



Monthly Matters from The Maple Center

April 2008 - ISSUE 17

1801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733

CHEERS TO GOOD HEALTH

Thanks to all who
participated in the Valentine's
Day Fundraiser at the
Indiana Theatre!



2008 Maple Center Annual Dinner & Meeting

Friends of The Maple Center:
In honor and appreciation
Of your continued support of
The Maple Center
You are cordially invited to our
2008 Annual Dinner & Meeting
To be held on
Friday, May 16, 2008
At 6:30 PM

ISU HMSU Dede III

Menu Choices:

Chicken, Beef, and Vegan

Please call The Maple Center
Before May 9, 2008 to
purchase tickets (\$25) and
to confirm your attendance.





**April-May
Happenings At
The Maple Center**
Programs Offered at Coleman
Cancer Center Designated with ***

Sunday Afternoons
Yoga for Pregnancy
\$5.00 per session

April 12 & 19, 2008
Natural Childbirth Sessions Begin
Please Register Early

April 21, 2008***
Nutrition and Cooking Class
6 PM

May 1, 2008
Men's and Women's Health Seminar
Coping with Stress
Maple Center classroom
(7:00 - 8:30 PM)
The cost for this session will be \$5.00 .

May 8, 2008 ***
7:00-8:30 PM
Use of Natural Medicines for Support
during Treatment and to
Reduce Risk of Recurrence
REGISTRATION REQUIRED

May 12, 2008***
Smoking Cessation Classes
12:15 to 1:45 PM
Offered Monday, Wednesday and Friday

May 12, 2008
The Happiest Baby on the Block
Program 7:00 PM

May 13 & 14, 2008
Tai Chi for Health
May 13, 2008- Landsbaum
May 14-Regional Outpatient Therapy

May 16, 2008
MAPLE CENTER
ANNUAL DINNER
ISU Dede III, HMSU

Spotlight on Supplements: Whey Protein

Supporting good health with the knowledge and use of supplements.

Many are unaware that the Integrative Health Center component of The Maple Center offers for purchase many useful supplements. For a complete listing of our available supplements, access our website at www.themaplecenter.org and click on the Integrative Health Center link which will take you to our "Supplements for Better Health" listing.

If you are receiving chemotherapy for treatment of cancer, whey protein can be a gold mine of therapeutic nutrition that not only provides a great source of complete protein but also can reduce mouth ulcers, immune suppression, and enhance the beneficial effects of the chemotherapy. A byproduct of cheese manufacture, it is cow's milk with the lactose, fat, and minerals filtered out.

Whey protein has the highest concentration of glutamine and branched chain amino acids found in nature. Glutamine is a source of fuel for white blood cells and for the lining of the intestine and mouth. Whey also contains other compounds that improve immune function and boost glutathione concentrations. Glutathione is a powerful antioxidant that helps rid the body of toxic substances. Some tumor cells have higher concentrations of glutathione--that protects them against chemotherapy agents. Whey protein selectively depletes cancer cells of their glutathione, thus making them more susceptible to cancer treatment. Luckily, it increases glutathione in normal cells and increases their growth.

Whey protein can be purchased in pre-measured packets and bulk canisters in different flavors. 20-30 gm of whey-protein concentrates twice/day is recommended for those receiving chemotherapy. For the flavored varieties, just mixing it with 8-12 oz of water, juice, nonfat milk, or soymilk and a few ice cubes can make a delicious shake. Add ½ to 1 cup of fresh or frozen fruit or a Tbsp of ground flax seed to make it even more nutritious. If one can't tolerate whey protein (allergies), you can use glutamine supplements 3-10 g daily mixed with liquid and swished in the mouth and swallowed. In the Maple Center Resource Center, we carry a whey based protein powder with added vitamins and minerals called Ultrameal Whey-a Metagenics medical food and plain glutamine powder. *-Submitted by Kathleen A. Stienstra*



Welcome to Chris Leininger, ABT



Chris Leininger is an Asian bodywork therapist. He is a nationally certified Medical Qigong Practitioner, a Certified Acupressure Massage Therapist. Following years of treatment (including nine months of intravenous antibiotics) for Chronic Lyme Disease, he was left with disabling Arthritis, Fibromyalgia, Chronic Fatigue Syndrome, and many other ailments. In an effort to regain his own mobility, his journey into Chinese medicine began.

Chris studied Medical Qigong with Master Binhui He of Hong Kong, known in China as the "Cancer Conqueror". He has also studied with Master Wan Su Jian of Beijing (appointed captain of the medical team for the 2008 Olympics) during both of his U.S. tours. Additionally, he studied at the Acupressure Institute to become a Certified Acupressure Massage Therapist and also earned an advanced specialization in Women's Health.

His special interests include women's health issues and working with individuals struggling with chronic health conditions that have not responded to conventional therapies and medications. He will begin seeing clients on Wednesday afternoons beginning May 14th. Those interested in scheduling an appointment can contact him at 765-672-8499 or by email to chris@3treasureswellness.com.

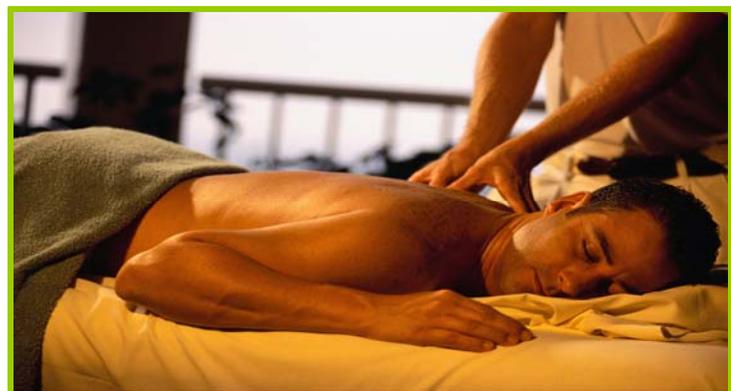
A Maple Center Welcome to Sandra Hendrich, DPT

The Maple Center is pleased to announce the addition of Dr. Sandra Hendrich to the offerings at The Maple Center. Sandra is a physical therapist with specialized training from Guangzhou University of Traditional Chinese Medicine, Guangzhou, P.R. China, where she studied acupuncture, moxibustion, auriculotherapy, cupping, pointing therapy, and Chinese manual techniques.

Dr. Hendrich's PT training was at Indiana University School of Medicine and she recently completed a doctorate in Physical Therapy through Des Moines University. She will be offering laser treatment and electrical stimulation to acupuncture sites (rather than needles) as well as physical therapy with a focus on manual



(soft tissue and deep tissue) techniques. Her special interests include working with people who have chronic painful musculoskeletal conditions, fibromyalgia and those seeking self-help techniques. Sandra has attended multiple continuing education courses over the years including the McKenzie approach to the treatment of spinal disorders, TENS and acupressure, Myofascial Release, Strain-Counterstrain and many others which she incorporates along with her training from China to provide a unique therapy experience. She will begin seeing clients on Tuesday mornings beginning May 13th. Call 235-4867 to schedule an appointment.



TAI CHI FOR HEALTH



The Tai Chi for Health Program has been received with a good level of support from the community – with several class offerings being wait-listed. The specific Tai Chi for Health Program that we are using is an adaptation of the Tai chi for Arthritis Program used by many Arthritis

Foundations around the world. The Program was developed by Dr. Paul Lam, an Australian Family Medicine doctor and world-class tai chi master. This 12-movement therapeutic form of tai chi is based on the Sun Style of Tai Chi and is relatively easy to learn when compared to the either the Yang 108-movement long-form or the Yang 24-movement short-form. The 12-movement form is also much gentler on the joints than s other styles of tai chi. This makes it more suitable for individuals with chronic health conditions. Recent evidence published by clinical research groups from around the world supports the observation that the shortened therapeutic forms of Tai Chi are as effective as the more traditional forms of Tai Chi in providing an additional tool for individuals with chronic illnesses.

Despite accolades from past students, we have recently experience a down turn in the number of participants. We hypothesized that the declining attendance numbers may be linked to the rise in gas prices because most of our clientele were on fixed incomes. Consequently, we reduced the registration cost to make it even more affordable. This resulted in a rise in attendance. We anticipate continued increases in attendance as we begin incorporating referrals from the local oncology teams.

Celebration of Life

----a day of sharing ----a day of caring
 ----a day of learning ----a day of yearning
To live each day fully where life is celebrated!

Made possible by the financial support of the Wabash Valley affiliate of the Susan G. Komen breast cancer foundation (www.komen.org), The Maple Center held our first “Celebration of Life” event on March 1, 2008. Over fifty women and many session facilitators gathered at the Terre Haute Holiday Inn for the day-long celebration. The Holiday Inn graciously donated the use of their meeting rooms in support of this event.

Beginning with testimonials by breast cancer survivors Coral Cochran and Rachel Drake, the day included the following morning programs: “The New You,” a Mary Kay cosmetics-sponsored workshop led by Keri Umphrey and others about the use of make up to ‘look good, feel better,’ “Tai Chi for Health,” by Dr. Roy Geib and Steve Walden, “Family & Friends,” by Dr. Anne Mary Montero who led a discussion about the ways that breast cancer can affect relationships, “Natural Medicines for Support During Treatment & to Reduce Risk of Recurrence,” by Kathy Stienstra, MD, “Stress Management,” by Jan Croft, and “Poetry & Journaling,” presented by Sister Betty Hopf.

A delicious lunch was then served and Benicia Broecker from Beading Paradise led everyone in an experience of creating a bracelet filled with personal meaning and symbolism. Afternoon programs and events included “Change Your Diet, Change Your Life,” by Cindy Lucas, “Music Therapy: A Source of Support & Self-Expression,” by Dr. Sharon Boyle, a “Wisdom Circle” by Dr. Stienstra, a “Healing Art and Collage Workshop,” directed Dr. Kathy Gotshall, “Yoga and Relaxation,” by Jan Croft, and “Massage & Touch,” led by Stephanie Van Sickel. Zann Carter presented each participant with a hand-made silver-wire pin with beautiful ribbons and shared her story of loss and coping and celebration



The day after the event, a nice article appeared in the Tribune Star, written by Deb Kelly, who herself is a breast cancer survivor. From that article, one of our facilitators, Dr. Kathy Gotshall, who is a professor of art therapy at St. Mary of the

Woods, shared, “Today has given breast cancer survivors or individuals who had family members [with cancer] the opportunity to come together and share and learn and support each other, which is really the most important thing in surviving any kind of illness or tragedy you may have...and I think it gives people knowledge and power and the ability to make choices for themselves.”

The event, indeed, was a success and we look forward to the opportunity to host this event again next year! Deb McIntosh and David Howard would also like to acknowledge and offer a huge thanks to Kristy Brannon, Amanda Slater and Judy Chaney who worked tirelessly as volunteers, as well as Scott Arnold who took video. We also appreciate individuals from the American Cancer Society, the Why Me program, Regional Hospital’s Cancer Center, Clara Fairbanks, and the Komen Foundation who set up exhibits and provided information about their services.

The Coleman Cancer Center: An Introduction

The Coleman Cancer Center in Terre Haute is the newest member of a nonprofit clinical research organization that collaborates with UCLA's Jonsson Cancer Center to bring the best in cancer care to patients in their own communities. Patients of the Coleman Cancer Center of the Providence Medical Group will have access to the newest and most innovative cancer treatments without having to travel far from home or be away from their families for extended periods, Slamon said.

The Coleman Cancer Center, named in honor of former Terre Haute residents the late Norma Coleman and her late husband, Kenneth Coleman, was created in part through the efforts of their daughters, Lisa Coleman Paulsen and Lori Coleman Engle. Kenneth Coleman died in 2005 of cancer. Mr. Coleman worked for Terre Haute Tribune-Star as a printer and was the Treasurer-Manager for the Tribune-Star Federal Employee Credit Union for 35 years. Norma Coleman passed away from ovarian cancer in early 2008.

"It was my parents' wish to bring the best treatments to cancer patients living in the Wabash Valley," said Paulsen, president and chief executive officer of the Entertainment Industry Foundation, a Los Angeles-based charity. "We're very happy to be able to make that dream a reality."

Dr. Sang Huh, director of the Coleman Cancer Center, said the affiliation with TORI gives his patients many new treatment options. "There has been an explosion in treatments available to cancer patients in recent years, but the most important development has been the use of targeted therapies, which target cancer cells and leave normal cells untouched," Huh said. "The Jonsson Cancer Center and the TORI network have been leaders in developing and testing these new therapies. Joining this network gives cancer patients in Terre Haute access to promising new treatments."

Source: Terre Haute Mayor's Office

The Maple Center Collaborates with The Coleman Cancer Center to Bring Integrative Care to Wabash Valley Cancer Patients

The Maple Center, Inc is excited to announce a new partnership with The Coleman Cancer Center—the medical oncology center with the Providence Medical Group. Dr Sang Huh has a dream where people with a diagnosis of cancer receive cutting edge medical therapies along with integrative or holistic care.

The Coleman Cancer Foundation is a fund within the nonprofit Maple Center and is supported by Dr. Huh's donation of monies generated by participation in clinical trials through his affiliation with UCLA and grant funding from the Entertainment Industry Foundation's Memorial Fund for Kenneth and Norma Coleman.

Services now offered free of charge to Dr Huh's patients at the Coleman Cancer Center include massage and reflexology provided by Stephanie Van Sickel, CMT for people receiving treatment, smoking cessation group classes with auricular therapy (ear acupuncture) provided by Debbie Stevens, MA, Tai Chi for Health classes taught by Roy Geib, PhD and Steve Walden, Nutrition and Cooking class taught by Cindy Lucas, and Natural Medicines for Support During Treatment and to Reduce Risk of Recurrence Class by Kathleen Stienstra, MD. These classes are available to people who are not Dr Huh's patients for a fee.

Other relevant services available through the Maple Center for people fighting cancer include medical acupuncture for relief of pain, nausea with chemotherapy and enhanced well being; physical therapy including laser acupoint treatment and manual techniques, scheduled individual tuina massage (acupressure orthopedic Chinese massage) and medical Qi Gong with Chris Leininger, and massage and reflexology individual appointments with Stephanie Van Sickel, and individual consultations with Dr Stienstra to put together an individualized integrative plan including natural medicines.

We participated in the open house for the Providence Medical Center on March 20—complete with juiced fruit and vegetable samples, ear acupressure beads, and a display to explain and promote the new offerings.



The Life Giving Hands of a Midwife...

A Personal Birth Experience

Submitted By: Jackie Roberts



The journey to have my fourth baby started in 2006. I became pregnant and knew I wanted to have a midwife provide my care. My mom told me about the Maple Center, so I called to set up an appointment. I had my first appointment with Anne Mishler, CNM and really felt like I would receive excellent care.

However, we found out that I was going to miscarry. Anne provided me with good medical care during that difficult time, but more importantly she provided emotional support. I knew that if I was able to get pregnant again I would be returning to the Maple Center.

When I found out I was pregnant again in April 2007 I immediately called Anne. This time things were different and I had a successful pregnancy. The prenatal care I received was comprehensive, and my appointments were never hurried. My children were

included and that meant a lot to me. My youngest really started to understand I was going to have a baby after Anne drew a picture of the baby on my belly. This was my eighth pregnancy (I have had four miscarriages.) and I had never received prenatal care like this.

My water broke on the morning of December 11, 2007. When we arrived at the hospital Anne was already there waiting on us. She and another nurse checked the baby's heartbeat, and my blood pressure, etc. Everything looked good, and I allowed her to see how far I was dilated. She said she wouldn't check me again until I felt like pushing.

I was allowed to walk around as long as I felt like it. The contractions started getting more intense the longer I was on my feet. But, I felt good and was in a good humor in between contractions. It was so freeing not to be continuously monitored and to be able to move around. I would go back to the room to use the bathroom periodically and Anne would listen to the baby and see how I was doing. She was on call that day, so she was able to stay at the hospital the whole time I was in labor. I was so glad, and my labor progressed quickly. I felt so in control of the labor process, and I was receiving excellent care as well.

At some point Anne got out a birth ball for me to try. It really helped me to keep moving during the contractions, but not get worn out by standing too much. After a while I was starting to feel like we were near the end. I told Anne that I felt like pushing. She had me get into the bed and see what I felt like doing. I laid on my left side for a contraction. She lowered the bottom of the bed, so I wasn't lying flat. I instinctively rolled onto my back, and she said I was completely dilated. After three pushes my baby was born.

Anne asked if I would feel comfortable with a resident helping. I didn't mind, so he helped "catch" the baby with the guidance of Anne. She made sure he didn't cut the cord right away, and that he placed the baby immediately on my tummy as I had requested. The birth of my baby Joseph was just a beautiful experience. Joseph was perfect, and I felt great afterwards. I have always had un-medicated labors, but this was the first time I really felt like I got to have the "natural" birth I had been wanting. I feel blessed to have been able to be a patient of Anne Mishler's and the Maple Center.

Yoga for Pregnancy

The Maple Center's *Yoga for Pregnancy* program began Sunday, April 6th. The fee for each weekly session will be \$5.00. Participants may pay per class. Registration with The Maple Center is required.

Date & Time: Sundays (1:30—2:30 PM)

Location: World of Dance (Behind Honey Creek Mall)

Bring: A mat and exercise ball if you have one.

Participants also need to bring a signed medical release to participate in the program from their physicians.

The instructor for this program will be Jo Groth, licensed massage therapist and certified yoga instructor. Jo will be at the Maple Center on Sundays offering Massage Therapy (937-672-4962 to schedule) as well as instructing our Yoga for Pregnancy program on Sunday afternoons at World of Dance.

Programming at The Maple Center

Submitted by Deb McIntosh,
Program Director

Some very exciting programs are popping up for the spring season here at The Maple Center. Keep your eyes open for new updates and new programming, as well as new practitioners.

Throughout this e-letter, you will be introduced to new staff members of The Maple Center. We welcome each one as additional resources to improve the health of Wabash Valley residents.

On page 5 of the e-letter we have highlighted The Maple Center's collaboration with The Coleman Cancer Center, starting up this spring. These programs are offered **free due to funding from The Coleman Cancer Foundation for Coleman Cancer Patients**, however these services will also be offered to cancer patients across the Wabash valley for a small registration fee. Call 812-234-8733 for more information.

Natural Childbirth Classes continue to meet every second and third Saturday of the month. Held at The Maple Center classroom with our next series being held on April 12 & 19, 2008 from 1:00 PM to 4:00 PM Beginning in May a third day will be offered featuring **The Happiest Baby on the Block program**, at no extra charge. This program will also be available for those not taking the Natural Childbirth classes on May 12, 2008 at 7:00 PM for a small \$5.00 charge.

Our next **Tai Chi for Health Series** starts May 13 & 14th, 2008. The Landsbaum Center group will meet on Tuesdays (5:30 PM and 6:30 PM) with Beginners and Advanced session. Our Regional Occupational Outpatient Therapy Center groups will meet on Wednesdays (6:30 PM) for Beginners and Advanced participants.

The Maple Center's **Men's & Women's Health Series** continues to meet monthly. The next in the series is **Coping With Stress** presented by Jan Croft on May 1st from 7:00 PM to 8:30 PM at The Maple Center Classroom. Cost is \$5/session or \$15 for the whole series (\$25 for 2 persons.) **We would like to thank the Hollie and Anna Oakley Foundation for providing funds to assist with the Men's & Women's Health Series.**

Coming soon – **TREE HOUSE CLUB FOR KIDS!** Parents, this will be a great spring and summer program bringing together the worlds of fun, exercise and great nutrition. Childhood obesity continues to be challenge for today's youth. The Maple Center's **TREE HOUSE CLUB FOR KIDS** is an innovative resource to improve childhood obesity statistics in our community. To find out about any of the programs detailed in our e-letter or on The Maple Center's website, please contact The Maple Center office at 812-234-8733 or www.themaplecenter.org.

Programming for Breast Cancer survivors brought to you through funding from The Susan G. Komen Foundation will soon begin. Dates and details for these programs to be announced:



Yoga for Breast Cancer Survivors

Stress Management for Breast Cancer Survivors

Tai Chi for Breast Cancer Survivors

Maternal Health Clinic Update

The Maternal Health Clinic had another deadline to sell the tax credits at the end of March. We achieved that goal. About 15% of the NAP tax credits remain to be sold. This amounts to receiving about \$8480.00 in donations needed to purchase the remaining credits.

Plans are underway for a "Maternal Health Clinic Baby Shower" to be sponsored by MHC in the early fall. Watch the e-letter and website for additional details.

--Submitted by Mary Huffman



Enjoy Healthy Eating with the Season: Spring Vegetables and Fruits

Signs of spring are everywhere! The robins are here, trees are showing little buds, and tulips and daffodils are starting to peek through, bringing brilliant color to the gray landscape. Now is the time to start planning your garden. If you don't plant a garden you can still buy quality seasonal produce in the markets and at local Farmers' Markets around the Wabash Valley.

Today it is easy to forget about seasonal foods when we eat, due to modern processing and world-wide distribution of foods that make foods available year round. However, studies have shown that many foods are more nutrient dense when grown locally and grown during their natural season of growth. Eating seasonally and locally will provide full nourishment and better quality of many fruits and vegetables.

Spring fruits and vegetables, depending on your area, are at peak season from late March to mid-June. If you are purchasing produce in a local market, prices are generally lower. Here is a list of some of the spring produce that our local markets should have at reasonable prices:

Asparagus	arugula	garlic	green onion
Artichokes	beets	lettuces	parsley
New potatoes	carrots	greens	strawberries
Fennel	Swiss chard	kale	
peas (snow and snap)	Turnips	Rhubarb	

If you are so inclined, you might want to consider planting some of the different lettuces, spinach, and green onions during the month of April. By the end of April or the first of May it is safe to put out the tomato plants, peppers, cucumber, melons, corn, etc. And be certain to watch for the yearly Herb Fair at Fairbanks Park, usually held Mother's Day weekend.

--Submitted by Lana Taylor



Generosity Unlimited

We offer many thanks to the numerous donors who contribute to our ongoing financial sustainability. Your continued support of The Maple Center, Inc., IS making a difference in the lives of those we serve.

Thank You to everyone who participated in CHEERS TO GOOD HEALTH and the fundraiser at Beef O'Bradys.

Donations may be mailed to:
THE MAPLE CENTER
 1801 North Sixth Street, Suite
 600, Terre Haute, IN 47804
 OR Indiana Residents May
 Donate Online At:
www.themaplecenter.org

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