



Monthly Matters Newsletter

The Maple Center for Integrative Health

April 2012

1801 North Sixth Street, Suite 600
Terre Haute, Indiana 47804

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www.themaplecenter.org

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VISIT

<http://www.themaplecenter.org>

The Maple Center
For Integrative Health

WEBSITE!

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



Tee Up for Health!



The Maple Center for Integrative Health
First Annual Golf Scramble



Why take the time to play in this golf scramble?

By participating in the 1st Annual Maple Center Golf Scramble, you will help support healthy living. Through education, we can meet our mission to provide integrative health education and clinical services that combine the best of modern medicine and complementary care.

Cost: Foursome is \$ 400; \$100 per player (\$35 of each player's cost is tax deductible). Costs includes lunch, golf cart, green fees and beverages (no alcohol) and *one entry to random draw for a 7 DAY GETAWAY!*

Deadline: Registrations are due by June 1.
Registrations accepted after this deadline are based on space availability.

Prizes: 1st, 2nd & 3rd place teams; 50/50 ticket drawing, and \$50,000 Hole in One! (Maple Center will receive half of proceeds won).

Sponsorships: \$100 for each hole sponsored. Other sponsorships are available.

Presented by:



First Financial Bank
Always Close To Home



PLANNING COMMITTEE MEMBERS
SPONSORS
GOLF TEAMS
PRIZE DONATIONS
EVENT VOLUNTEERS

FUNDRAISER: Tee off to Health!
BENEFITING: Nonprofit Maple Center for Integrative Health
LOCATION: Rea Park, 3500 South 7th, Terre Haute, IN
DATE: June 15, 2012
TIME: 10:30am-5pm

Contact The Maple Center
mcih@themaplecenter.org
812-234-8733

The Maple Center Calendar Connection

Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday
By Appointment

Kathleen A. Stienstra, MD

Clinical Appointments

Call 812-235-4867

Music Therapy

Wednesday Afternoons By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC

Clinical Appointments

Call 812-249-4290

Healing Touch

Weekdays by Appointment

Margaret Moga, PhD

Call 812-240-3302

Neuromuscular Re-education

Tuesdays: By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

317-670-3764

Natural Childbirth Classes

By Appointment Fee: \$50.00

Annette Franklin, Doula

For information or to register, call

The Maple Center

812-234-8733

CHIP 2012

FALL SESSION

Seminars 6:30-8:45 PM

Mondays and Thursdays

For information or to register, call

The Maple Center

812-234-8733

A Lactation What?

I was a breastfeeding mom for 14 months and in that time frame I never heard the words “Lactation Station” muttered. It wasn’t until I joined the efforts of the Breastfeeding Coalition of the Wabash Valley that I found out about the stations and what they are for. It didn’t dawn on me that other nursing mothers may have never heard of them either, or what they were even for until last year.

My family was walking around enjoying the local fair and I saw a women breastfeeding her child while walking and then saw her seek refuge on a nearby bench, I approached her and told her that a Lactation Station was available for her to breastfeed her child. She looked at me almost as if I was crazy, and asked what’s that? I realized then that maybe even though we are lactating that it might be oblivious to even us breastfeeding mothers what a Lactation Station is! I wouldn’t have really known if I hadn’t joined the coalition.

A Lactation Station is a nice private place setup for breastfeeding mothers to feed their children. They vary from place to place some are air conditioned, some provide water to drink, a sink, a changing table, chairs of various kinds, a play area for the other children in tow. Some are actually rooms and some are pop up tents. These stations are provided to the public out of the generosity of local business and organizations who donate time and supplies as well as the space. A lactation station can also be set-up in the work place, so that nursing mothers have a nice quiet, private space to pump milk.

All in all the station is a wonderful place for nursing mothers to take a load off and relax while they feed their child. It provides a sense of security and convenience for nursing mothers who do wish to go out and take in a venue without having to worry when where and how am I going to feed or pump.

Submitted by

Cora James

Member, Breastfeeding Coalition of the Wabash Valley

***Look for Lactation Stations at the
Parke and Vigo County Fairs this summer!***

NONPROFIT FUNDRAISER

What better way to support The Maple Center,
your community, and shop local than the
Downtown Dining Discount Card?

Nine of your favorite downtown restaurants have joined together to
offer you great savings!

**100% of the proceeds from this fundraiser go
directly to the nonprofit.**

\$10.00 per card
Expires Jan. 1, 2013



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 paste the following link, you will be taken to the collection directly:
http://books.google.com/books?Uid=108073147105936153925&source=gbs_1p_bookshelf_listg8u

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



VEGETARIAN DINNER

MONTHLY

*Bring a vegetarian
dish and recipe
to share.*

Contact

Debbie Stevens

debbielstevens@hotmail.com

Breastfeeding Works



Breastfeeding Coalition of the Wabash Valley would like breastfeeding families to provide information about how they feel their employer supported breastfeeding in the work place during the 2011-2012 year.

In August 2012 during National Breastfeeding Month -- the **Breastfeeding Coalition of the Wabash Valley** will be honoring some of our community employers for their support in breastfeeding while mothers return to work.

Breastfeeding Mother or family please takes time to fill in the information below. This will help the Coalition to recognize and help the community employer support grow.

Business/Workplace: _____

Share your story why you think this place deserves recognition regarding Breastfeeding:

(continue on another sheet of paper if you need more space)

Your Printed Name: _____

Your Signature: _____

Contact number, if desired: _____

Dates of breastfeeding at work: _____

Return the completed form to:
The Maple Center for Integrative Health
Breastfeeding Coalition of the Wabash Valley
1801 North Sixth Street, Suite 600
Terre Haute, IN. 47804

Community Resources

**Compassionate Friends
Indiana Wabash Valley Chapter
4th Thursday of Each Month
6:30-8:00 PM
1875 S. Fruitridge
(Universalist Unitarian)**

Information, memorial tributes/
donations and free e-newsletter
subscription, please contact us.
Email: tcfwv@googlegroups.com
Facebook: Compassionate Friends
of the Wabash Valley

The Breastfeeding Coalition of the Wabash Valley

Meetings:
Most Months- First Monday
5:30 PM
Union Hospital Professional Office
Building (POB)
Room 352, Corner of 7th Street
and 8th Avenue
For more information call
The Maple Center
812-234-8733

Terre Haute Birth Network

*Advocacy organization to promote
"normal, mother/
baby-friendly birth"*
For more information:
THBirthNetwork@gmail.com



On behalf of The Maple Center, we extend our best wishes to Debra Leggett on her newest position as Associate Program Chair for Counselor Education with Argosy University in Sarasota, Florida.

Once she gets settled, Debra plans to open a part-time private practice where she will continue working with clients in the areas of Couples Therapy, Clinical Hypnosis, and the Treatment of Trauma and Anxiety.



CHIP ALUMNI MEETINGS & ACTIVITIES

Please mark your calendars with the following CHIP Alumni Meetings. Details will follow:

April 30 – May 7 - May 14 – May 21

These 4 meetings are on 4 consecutive Mondays immediately following CHIP #5 graduation. These meetings are designed to help new graduates settle into their new CHIP lifestyle. These usually include at least a potluck and the viewing of an interesting movie.

June 26

Mary Fouts will facilitate this "CHIP on the go" discussion. This will be about surviving travel while following the CHIP lifestyle.

July - CHIP Picnic (date to be confirmed)

PROVEN RESULTS

Priceless benefits