



Home4Birth

April/ May 2015

Upcoming Events

Meet the Midwives

Have a pregnant friend? Refer them to an upcoming meet the midwives:

April 22, May 6 & 20th 6:30 p.m.

Parent & Baby Yoga

Exciting Class with instructor Andrew Alam of Inner Peace Yoga, May 14, 7 to 8 p.m. Join us for an evening of yoga with your little one! Space is limited, so please RSVP if you plan to attend. Donations encouraged. Arrive early to mingle.

Birth Boot Camp

Birth Boot Camp Starting April 18, Saturdays, from 10 a.m. to noon. We recommend these childbirth education classes to any first time family or any first time to home birth family. Sign up now!

Please email info@home4birth.com or call (765) 643-9433 for more information and to RSVP for these events.

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)

www.home4birth.com



Quote of the month

Arrive Alive, don't text and drive!

This is inspired by Midwife Mindy who is being a good role model for her kiddos by living this quote! Pause the conversation before you drive by texting: #X
<http://www.itcanwait.com/>

Millet Croquettes

1/2 cup raw millet, soaked 7-24 hours
 1 1/2 cups water
 1/2 small onion, finely chopped
 1 small carrot, grated
 2-3 tablespoons parsley, chopped
 3 tablespoons grated Parmesan cheese
 1 tablespoon soy sauce or 1/2 teaspoon sea salt (I prefer the salt)
 butter and olive oil for sautéing

Bring millet and water and a dash of salt, to a boil. Cover and turn heat to low, gently simmering for 20-25 minutes, until millet is tender and water is absorbed.

Add the onion, carrot, parsley, Parmesan cheese, and additional salt to the hot millet, stirring thoroughly to break up the millet grains, creating a mashed potatoes consistency.

Then use one of the methods below:

Easiest method: Heat butter and olive oil in a non-stick skillet over medium heat. Drop a mound of millet mixture into the pan and using your fingers and the spoon, carefully mold the mound into a patty shape. Repeat for each patty. Sauté 3-4 minutes per side or until golden and crisp.

Healthier (by not using a non-stick pan) and prettier (better shaped patties), but a bit more work: When cool enough to handle, shape millet mixture into patties, and dust both sides of each patty with flour. If the mixture is just too moist and sticky to get into patties, add some more Parmesan cheese or even flour to it. Sauté patties in hot butter and oil until crisp and golden.

Makes 7-8 small patties

<http://www.allaboutfasting.com/>



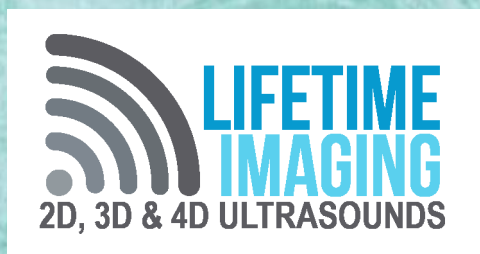
New Service Available at the Fishers Office

Rebecca Looney is from Southern Illinois and currently lives in Indianapolis, IN with her husband, Doug, and two sons, Owen and Evan. She graduated from Southern Illinois University-Carbondale with a Bachelor of Science-

Radiologic Sciences degree in 2007. Rebecca holds an ARRT certification since 2007 and ARDMS certifications in Abdomen (AB) 2008 and OB/GYN 2010. All certifications are current and in good standing with the accrediting associations.

Over the last eight years Rebecca has experience in hospital, outpatient and private practice settings that have exposed her to many different exams and procedures. Most recently, Rebecca worked in a private OB/GYN practice where she not only fine-tuned her skills but saw a need for specialized ultrasound care.

In November of 2014, Rebecca started Lifetime Imaging, LLC so she could provide best in class ultrasound care to women, and men, at an affordable price. Lifetime Imaging's services are mobile or you can come to their office located on the Southside of Indianapolis and experience an environment that does not feel like your typical medical office. Lifetime Imaging currently provides non-diagnostic 3D/4D ultrasounds as well as various Abdomen, OB/GYN and other related diagnostic ultrasounds.

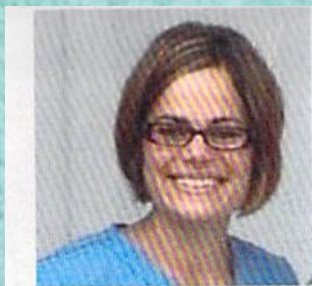


ICAN Events

Amy Ferris PP / birth trauma coming to terms with your birth story, 7 to 9 p.m., 4/28 at Fishers library.

Dr. Pala
 Webster certified chiropractor, 7 to 9 p.m., 5/26 at Fishers library.

<https://www.facebook.com/ICANofGreaterIndianapolis>



Rami

Spotlight Product of the Month

The Tummy Rub Oil

Omega-packed blend of organic oils. This is the gold standard in bump care.

- maximum protection against stretch marks and itchy tummies
- safe during pregnancy and nursing
- helps your body bounce back quicker after baby

<http://www.mioskincare.com/mama-mio/pregnancy-skincare/stretch-mark-protection/the-tummy-rub-oil.html>



Baby Wearing International of Central Indiana

Next meeting: Monday, May 18, 6 to 8 p.m. Fishers Public Library, 5 Municipal Dr.

<http://thebabywearer.com/forum/>

<https://www.youtube.com/user/babywearingfaith>

<https://bwiofcentralindiana.wordpress.com/calendar/>

Breastfeeding Support

The Drop-In Center is centrally located at the Catholic Center 1400 North Meridian Street, Indianapolis. This free service occurs Wednesday's from 4:30 to 8 p.m. Park in the back of the building. On the bus route. Use the backdoor entrance to the conference room, and follow the signs. Children of all ages welcome.