

# MONTHLY MATTERS



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

November 2015

## THE MAPLE CENTER NONPROFIT FUNDRAISERS

Next month is our Annual Fundraising Event, enclosed in this newsletter is a letter describing some of the programs that we have offered in the past year. Funds raised during our Annual Fundraising Event help support or lower the cost of the programs that we offer.

Here are a few additional ways you can help the Maple Center Nonprofit raise funds to provide community health programs.

- Go to **AmazonSmile** to purchase your amazon products. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **The Maple Center Inc** whenever you shop on AmazonSmile.



- Register your **Kroger Plus Card** online at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com), using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.



Thanks to those who have already join these programs!

### In This Issue

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- Benefits of Organic Food
- CSA's and You Picks
- LEAF Chats
- Breastfeeding Support
- Fall OLLI Series

# Benefits of Organic Food



The definition of Organic according to [HelpGuide.org](http://HelpGuide.org), is that “Organic crops must be grown in safe soil, have no modifications, and must remain separate from conventional products. Farmers are not allowed to use synthetic pesticides, bioengineered genes (GMOs), petroleum-based fertilizers, and sewage sludge-based fertilizers.”

Because of these factors the benefits of Organic foods are

- **Organic produce contains fewer pesticides.**
- **Organic food is often fresher.**
- **Organic farming is better for the environment.**
- **Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts.**
- **Organic food is GMO-free.** Genetically Modified Organisms (GMOs) or genetically engineered (GE) foods are plants or animals whose DNA has been altered in ways that cannot occur in nature or in traditional crossbreeding.

Below is the wording that should be looked at when buying organic.



**100% Organic Foods** containing only organic ingredients and processing aids Yes may display the USDA Organic Seal.



**Organic** -95% or more organic ingredients and a maximum of 5% approved non organic ingredients Yes, may display the seal



**Made with Organic Ingredients** (can list up to 3 organic ingredients) Foods containing 70% or more organic ingredients.

The next page is a list of CSA's and you picks where organic produce can be obtained during the growing season.

Source: <http://www.ams.usda.gov/AMSV1.0/getfile?DocName=STELDEV3004446&acct=nopgeninfo>

# Community Supported Agriculture (CSA)

## Locally grown organic produce

**Melon Acres:** Contact Whitney Horrall (part owner) email: [whitney@melonacres.com](mailto:whitney@melonacres.com) , or [www.melonacres.com](http://www.melonacres.com) or 812-745-2807. (This is in Oaktown, IN)

The cost is approximately \$35 a week for a full share, \$630 and a half share is \$20 a week and \$360. The program runs from May 5<sup>th</sup> through the week of Sept 8<sup>th</sup> and there is a weekly delivery available in Vigo and Sullivan counties. Those who purchase a share or subscription will receive a box, bag or basket of seasonal produce each week.

**Mockingbird Farm:** Contact: Jay or Megan Rogers at 812-877-6751

Veggie plan: Half (serves 1-2 people) \$200 Full (serves 3-4) \$400

Extra veggies will be sold at market price, and they will have some offers for purchasing in bulk during the growing season. Veggies are grown naturally without the use of chemicals. Payment and signup deadline is June 1<sup>st</sup>.

**The Healthy Hoosiers CSA:** Contact Charity Mouck at <http://healthyhoosierscsa.com/contact/>

Food orders are delivered to four locations in Vigo County, and now in Brazil, on a weekly basis for 25 weeks (biweekly, if you split an order with someone.) The share price is \$450 before April 1<sup>st</sup> and \$460 after. Fresh organic produce is delivered straight from the farm once a week. An email is sent with a description of that week's order.

**The White Violet Center:** Contact: Candace Minster at [cminster@spsmw.org](mailto:cminster@spsmw.org) or 535-2933

Food orders are available for pick up in three different locations in Vigo County every Wednesday beginning May 2014. The share prices are \$475 for 20 weeks. Fresh organic produce is grown on the property at St Mary's.

## Pick Your Own

**The Pickery:** Contact Jane Santucci at (812) 302-2451 or [thepickery@gmail.com](mailto:thepickery@gmail.com), website: [www.thepickery.net](http://www.thepickery.net)

The Pickery is a place where you can come and pick fresh organic vegetables. People have heard about pick-your-own apples and strawberries, but the Pickery offers a full line of seasonal vegetables to pick.



# Wabash Valley LEAF/CHIP Chats

It is that time of year again when the best of resolutions to eat healthier and exercise more are put to the test. The time honored traditions of family and tons of food are hard to put aside. I am sure most of us can remember sitting down to a table loaded with more food than a small army could eat, and going home with leftovers to last a few more days. In our family, we all went to 'Grandma's house' and of course we all pitched in with more food. The turkey, stuffing, noodles (homemade, of course) and mashed potatoes were her contribution to the feast. By the time the rest of the kids, grandkids, in-laws and anyone who didn't have a place to go showed up, there was more food than there was room for. That was the blessing of having a lot of relatives! I will have to say that I miss the family getting together, but not cutting up the turkey. Not sure how I wound up with the job but I did it for several years.

I do miss all of the people who used to sit around the tables (there were several!) but over the course of time a lot of them are no longer with us and the rest have family traditions of their own. I am thankful and so blessed for all of the wonderful years we did have together. I hope you all have wonderful memories and traditions of your own that you will keep in your hearts, too.

As in the past years, I have cut short the newsletter and am including several recipes that have become favorites for the holidays. Even though we don't eat the traditional turkey and all the trimmings, we can, and do, eat all the trimmings and our own version of 'turkey' thanks to Dr. Barnard. Enjoy!!

Your holiday feast.....

## **Cranberry relish** (from the sister in law of one of our team members)

1 pkg whole cranberries 1 orange 1 apple Honey to taste

Cut the orange and the apple into wedges, leaving the peel and skin on. Run through a food grinder, or food processor. Add the honey and enjoy.

## **Yams with orange glaze**

4 Yams or sweet potatoes 1 c orange juice ½ c crushed pineapple  
1 Tbsp cornstarch ¼ tsp salt 1 tsp grated orange rind ½ tsp grated lemon rind

Cook yams, peel and slice into a baking dish (spray first). Combine next 4 ingredients in a blender till smooth. Pour into a small pan and cook until thickened. Add the citrus rind. Cover the potatoes with the glaze and serve hot. Can be made ahead and reheated.

## **Green Beans Almondine**

2 cups green beans, fresh or frozen ½ tsp thyme (or savory)  
½ cup red bell pepper, finely diced 1 Tbsp. slivered almonds, lightly toasted  
Simmer the beans in a bit of water until crisp-tender. Drain water. Add thyme (or savory), red pepper to the beans. Cover and allow to steam for a couple of minutes. Place in a bowl. Mix in the almonds and salt to taste. Serve immediately.



### **Scalloped potatoes**

Place in a prepared baking dish; 4-5 large potatoes, quartered and sliced.

Blend well: ¾ c cashews, 2 c water, 1 tsp. salt, 1 Tbsp. onion powder

Pour blended cream sauce over potatoes, stir gently. Bake at 375 for 1-1 ½ hours covered until bubbly or it thickens. Stir once after 20 min. (If you soak the cashews in water for an hour or so they will blend easier, and not be gritty)

### **Wild rice casserole**

2 c water 1 c wild rice, uncooked 8 oz fresh mushrooms ½ c chopped onion

2 c soy curls, crushed 1 ½ c cashews blended with 1 ½ c water, till smooth (soak first)

1 sm jar pimentos 2 Tbsp minced parsley 1 ½ tsp salt ½ c slivered almonds

Cook rice in the water, sauté onions, soy curls and mushrooms in small amount of water until

Tender. Remove from pan. Add above mixture to the rice. Stir in the pimento, parsley and salt. Place in a 2 qt casserole

And place slivered almonds on top. Bake at 350 until heated through, about ½ hour. Serves 8

### **Sweet Potato-Pecan Pie Crust and Filling** (makes one 8 inch pie)

Preheat oven to 375 deg with the oven rack in the middle

**Crust:** 1 1/4 cups rolled oats 2 oz pecan halves (about ½ cup) ½ tsp cinnamon  
2 ½ oz. dates (5 Medjool or 10 Deglet Noor) pitted and quartered 1 ½ Tbsps. nondairy milk

Place the oats, pecans and cinnamon in the food processor and blend until ground (abt 30 sec). Add the dates and process for about 1 min more, until mixture starts to clump. Add the non- dairy milk, process for 5-10 seconds until the mix balls up, which happens quickly. Roll the dough into one big ball and place on a large piece of parchment paper on a cutting board, smooth counter top or flexible cutting board. Place another sheet of parchment paper over the top and flatten with your hand. With the paper still in place, using a rolling pin, roll the dough into a circle about 1/8<sup>th</sup> inch thick and slightly larger than your 8 inch pie pan. If it's irregular, simply slice pieces of the dough from bigger edge and press them along edges that are lacking.

Once the correct shape has been reached, peel the top parchment off and gently lay the crust on top of the pan. Peel the rest of the parchment off the dough. Ease the crust into the contours of the pan and gently press into place. Trim away any edges (DON'T wrap over the edge or it will make it too hard to cut after baking.) You don't need to poke this crust or weigh down.

Place on a metal cookie sheet or pizza pan. Place a piece of aluminum foil over the entire crust and gently tuck down the edges so that none of the crust is exposed. Bake for 10 min. Remove and set aside.

### **Sweet Potato Filling**

1 ½ cups cooked sweet potato 4 oz. dates (abt. 8 Medjool or 16 Deglet) pitted & quartered

¾ cup nondairy milk 1 tsp vanilla 1 ¼ tsp cinnamon ¼ tsp ground ginger

¼ - ½ cup rolled oats ground into flour (1/2 cup will result in a firmer filling)

¼ tsp ground cloves ¼ tsp nutmeg ¼ cup pecan halves, chopped (for the center of the pie) plus 15-20 halves to decorated the outside edge

Place the dates, nondairy milk and vanilla in a blender and set aside for 15 minutes to soften the dates. (**Grind oats first!!**)

In a medium bowl, add the oat flour, cinnamon, nutmeg and cloves. Mix well with a fork.

Blend the dates, nondairy milk and vanilla in the blender on high speed until smooth. Blend in the dry ingredients followed by the sweet potato until very smooth, scraping down the sides a couple of times. It will be very thick. If you don't have a powerful blender, you can use a food processor. Scrape into the pie crust and smooth out evenly.

Arrange the pecan halves around the outside edge and the chopped pecans in the center. Gently wrap a few strips of aluminum foil around the outside edge of the pie, trying not to touch the filling, so the crust does not get overcooked. Bake for 25-30 minutes at 375 deg. Remove from the oven and remove the foil strips. Let cool before slicing. Can be made the day before as well.

I sincerely hope that you all have a wonderful holiday with your family and friends. Blessings!!

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](mailto: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/)

## More Support For Breastfeeding

Last month you were provided with possible responses to friends, family and strangers who offer offending comments about your choice to breastfeed and/or to what age you wish to breastfeed your baby/child.

Stick to your choice, it will provide you and yours an outcome that will be life rewarding.



Support begins with the information you gather while you are expecting. Gather info from your family physician (more so than your OB/GYN) regarding his feelings of breastfeeding and his education beyond his MD degree about breastfeeding. How long does he like to see baby/mother dyad breast feed; who of his staff has had added education regarding breastfeeding; inquire as to who they would refer you to if a concern about your breastfeeding arose; how long does your family physician support the breastfeeding dyad.

**The one thing you need to know is that your doctor not the infant's pediatrician is who you will need to depend on for most information and support.**

The pediatrician generally cares only for the infant/child—not the mother, so rely on your family doctor or find a reliable support group should you need more support or assistance. The following list will help you judge whether the health professional is not supportive of breastfeeding:

- IF THE M.D OR STAFF GIVE YOU FORMULA SUPPLEMENTS OR LITERATURE ABOUT FORMULA.
- IF OFFICE/M.D. TELLS YOU THAT BREASTFEEDING AND BOTTLE FEEDING ARE ESSENTIALLY THE SAME.
- IF HE/SHE TELLS YOU IT IS NOT IMPORTANT TO BREASTFEED IMMEDIATELY AFTER BIRTH.

- INFORMS YOU YOU SHOULD STOP BREASTFEEDING BECAUSE YOU OR YOUR BABY ARE SICK.
- TELLS YOU YOU WILL NEED TO STOP BREASTFEEDING BECAUSE YOU WILL BE TAKING A MEDICATION (you need to check other alternatives for medication as most meds are okay when breast feeding).
- M.D. IS SURPRISED YOU ARE STILL BREASTFEEDING YOUR SIX (6) MONTH OLD OR OLDER INFANT.
- DOES NOT TRY TO GET YOU HELP IF YOU ARE HAVING PROBLEMS WITH BREASTFEEDING BUT SUGGEST STOP BREASTFEEDING AND PROVIDE FORMULA .

Knowing your physician's feelings/practices of the above list can help with decisions you will make about your M.D. supporting your breastfeeding choices or finding better support systems.

Let's add some more humor that the New Beginnings publication placed in their 2009 issue because some criticism can border on the most absurd and we hope the following information will place a lighter side to your experience.

The following are exact quotes from the publication – so enjoy!

“So how long are you planning to nurse?”  
“Hmm...I think he will probably be finished on this side in a few minutes.”

“What will you do if he is still nursing when he is going to school?”  
“Oh, isn't that why they have recess, for milk and cookies?”

“Children just don't wean themselves, you know! If you don't cut him off he will keep nursing forever!  
“In that case, I guess he will just have to go to a college near home.”  
“I don't believe I have ever heard of a high school kid who was still nursing. Have you?”

“So when do you plan to make him sleep in his own bed?”  
“Oh, I am definitely not going with him on his honeymoon!”

Continue to have a sense of humor for those who do not know how to handle the breastfeeding dyad. It definitely will put joy in your day.

Often we provide information to assist in breastfeeding knowledge. We want to add more resources we often omit, but are also great resources to provide some more reliable information, and may even provide a chat response.

**Kellymom.com:** Array of evidence based information from pregnancy to toddlers and more.

**Jack Newman, M.D.:** Works specifically with breastfeeding. Available also chat line to obtain responses to inquiries.



***We are Thankful this Thanksgiving  
for your choice to Breastfeed!***



Courtesy of:

**Breastfeeding Coalition of the Wabash Valley**



The Maple Center, Inc.  
Nonprofit 501(c)3



Dear Friend and Supporter of The Maple Center,

**Thank you for your support over the past 10 years.** Your contributions to the nonprofit Maple Center for Integrative Health are key in allowing our educational programs and clinical options to be offered to the Wabash Valley. Staff and volunteers ask for your ongoing generous gifts of time, talent and/or funds to help us educate our community about combining the best of modern medicine with the best of complementary approaches to support optimal health.

### **What have you helped us to accomplish?**

- *Healthy Lifestyle Education* sufficient to prevent, arrest, and REVERSE disease was offered to our largest class sizes yet. As part of the Pomeroy Wellness Program, over 240 people participated in the adult Wabash Valley LEAF (Lifestyle Education and Food) eight week programs with a congruent youth program offered. Four week programs: "The Power of Food for Cancer Prevention and Survival" and "The Power of Food to Prevent and Treat Diabetes" were each offered three times at a discounted rate and were well attended. Many participants were excited to see their weight, blood pressure, cholesterol, blood sugar, and pain improve. *Our results mirror those published by nationally recognized researchers in the field of Lifestyle Medicine.*
- *OLLI (Osher Lifelong Learning Institute)* provides a partnership which allows us to provide health related presentations to the public monthly. Your contributions help us to offer these presentations for free.
- *Therapeutic Yoga Classes* provide an exercise option tailored to each individual's state of health.

**Consider ending 2015 with support for health in the Wabash Valley** by completing the enclosed form and giving generously to The Maple Center's Nonprofit annual fundraiser campaign. Your gift will support our unique mind, body, spirit education offered to the community for chronic disease prevention and optimal health by providing scholarships for low income individuals and keep the costs of our programs low. Our goal this year is to reach \$15,000 in donations.

**The Board, Staff and Clinicians of the Maple Center wish you Happy Healthy Holidays!!**



# The Maple Center for Integrative Health's Nonprofit Resources & Activities

*Thanks to our volunteers, instructors, clinicians and supporters!!!*

- **Monthly Matters Newsletter**, free E-Newsletter with health update articles with past articles now indexed on our website.
- **Adult Wabash Valley LEAF** (Lifestyle Education & Food) Program - 8 week lifestyle changing program offered 2 times per year
- **Youth Wabash Valley LEAF**—8 week program offered 4 times in collaboration with Purdue Extension, The Children's Museum, and the Family Y
- **LEAF Applied Nutrition Workshops and Grocery Store Tours**—offered 2 times per year
- **LEAF Alumni Meetings** - free monthly gatherings for support, food and education
- **Cancer Prevention & Survival program** (The Power of Food program)- 4 week program offered 3 times at HUX Cancer Center and Maryvale Low Income Housing Center
- **Diabetes Prevention & Treatment program** (The Power of Food program) - 4 week program offered 3 times at Maryvale Low Income Housing Center.
- **OLLI (Osher Lifelong Learning Institute) Health Series presentations**— free presentations 9 times per year on topics such as Chronic Pain Series, The New Frontier: The World of Genetics Series, Nutrition in Cancer Prevention, Brain Inflammation, Stress Reduction, and Mind, Body & Spirit Wellness.
- **Dr. John Black Memorial Library** (onsite at Maple Center and online at [www.themaplecenter.org](http://www.themaplecenter.org))
- **Chronic Pain Support Group** - Free monthly. Supported by Cathy Desrocher in honor of her late husband Van
- **Therapeutic Yoga Classes** - six week class series tailored to each individual's health needs
- **Community Health Awareness Events** (Whip it Up Wednesdays Cooking Class in collaboration with United Way, participation in several community Health Fairs, etc.)
- **The Breastfeeding Coalition** - housed under The Maple Center umbrella. **Lactation Station** at the Vigo County, Parke County Fairs, Earth Day at SMWC and many other events. The **Breastfeeding Works Award** presented each year to an individual business for workplace support of breastfeeding.
- **The Coleman Cancer Foundation**-a collaboration with Dr. Sang Huh to provide integrative health services to his patients.

*We gratefully acknowledge support from The Wabash Valley Community Foundation, First Financial Bank, The AmeriCorps Program, The Larry Paul Foundation, The Gibson family, The Pomeroy Wellness Program supported by a grant from Better Health Wabash Valley, Terre Haute Chamber of Commerce, Union Hospital, and many individual and business donors of time, treasure and talent.*



# **OLLI Series**

## **New Frontiers in Medicine: Welcome to the World of Genetics**

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

**Cost: Free**

**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**



## **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](http://www.themaplecenter.org)



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**Clinical Office: (812) 235-4867**  
**Nonprofit Office: (812) 234-8733**  
**Website: [themaplecenter.org](http://themaplecenter.org)**  
**E-mail: [info@themaplecenter.org](mailto: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](http://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](http://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](mailto:debbiestevens53@gmail.com)

Check us out at:

[www.themaplecenter.org](http://www.themaplecenter.org)