinical Effectiveness of Enzyme Therapy on Gluten Sensitivity.”

11:15am—11:45 “Surviving Life with Stress Management” by Janice Croft, MS, LMHC, NCC

Janice will present some simple, convenient and free stress management techniques that can be used in your daily life. Janice Croft graduated from Indiana State University with a degree in mental health counseling.

11:45am—12:00pm Free lunch served

12:00 pm—12:30 pm Wabash Valley LEAF (Lifestyle Education And Food) by Karen Cunningham, PT, LEAF Coordinator

Karen Cunningham, will give a brief overview of what the LEAF program is and when the next class will be offered. Karen is the LEAF Coordinator.



The Maple Center for Integrative Health

812-234-8733 ~ www.themaplecenter.org



Wabash Valley LEAF/CHIP Chats

I'm baaack! Did you miss me over the summer? Got lazy and let my 'semi' job slide for a while. Really, I was waiting to see if my AmeriCorps replacement wanted to take over the newsletter, but she graciously declined. By the way, the new AmeriCorps member working at the Maple Center is Susan Hawk (a LEAF graduate). I think she is grateful for a small LEAF 5 class to start off her tenure. The last two classes of 100+ were a bit overwhelming at times so at least she gets to wade in gradually. Hope I've been able to make her transition into the job a little easier. If you are at the MC in the afternoon, stop and tell her "HI".

Since we last communicated, there have been some changes to the leadership team also. Dr. Tom Orman and his wife Joanne have left the team but still have expressed a desire to help behind the scenes. We appreciate all they have contributed and they will be missed as active team members. A new face on the team is Susan Outlaw Stallings. Susan is a chef at Baesler's and has created some luscious vegan dishes that are available each day. The menu does change and if you are on Facebook, the daily offerings are posted there. If not, you will just have to be surprised when you go in (like me). They have also 'moved things around' like Kroger, so be patient. Still haven't worked my way through the aisles at the new Meijer store yet. A work in progress! They do have some nice organic produce though and some items that are in the "what the heck is that" category. More on that later!!!

The LEAF 5 class started last week. **Thanks to Susan Hawk**, we are using the wonderful facilities at the Northside Community United Methodist Church. We are able to use the church for an information session, both health screenings, 8 weekly session and the commencement. This is the first time we've been able to have everything in one location. Boy is that nice!! The class is smaller (20 new and 5 alumni) and the fit is perfect. It is still exciting to see the new faces at the first night of class and you can almost hear them wondering if it really is as easy to follow as we are telling them it is. Terre Foods donated bags for this class to carry their books in. A big **THANK YOU** to them also for the great bags! Actually, the Terre Haute community is quite amazing with its generosity.

It doesn't seem like it is fall already but that is what the calendar says. After mowing grass and chopping leaves all afternoon I know it is only the beginning. This is my favorite time of year now for the abundance of fresh apples, persimmons and pumpkins. As I write this, I have a box of apples sitting in my garage waiting to be peeled, sliced, chopped or diced, and made into applesauce, stewed apples and/or to be frozen for later use. Out of sight, out of mind??

If you missed the last few alumni meetings, you really missed some wonderful fall dishes. It would take three extra pages to include the recipes with the newsletter. If you have a sweet tooth, you **really** missed out! Zucchini pie (tastes just like apple—REALLY), persimmon pudding, peach cobbler, nut butter brownies, cookies..... Maybe the next alumni meeting should be a desert buffet, what do you think??? Of course the other dishes with the fall veggies were amazing also. With the weather changing, it's time to dig out the favorite soups and stews. This month you are going to get a recipe that has been around for a while. Thanks to the Anderson CHIP team for the recipe and giving Terre Haute so much help getting our own group started. This one has been around for a while!

Apple Burritos

8 apples cut in chunks

¼ cup water ¼ cup raisins ¼ cup dates

1 tsp. vanilla 1/8 tsp. maple flavoring (optional)

8 tortillas, whole wheat or regular 12 oz. apple juice concentrate

3 cans of water 5 Tbsp corn starch

In a saucepan, mix juice, water, and cornstarch. Bring to a boil, stirring constantly until thickened. Pour some of the liquid mixture in the bottom of a casserole dish. Place apples, water, raisins and dates in a large saucepan and cook until apples are softened.

Fill tortillas with apple mixture and roll up. Place seam-side down in the casserole dish. Pour remaining apple mixture over burritos. Let set an hour or more for tortillas to absorb the juice.

Bake at 350° F. for 30 minutes.

Optional: sprinkle chopped walnuts over the top just before serving, or add ½ C. chopped walnuts to filling. (Of course you can add cinnamon and nutmeg if desired and change to suit your taste.)

Enjoy!

Ruth Pleus

Leadership Team member

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/)



Breastfeed... or not Breastfeed !!!

Some individuals do not need to give this a second thought while others are unsure and need input from those who have nourished their infants in the past. Breastfeeding is generally best for the newborn, but are you aware this is the healthiest choice for the mother's health also.

Some choose to exclusively breastfeed while others choose to breastfeed only a portion of each day. Many are leery to even attempt to breastfeed because of information from those who have breastfed or attempted to breastfeed. At the end if you obtain assistance and gain reliable information while expecting-- the payoff is a more healthy, emotionally adjusted child.

Granted breastfeeding does not always start out easy for every mother or baby and requires support and help especially that very first month of life. There are so many factors that play into the ease of breastfeeding, some are: gestational age at birth; drugs/smoking the mother is exposed to while expecting; medications mother is given during the birthing process; the birthing procedure itself; support from healthcare and family; rest along with many other factors. If your breastfeeding has a rocky start the sooner you seek out the assistance of knowledgeable breastfeeding experts as International breastfeeding lactation counselors (IBCLC); Certified lactation specialist/counselors (CLS/CLC); trained Lactation Peer Counselor (many of these you can find at your WIC agencies) as well as your LeLeche League Leaders (LLL) the sooner you can be on your way to providing your new baby with the most natural feeding of all---breastmilk.

If you seek out assistance and your breastfeeding experience continues to be horrific—whether it occurs on the 1st day of the baby's life or later - seek out other options with your trained breastfeeding support persons. Most complications or worries should be resolved or that you can see improvement within forty-eight (48) hours. If your concerns have not improved or resolved within this timeframe YOU need to contact your trained support to let them know! Making breastfeeding rewarding to you and your infant can only improve if you let your trained support personnel know if suggested changes have improved your experience. After all, not only good breastfeeding provides you and your little one with a healthier life, but one of the known benefits of breastfeeding is the chemicals released in your body to help provide relaxation to the mother while she is breastfeeding. It is also known that mothers who exclusively breastfeed get more rest. Wow!! Isn't this an awesome benefit that we all could use!

Information from studies regarding mental & physical health via breastmilk has proven that breastfeeding is generally best for infant.

What a wondrous start for the little one in your life if given the wonders/benefits of breastmilk.

So, do not give up no matter how tired you are the first month after giving birth because the benefits are tremendous. As long as your infant pees a good volume many times every day, poops at least a couple times every day starting around the 5th day of life (equivalent to the size of a quarter, but can be larger) and your infant feeds at least six to eight times every day as a newborn along with your seeing that the baby is gaining more alertness each day --- you are on your way.

Those of you who have breastfed any at all -- we would like you to share your experience, your dilemmas and how support, if used, helped you to meet your goal(s) in feeding your infant. Would particularly like to see the following topics that we can share with those families contemplating or experiencing with their little one the following topics. Because of the upcoming busier time of the year may we suggest topics as:

- My breastfeeding adjustments/practices best found to help my infant to breastfeed when the whole family gathers at holiday or weekend gatherings.
- Best practices for me to help my infant stay organized or to reorganize my baby after being with many people and the baby being passed from one friend to another.
- Findings that best worked for me during the holiday season to keep my breastfeeding going well.
- Tricks I found to help me spend time with others in the family and some private time for my mate and myself.
- Tricks that helped me when I wanted to get out of the house for a couple hours by myself or with a friend.

Other information you would like to share that made your breastfeeding experience more rewarding and that you feel may help another mother----please send your article to: dferguson@themaplecenter.org



Courtesy of:

Breastfeeding Coalition of the Wabash Valley



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



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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