



Monthly Matters Newsletter

The Maple Center for Integrative Health

February 2012

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

Phone (812) 234-8733
www.themaplecenter.org

INSIDE THIS ISSUE:

CHIP 5 Spring Schedule	1
Calendar Connection	2
Fundraiser: Downtown Dining Cards 2012 Community Health Fair	
Dr. John Black Memorial Library Monthly Vegetarian Dinner CHIP Alumni Meetings and Activities CHIP Recipes	3
Annual Dinner Meeting Community Resources	4

The nonprofit Maple Center for Integrative Health announces the 2012 spring schedule for the Complete Health Improvement Program (CHIP)

Join us for a FREE CHIP information session to learn how you can REVERSE hardening of the arteries and heart disease; eat more and lose weight; drop blood cholesterol 15-20%; reduce coronary risk factors with just your fork and knife; control Type II diabetes through lifestyle; reduce hypertension; work with your physician to reduce reliance on prescription medications; and develop long-term strategies for optimal health.

Mark your calendar to attend a FREE CHIP information session (registration for the information session is not required) at 7:00PM-8:30PM in Terre Haute:

February 9, Thursday

Union Hospital East, Atrium Level Classroom, 1606 N. 7th Street

February 13, Monday

Terre Haute Regional Hospital, Classroom 3, 3901 S. 7th Street

February 16, Thursday

Terre Haute Chamber of Commerce, Suite 105, 630 Wabash Avenue

February 20, Monday

Union Hospital East, Atrium Level Classroom, 1606 N. 7th Street



VISIT

<http://www.themaplecenter.org>

The Maple Center
For Integrative Health's

WEBSITE!

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



Starting March 5, the spring CHIP weekly seminars will be on Mondays and Thursdays from 6:30-8:45pm for eight weeks. Registration fee is \$399.00 for an individual and \$650.00 for two registrations. Registration fee includes: 2 Blood Tests for cholesterol profile and blood sugar, followed by breakfast; 2 Lifestyle Evaluations; Personalized Counseling; 16 Lifestyle Lectures; Dynamic Living Text & Workbook, Natural Foods Cookbook, Food Demonstrations & Samples, binder with bonus materials and Monthly Alumni Support Meetings. Scholarships are available through the generosity of past participants and the Wabash Valley Community Foundation.

The Maple Center for Integrative Health is grateful for all of the contributions to the CHIP program by cosponsors: Indiana State University, Union Hospital, Union Hospital Associated Physicians Clinic, Terre Haute Chamber of Commerce and Terre Haute Regional Hospital.

For more information or to register for the spring CHIP program call The Maple Center for Integrative Health: 812-234-8733. Information is also available on the Maple Center for Integrative Health website at www.themaplecenter.org.

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.

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

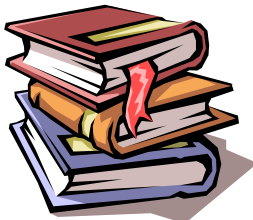
**Sunday January, 29th
1-4 pm
Hulman Center**

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



CHIP ALUMNI MEETINGS & ACTIVITIES

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

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

RECIPE: Sweet-and-Sour Vegetable Stew

1/2 cup water or vegetable broth
1 onion, diced
1 jeweled or garnet yam, peeled and cut into 1/2 inch cubes
1 large carrot, diced or cut into rounds or half moons
1 cup sliced celery
1 can (15 ounces) diced tomatoes, undrained, or 1.5 cups chopped fresh tomatoes
1.5 cups cooked or canned chickpeas, rinsed and drained
1 can (8 ounces) crushed pineapple packed in juice, or 1 cup crushed fresh pineapple with juice
1 cup chopped roasted red bell peppers
1/2 cup bean cooking liquid, vegetable broth, or water
1/2 cup minced fresh cilantro
1 tablespoon minced jalapeno chili, or 1/2 teaspoon crushed red pepper flakes
1 teaspoon peeled and minced fresh ginger, or 1/4 teaspoon ground ginger
1 teaspoon curry powder
1/4 teaspoon ground cinnamon
1/4 teaspoon ground coriander

1. Heat the water in a large soup pot. Add the onion, yam, carrot, and celery. Cook over medium heat, stirring often, for about 7 minutes, or until vegetables begin to soften.
2. Add all of the remaining ingredients, cover, and cook, stirring occasionally, for 15-20 minutes, or until vegetables are tender.
3. Stored in a covered container in the refrigerator, leftover Sweet-and-Sour Vegetable Stew will keep for up to 3 days.

Submitted by Dr. Kathleen Stienstra.

From The Cancer Survivor's Guide, By Neal Barnard, MD and Jennifer Reilly, RD

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:
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

Mark Your Calendars!

The Maple Center for Integrative Health
Annual Dinner and Meeting



*You are invited to join us!
Share a heart-healthy meal and reflect on 2011*

**Tuesday, February 7, 2012
6:30-8:30 PM**

**First Financial Conference Center
4353 South 7th Street
Terre Haute, IN 47802**

**Dinner 6:30-7:30: 4 Sisters Catering
Meeting 7:30-8:30: 2011 Review & Guest Speakers**

Reservations by January 30th

Cost per person: \$25.00
Bring or Mail checks payable to:
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