



# Monthly Matters Newsletter

## The Maple Center for Integrative Health

January 2012

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

Phone (812) 234-8733  
[www.themaplecenter.org](http://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!



### Book Review

#### *Soul Return: Integrating Body, Psyche & Spirit*

In *Soul Return: Integrating Body, Psyche & Spirit*, Aminah Raheem states that energy flow cuts across all aspects of the whole person and is just as important as the organic system. It is through energy that the body is integrated and unified. She links the energy systems to the seven chakras and 5 elements (wood, fire, earth metal and water) and illustrates the symptoms of imbalance. When energy imbalances become apparent the flow can be adjusted. This process, called Transpersonal Integration, is designed to read the body and correct imbalances through the energy matrix.

Transpersonal Integration views the person from a whole person model. A whole person is one who has vitality and awareness which helps in the development of the body, mind, emotions and soul. The therapist-client relationship is a team effort of equals in which both the therapist and client desire and is committed to her full development. Dr. Raheem states that, “it is a creative process rather than a problem solving one.” The resources for growth are within each person and tapped through signals from the body, mind and spirit. Once a person recognizes and accepts those signals she is well on her way to integration.

As the title suggests, and as the author believes, an individual’s liberation won’t happen without soul work. This might happen gradually through increased awareness, through meditation, creative expression or even through a great shock or spiritual experience. Spiritual development is an awakening of the soul to its individual path and destiny.

Submitted by Kathy Hackleman  
Retired Librarian, Vigo County Public Library

*This book is part of the Dr. John Black Memorial Library collection.*

# 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**

## Therapeutic Counseling

Thursdays by Appointment

*Debra Leggett, PhD*

For information or to register, call

**The Maple Center**

**812-235-4867**

## 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

March 5 - April 26

For information or to register, call

**The Maple Center**

**812-234-8733**

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 to  
support our mission:**

*To provide integrative health education and  
clinical services which combines the  
best of modern medicine and complementary care.*

# \$10.00 per card

Expires Jan. 1, 2013

Purchase cards from the nonprofit and clinical  
offices and from Board Members.

### Downtown Dining Discount Card



**Terre Haute**  
choosedowntown.com

Can not be used with any other offer. Expires January 1, 2013

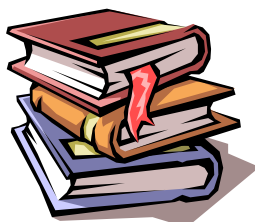
Downtown Dining Discount Card		
 <p><b>Wise Pies</b> Free Small Breadstick with Purchase of Pizza</p>	 <p><b>J Gumbo's</b> Daily Special Price on any Entrée \$7.25 w/ Drink</p>	 <p><b>Crossroads</b> BOGO 2 Egg Breakfast w/ Toast &amp; Coffee</p>
 <p><b>Saratoga</b> 10% off any Dinner Entrée</p>	 <p><b>Stella's Cafe</b> Buy one Entrée, Get 2nd 1/2 price</p>	 <p><b>Chava's Mexican Grill</b> \$1 off Drink w/ Burrito Purchase</p>
 <p><b>Coffee Grounds</b> 2 Free Cookies w/ Drink Purchase <small>Terre Haute &amp; Brazil</small></p>	 <p><b>Louise's DOWN TOWN CAFE</b> 10% off Gift Card Purchase</p>	 <p><b>Roly Poly</b> \$1 off Large Sandwich</p>

## 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 paste the following link, you will be taken to the collection directly:  
<http://www.google.com/books?hl=en&uid=4611478877290630623>

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](mailto:debbielstevens@hotmail.com)

## Mark Your Calendar!

### Annual Maple Center Dinner and Board Meeting Tuesday, February 7, 2012

Dinner 6:30-7:30pm

Meeting 7:30-8:30pm

First Financial Bank Conference Center  
South 7th Street

Call The Maple Center to reserve  
your seat: **812-234-8733**

Come and join us at the  
*2012 Terre Haute  
Community Health Fair!*

**Sunday January, 29th  
1-4 pm  
Hulman Center**



## CHIP #5

**March 5 - April 26**  
**6:30-8:45 PM**  
**ISU Technology Building**  
**Classroom 105**

Classes will meet for  
eight weeks on  
Mondays and Thursdays

The first Heart Screen is  
scheduled:

**Friday, March 2**  
ISU Sycamore Nursing  
Center at the Landsbaum  
Center for Health Education

*FREE* Information Sessions  
will be announced  
in upcoming issues of  
Monthly Matters

Contact the nonprofit for  
more information:

**812-234-8733**

## CHIP ALUMNI MEETINGS & ACTIVITIES

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

**January 24** – Lorraine Brown will facilitate the meeting; she is inviting alumni to bring a favorite recipe from your “previous” life and transform it into a CHIP congruent recipe!

**February 28** – Suzanne Van Reed will lead the meeting in a discussion on “Eating Around Town Survival Tips”.

**March 27** – Miren Beristain will lead the meeting. This meeting will be about fitness and Joanne Orman will be inviting a fitness expert to discuss ways to stay fit.

**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*



# **Black-Eyed Peas & Apple Crisp Recipes** *Recommended by the CHIP Leadership Team*

## **Recipe: Black-Eyed Peas with Sweet Potatoes and Greens**

1 package (10 ounces) frozen kale, chard, or collard greens  
4 cups low-sodium vegetarian broth  
2 packages (10 ounces each) frozen black-eyed peas, thawed and drained  
2 cloves garlic, minced  
1 can (18 ounces) vacuum-packed unsweetened potatoes, drained, rinsed, and chopped or 2 cups cooked  
A few dashes of liquid smoke

Thaw the greens in the microwave or a boil of boiling water and drain. Chop and combine with the broth, black-eyed peas, garlic, sweet potatoes, and liquid smoke in a large saucepan. Bring to a boil, stirring often, then reduce the heat and simmer for 20-30 minutes.

*Recipe from "Dr. Neal Barnard's Program for Reversing Diabetes" Book*

## **Recipe: Apple Crisp**

6 apples, medium	1/2 cup raisins
2 tsp cinnamon	3 tbsp olive oil
1 cup oats, quick-cooking	1/4 cup maple syrup
1/2 cup whole-wheat pastry flour	

1. Peel and core apples. Slice apples 1/4-inch thick into a 9x9 pan.
2. Sprinkle raisins and cinnamon over apples.
3. Mix together oil, oats, maple syrup, and flour. Crumble over top of apples
4. Bake at 350° F for 40 minutes, or until topping is golden brown

**Chef's Tip:**

Serve warm or cold. Nice served for a dessert or for a light supper.

*Recipe from the CHIP Optimal Diet Cookbook by Darlene Blaney and Hans Diehl*

# 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](mailto: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 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](mailto:THBirthNetwork@gmail.com)



## *SPOTLIGHT ON:* The Maple Center For Integrative Health



# 2012 BOARD OF DIRECTORS

The Maple Center extends a heartfelt thank you to the following  
retiring board members for their invaluable contributions:

Annette Alexander, CD  
Kathleen Baysinger, MS, CCC-SLP  
Randall Stevens, MD

## **CURRENT BOARD OFFICERS, MEMBERS AND STAFF**

### **BOARD OFFICERS**

Kathleen A. Stienstra, MD, PC	The Maple Center	Chair
Karen Cunningham, PT	Independence Rehabilitation	1 <sup>st</sup> Vice Chair
Sandra Hendrich, PT	St. Vincent's Clay Hospital	2 <sup>nd</sup> Vice Chair
James Snapp, BS		Treasurer
Vanta Black, MEd,	Retired Vigo Co. School Corp.	Secretary

### **BOARD MEMBERS**

Stephen Browning, CPA	1 <sup>st</sup> Financial Bank
Carol Crawford, MEd	Retired Vigo Co. School Corporation
Karen Cunningham, PT	Independence Rehabilitation
Ann Ferguson, MA	Vigo County School Corporation
Julie Fine, PhD, FNP-BC	Indiana State University
Roy Geib, PhD	Indiana University School of Medicine- Terre Haute on the ISU Campus
Lynn Hayes, RN	Paul Siebenmorgen Cancer Center Terre Haute Regional Hospital
Jean Kristeller, PhD	Indiana State University
Margaret Moga, PhD	Indiana University School of Medicine- Terre Haute on the ISU Campus
Nellie Simbol, JD	Simbol & Crossen

### **NONPROFIT STAFF**

Carol Drake, CPA	Accountant
Melissa Dominguez Geib, MEd	Executive Director

### **AMERICORPS SERVICE MEMBERS**

Cynthia Phillips	Graduate Student, Indiana State University
Ruth Pleus	Retired

