



# Monthly Matters from The Maple Center

October 2006 -- ISSUE 2

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

Phone (812) 234-8733

The Maple Center continues to provide vital educational and clinical services to residents of the Wabash Valley. In this issue of *Monthly Matters from The Maple Center*, we will update you on the John Black Memorial Library Fundraiser and inform you about our fall educational program "Midlife and Beyond".

Opportunities for Tai Chi Classes and Maternal Health Clinic updates are also highlighted. Here's to good health!

## Fill Your Fall With FITNESS & FUN!

### Tai Chi for Health Classes

Call the Maple Center today  
at 234-8733 to sign-up!

Tuesdays-classes beginning  
November 21

The Landsbaum Center  
5:30-6:30 Tai-Chi for Health Beginner  
and Advanced  
6:45-7:45 Tai Chi for Diabetes

Wednesdays-Classes Beginning  
November 22

Regional Hospital Outpatient  
Therapy Department

6:30-7:30 PM

COST: \$70 for 8 classes  
(In accordance with Maple Center  
policy, a sliding fee schedule is  
available.)

Class size is limited to 15.



Women, of the Wabash Valley, you are cordially invited to:

## Midlife and Beyond

### A Fall Seminar for Women

Saturday, Oct. 28, 2006 (8 AM- 12:30 PM)

At the Landsbaum Center, Terre Haute, IN

#### Objectives:

##### **Weight Management-Sorting through the Hype**

Review the merits of commonly promoted supplements, drugs,  
and diet strategies.

Reinforce the benefits of healthy food and exercise

##### **Tai Chi Intro/Break**

Introduce the concept of tai chi stance and breathing with movements

Promote the availability of further training in Tai chi for Health-with  
a special adaptation for those with arthritis and diabetes.

##### **Intimacy and Sexuality-Coping with Changes as a Couple**

Discuss sexual health issues during midlife including physical, libido  
and emotional changes associated with menopause and andropause.  
(libido, erectile function, vaginal health, orgasm, and adaptability for  
mutual pleasuring/lovemaking.)

##### **Pelvic Floor exercises-**

Teach exercises that can effectively strengthen the pelvic floor muscles  
to reduce urinary incontinence.

##### **Break-Visit exhibits**

Allow participants to visit exhibitors presenting health resource  
information

##### **What's New in Breast and Bone Health**

Review current options for prevention and treatment of breast cancer  
and osteoporosis.

##### **Midlife: Where are you now? and Where are you going?**

Discuss common issues and developmental tasks for women in midlife

##### **Tai Chi Movement**

As above

##### **Creative Aging/Aging with Joy Panel**

Personal stories (10 minutes each) from 3 women at different stages of  
their lives (50's, 60's and 70's), sharing their tips and strategies for  
moving forward creatively in their own lives.



## Dr. John Black Memorial Library Fundraiser

### Midlife and Beyond

A Fall Seminar for Women  
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Time	Topic	Presenter
8:00	Registration and Breakfast	
8:30	Introduction	
8:35	Weight Management-Sorting through the Hype	Lana Taylor, RD
9:05	Tai Chi Intro/Break	Margaret Moga, PhD
9:15	Intimacy and Sexuality-Coping with Changes as a Couple	David Howard, PhD/ Veanne Anderson, PhD
9:55	Pelvic Floor exercises	Susan Spice, PT
10:05	Break-Visit exhibits Beverages/light snack	
10:30	What's New in Breast and Bone Health	Kathy Stienstra, MD
11:00	Midlife: Where are you now and Where are you going?	Laura Fredendall, PsyD
11:30	Tai Chi Movement	Margaret Moga, PhD
11:40	Creative Aging/Aging with Joy Panel	Facilitator-Laura Fredendall, PsyD Panel: Karen Cunningham, Carla Hedges, and Harriott McNeal
12:30	Adjourn	

### The Maple Center Is Looking for Volunteers

If interested, e-mail us at [maplectr@yahoo.com](mailto:maplectr@yahoo.com) or call 234-8733

- Assistance with mailings
  - Assistance with
  - Assistance with
  - Assistance with
  - Assistance with

"We can do no great things...only small things with great love."

--Mother Therese

### Mark Your Calendars!

REGISTER TODAY FOR NOVEMBER TAI CHI

Sept. – Oct. NAP Tax Credit Drive –Call today to purchase!

Oct. 28 – "Midlife & Beyond" Health Seminar

Nov. 21 & 22 – Tai Chi Classes Begin (See page 1)

HypnoBirthing Classes Offered Every Other Month



## Leaves of Change

As we experience the change of a season, we must announce changes within our organization. Linda Edwards has resigned as the executive director for the Maple Center. Her half time position has been filled with administrative duties, limiting her opportunity to do the larger grant writing that we had originally envisioned. She recommended that we hire a half time administrative assistant/secretary to continue the administrative duties but at a more affordable salary and consider contracting with her to do the grant writing that is necessary to take us forward. Linda is generously going to remain active with our organization as a volunteer and participate in some of the ongoing committees.



Nicole Page, half time receptionist at the Maternal Health Clinic has been training with Linda, and is ready to step in as our administrative assistant. Please welcome her. She can be reached at 234-8733 or [maplectr@yahoo.com](mailto:maplectr@yahoo.com).



Stacie Marlin is a volunteer with nonprofit experience who plans to continue to provide her expertise one day/week. She has already put together our database, is organizing our e-letter and previously put together a marvelous annual report. We are fortunate indeed to have her support.

## N A P T ax C redit D rive: B uilding for the F uture

Thanks to the State of Indiana's Neighborhood Assistance Program, Union Hospital, and local labor unions, we offer you a marvelous opportunity to support The Maple Center nonprofit organization and the Union Hospital Maternal Health Clinic. The Maternal Health Clinic has been awarded \$25,000 in tax credits (to be sold for \$50,000) from the State of Indiana. Organizations such as the Maternal Health Clinic that serve an economically disadvantaged population are competitively selected for the NAP credits each year.

Any support you would provide is reimbursed to you by 50% as a credit on your Indiana state income taxes (limited only by your total taxes). You are also able to deduct the whole donation on your Federal Income taxes. Depending on your tax bracket that means that up to ¾ of your support would be refunded to you

The funds plus donated labor from several local labor unions coordinated by CDI and Mr. Charles Toth, will be used to build a classroom in One Professional Centre plus renovate existing spaces for the Dr John Black Memorial Library and for additional providers.

Best of all, Union Hospital, which owns One Professional Centre, has agreed to credit the nonprofit Maple Center the cost of these renovations toward the building rent. This means that the rent from individual providers who lease space within the Maple Center's Integrative Health and Maternity Care Center will go to support the educational projects of the nonprofit (approximately five years' rent.) Your donation helps make the renovations possible *and* supports educational offerings in the future.

The classroom will be used for several purposes including an innovative group approach to prenatal care called Centering Pregnancy. Several of a participating woman's prenatal visits occur with a group of women at similar stages of pregnancy. The sessions include individual time with the provider for an exam and private questions, and time with the group for education, questions, and group support. Research has shown high participant satisfaction, better outcomes (fewer low birth weight babies), increased success in releasing addictions such as tobacco, and a greater sense of maternal confidence in their ability to care for their new baby and family. Other planned educational uses include nutrition classes, Hypnobirthing classes, group support for stopping smoking, and Mind Body Skill training classes.

The John Black Memorial Library, jointly sponsored by The Maple Center and Union Hospital, will be a resource library for health professionals and the public focused on Integrative Medicine, Acupuncture, and Maternity Care. It will also house an Adoption Resource Center coordinated by Laura Dever, BSW.

We hope you will take advantage of this opportunity. Checks should be made out to Union Hospital Foundation. If you have questions, call Mary Huffman at 238-7301 or David Land at .

### With Appreciation

The Maple Center operates as a 501c3 not-for-profit organization.

We rely upon the financial support of our community in order to provide vital prenatal care and integrative medicine options to residents of the Wabash Valley. Educational programming equips patients to better manage their health care decisions.

Tax-deductible\* donations may be mailed to:

**THE MAPLE CENTER**

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

\*Please consult with your tax professional regarding your individual tax situation.

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