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Check out
The Maple Center
for
Integrative Health's
newly redesigned
website!

<http://www.themaplecenter.org/>



Join us on Facebook!

CHIP: Restaurant Partnership



Pino's IL Sonetto

CHIP, which is an eight week program presented by the Maple Center for Integrative Health, teaches changes sufficient to REVERSE coronary artery disease and other chronic diseases.

A part of the Coronary Health Improvement Project (CHIP) mission is to expand and become a more integral part of the community. As a result of this mission, the local restaurant Pino's IL Sonetto has become a CHIP approved restaurant affiliate. As a celebration of this affiliation the Wabash Valley CHIP alumni group held an alumni dinner recently at Pino's restaurant.

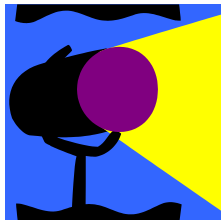


Part of the CHIP mission is to encourage local restaurants to include CHIP congruent items on their menu. This allows CHIP participants and alumni the option of dining out, while sticking to a CHIP congruent diet. Pino's is the second local restaurant to become an affiliate of the CHIP program.

Magdy's is also a CHIP approved affiliated restaurant. In addition, there are other local restaurants that are currently talking with the CHIP leadership team with the possibility of becoming CHIP approved affiliated restaurants also in the near future.



*Submitted by Demarcus Sneed
AmeriCorps Volunteer*



Spotlight on Recent Additions to the Board

Ann Ferguson, MA

Ann is a teacher at Vigo County School. Ann has been a long time supporter of the center. She has volunteered on the fundraising committee, working on *Cheers to Good Health* and the Longaberger Basket fundraiser. Ann is responsible for updating the center's new Facebook page. Be sure to 'like' *The Maple Center for Integrative Health* when you visit it!

Sandra Hendrich, DPT

Sandy works in the clinical office of the center as a physical therapist and is trained in Laser Acupuncture and Auriculotherapy Acupressure. Sandy is the chair of the center's Library Committee.

Margaret Moga, PhD

Margaret is professor with the Indiana University School of Medicine-Terre Haute. She practices Healing Touch at The Maple Center for Integrative Health. Margaret is chair of the center's Public Relations Committee.

Please join us in welcoming Ann, Sandy and Margaret our Board of Directors!

Your talents are greatly appreciated. Thank you!

A Tribute to Annette Paauwee Franklin



Annette Paauwee Franklin (formerly Alexander) is a childbirth educator and doula. She is the 1st Vice Chair of the board of directors for the Maple Center for Integrative Health. Annette serves on several committees including Events and Public Relations. Annette chairs the center's annual fundraiser *Cheers to Good Health*.

As one of the founding members of the Maple Center, Annette saw a lack of education in the community with regard to choices in healthcare. In her own words, "We wanted to offer something different. I wanted women to know they had a choice in maternity care. Letting women know that birth is normal and natural. Thank God we have those interventions when needed but they are overused."

What does Annette like about the Maple Center? She feels that Kathy Stienstra, in particular, is a doctor for all the right reasons. Dr. Stienstra is here to care for her patients, and she truly cares about her patients. Dr. Stienstra cares about the whole person, the mind body and spirit. Dr. Stienstra has a big heart. Annette says, "I am proud to be a part of the organization."

Annette is truly passionate about her work as a childbirth educator and doula. When asked why, she said, "What I love about teaching childbirth classes is that we are able to educate women on their choices and give them a choice in their care. What I love about being a doula is I get to experience the miracle of birth often. I also get to see women have their babies in the way they envision having their babies. The doula program and midwives educated hospital staff. We taught residents who may not have otherwise seen a natural birth. It is important that they see birth as a natural process instead of a big medical event."

When asked about hopes for the future of the Maple Center she said, "In the future, I envision more education to the public. Letting them know why we're here and provide more education. Let them know we're here to care for men, women and children."

*Submitted by
Kathryn Keep
AmeriCorps Volunteer*





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
Call 812-249-4290

Healing Touch
Weekdays By Appointment
Margaret Moga, PhD
Call 812-240-3302

Natural Childbirth Classes
By Appointment Fee \$50.00
Annette Alexander, Doula
For information or to register call
The Maple Center
812-234-8733

CHIP FALL 2011
Seminars 6:30-8:30 PM
Mondays and Thursdays
Sept. 26 - Nov. 17
\$ 399.00 Individual
\$ 650.00 Couple



FREE information sessions
Aug. 22, 25, 29
Sept. 1, 6, 8, 12
7-8:30 PM

For information or to register call
The Maple Center
812-234-8733



**Nursing professor Fine, economist
Guell receive Faculty Distinguished
Service Award**
April 28 2011

Indiana State University faculty members Julia Fine, associate professor of advanced practice nursing, and Robert Guell, professor of economics, were recognized Thursday (April 28) with the university's Faculty Distinguished Service Award. The award recognizes distinguished service outside the classroom.

Fine has served on numerous college and university committees during her 16 years at Indiana State. She has served on the task force for the formation of the new College of Nursing, Health, and Human Services, chaired the structure committee and has served on the Faculty Senate executive committee. Serving on the board of the Council for Domestic Abuse (CODA) for eight years, she also participated with CODA to initiate the Vigo County Sexual Assault Response Team (SART) and a SART protocol for the county. She also serves on the board of the Atsina Charity Medical Clinic, which provides care for the poor in Accra, Ghana.

In the Wabash Valley, she worked with others to initiate the Maple Center for Integrative Health and serves on its board. This innovative center brought midwifery care to the Maternal Health Clinic. The Maple Center also started the Wabash Valley Coronary Health Improvement Project (CHIP), a class series that teaches participants how to reverse coronary heart disease, diabetes, and obesity with diet and exercise. Fine teaches in the CHIP program. She has volunteered at St. Ann Clinic in Terre Haute, worked at the Johnson Nichols Health Clinic in Greencastle, and served as a health care provider on short term missions to Nicaragua, Guatemala, Haiti and Mexico. This summer she will be part of a team from Nurses for the Nations to India to assess the health needs of the poor.

"This honor humbles me, and it also belongs to all the people with whom I have served, a wonderful and varied group of gifted and giving individuals," Fine said. "For me, the call to service springs from my profession of faith as a Christian, and each adventure has taught me more about reaching out to the world with compassion."

**Join us in congratulating Julie for this deserving recognition!
Congratulations, Julie!**



Garden Buddy...The Toad

Hi fellow gardeners. As I was admiring my herb garden recently I had the great privilege of being reminded of one of the best garden friends that we have (see photo). I firmly believe that a dog may be "man's best friend" but as a gardener one of my most treasured allies is the "adorable" toad. I am always thrilled when I see these amphibian reptiles. I admit, I just enjoy them as one of nature's creations but they also are significant for other important reasons.

1. Most of a toad's prey falls into the category we label "pests" (toads love cutworms!), One toad can eat up nearly 100 insects every single night . . . a total of nearly 10,000 bugs over a three month growing season! This includes beetles of every description, caterpillars, flies, larvae, moths, and wireworms. (It likes slugs and snails, too.) The amount that an individual toad may consume in a single feeding is astonishing. According to one article I read, one toad was observed to eat 86 houseflies . . . another ate 65 gypsy moth larvae . . . while still another swallowed 37 adult tent caterpillars! Admittedly, I have not sat at night and

counted the toad's diet myself but I do trust that these figures are accurate. ☺

So I have great respect for a biological bug control with this type of talent and efficiency. That's why I do everything I can to provide a good environment for my toad friends. I'll share a little of this with you later but first I want to emphasize another reason below that toads are so important.

2. The presence of toads (and other amphibians) means that the soil and water in the area is healthy. Since these marvelous little creatures depend on both soil and water to survive they are a barometer as to the level of toxic chemicals and waste that are present. The skin of the toad, as well as the frog, is semi permeable so any poison that is present in the soil or water can be easily absorbed by the toad which enters the bloodstream and will kill them. Although nature has some toxins of its own, the most dangerous toxins to toads are produced by humans. These include fertilizers, pesticides, herbicides, fossil fuels and sewage. Therefore, the presence of toads tells me that I have a healthier and safer environment for my family and pets as we meander through the yard and garden (usually barefoot).

From this standpoint the toad is kind of like the canary in the coal mine that is used to check the quality of the air to determine if it is safe for the miners to breath.

TOAD TLC: Toads require a cool, damp place to live so I make sure I provide a nourishing environment. I always have small bowls of water around with rocks that protrude above the surface. Since toads are territorial and loners by nature it's best to have several small "ponds" rather than one large one. Also, next to the ponds I provide them with some "toad abodes". Garden catalogs are selling these now but at our home broken flower pots turned upside down with an area for the toad to go in and out works quite fine. This provides some shade and a nice place for the toad to burrow.

In summary, I hope you will treat "your" toads with respect and appreciation as a gift from nature simply for what they are as well as for the free bug control they can provide. Maybe you can think of that dandelion as a pretty summer flower or simply dig it out instead of reaching for the Round Up or Preen. This can add to the health of our environment and to each of us human beings.

Happy gardening...I'm headed outside and hope to see a toad or two. ☺

*Submitted by Karen Cunningham
sheva18@yahoo.com*

COMMUNITY RESOURCES



**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies

Indiana Wabash Valley Chapter

**4th Thursday of Each
Month**

6:30-8:00pm

**1875 S. Fruitridge
(Universalist Unitarian)**

Information, memorial tributes/donations and free e-newsletter subscription, please contact us.

Email:

tcfwv@googlegroups.com

Facebook: Type

[Compassionate Friends of the
Wabash Valley](#)



The Breastfeeding Coalition of the Wabash Valley

Meetings:

Monthly - First Monday

5:30 PM

Union Hospital

Professional Office

Building (POB), Room 352

Corner of 7th St. and 8th Ave.

For more information, call

The Maple Center

812-234-8733



Sweet Potato Salad with Orange Maple Dressing

This is a perfect side dish for festive gatherings! A generous amount of fresh parsley adds color, flavor, and nutrients to this wonderful salad.

Dressing

2 tbsp. extra virgin olive oil

1 tbsp. pure maple syrup

1 tbsp. orange juice

1 tbsp. sherry wine vinegar or balsamic vinegar

½ tbsp. fresh lemon juice

1 tsp. minced fresh ginger

1 tsp. ground cinnamon

1/8 tsp. ground nutmeg

Salad

2 ½ pounds sweet potatoes, peeled, cut into ¾-inch cubes (9 cups)

½ cup chopped green onions

½ cup chopped fresh parsley

½ cup pecans, toasted, coarsely chopped

½ cup raisins

¼ cup dried cranberries

Orange and/or lemon zest (optional)

1. Whisk dressing ingredients together in a small bowl. Season to taste with salt and pepper.
2. In a large saucepan, cover sweet potatoes with water and bring to a boil. Reduce heat slightly, cover, and cook at a brisk simmer for 10 minutes or until just barely tender.
3. Drain, transfer to a large bowl, and let cool to room temperature.
4. Add green onions, parsley, pecans, raisins, cranberries, and orange or lemon zest, if using. Pour dressing over, toss gently to blend. Season salad to taste with salt and pepper. (Can be made 2 hours ahead. Let Stand at room temperature.)

Makes Nine 1-Cup servings.

Per Serving: 205 calories, 3g protein, 35g carbohydrate, 8g fat (1.0g sat.), 0mg cholesterol, 5g fiber, 40mg sodium, 600mg potassium, and 60mg calcium.

Count each serving as 2 Vegetable Servings and 1/3 Fruit Serving.



CHIP # 3

Once again, the Coronary Health Improvement Program (CHIP) was a success. This was the 3rd implementation of the CHIP program in the Wabash Valley community presented by the Maple Center for Integrative Health with sponsorship from Terre Haute Chamber of Commerce, Union Health System and Indiana State University.

There were 51 participants in this session, all of whom made significant lifestyle changes. As a result there were improvements in several aspects of the health of many of the participants.

The eight week program consisted of twice weekly meetings on Mondays and Thursdays in which participants received lifestyle education via live and video presentations. These sessions also included group talks in which participants shared their experiences with each other about the CHIP program.

There was also a pre and post heart screening testing to evaluate different areas of the participants' health. Healthy eating, moderate regular exercise and group support are emphasized as some of the more important aspects in making the CHIP program successful. To encourage healthy eating, each session also provided food sampling of heart healthy foods and recipes that the participants could try at



Sylvia Middaugh, presenter for the Applied Nutrition Workshop

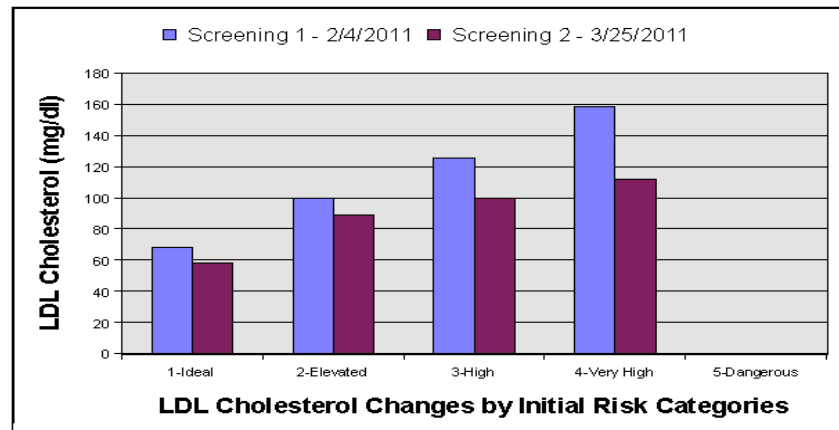
home. Additional educational opportunities such as CHIP compliant cooking lessons and training on food label reading were also offered.

With the completion of this program, the participants showed improvements in different aspects of their health. After combining all the participants' heart screen data, results showed that there were many improvements in relation to the group. The group averages for the LDL (bad) cholesterol showed improvements in each category of the results when comparing heart screen 1 and heart screen 2.

Those in the group that had ideal LDL levels in heart screen 1 went from an average of 68 to 58. Participants in the group that had elevated LDL levels in heart screen 1 went from an average of 100 to 89. Those in the group that had High LDL levels in heart screen 1 went from an average of 126 to 99. Lastly, those that had very high LDL levels in heart screen 1 went from an average of 158 to 112. This is just one aspect of how the CHIP program has improved the health of its participants. An illustration of these results can be seen below.

LDL Cholesterol Changes (based on screening 1 LDL categories)

| Categories | # | Screening 1 Averages | Screening 2 Averages | Change (in mg/dl) | Change (in %) |
|-------------|----|----------------------|----------------------|-------------------|---------------|
| 1-Ideal | 22 | 68 | 58 | -10.0 | -14.6% |
| 2-Elevated | 9 | 100 | 89 | -10.3 | -10.4% |
| 3-High | 14 | 126 | 99 | -26.3 | -20.9% |
| 4-Very High | 5 | 158 | 112 | -45.8 | -29.0% |
| 5-Dangerous | 0 | 0 | 0 | 0.0 | 0.0% |



Submitted by Demarcus Sneed
AmeriCorps Volunteer