



Monthly Matters from The Maple Center

November 2008 – ISSUE 23 1801 North Sixth Street, Suite 600, Terre Haute, IN 47804

Maple Center Loss Workshop

Have you experienced a loss-of a loved one, of health, of property with the recent flooding, of a job/career or other loss? In your work, do you deal with others who are coping with loss? The Maple Center brings you a workshop crafted with care: ***Creating a Path Through Loss: The Arts as Healing Tools.***

The workshop is an offering, conceived by those who have experienced significant loss and found help in the expressive arts.

Supported in part by **Arts Illiana** and Memorial funds for Lydia Laska, Patrick Burkett, Maegen Campbell, and Sue Warner at The Maple Center, the cost for the Saturday, November 8th workshop is only \$10. (Includes lunch)



(LEFT) Accepting the **Arts Illiana** grant award on behalf of The Maple Center is **Eloise Weymouth**.

This project has been graciously supported by **Arts Illiana** as part of their mission to support individual artists and increase public awareness of the arts – in our case relative to the role of art in the expression of people that are facing chronic illness,

Register Today for the Loss Workshop
Online Registration Available At:

[http://www.themaplecenter.org/
events/11-8-08.htm](http://www.themaplecenter.org/events/11-8-08.htm)

Or Call:

812-234-8733 (TREE)

Please share this invitation to register for this helpful program with others who might benefit from this program.



Upcoming Events

Stress Management for Breast Cancer Survivors
Begins January 5, 2009
4:00 PM to 6:00 PM
Maple Center—8 weeks

Tai Chi for Breast Cancer Ongoing.
Monday, Wednesday, Friday
4:00 to 5:00 PM
Hux Cancer Center

Creative Stress Management for Healthcare Professionals
Tuesdays
October 28—December 16
12:00 PM—12:50 PM
Maple Center Classroom

Creating a Path through Loss: The Arts as Healing Tools
November 8th
9-4:30
Registration Fee \$10.00
Continental Breakfast & Lunch Included

Natural Childbirth Classes
November 8th and 15th
1:00 PM
Maple Center Classroom



Creative Stress Management for Healthcare Professionals

What:

8-week group experience for all healthcare professionals (doctors, nurses, therapists, educators, etc.). Focus is on providing a time and place for dealing with your stress. Creative methods, such as music, movement, and imagery will be used.

When:

Noon to 12:50 PM, every Tuesday, October 28 through December 16.

Where:

The Maple Center, 1801 N. Sixth Street, Terre Haute, IN (three blocks north of Hamilton Center).

Preparation:

None needed! Just come as you are, bring your lunch if you like, and be prepared to participate. No need to register or to commit to all 8 weeks.

Questions?

Contact Tracy Richardson, M.S., MT-BC (Board-Certified Music Therapist; Counselor Education



Shoes, Bras, Bags.... Smart Wardrobe Choices for Black Friday

Ladies, with the holidays fast approaching and shopping season just around the corner, you don't want annoying neck and back pain to put a hamper on your holiday shopping. However, by making a few smart decisions about what you wear, before you even leave the house, can make a big impact on how much you enjoy your big day.

While high heels are fashionable, they are a leading cause of back pain in women. Wearing high heels alters the natural curves of the spine, putting extra pressure across the low back, and consequently, causing pain. So, leave the heels at home, and instead opt for a low heel or flat shoe with good arch supports and heel cushions.

Do your bra straps dig into your shoulders and create grooves? An improperly fitting bra can increase neck pain and headaches by pulling the neck out of alignment. Choose a brassiere with wide straps or a racer-back sports bra for the big day.

And finally, leave the large handbags at home and instead choose a small wallet purse. If possible, wear your purse/wallet in a diagonal fashion across your body instead of hanging it on your shoulder. Heavy purses and bags hanging on shoulders are a frequent cause of neck pain and headaches because of the way the muscles of the neck must work to support their weight.

Low-heeled shoes with good support, wide-strap bra, and a light-weight wallet purse ...I've got mine, how about you? Let's go shopping!

—Submitted by Sandra Hendrich, DPT



Maple Center Fall Festival Photos



An Introduction of The Maple Center's New Executive Director



As you read this November e-letter, I will begin my first month as Executive Director of The Maple Center. Just as I honor the past generations of my own family, I want to acknowledge my admiration for and appreciation of those who held this position before me. Linda Edwards, Stacie Marlin and David Howard assisted in giving birth and in nurturing the infancy and toddler stages of The Maple Center along with the vision and guidance of Dr. Stienstra and The Maple Center Board of Directors.

Professionally I earned a B.A. from William Paterson College, N.J. in Elementary and Special Education with a minor in psychology. I received a Masters in Education from Indiana State University. Licensed to teach in three states, I enjoyed twenty years of classroom teaching from preschool to college. As the Associate Director of the West Central Indiana Area Health Education Center, a non-profit organization, I had opportunities to: combine my passion of education with my interest in health issues; develop and facilitate adult and youth health programs; create health curriculum for grades K-12; network with health-related agencies; recruit partners for programs; train and supervise volunteers; facilitate service learning experiences for students; work on fundraising and grants; and present information at conferences.

Personally my search for medical care with a holistic philosophy began in 1976 as my husband and I prepared for the birth of our first child. Having experienced the bliss of natural childbirth and three healthy, nursing babies, I am a passionate advocate for quality maternal health care and natural options for mother and child as offered by The Maple Center.

Later in life my own medical challenges related to chronic pain presented opportunities to discover first-hand the benefits of integrative medicine. Through The Maple Center I have been encouraged and empowered to participate in my own health care, learning invaluable tools that I continue to use. For example, tai chi and qigong have become part of my daily life. Practicing tai chi has had such a positive impact on my life that I've earned certification to share it with others. I have shared tai chi/qigong during two Maple Center sponsored programs: The Treehouse Club for children; and Tai Chi for Health for breast cancer survivors who have inspired me to be even more mindful of my own health journey.

If you are a reading this e-letter you, too, may have benefitted from The Maple Center's programs. You must be interested in or share my passion about The Maple Center and its contributions to the health empowerment of our community. I invite you to be actively involved by attending programs, participating in fundraising, volunteering, and passing on information about The Maple Center to your family and friends.

Ralph Waldo Emerson once wrote: *"Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic and faithful, and you will accomplish your object."* I am enthusiastic about serving as Executive Director of The Maple Center! Enthusiasm is a great foundation. However, I am realistic enough to know that it will require continued and new partnerships for The Maple Center to grow and fulfill the vision of its supporters. I look forward to partnering with you in this effort. Let's start by meeting at the upcoming program *Creating a Path Through Loss: Using the Arts as Healing Tools* on Saturday, November 8.

If we have not met, please introduce yourself to me. I look forward to meeting you! In every moment of your life may your heart guide you to joy and may you always include The Maple Center in your life's journey!

Submitted by Melissa Dominguez Geib, M.Ed.

