



# Home4Birth

Nov./ Dec. 2014

## Upcoming Events

### Meet the Midwives

Have a pregnant friend, refer them to us. Our upcoming meet the midwives:  
Dec. 17 6:30 to 8 p.m.

### Birth Boot Camp

Starting January 10th, we are offering a series of 10 Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes will be held every Saturday, from 10:00AM-12:00PM. This class is ideal for families who are due January through March. We recommend these classes to any first time family or any first time to home birth family. Sign up now!

Please email to [info@home4birth.com](mailto:info@home4birth.com) for more information and to RSVP.

We are thankful for you this holiday season!

**Brandi Wood, CPM**

**Mindy Michel, DEM**

**Kelly Graham-MacDonald,**

**Office Administrator**

**12987 Parkside Dr., Fishers, IN 46038**

**2616 Little John St., Anderson, IN 46013**

**765-MIDWIFE (765-643-9433)**

## Quote of the month



## Roasted Brussels Sprouts with Cranberry

### Ingredients

4 lbs. of Brussels sprouts halved  
 6 Tbsp. . . olive oil  
 sea salt and pepper  
 1 bag fresh cranberries (about 3 cups)  
 3-4 Tbsp. pure maple syrup  
 1 Tbsp. grated ginger  
 1 1/2 tsp orange zest (optional; could also use a splash of orange juice)  
 2 sticks butter  
 2 Tbsp. chopped shallots or leeks  
 1/2 tsp fresh thyme

### Instructions

Preheat oven to 400.

Toss halved Brussels sprouts with olive oil, salt and pepper. Spread onto 2 baking sheets.

Roast 30-40 minutes, stirring halfway through.

In a saucepan, combine cranberries, maple syrup (or honey), ginger and optional orange zest. Stir over medium heat until cranberries start to break down.

In a second saucepan, heat the butter over medium high heat. Stir and continue to cook until butter is a golden brown (about 3-4 minutes).

When butter is golden, add thyme and shallots.

Add butter mixture to cranberry mixture. Once the sprouts are roasted, put them on a serving platter.

Spoon the butter sauce over the Brussels sprouts and serve.



### New Face in the Office

Kelly Graham-MacDonald  
 Office Administrator

I am Brandi's sister. I am so proud to be a part of Home4Birth as the new Office Administrator. I have been happily married for 18 years. I love being an Aunt! I have my BA in Psychology from the University of South Florida and I also teach Life Skills at Ivy Tech.

Please let me know if there is anything I can do for you,  
[Kelly@home4birth.com](mailto:Kelly@home4birth.com)



## App Spotlight

# cinemama

March of Dimes



### welcome

CineMama lets you turn daily photos of your belly into a fun movie moment of your pregnancy. You can also record memories and milestones in a diary while staying informed with weekly tips!

[https://www.marchofdimes.org/cinemama/assets/images/cinemama\\_Logo.png](https://www.marchofdimes.org/cinemama/assets/images/cinemama_Logo.png)

