



# Monthly Matters from the Maple Center

March 2015

## Maple Center Activities

2015 has been a busy and exciting year so far for The Maple Center!

We started the year off with the Youth LEAF after-school program at West Vigo Elementary School. The program ran for eight weeks from January 13 - March 3. The students had a great time learning about healthier food choices, fun ways to be active, setting goals, managing stress, tips for relaxation, and about self appreciation and the importance of feeling good about themselves.



Also in January we helped with "Whip it Up Wednesdays" at Booker T. Washington, instructing a small group about healthier food choices and kitchen safety. We then presented our second offering The Power of Food for Cancer Prevention and Survival Class, which was held at the at Hux Cancer Center.

In February, we presented our second offering of The Power of Food for Diabetes Prevention and Treatment Class at Maryvale Apartments. Both classes were well attended and participants were excited about the new information they learned!



Next, it was time to celebrate our 10 year anniversary at our Annual Dinner. There were several in attendance. We would like to send a special thank you to First Financial Bank for allowing us to use their conference center. Thanks also to Baesler's Market for catering a wonderful dinner for us!



This brings us to March and the start of our next Adult LEAF class. We have 101 participants in this class. Good luck to each of you on your new journey into healthy living!  
Remember, we have additional cancer and diabetes-focused classes coming up in April and May and it's never too early to sign up.

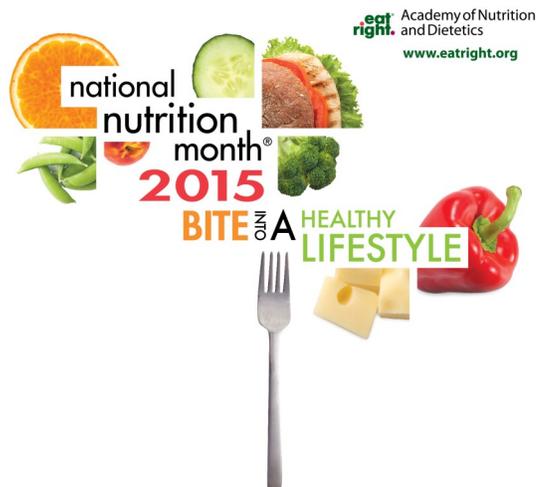
Many thanks for everyone's help in making our programs successful!

Deanna Ferguson  
Executive Director



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## Bite into a Healthy Lifestyle!

March is National Nutrition Month with the theme designated this year by the Academy of Nutrition and Dietetics being “bite into a healthy lifestyle”.

The Maple Center is encouraging this with the start of its Spring LEAF (Lifestyle Education and Food) program at St. Mary-of-the-Woods College.

The first “bite” in a healthy lifestyle is healthy nutrition. Perfect health depends on perfect circulation. This is achieved by feeding the body *first class foods* daily.

These consist of green leafy vegetables, green vegetables, colorful vegetables, a variety of beans, starchy vegetables such as potatoes and corn, fresh fruits, whole unrefined grains, raw nuts and seeds, whole food fats such as olives and avocados.



Eat *second class foods* such as processed whole grains, processed fruits and vegetables, meat substitutes, organic, fat free dairy and free-range eggs, cold water fish, white meat and virgin oils sparingly.



*Third class foods* such as products containing white flour and sugar, cheese and dairy, regular oils, red meat, processed meat, deep-fried food, soda and caffeinated beverages should only be eaten occasionally or avoided altogether.



## Bite into a Healthy Lifestyle! (continued)

Another “bite” of a healthy lifestyle includes being at a healthy weight. This will be much easier to achieve eating first class foods.

“Bite” into an active lifestyle. Studies show that a minimum of 30 minutes of activity is necessary for good health. Ideally 3-5 days of some sort of cardiovascular exercise such as brisk walking, running, swimming or cycling is even better. Add 2-3 days of strength training for improved muscle tone and flexibility. Diabetics and those with insulin resistance will be helped with a 10 minute walk after every meal.

Keeping the body hydrated with nature’s perfect elixir, water, keeps joints lubricated and the digestive system running smoothly.

Get a daily dose of sunshine as often as possible. This will help to elevate mood and Vitamin D levels. Those of us who live above the 38<sup>th</sup> parallel will benefit from a Vitamin D supplement from October through April. Vitamin D is important for many functions of the body including calcium absorption and gene expression.

Last but not least is getting a good night’s sleep. 7-8 hours of shut-eye per night allows the body to repair itself. Less than this on a regular basis can lead to elevated cortisol levels which feed into an inflammatory state. A recently released study of 522 people found that missing just 30 minutes of sleep per night and trying to catch up on weekends led to an increase in weight gain and risk for type 2 diabetes.

If you would like help “biting into a healthy lifestyle” I am available for personal counseling on an appointment basis.

*Sylvia Middaugh, MS, RDN, CD*

# The Power of Food for Cancer Prevention and Survival

## Wabash Valley LEAF (Lifestyle Education and Food) Cancer Focused Classes Based on the award-winning Food for Life Program

Based on PCRM's award-winning Food for Life program, **The Maple Center for Integrative Health** is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



Join Food for Life Educational Alliance Program Partner **The Maple Center for Integrative Health's** educators, **Kathleen Stienstra, MD, Julie Fine, PhD, FNP and Sylvia Middaugh, Dietitian**, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

### REGISTER TODAY!

Classes every **Tuesday, 6:30 – 8:30 p.m.**  
Cost: **\$35 for the 4-class series**

Thanks to the Wabash Valley Community Foundation, Sliding Scale Scholarships are available



- Tuesday, April 7** Introduction to How Foods Fight Cancer
- Tuesday, April 14** Fueling Up on Low-Fat, High-Fiber Foods
- Tuesday, April 21** Discovering Dairy and Meat Alternatives
- Tuesday, April 28** Cancer-Fighting Compounds and Healthy Weight Control

To register, call **812-234-8733**  
or go to [www.themaplecenter.org](http://www.themaplecenter.org)

**LOCATION**  
**Maryvale Apartments**  
3461 Saint Marys Road, West Terre Haute, IN 47885



**You'll receive a copy of this book!**



The Food for Life Program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501c3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research. The Maple Center is an Educational Alliance Partner with PCRM



**FOOD FOR LIFE**  
Cancer Project



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 Better Health Wabash Valley and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit [www.terrehautechamber.com](http://www.terrehautechamber.com).

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

### Feeding My Newborn

I told my doctor and the hospital staff: I wanted to breast-feed. I did not want my baby to have any formula.

No one told me I probably would not have milk as soon as my baby was born—especially since it was my first birth. Then the nurses at the hospital said they wanted to feed formula to my baby until my milk came in. Boy, did I find out differently.

Now I have learned that as soon as the placenta is delivered this was a signal to my body to begin milk production. However, milk production will not continue unless suckling (and if infant was unable to be placed at the breast--pumping was another alternative) is initiated. The sooner suckling begins the better. So I found this was probably one of the reasons my milk production was slow or low ---because I fed my baby formula until my milk came in. Not only did I miss out on helping to establish my milk supply, but it also made it very difficult to get my baby to latch and suckle.

So what do I want new mothers, doctors and nursing staff to encourage and teach is the sooner the infant is placed at the breast and the sooner the baby latches on for sucking the better and sooner the milk supply will arrive. Also I now know that mothers need to know breastfeeding is not considered to be "well established" until about 3 to 4 weeks after birth. Generally milk production will increase as the frequency of stimulation increases during this first month.

So, one need-to-know is if your baby seems hungry during the first 3 to 4 weeks after birth, the baby does not have frequent stools or urination or if your infant is not gaining weight---GET HELP IMMEDIATELY. Do not wait to ask for help or be reluctant to contact lactation (breastfeeding) assistance during this first month.

Partial breastfeeding, while not as beneficial as full breastfeeding, may be necessary or desirable under certain circumstances. But if your desire is to really breastfeed—do not decide this on your own but see a breastfeeding specialist so you can nurture your baby while working on your milk supply or your baby's latch.

Second need-to-know is do as much skin-to-skin contact with your baby as you can. This helps with milk supply, body temperature and a better heart rate also. Skin-to-skin means mom have your chest bare and strip the infant down to diaper, then place your baby between your breasts. Just talk to your baby and soothe him/her during this time. The baby may decide to latch on by self and the baby usually does a better job if allow to latch on by themselves. Remember your milk may be delayed in coming in, but if possible place the baby to the breast frequently during the first month. And seek out a breast-feeding (lactation) specialist particularly during the 1<sup>st</sup> month while establishing your milk

# All About Prediabetes

*An article from the American Diabetes Association*



## What is prediabetes?

Prediabetes is a condition that can lead to type 2 diabetes and heart disease. When you have prediabetes, your blood sugar levels are higher than normal, but are not high enough to be called diabetes. Diabetes can lead to many health problems, so it's better to prevent it in the first place. You can take steps to prevent or delay type 2 diabetes and heart disease.

## Why do I have prediabetes?

You are likely to develop prediabetes when you have certain risk factors:

- age 45 and up
- are African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- have a parent or sibling with diabetes
- are overweight
- have a sedentary lifestyle or are not physically active
- high blood pressure or if you take medicine for high blood pressure
- have low HDL cholesterol and/or high triglycerides
- were diagnosed with gestational diabetes
- have been diagnosed with Polycystic Ovary Syndrome (PCOS)

## How can I prevent or delay diabetes?

- Lose weight
- Cut back on calories and saturated fat in your diet
- Increase your daily physical activity

If you're overweight, losing 7% of your total weight can help you a lot. For example, if you weight 200 lbs, your goal would be to lose 15 lbs.

# NUTRITION AND COOKING CLASSES

Based on the award-winning Food for Life Program

THE POWER OF FOOD FOR DIABETES PREVENTION AND TREATMENT

Based on PCRM's award-winning Food for Life program, The Maple Center is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community.

Join Food for Life Educational Alliance Program Partner The Maple Center and educators, Kathleen Stienstra, MD, Julie Fine, PhD, FNP and Sylvia Middaugh, Dietitian, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**REGISTER TODAY !**

Classes Every **Tuesday, 6:30-8:30 p.m.**

Cost: **\$35** for the 4-class series

Thanks to the Wabash Valley Community Foundation, Sliding Scale Scholarships are available



## 2015 Schedule

Tuesday, May 05	Introduction to How Foods Fight Diabetes
Tuesday, May 12	The Power of Your Plate and Grocery Cart
Tuesday, May 19	Understanding Type 2 Diabetes
Tuesday, May 26	Designing a Diet for Maximum Weight Control

To register, call The Maple Center at (812) 234-8733 or go to [www.themaplecenter.org](http://www.themaplecenter.org)

**LOCATION: Maryvale Apartments**

3461 Saint Marys Road, West Terre Haute, IN 47885

*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.smw.edu/wellness](http://www.smw.edu/wellness).*



**FOOD FOR LIFE**  
Diabetes Initiative

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c) 3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in healthcare.



# Wabash Valley LEAF/CHIP Chats

## Exercise without the Workout

Prepared by Miren Beristain

When you say **“but I don’t like exercising,”** what you’re really saying is: “I don’t enjoy the particular type of exercise that I have in mind.”

**You can’t outrun your fork.** Unless you’re training for the Olympics, there is no amount of exercise that can cancel out a diet full of processed foods, junk food, and liquid calories.

### FACTS

**Exercising for an hour, burning 300-400 calories, and then saying “I earned this”** to justify eating 1000 calories worth of junk food down your throat is a losing battle.

**Exercise does not mean “run on a treadmill for four hours and be miserable.”** Exercise is anything that elevates your heart rate and takes your body outside of its normal comfort zone.

**Your diet is responsible for 80-90% of your success** or failure when it comes to losing weight and getting healthier. If I could only tell you to fix one thing, your diet or exercising, it would be your diet. Every time.

**Every decision counts and every choice adds up.** One bad decision does not ruin a day. One day off doesn’t ruin a week. One week off doesn’t ruin a month. EVERY SINGLE DECISION you make can take you closer or further away from your ultimate goal. Stop worrying about the decision you made 10 minutes ago or yesterday and focus on the next one.

Combine the four facts above, and we’re left with this:

**Exercise is a bonus.** Exercise helps your heart get stronger, can help build muscle, usually gets you outside the house and absorbing vitamin D, and brings you a litany of other health benefits.

**Exercise is not an excuse to eat like crap.** Instead, you need to reframe your mindset. Instead of “I earned this” start telling yourself: “If I’m going to exercise, I might as well make it worth it by eating right too.”

**Daily exercise is ‘me’ time** – Look at it as a luxury item - time you are spending on yourself.

**In the game of life:** we’re all dealt a “random character.” Some humans are ‘good looking’ (standards may vary!), some are goofy, some are tall, some are short, some are big, some are small. Some people can build muscle quickly; others can’t seem to lose weight to save their life. Some people have fast metabolisms, while others have slow metabolisms.

“We don’t care where we came from, only where we’re going.” **Let’s not accept excuses, only solutions.**



# Wabash Valley LEAF/CHIP Chats

## HOW TO BURN CALORIES WHILE LIVING LIFE

1. Hiking
2. Walking – Count those steps (10,000 is about 5 miles) – Use Jawbone or Fitbit or any Smart Phone App
3. Walking Meetings (Steve Jobs)
4. Dancing – Around the house by yourself or with a partner
5. Drive people crazy- People who fidget burn up to 100 calories an hour just by doing what they do: tapping pencils, crossing and uncrossing their legs, pacing while they talk. It's called NEAT(non-exercise activity thermogenesis) and the regular movement can burn a lot of extra calories over time.
6. Stop meeting for coffee – go for a hike or a walk with a friend instead to the park, to the mall, etc.
7. Clean (house, etc.)
8. Yoga
9. Play a musical instrument (Did you know playing the violin for an hour burns about as many calories as walking around a track at a moderate pace for an hour)
10. Pace whenever you can instead of sitting (any appointment, doctor's office, etc)
11. Stand on one foot at counters while waiting or talking or brushing your teeth
12. Always take the stairs whenever possible (little things add up)
13. Stand up more
14. Sit on the floor to watch TV
15. Do the 10 minute squat every day (In many countries, the deep squat is still part of everyday life – it's just how you sit, relax, or go to the toilet)
16. Stop going through life with the minimum of physical effort – Things that stop moving die!
17. Stop thinking of exercise as something that requires a change of clothes and a warm-up
18. Break-out the joystick – It's called exergaming! Wii MotionPlus and PlayStation Move
19. Lift it up. Lifting weights is actual exercise, but the benefits last long after you put down the dumbbells. When you lift, you increase lean muscle mass, and the more muscle you have, the more calories your body burns even when sitting around doing nothing.
20. Got a thousand calls to make? Take your cell phone to the track and chat while you walk in circles.

Strength Training for Seniors (no equipment required):

<http://bottomlinehealth.com/strength-training-for-seniors-beginners-too-no-gym-needed/>

<http://bottomlinehealth.com/sock-it-to-me-easy-to-do-moves-that-keep-you-young>



# OLLI: Integrative Health to Optimal Wellness Series

At Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

**April 8, 2015**

**Penny Money, NMT**, Aroma Touch Certified with doTerra "Certified Pure Therapeutic Grade Oils"

Presents: **"Essential Oils and their Impact on Personal Health Practices"**

Penny will be presenting a brief history of essential oils. She will address how essential oils interact with the body as well as the benefits of their daily use. Touching on "Why" you would use doTerra essential oils. How to use "Certified Pure Therapeutic Grade Oils" to help arrest a sore throat, the common cold, headaches, pain, viruses and much more as they are natural and affective. They work with your body to address issues and root causes on a cellular level. She will have a computerized Zyto hand scanner used by many health care professionals available to survey 76 bio markers in the body.

## **Are you missing a pair of gloves?**

A pair of black fleece gloves was found in the Maple Center office.

Size: S-M

Call or come to the office to describe and claim

# 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](mailto: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](mailto: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!**



\*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](http://themaplecenter.org)

**E-mail:** [dferguson@themaplecenter.org](mailto: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](http://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](http://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\\_bookshelf\\_listg8u](http://books.google.com/books?UId=108073147105936153925&source=gbs_lpb_bookshelf_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](mailto:debbiestevens53@gmail.com)

We are on the web at  
[www.themaplecenter.org](http://www.themaplecenter.org)