



Monthly Matters from the Maple Center

May /June 2015

INSIDE THIS ISSUE:

Maple Center Happenings	1
Breastfeeding: Donor Milk	2-3
LEAF Chats	4-5
Yoga Class	6
Golf Fundraiser	7
How Dense are you?	8
Maple Center Connection	9
Maple Center Info	10

How Can I help the Maple Center?

Several people have asked, "How can I help the Maple Center?"

The short answer is by supporting the Maple Center Nonprofit. Our nonprofit office helps to provide all kinds of community health education programs, including the LEAF Program. The nonprofit depends on donations and volunteers to continue providing programming to the Wabash Valley.

There are several ways you can help support the Maple Center Nonprofit. Here are a few of the ways:

- Participate in our upcoming **golf scramble** by registering your foursome today, sponsor a hole to highlight your business or organization, donate prizes, volunteer to help with the outing. This is our biggest fundraising event for the year
- 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, using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.
- Donate directly to the nonprofit by making an online donation using PayPal located on our website or by mailing a donation check to our office.

Other great ways of helping The Maple Center are:

- Volunteering your time to help with health fairs
- Volunteering your time to help with classes
- Volunteering to help with food preparation
- Donating paper/ form products (Copy paper, foam plates, foam bowls, plastic utensils, etc.) for our classes.
- Volunteer to participate on a committee

Thank you to all of our current supporters.

Deanna Ferguson
Executive Director

No act of kindness, no matter
how small, is ever wasted.
~Aesop~



CommunityResources

The Breastfeeding
Coalition of the
Wabash Valley

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/)

Breastfeeding Coalition News

I Used Donor Milk to Help Feed My Baby

Returning to work after having my baby was a significant source of stress for me, especially because I was breastfeeding. I'd worked hard to build a good stash of breast milk. However, it became evident within the first month that I would not be able to keep enough milk in my freezer to feed my daughter while I was at work. Many working moms are familiar with the new routine I had to develop: My days off were now spent pumping after feedings, late at night and early in the morning just to eke out enough milk for my work days.

The added responsibility of pumping several times on my days at home with the girls and the pressure of pumping as much as possible while working, created a lot of extra stress for me, which, of course was a detriment to my milk supply. At Hazel's 4-month check up, I realized something needed to be changed if we were going to continue to breastfeed. Between months three and four, Hazel had dropped on the growth curve because she had gained very little weight. I left the doctor's office overwhelmed with anxiety and the instructions to "pump more and follow up each feeding with an extra ounce of breast milk until you see an increase in your supply."

Where exactly was I going to get an extra 8-12 ounces of breast milk each day? I knew that "breast is best", but perhaps formula was my only option?

Returning home, I hopped online to vent and to ask for advice from a local community of breastfeeding moms. Within a few minutes, I got a text from a good friend who belonged to the same group. She wanted to know how much milk I needed and when she could drop it off. I understand that some may feel concerned about accepting milk from a friend (and the American Academy of Pediatrics (AAP) advises against it). But in my case, I had no reservations. This was not a casual friend; in fact, we were close enough that I knew there was nothing about her lifestyle or habits that should give me reason to be concerned about using her milk to feed my daughter.

Another friend pointed me to Human Milk 4 Human Babies, an organization that connects donors with moms in need. I was matched with a woman 10 miles from me. Her milk had been screened by our local hospital because she was donating half of her excess milk to the NICU there and the other half to local moms with struggling milk supply, and I felt comfortable that the milk was safe for my baby. I now had an abundance of milk available to me while I focused on increasing my supply. I was amazed to find that once I stopped stressing about my freezer stash, increased my caloric intake and kept pumping on my days off, I was able to start pumping more and supplementing less on my days at home.



Moms who are considering donating, sharing or buying breast milk need to be aware of a **recent warning by the AAP that some breast milk shared and sold online is contaminated**. This was after researchers purchased and tested 102 samples of what was advertised as human milk from various sites on the Internet (including Human Milk 4 Human Babies) and found that about 10 percent of the milk they got was contaminated with cow's milk. Now, the AAP cautions not to buy or share breast milk because parents have no way of knowing if the milk is safe for their babies.

Now, I cannot tell you how you should feel about donor milk. But I can tell you that in my experience I had no doubt that what I was feeding my daughter was safe. But, ultimately, this is a conversation you should be having with your pediatrician. You have to feel comfortable with the decision you make about donor milk.

Personally, I found it helpful to follow these guidelines provided by The Human Milk Banking Association of North America (HMBANA) when I was screening for my donor, as well as discuss the following topics once I found her:

Nutrition: I checked with my donor about caffeine and alcohol consumption. I know other moms whose babies had sensitivities and needed to look for a donor who didn't consume those allergens.

Medication: There are many medications that are not safe to take while breastfeeding so I asked my donor if she was on any medication.

Health: I asked my donor if she received prenatal screenings for communicable diseases. Because she was also donating her milk to premature and sick babies in the NICU, I knew that the hospital had screened her for diseases.

And, of course, I always made sure to be cautious about proper storage whenever I received the milk.

While I had heard it said that it takes a village to raise a child, I never imagined this would mean that three mothers would be helping me feed my daughter! What a fortunate girl she is, to be fed by the generosity of our local breastfeeding community. I am so grateful to the mothers who have made it possible for my daughter to have the best possible nutrition during her first year.

If you are interested in donating milk, contact the milk bank located at the Indiana Blood Center, 2021 S 3rd St, Terre Haute, IN 47802, (812) 238-2495 .



Reference: Article by Mary Sauer | Posted: April 17, 2015
http://www.whattoexpect.com/wom/baby/i-used-donor-breast-milk-to-help-feed-my-baby.aspx?xid=aol_wte-preg_3_20150420_&aolcat=HLT&icid=maing-grid7%7Chtmlws-main-bb%7Cdl24%7Csec1_lnk2%26pLid%3D647091



Wabash Valley LEAF Chats

It doesn't seem possible, but another class is over and more great memories have been made for the team members, as well as for the 91 new alumni. When I stop to think about it, it really doesn't seem possible that **five** years, **six** CHIP and **four** LEAF programs have gone by for me. Not sure how that happened! There have been so many new smiling, although somewhat anxious faces in each class that turned into confident "I can do this!" faces. Hopefully, some good friendships have been made along the way, too. We have all grown in knowledge, had a lot of fun, exercised, learned to relax and ate some really good food along our journey. It will be a lifelong learning process for a lot of us, but one we won't have to do alone. **(HINT---Alumni meetings held every month, usually on the last Tuesday of the month!!)** Close to 600 people from all over the Wabash Valley have gone through at least one or more of the programs, some have done both. It is hard to go to the grocery store or out to eat somewhere without running into someone who isn't an alumnus. Do you remember Dr. Stienstra telling us that "There aren't any CHIP or LEAF police"? That still holds true. If you aren't following the program 100%, you are always welcome at any meeting, summer picnic (planning in the works!) or the Christmas party. We are one **big** family and we are here to support one another. I'm off my soapbox now.

It's been hard not to notice all of the gardens popping up all over town. The produce in the grocery stores even seems to be looking and tasting better. No matter where you may travel this summer though, nothing will taste as good as a homegrown Indiana tomato. The south may have its peaches and some pretty tasty strawberries but they can't match the tomato taste. Hopefully this weekend we will be able to get some plants out between the rain drops. They are calling to me when I drive by the Apple House garden center, Rural King and even Wal-Mart.

You never know what might pop up when you aren't looking for it. One of the things suggested in the CHIP/LEAF program is that we give up or cut back on coffee/caffeine. Have you ever wondered how or where coffee was discovered? The most widely accepted myth is that an Ethiopian goat herder noticed his animals acting jittery after eating ripe coffee beans. The city of Mocha in Yemen was the first to spread coffee beans to the rest of the world. Those had a chocolaty taste to them, thus mocha drinks got their name. There are two kinds of coffee beans, Robusta and Arabica. Robusta is higher in caffeine content; Arabica has 50% more lipids and twice the sugars which leads to higher acidity and more complex flavor aromatics. We have all heard about the huge amount of water that it takes to produce a pound of beef (1,800 gallons, per FoodBev.com). But, did you know that a **pound** of coffee requires 2,500 gallons? If this alone isn't a reason to give it up or at least cut way back, it should be. It takes 2,500 gallons to make one pound of coffee and according to globalexchange.org and the annual coffee production is 12 BILLION pounds. I don't have a calculator that will multiply those two numbers and give a total. That fact boggles my mind! (The coffee info is from YAHOO! Food) Sorry, Thornton's, no more coffee stops in the morning on the way to work.

Wabash Valley LEAF Chats Continued

Speaking of work, this is my last week as an AmeriCorps member. You can only serve four years as a service member and as of Friday the 15th, my fourth year is done. It has been such a pleasure to work at the Maple Center, for the CHIP/LEAF programs and for Karen and Dr. Stienstra. I have learned a LOT and hopefully I have made a small contribution to the organization. If any of you are interested in a part time job that requires a 9 month commitment, small amount of pay on the first of the month but will earn you financial credit for college, applications will be available on line thru ISU's Center for Community Engagement website in July or August. The credit is transferable and good for seven years.

I am not sure just yet what my role going forward will be. I have to meet with Karen in the near future and discuss our/my options. If you already didn't know it, Karen is also retiring after **40 years** as a physical therapist. Her last day is June 5th. Can't imagine working 40 years in the same profession but it must have been a labor of love. As one of the many who have benefited from her expertise, I can tell you, she **WILL** be missed.

The recipe for this month will be a fast and easy one.

Polenta with Ratatouille

1 roll polenta 1 small eggplant, cubed 1 onion, chopped 1 clove of garlic, minced
2 summer squash, sliced pinch of dried thyme and oregano leaves
½ cup bell pepper strips, chopped (fresh or frozen) 1 tomato peeled and diced, or ½ cup spaghetti sauce, to taste ½ can kidney beans (optional)

Slice the roll of polenta in ½ inch slices and brown in a nonstick skillet. Steam the eggplant and onion in a small pan for 5 minutes. Add the squash slices, chopped bell pepper, garlic and herbs. When tender, stir in tomato or spaghetti sauce and heat until steamy. Serve over polenta slices

As an added bonus, here is the rest of this week's menu from Chef Susan Outlaw Stallings at Baesler's.

Thursday: Smoky Green Split Pea Soup (with smoked tofu); Quinoa, Corn and Black Bean Salad (in salad case)

Friday: Cocoa and Mixed-bean Chili; Twice-baked Potatoes/Kale-stuffed Tugboats (entree; cold-packed)

If you didn't know, **Chef Susan Outlaw Stallings** is a graduate of LEAF 4 and is also a new member of the Leadership Team. Stop in, pick up some great food and say "Hello".

Enjoy!

Ruth Pleus

Leadership Team/ AmeriCorps Member



Therapeutic Yoga

stretching • strengthening • relaxation

**Hux Cancer Center
1711 N. 6 1/2 St
North of Union Hospital**

**Saturdays 10-11 AM
June 6 - July 11, 2015
\$60 for six Saturday classes**

(No Class on July 4th)

Registration is limited to 20 people

Yoga is taught by Jan Croft, MS, LPT. These 6 weekly 1-hour sessions provide a gentle approach to improve your physical conditioning, flexibility and relaxation skills. This program can be started by anyone. Research has shown that the benefits of yoga include: increased flexibility of the neck, back, chest, and shoulders; improved physical strength and function; improved quality of life and inner peace; and decreased side effects from chemotherapy.

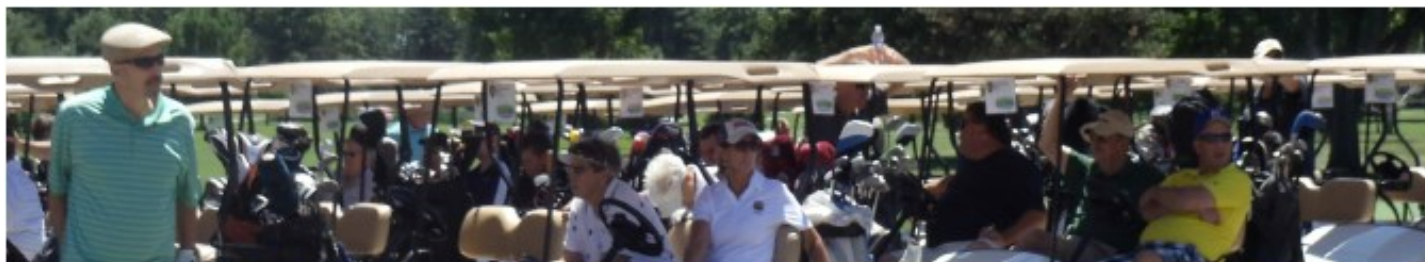
Presented by



The Maple Center
For Integrative Health

Sponsored by





The Maple Center's 4th Annual Golf Scramble

Friday, June 26, 2015
Hulman Links Golf Course, Terre Haute, IN
Registration at 11:30 am
 (Registration Fee includes Lunch, Golf Cart, Green Fees, & Beverages)

Dear Community Leader,

Please help us continue our efforts in providing community health education programs to the Wabash Valley by participating in our 4th Annual Golf Scramble with a tax deductible sponsorship, donations of a prize, or participating in our event. Your generosity with this event allows us to educate others on how to prevent chronic disease and improve their health. This is accomplished by offering workshops and classes that are free or have a very minimal charge to the Wabash Valley. Our mission is to provide integrative health education and offer clinical services which combine the best of modern medicine and complementary care.

Upon receipt of your sponsorship fee and/or prize(s), a letter of acknowledgement will be mailed to you. All contributions will be acknowledged with your business logo at the Golf Scramble, unless anonymity is requested.

Please e-mail your business logo to Deanna Ferguson.

Your consideration of support is very much appreciated.

Sincerely,

Ann Ferguson

Board Member & Golf Scramble Chair

annferguson2000@yahoo.com

and

Deanna Ferguson

Executive Director

dferguson@themaplecenter.org

PLEASE DESIGNATE YOUR OPTION(S) FOR SUPPORT:

SPONSORSHIP

- ☐ \$3,000 Major Tournament Sponsor (Banner, Team & newspaper article)
- ☐ \$500 Gold Sponsor (Team & Hole Sponsor)
- ☐ \$500 Platinum Sponsor (Logo on promotional materials & hole sponsor)
- ☐ \$400 Silver Sponsor (Team Sponsor)
- ☐ \$100 Hole Sponsor
- ☐ \$25 Cart Sponsor
- ☐ \$120 Individual Golfer
- ☐ Other: _____

PRIZE DONATION(S)

- ☐ (4) Prizes 1st Place Gross
- ☐ (4) Prizes 1st Place Net
- ☐ (4) Prizes 2nd Place Team
- ☐ (4) Prizes 3rd Place Team
- ☐ (1) Prize Longest Drive
- ☐ (1) Prize Closest to Pin
- ☐ Other Prize(s): _____

TEAM INFORMATION

- ☐ (4) TEAM MULLIGANS - \$20
- ☐ (1) INDIVIDUAL MULLIGAN - \$5

Team Name: _____

Golfer One Name: _____

Golfer Two Name: _____

Golfer Three Name: _____

Golfer Four Name: _____



Make checks payable to:

The Maple Center for Integrative Health 501(c)3 Nonprofit
 1801 N 6th St., Suite 600, Terre Haute, IN 47804
 (812) 234-8733 or www.themaplecenter.org



HOW DENSE ARE YOU ?

May is National Osteoporosis Awareness and Prevention Month



What is Osteoporosis?

A medical condition where your bones become brittle.

80% of individuals with Osteoporosis are women and 20% are men.

Risk Factors:

- Over the age of 65
- Family history of hip fractures
- A smoker
- Drink more than 3 alcoholic drinks per day
- Eat less than 800 mg of calcium per day
- Exercise less than 30 minutes per day
- Take steroid medications (often called corticosteroids, include medications like prednisone and cortisone) for longer than 3 months
- Have low hormone levels
- Have a Vitamin D deficiency
- High intake of animal protein including dairy

If you feel you may be at risk please discuss it with your primary physician.

How Is Osteoporosis Diagnosed?

A bone density test

How Is Osteoporosis Treated?

Treatment for osteoporosis includes:

- A balanced diet rich in calcium, magnesium and Vitamin D, yet not overly high in protein
- An exercise plan
- A healthy lifestyle
- Medications and/ or supplements, if needed.
- Take precautions to prevent falls

Reference: NIH Osteoporosis and Related Bone Diseases <http://www.bones.nih.gov>

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

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.



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: dferguson@themaplecenter.org



For update on programs and
clinical services "like" us on Facebook!

*"Optimizing individual health thru
community education and clinical services."*

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



Dr. John Black Memorial Library

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 past the following link, you will be taken to the collection directly: http://books.google.com/books?UId=108073147105936153925&source=gbs_lpb-book-shelf_listg8u.

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

Monthly Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,
Contact Debbie Stevens at
debbiestevens53@gmail.com

We are on the web at
www.themaplecenter.org