



Monthly Matters from the Maple Center

January 2015

HEALTHIER OPTIONS

Every day is a new opportunity for change. As we begin the New Year we often reflect on our past and resolve to make changes to better our lives— such as saving money, losing weight, or making healthier choices. With Valentine's Day right around the corner some of these resolutions become difficult to keep. Luckily, there are options available to help you stick with your resolutions and treat your sweet tooth! Below is a recipe for Chocolate Decadence Candy, a much healthier option for a candy exchange.



Chocolate Decadence Candy

Ingredients

12 walnut halves (may substitute pecans)
12 medium-sized dried plums (a.k.a. prunes)
1/2 cup vegan dark chocolate chips

Instructions

Preheat the oven to 350°F. Arrange walnut halves on a cookie tray. Insert the tray into the oven, bake for 10-12 min, checking after 8 min to make sure the nuts don't get burned. **Alternatively**, you may use raw walnuts if you choose.

Melt the chocolate chips in a small bowl in the microwave for 45 seconds on high. If they are not completely melted, continue microwaving for 5-10 seconds more. Best results can be achieved if you stop melting the chips while a few of them are still whole, and then slowly stir the chocolate as those chips disintegrate.

Let the chocolate thicken up to a consistency of a pudding while you're stuffing the dried plums with walnut halves, one walnut piece per plum.

Line a cookie tray with wax paper. Dip each stuffed plum into the melted chocolate, turning with a fork to cover evenly, then place the plum onto the lined cookie tray. Repeat with the rest of the pieces.

Put the cookie tray into the refrigerator (**not freezer!**) for 15-20 min, or until the chocolate solidifies. Serve and enjoy! The leftover candy can be refrigerated for up to a week.

By [Alina](http://www.veganunnereats.com/) <http://www.veganunnereats.com/>



INSIDE THIS ISSUE:

Chocolate Decadence Candy Recipe	1
Maple Center Annual Letter	2-3
Breastfeeding Coalition News	4
Diabetes flyer	5
National Blood Donor Month	6
OLLI: Integrative Health to Optimal Wellness Series	7
LEAF/CHIP Chats	8
LEAF 4 Flyer	9
Annual Meeting Announcement	10
Maple Center Connection	11
Maple Center Info	12



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

Dear Friend of the Maple Center for Integrative Health:

The nonprofit Maple Center has had the busiest and most exciting year yet! We are thrilled about the affordable grant-supported Wabash Valley LEAF (Lifestyle Education And Food) programs, which for the first time have included Youth Programs as well as 4-week focus programs for people with Cancer and Diabetes.

John and Carol Etling's three daughters joined them for our first concurrent adult and youth 8-week program this fall:

"It made all the difference in the world having our 16-year-old daughter in class with us and our 10 and 7-year-olds in the youth program. Their participation allowed them to better understand what we were doing and why. The plant based diet greatly helped our 10-year-old with her self-esteem. Her confidence has grown as her shape improved. Our 16-year-old has tried many new foods, and we've noticed a change in her moods, complexion and grades! My cholesterol is less than half of what it used to be and I'm within 5% of my ideal weight. The thing that has stuck in my mind was the revelation that this diet could reverse the effects of hardening of your arteries. Perhaps the best thing to come out of this is that we spend more family meals together. We even find ourselves sitting down to breakfast together because it has become such an important part of everyone's day." John Etling

As part of the Pomeroy Wellness Program supported by a grant of Better Health Wabash Valley and is made possible through the support of the Anthem Blue Cross/Blue Shield Foundation, the costs of the programs were rock bottom at \$65/person with a sliding scale, so low income individuals were able to participate for as low as \$6.50. This feat in cost reduction was made possible through the enthusiasm and volunteerism of the Leadership Team who organize and teach the classes. Our classes included health screens with blood work and measurements, and lots of food samples.

We had budgeted for a class of 60 adult participants, but instead we opted to include the 144 who registered. The increase in class size stretched our budget, but we were excited to be able to impact so many lives.

On the second page of this letter is a list of our other 2014 accomplishments which have been supported by many volunteers and donors. The Maple Center's vision is optimal health for the Wabash Valley through integrative health education and clinical services. We are working hard to provide top notch practical and life-changing education to our community and hope that you will support us in this mission. The current grant will not be available for the fall of 2015—please help us to keep the cost of programs low as we strive to transform lives and futures.

Consider ending 2014 with a gesture of support for health in the Wabash Valley by completing the enclosed form and giving generously to The Maple Center's annual fundraiser campaign. We are grateful for your support. Our goal is to raise at least \$15,000 this year.

Would you like to make your donation to The Maple Center in someone's name? This loving tribute can be acknowledged in the form of a gift card or in our newsletter. Donors are listed in our annual report. If you prefer to be an anonymous donor, please let us know.

Sincerely,
Deanna Ferguson, Executive Director

Kathleen Stienstra, MD, Board Chair

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

2014 Nonprofit Highlights

- Monthly Matters, free E-Newsletter delivered via email or available at www.themaplecenter.org)
- Dr. John Black Memorial Library (onsite at Maple Center and online at www.themaplecenter.org)
- Adult Wabash Valley LEAF (Lifestyle Education & Food) Program - 8 week program offered twice per year
- LEAF Applied Nutrition Workshops and Grocery Store Tours
- Free LEAF Alumni Meetings monthly
- Wabash Valley Youth LEAF (Lifestyle Education & Food) 8 week program offered twice as an after-school program and once this year concurrent with the Adult Wabash Valley LEAF program
- The Power of Food for Cancer Prevention & Survival 4 week program
- The Power of Food for Diabetes Prevention & Treatment 4 week program
- OLLI Health Series presentation on topics about Chronic Pain and Mind, Body & Spirit Wellness.
- “Quench the Fire Natural Answers for Inflammation” Seminar featuring Chef Wendell Fowler
- Health Fairs: Terre Haute Community Health Fair, Rose Hulman Wellness Fair, Union Hospital Employee Health Fair, Eli Lilly, GE Aviation, Hamilton Center and ISU Nursing Department.
- Therapeutic Yoga Classes
- Lactation Station at the Vigo County, Parke County Fairs, Earth Day at SMWC
- Breastfeeding Coalition and presenting of the Breastfeeding Works Award
- Coleman Cancer Center Foundation Partnership

Clinical Services

Dr. Kathleen Stienstra, MD	Integrative Medical Consultation & Acupuncture
Dr. Karla Zody, MD	Family Medicine
Jennifer Brooks , PA	Physician Assistant, Integrative Medicine
Jan Croft, MS, LMHC, NCC	Mental Health Counseling
Nancy Humphries, LMBT	Therapeutic Massage
Tammy Lundborg, MS	Registered Yoga Instructor
Sylvia Middaugh, MS, RDN, CD	Registered Dietitian Nutritionist
Margaret Moga, PhD, HTP	Healing Touch
Penny Money, NMT	Neuromuscular Re-Education
Tracy Richardson, PhD, MT-BC	Music Therapy

Breastfeeding Coalition News

Community

Resources

The Breastfeeding Coalition of the Wabash Valley

Location: The Maple Center, 1801 N. 6th St
Terre Haute

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 subscription, 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/>

Congratulations to our Breastfeeding Works 2014 Award Recipient



Breastfeeding Works

August 2014

Presented to

Larry Paul Tanning - Sullivan, IN

*In Recognition of
Providing an open and
Supportive work place environment for
Breastfeeding employee's*

*Award by
The Breastfeeding Coalition
Of the Wabash Valley*

World Breastfeeding Week takes place the first week of August. It is a time that celebrates and promotes the many wonderful aspects of breastfeeding.

In celebration of this week, the Breastfeeding Coalition of the Wabash Valley recognizes workplaces and employers who provide a breastfeeding friendly work environment for the mother returning to work and choosing to continue breastfeeding. Nominations were submitted by mothers across the Wabash Valley for this year's award.

We are pleased to announce **Larry Paul Tanning- Sullivan, IN** has been presented with top recognition in August 2014 for their efforts to provide an open and supportive work place environment for breastfeeding employees.

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 **Friday, 2:30-4:30 p.m.**

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

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



2015 Schedule

Friday, February 06	Introduction to How Foods Fight Diabetes
Friday, February 13	The Power of Your Plate and Grocery Cart
Friday, February 20	Understanding Type 2 Diabetes
Friday, February 27	Designing a Diet for Maximum Weight Control

To register, call The Maple Center at **(812) 234-8733** or go to 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.terrehautechamber.com.



PCRM
Physicians Committee for
Responsible Medicine



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



Raise your sleeves for National Blood Donor Month

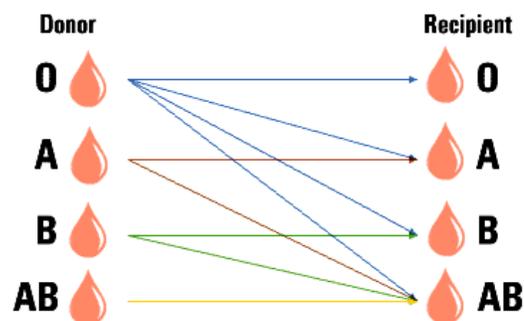
Over 41,000 pints of blood are needed every single day. Cancer patients, heart patients, premature infants, and accident victims are just some of the people that may need blood to survive. A single donation, one pint of blood, can save up to **three lives**.

Blood is especially needed in the winter months when supplies are low due to the holidays, inclement weather, illness, and travel schedules.

If you live in the Wabash Valley area, you can set up an appointment with the Terre Haute Branch of the Indiana Blood Center to make your donation: 812-238-2495.

Fun Facts of Blood and Its Types

- Don't know your blood type? Not a problem! All donations are typed and tested for diseases prior to release.
- O-negative blood types are universal red blood cell donors. This type of blood can be received by people of all blood types.
- AB-positive blood types are universal plasma donors. Plasma from this blood type can be received by all blood types.



- While all blood looks the same, blood types must be matched correctly between donor and recipient (see image above).

Donor Restrictions

Restrictions are put in place to ensure the safety of both blood donors and recipients. Below are examples. Final determination is made the day of donation. All donors must:

- Be in good health and feeling well.
- Be at least 17 years of age.
- Have a hemoglobin count of at least 12.5 g/dL
- Not be pregnant. If pregnant, wait 6 weeks after giving birth
- Weigh at least 110 lbs.



Reference: "Learn About Blood." American Red Cross. N.p., n.d. Web. 07 Jan. 2015.

OLLI: Integrative Health to Optimal Wellness Series

At Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

February 11, 2015

Kathleen Stienstra, MD

Presents: **“Quench Brain Inflammation/ Headaches – Natural Approaches to Support Neurological Health”**

Dr. Kathleen Stienstra will discuss contributors and natural approaches for dementia and headaches.

March 11, 2015

Janice Croft, MS, LMHC, NCC

Presents: **“Change Your Thoughts, Change Your Health”**

The way we think has a direct influence on our moods, level of stress, and our physical and mental health. This presentation will teach participants to change their self-defeating patterns of thinking and create a more positive and optimistic way of thinking, thereby decreasing their stress hormones and improving their mood and health.

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.



Wabash Valley LEAF/CHIP Chats

LIFESTYLE EDUCATION AND FOOD - LEAF 4! March 12 – April 30, 2014
(Commencement May 7, 2015)

Just a bit of history...it's hard to believe but the Maple Center will be presenting the 4th LEAF class this spring. Some of you know that prior to LEAF our healthy lifestyle program was called CHIP (Complete Health Improvement Program). We presented a total of 7 CHIP classes so when we add up all the CHIP and LEAF classes this upcoming class will be number 11! Our first CHIP class was in January 2010 and it was a very cold winter...sounds familiar.

LEAF 4 registration process has started and will continue until February 20, 2015. As always, people can attend one of the free information sessions to get more information and registered if desired but there is no obligation by coming to one of the information sessions. Many people have been interested in just signing up directly because of information shared by word of mouth from alumni, family, friends, co-workers, etc. This can be done by mailing in the registration forms with payment or going directly to the Maple Center to do so. The cost this time remains quite low at \$65 per person thanks to the grant with the Pomeroy Wellness Program. If someone has Medicaid insurance the cost drops to ONLY \$6.50 and other levels of financial assistance are available also thanks to a grant from the Wabash Valley Community Foundation.

We already have some people signed up with several others having expressed interest. There is a cap of 90 new participants for this LEAF 4 class and we expect it will fill up quickly so if you are interested or know someone who is then it's a good idea to sign up sooner rather than later. Also, since the grant will be finished after this class the cost for classes in the future will have to go up in price. We have a cap of 10 alumni repeating with this LEAF 4 class and that cap has been reached now. We are always excited about alumni coming back to learn more, share and be support for the new folks. We appreciate that our alumni also understand that we want to get the word out to as many new people as possible.

Thanks for letting me update you. There is more specific information about dates, times, etc. on the flyer that is in this newsletter too so I thank you so much for continuing to support The Maple Center, LEAF and helping to spread the word for healthy lifestyles!

Wishing all of you the best in health,
Karen Cunningham
Wabash Valley LEAF (Adult) Coordinator



Wabash Valley LEAF (Lifestyle Education And Food)

(LEAF replaces the CHIP program)

Join us for a fresh start and a healthier tomorrow!



Class location: Saint Mary-of-the-Woods College - 6:15 PM to 8:30 PM

Class will start March 12, 2015 to May 7, 2015

Cost \$65.00 per person

For Medicaid recipients with a current card the cost is \$6.50.

Financial assistance is available for other income levels also.

The Wabash Valley LEAF Program can help you to survive and thrive. In 8 weeks, you will learn to eat healthy, exercise moderately and practice stress management techniques in an atmosphere of friendly group support. These lifestyle changes have been shown to improve, prevent and even reverse heart disease. LEAF can also teach you how to reverse other chronic diseases such as diabetes, hypertension, gout, and high cholesterol. If you have cancer, these changes have been shown to improve the quality of life, survival, and reduce recurrence.

FREE Information Sessions, Learn More with NO OBLIGATION

7:00 PM - 8:30 PM ALL SESSIONS

Tuesday, January 20-WTH Police Dept.: Town Hall, 500 W. National Ave., West Terre Haute

Wednesday, January 28-Providence Place: All Place, 219 N. Providence Place, West Terre Haute

The LEAF Program includes:

- (2) Health screens (before & after) that include cholesterol/lipids, blood sugar, blood pressure and includes free hearty breakfast
 - (2) Lifestyle evaluations and personalized counseling
- (8) dynamic health and lifestyle lectures with food demonstrations and samples
 - Resource book and program notebook (with recipes)
 - Grocery shopping education and tours of local stores
 - Free monthly alumni support meetings

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.smwc.edu/wellness

Scholarships made available by a grant from the Wabash Valley Community Foundation



**For more information contact:
The Maple Center for Integrative Health**

1801 North Sixth Street, Suite 600

Terre Haute, IN 47804

www.themaplecenter.org 812-234-8733



Celebrating our 10th year Anniversary



Annual Meeting 2015

DATE: FEBRUARY 11, 2015

TIME: DINNER 6:30-7:30PM, MEETING: 7:30PM

**Place: First Financial Conference Center
4353 South 7th Street Terre Haute, IN**

COST: \$25.00 PER PERSON

PAYABLE TO THE MAPLE CENTER, INC.

R.S.V.P. by February 6, 2015

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.



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_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

We are on the web at
www.themaplecenter.org