



Monthly Matters Newsletter

The Maple Center for Integrative Health

December
2011

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www.themaplecenter.org

INSIDE THIS ISSUE:

Healthy by Choice: CHIP Commencement	1
Calendar Connection	2
IBCLC: Breastfeeding Coalition Annual Candle Lighting Ceremony: Compassionate Friends	
Dr. John Black Memorial Library Annual Dinner Meeting Community Days Fundraiser Monthly Vegetarian Dinner	3
CHIP: Spring 2012 Recipe: Oven Roasted Tom Tofu	4
Article: Homemade Soy and Almond Milk	5
Community Resources Annual Fundraiser: Nonprofit The Maple Center for Integrative Health	6

VISIT

<http://www.themaplecenter.org>

The Maple Center
For Integrative Health's

WEBSITE!

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



Healthy by Choice



"Healthy by Choice" was the theme of the evening for the CHIP 4 graduation banquet. Held at the First Financial Conference Center on November 17th, 2011, the graduates celebrated their completion of the CHIP program and embraced their new healthy lifestyles. The Coronary Health Improvement Project (CHIP) is a lifestyle enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications.

Approximately 95 people, including participants of the current CHIP program and guests, as well as alumni from the previous CHIP programs and the members of the leadership team attended the banquet.

The celebration kicked off with a sampling of healthy dishes and desserts. Brad and Susan Spice, alumni and members of the leadership team, furnished pans of lasagna and salad. Each graduate brought a CHIP congruent dish creating a scrumptious array of foods to choose from.

Over the course of the eight-week program, each participant was given the opportunity to participate in two Heart Screenings, one at the beginning of the program and the other the week before graduation. Special recognition was given to graduates who had shown the most improvement over the eight-weeks in areas such as weight loss, lowering cholesterol, lowering blood sugar, and increasing overall exercise. Each graduate recognized for his/her exceptional efforts was given a special gift, presented by Clare Jordan, a member of the leadership team.

The highlight of the evening came when the newest CHIPpers were called up and awarded their diplomas and CHIP pins. As they shook hands with every member of the leadership team, they expressed a positive outlook for the road ahead of them. Many will attend upcoming alumni events that are scheduled over the next four weeks and then monthly afterwards. Others plan on attending the upcoming CHIP 5 class starting in March 2012 to reinforce their newly acquired lifestyle changes. Overall, we would like to congratulate all of the members of CHIP 4 for all of their hard work and success!

You are invited to be "healthy by choice"! Join us for the next CHIP session in March 2012. For information on the upcoming Free CHIP Information Sessions and the next CHIP program contact The Maple Center for Integrative Health (812) 234-8733 or visit our website www.themaplecenter.org

Submitted by AmeriCorps Members
Cynthia Phillips and Ruth Pleus



Guest Speaker
David Doer, CEO
UAP/Union Health Systems

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

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 6:30-8:45PM
Mondays and Thursdays
March 5 - April 26
\$399.00 Individual
\$650.00 Couple
FREE information sessions
To be announced.
For information or to register, call
The Maple Center
812-234-8733

Neuromuscular Re-education

Tuesdays
By Appointment
Fee: \$60.00, 1hr. Treatment
Penny Money
317-670-3764

NEW IBCLCS IN WABASH VALLEY

The U.S. Surgeon General's Call to Action to Support Breastfeeding, released in January 2011 calls on health care providers, employers, families, and the community to make it easier for new mothers to reach their breastfeeding goals, and complements the recently released "U.S. National Prevention Strategy," which includes an emphasis on breastfeeding support to change the country's healthcare system from a focus on sickness to a focus on wellness and prevention. A key provider in improving breastfeeding outcomes is the "IBCLC".

International Board Certified Lactation Consultants are recognized around the world as possessing the only standardized, board certified lactation credentials. IBCLCs provide high quality lactation care and services to mothers and their children. They are knowledgeable about up-to-date evidence-based practices in lactation and experienced in a wide variety of breastfeeding situations. Until recently there was not one IBCLC available in Vigo County, nor the counties surrounding it to help the thousands of new mothers and their infants living in the Wabash Valley meet their breastfeeding goals. Efforts by the Indiana Perinatal Network to help increase the number of IBCLCs in the state of Indiana has been felt in the Wabash Valley.

Karen Baker, RN at Union Hospital's Breastfeeding Center was the first to achieve IBCLC status in 2010. This year five additional women in the area have been certified after months of study and preparation, who have passed the vigorous IBCLC exam including: Rebecca Hughes, RN IBCLC employed by Union Hospital in the OB department.; and Kathy Elia, RN IBCLC a pediatric nurse at UAP Clinic. The Women, Infants and Children Program (WIC) in Vigo county has two new IBCLCs: nutritionist Melissa Bennett and Peer Counselor Stacy Kiger. In neighboring Illinois is Leighsa Cornwell RN IBCLC. Families throughout the area will now have easier access to professional assistance in reaching their goals of initiating, achieving and maintaining lactation, and the children in the Wabash Valley will be on a healthier path.

The Compassionate Friends Worldwide Candle Lighting



Join Us on **December 11, 2011** for the annual Worldwide Candle Lighting Ceremony at **6:30pm** at the Unitarian Church. Beginning at 7 p.m., local time in New Zealand, candles are lit for one hour to honor and remember children who have died. As the candles burn down in one time zone they are lit in another which allows for a lit candle somewhere for a 24 hour period.

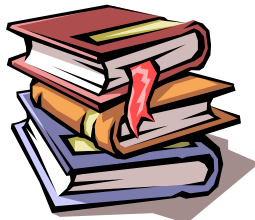
The Central Indiana Chapter of The Compassionate Friends encourages you to observe this time, either alone, with family, friends, or with us at the Candle Lighting Ceremony. For more information email: tcfwv@googlegroups.com.

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=gb_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

Mark Your Calendars! 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

4353 S. 7th Street, Terre Haute



Thank you to all who supported The Maple Center for Integrative Health's recent fundraising effort by purchasing Carson's Community Days Coupon Booklets!

We were successful in selling 78 books which earned our nonprofit \$390.00. The goal for this fundraising project was to earn financial support for our community health education programs (for example: CHIP-Coronary Health Improvement Project; Natural Childbirth Class; Health Topic Workshops).

The Maple Center nonprofit is dependent on the generosity of donors and grants. They provide needed funds to offer our community integrative health programs and clinical services at affordable cost and when possible with financial assistance.

We are grateful to Carson's for their support of nonprofit organizations in our community and the opportunity to raise needed funds.

*Submitted by Melissa Dominguez Geib, MEd
Executive Director, The Maple Center for Integrative Health*



CHIP

March 5 - April 26
6:30-8:45 PM

Classes will meet
for eight weeks on
Mondays and Thursdays

The first HeartScreen is
scheduled:
Friday, March 2

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

Contact the nonprofit for
more information:
812-234-8733

Marinated tofu is coated with a seasoned flour and baked, creating succulent slices that can be used as an entrée or in sandwiches. Serve with mashed potatoes and gravy (see tip that follows recipe), bread stuffing, green beans, cranberry sauce, and a salad—you'll have a veritable holiday feast.

Submitted by: Kathleen Stienstra, MD

Board Chair, The Maple Center

Source:

Breaking the Food Seduction

Dr. Neal Barnard

2003, St Martin's Press

RECIPE: Oven Roasted Tom Tofu

1 pound of firm regular tofu, rinsed and patted dry

Marinade:

$\frac{3}{4}$ c water

3 Tbsp low-sodium tamari

3 Tbsp nutritional yeast flakes

$\frac{1}{2}$ tsp poultry seasoning

$\frac{1}{2}$ tsp ground coriander

$\frac{1}{2}$ tsp onion powder

$\frac{1}{2}$ tsp garlic powder

Coating mix:

$\frac{1}{2}$ c whole wheat flour

$\frac{1}{4}$ c yellow cornmeal

$\frac{1}{4}$ c nutritional yeast
flakes

$\frac{1}{2}$ tsp onion powder

$\frac{1}{2}$ tsp salt

$\frac{1}{8}$ tsp pepper

Cut tofu into 8 $\frac{1}{2}$ inch thick slices and place in a wide, shallow mixing bowl. Whisk together marinade ingredients and pour over tofu. Turn slices over so all sides are well coated. Cover bowl and place in refrigerator. Let marinate several hours or overnight, turning slices over occasionally or spooning the marinade over them from time to time.

When ready to cook, preheat oven to 400 degrees. Mist a baking sheet with nonstick cooking spray or line with parchment paper and set aside. Combine ingredients for coating mix in a shallow bowl. Remove each slice of tofu from marinade one at a time and dredge in coating mix, covering it well all over. Place on prepared baking sheet as soon as it is coated. Mist the tops lightly with olive oil or nonstick cooking spray.

Bake until the bottoms are golden brown—about 15 min. Turn over slices and bake until the other side is golden brown—about 15 min longer.

Tip: Save leftover marinade and thicken with a small amount of flour, arrowroot or cornstarch to make a delicious gravy.

Would you like to milk soybeans or almonds?

Surprisingly enough, making milk at home is much less mysterious and difficult than one might think. Definitely it is less expensive after the initial investment in the milk maker. (If you would like to calculate how much you spend on milks, go to <http://www.soy milk quick.com/calculator.php> and put in your numbers.) One estimate for a quart of home-made milk is \$.50. In addition there are no cartons to throw away and no late trips to the grocery store to get milk for the next morning. As I live in the country this ability to make my own milk comes in handy. I also like my own recipes for non-dairy milks because I can control all of the ingredients.

My road to making milk started with hearing how easy it was from my daughter in China. She had just moved back and was looking for almond milk, which she had enjoyed in the United States. It was not available in stores so they found a soymilk maker and found it very easy to use. After their recommendations, I looked on the Internet for information.

The traditional way of making soy milk involves soaking, grinding, cooking and straining the beans and milk. The soymilk makers take the grinding and cooking steps out of the equation and do the cycle in about 20 minutes. The controlled heating is important in order to avoid a beany taste in the milk, The soaked beans must be heated before grinding but not boiled, then ground and kept at that point for 30 minutes to cook the soy protein. The machine does this automatically. Another taste improvement recommended is that soy bean skins be removed after soaking and before making the soy milk. Luckily there is a type of soybean that does not result in a beany taste, skin or no skin. These Laura soy beans are available from Fairview Farms (<http://www.fairviewfarms.com/>). Delicious toasted soy beans are also available from this source.

There are several YouTube videos available on the Internet, demonstrating soy milk makers (from vegTV using SoyaJoy <http://www.youtube.com/watch?v=RNbRao1VwsQ>; demonstrating SoyaPower Plus: <http://www.youtube.com/watch?v=oMft99ft3Us>). A good source of information is also Bryanna Clark Grogan's blog: <http://www.bryannaclarkgrogan.com/page/page/638376.htm>

The makers have buttons that allow selection of soy or multigrain or other ingredients, depending on brand. Soymilk makers also come with recipe books for various types of milk as well as for making yogurt and tofu. Recipes are available on the Internet.

The process is easy and really does take about 20 minutes. First fill the steel pitcher with water to the line, add whatever measured ingredients desired, plug the machine in and choose an appropriate button to push. That's it for about 17 minutes. Grinding will be heard, but it not offensively loud. When the machine beeps, take the top out and strain the hot liquid with the supplied strainer into the pitcher. Let it cool and put into a container and refrigerate. If you want a really smooth milk, strain again with a fine mesh strainer or cloth. I have not found this necessary.

The cleanup takes about 5 minutes. Be careful, because the machine parts are hot. The easiest cleanup is to rinse with cold water immediately or fill the milk pitcher and allow to soak if it cannot be cleaned immediately. I personally found there was no need to sterilize the equipment and have found that our favorite recipe is a mix of almonds, unsweetened macaroon coconut and either millet or another grain, but the fun thing is exploring the different tastes and finding ways to use the leftover pulp or okara. It can be thrown away, composted or used for fudgy okara brownies (Recipe available at: <http://veganfeastkitchen.blogspot.com/2008/09/dark-fudgy-okara-brownies.html>) or added to cakes and bread recipes (whole grain, of course). There are many recipes listed here: <http://veganfeastkitchen.blogspot.com/2011/05/okara-madness.html> for okra burgers, combined with cashews for ricotta substitute, or used in waffles.

Look around for soymilk makers as the prices vary from less than \$100 to over \$200. Features to look for include a stainless steel jug, blade, and heating element without a filter cup inside the machine. It is easy to filter the milk and much easier to clean a sieve than an attached filter. I would personally recommend either the SoyQuick Premier or the Soyapower Plus. The Soyajoy and Joyoung brands also got good reviews and all have a choice of several milk types to make. Some will make either cooked or uncooked milks.



*Submitted by Dr. Julie Fine, RN, PhD, FNP-BC
Assoc. Professor, Dept. of Advanced Practice Nursing
Indiana State University College of Nursing, Health and Human Services
Board Member, The Maple Center*

Community Resources

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



Dear Friends of The Maple Center,

Thank you for your support during 2011! The nonprofit Maple Center for Integrative Health endeavors to offer educational programs and integrative clinical options to the Wabash Valley. If you are a loyal reader of our *Monthly Matters* newsletter, you are aware of our 2011 programs and clinical services. If you are a new reader, please visit our website at www.themaplecenter.org to review past issues. For a review of 2011 we invite you to join us on Feb. 7th at the Annual Dinner and Meeting !

Please consider gifting us with your time, talents, expertise and finances. "It takes a village" applies to The Maple Center. The nonprofit relies on the generous spirit of many volunteers to provide our community with integrative health information and services. Donations are needed to support our programs which inform our community about the path to optimal health through combining the best of modern medicine with the best of complementary approaches. Your generous donations help to ensure that The Maple Center for Integrative Health will continue to offer programs and services to improve the quality of health and life in the Wabash Valley.

As the holidays are approaching and you are thinking about gift giving, we ask for your generosity once again. If you would like to gift the nonprofit with your time, expertise and talents, please complete the form below or contact the center 812-234-8733. If you are considering a financial donation to The Maple Center for Integrative Health, a form is provided below for your convenience. You will receive a letter acknowledging your tax exempt donation. We are grateful to all for your support.

Wishing you and yours healthy, happy holidays!
The Maple Center for Integrative Health
Board of Directors and Staff



2011 The Maple Center for Integrative Health Fundraising Campaign

*Please accept my donation to improve the
quality of health and life in the Wabash Valley.
Donations/monthly pledges are appreciated and will be acknowledged.*

Name: _____

Address: _____

_____ State _____ Zip Code _____

E-Mail: _____

Phone: (_____) _____

_____ *Please contact me about volunteer opportunities.*

Designate my donation of \$ _____ for: General Operating
Funds, Program Development/Scholarships, CHIP, other _____.