



Monthly Matters Newsletter

The Maple Center for Integrative Health

November 2012

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www.themaplecenter.org

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VISIT

<http://www.themaplecenter.org>

The Maple Center
For Integrative Health's

WEBSITE!

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



CHIP GRADUATION NIGHT

Graduation for CHIP 6 is Thursday Nov. 15th. We have 50 "new" class participants and also 20 alumni repeating the class as a re-fresher. Congratulations to the new graduates from class six of the Complete Health Improvement Program!

VOLUNTEER HIGHLIGHT

Thank you to Jim and Dee Hoke for their work in the Dr. John Black Memorial Library. Jim (with the assistance of his able helpmate) did some beautiful carpentry work to place Dr. Black's antique bookcase and books in a new alcove in the library. This



allows the Maple Center to house a copier in that space for those who use the library for the study of integrative health.

ZUMBA GOLD DELIGHT!

Zumba is a dance fitness class that incorporates Latin and International rhythms and moves. It is popular and effective because "**dancing**" is exercise in disguise. The exciting rhythms make you forget you are working out, as you get caught up in the music and the moves. (Not only does the hour fly by but the Zumba rhythms stay with you throughout the day!)

Zumba Gold is different from regular Zumba in that the **focus is on safe movement for everyone** in the class. Our class meets Monday and Wednesday evenings from 6-7:00 PM. Call the office at 234-8733 for more information.

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

Thursdays: By Appointment

Margaret Moga, PhD

Call 812-240-3302

Neuromuscular Re-education

Tuesdays : By Appointment &
Wednesday Mornings: By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

317-670-3764

Natural Childbirth Classes

By Appointment Fee: \$50.00

Annette Alexander, Doula

For information or to register, call

The Maple Center

812-234-8733

CHIP 2012

Seminars 6:30-8:45 PM

Mondays and Thursdays

At Ivy Tech Community College

For information, call

The Maple Center

BREASTFEEDING WORKS!

Breastfeeding Support Around the Wabash Valley

By Devon Kinne

There is a variety of different kinds of Breastfeeding Support available for moms in the Wabash Valley – it just depends on what you are looking for! In addition to the Breastfeeding Coalition of the Wabash Valley, which meets monthly, here are some of the options available:

La Leche League of Terre Haute—All breastfeeding moms and moms-to-be who are interested in breastfeeding are welcomed and encouraged to come to our monthly meetings, or contact one of our Leaders to get breastfeeding help or information. LLL of Terre Haute meets the 3rd Wednesday of each month at 6:30 pm. Our meeting location varies, so you can call 812-235-1261 for current information. Additionally, we offer a morning meeting every other month. The next morning meeting will be in December. These monthly meetings offer breastfeeding information, as well as a time for fellowship and conversation with other breastfeeding moms. La Leche League Leaders are experienced mothers who have breastfed their own babies and have been trained and accredited by La Leche League International to help mothers and moms-to-be with all aspects of breastfeeding. LLL Leaders are available by phone whenever you have breastfeeding questions or concerns. LLL of Terre Haute is lucky to have two leaders: Devon Kinne (devonkinne@yahoo.com 812-235-1261) and Rachael Spencer (spencerrn@yahoo.com 240-423-2146).

WIC—WIC is a nutrition program that helps women who are pregnant, new mothers, as well as their young children and infants, to eat well, learn about nutrition, and stay healthy. One of the ways to do that is through breastfeeding! WIC offers a variety of support for nursing mothers who qualify, including breastfeeding support from peer counselors, free breastfeeding classes, a breast pump for moms who work or are in school, and help from lactation counselors. For more information, as well as the income guidelines, visit: <http://www.wicaa.org/wic.html>

Terre Haute Birth and Beyond Network

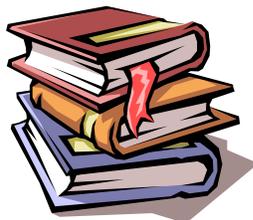
Terre Haute Birth Network is committed to awareness, education, advocacy and empowerment for Mother-Baby Friendly pregnancy, birth, breastfeeding and parenting. We aim to serve our community and surrounding counties by being a resource for networking, information & support for Mother-Baby Friendly practices. We welcome any breastfeeding questions or women who are looking for support by visiting our Facebook page: <https://www.facebook.com/TerreHauteBirthNetwork>. We will be rolling out a new informative website with lots of Breastfeeding resources in the coming month – visit our Facebook page for more information!

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=gbp_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.



MONTHLY VEGETARIAN DINNER

*Bring a vegetarian
dish and recipe
to share.*

Contact

Debbie Stevens

debbiestevens53@gmail.com

Tricks Foods Play By [Janet Raloff](#)

Excerpt from Science News

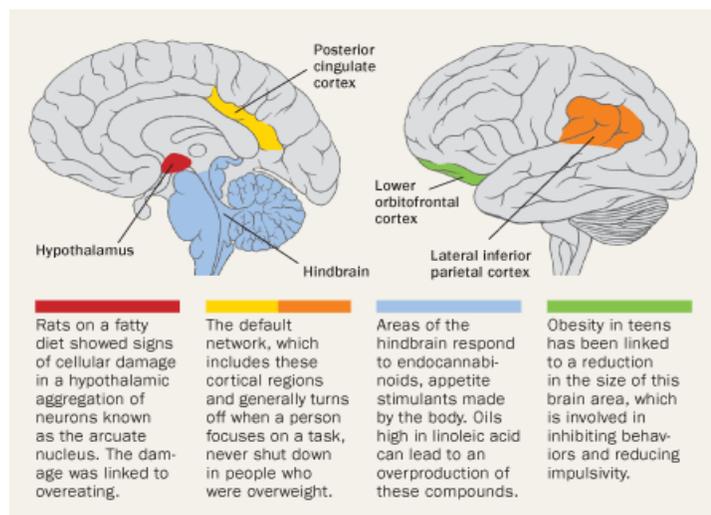
[October 6th, 2012; Vol.182 #7](#) (p. 24) : Friday, September 21, 2012

This interesting article addresses the effect on brain chemistry by vegetable oils and artificial sweeteners. It particularly deals with chemical and oil contributions to overweight in mice. It also contains information on previously unknown benefits of long-term exercise programs for overweight adults.

Some of the studies regarding the use of artificial sweeteners have taken place at Purdue University in West Lafayette by Susan Swithers. "In what amounts to real-world Pavlovian training, the brain learns to link sweet-tasting foods passing through the mouth with the subsequent release of calories in the gut. But when that dietary signal becomes untrustworthy, with sweetness sometimes indicative of incoming energy, other times not, the brain abandons sweetness as a gauge of expected calories. By the time the brain figures out how much energy it has gotten in any given meal, animals who had downed sugary foods will have overeaten.

"The brain's energy tallying network is also vulnerable to confusion when oral fat sensors relay inconsistent signals, the Purdue group finds. A study published by the team last year in Behavioral Neuroscience linked substantial weight gain in animals to the occasional replacement of fat with olestra, a no-calorie substitute."

<http://www.sciencenews.org/view/feature/id/345277/title/>



Tricks Foods Play

By balancing caloric intake and output, the brain helps maintain a healthy body weight. But new research suggests that a modern Western diet, and the fat that often comes with it, can cause damage and confusion in crucial brain systems. Credit: Both: Patrick J. Lynch/Wikimedia Commons, adapted by T. Dubé

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: Type 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
*Next Free Educational Activity:
“Daddy Boot camp!” A chance for
Dad’s to come and talk with other
dads about what childbirth is actu-
ally like, how to survive the sleep-
less nights, and much more! Tues-
day, November 27, 6:00 PM,
Meeting Rm. B, Vigo Co. Library*



Alumni News



October’s CHIP Alumni meeting (facilitated by Joann Orman) was “Hands on Cooking” and held at United Methodist Temple, 5301 S US Hiway 41, Terre Haute. Joann helped us prepare three items: A Snack in a Second, Veggie Pizza, and a Pear-Spinach-Walnut Salad. Even us “non-cooks” were proud of our beautiful and tasty

creations. Thank you, Joann and the United Methodist Temple for a fun learning experience in a great space.

Upcoming Alumni Meetings:

Four alumni meetings post CHIP 6 will be held on Monday nights at the following locations:

Nov 19 - Nov 26 - Dec 10 - Atrium -UH East
Dec 3 - Green Room (B) - UH West

The CHIP alumni hold these weekly meetings following the graduation of each class to help the “newbies” get totally immersed and supported in a healthy lifestyle.