



Monthly Matters from The Maple Center

May 2007 – ISSUE 9

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

This month's issue of *Monthly Matters from The Maple Center* will update you about our programs and special events from the past month. Take a few moments to examine tips for parents and children to improve health and fitness this summer as well as research about Indole-3-carbinole.

Photo Perspectives from The Maple Center's Annual Dinner, "Creating a Path Through Grief Using the Arts" Workshop, and the Doula Training Workshop will enable you to visit these events if you were unable to attend.

It is difficult to believe that The Maple Center's electronic newsletter will celebrate its one-year anniversary in August. During that time, the number of subscribers has grown to over 500 individuals. If you find the e-letter informative and interesting, please take the time to forward it to family and friends who might benefit from its content.



2007 Maple Center Annual Dinner and Meeting: A Celebration of Lives Touched, Goals Achieved, and Progress Made in 2006 by The Maple Center

Supporters of The Maple Center gathered on Friday, May 11th for the second Annual Dinner and Meeting. The event was held on the campus of Indiana State University. Mayor Burke issued a proclamation declaring May 11th as Maple Center Day in the City of Terre Haute. Director of Communications for the City of Terre Haute, Peter Ciancone, presented the proclamation to Dr. Stienstra. Gracie Forthun provided lovely harp music during dinner and WTHI's Patrece Dayton served as emcee.

Carol Crawford's inspiring "Letter to The Maple Center" provided inspiration and hope to those fighting serious health challenges as well as to the care providers of The Maple Center. Annette Alexander brought lovely door prizes for guests to win and the evening culminated with Dr. Stienstra's "Year in Review".

The Maple Center would like to extend a special thank you to the **Indiana State College of Nursing** for sponsoring the event. Onfire Media Solutions provided technology support and Lisa Perdiew Photography captured the evening's memories with photographs.



Calendar Connection



HypnoBirthing®

May 30-June 27

Landsbaum Center

Register Today!

Tai Chi Sessions Summer Sessions

Northside Classes Begin June 12

Southside Classes Begin June 13

REGISTER TODAY!

Creating A Path Through Grief

Follow-Up Gathering For
Those Who Attended The
April 28th Workshop

TREEHOUSE CLUB

Summer Nutrition & Fitness

Fun for Children

(Fall Grades 2-4)

Session 1 Begins June 5th

REGISTER EARLY!

“Stress Management Intervention for Women with Breast Cancer”.

Sessions To Begin Soon!
Watch Our Website for Details
And Registration Links!

June 2007

Summer Science Programs

(See Page 3 of Monthly Matters)

“Yoga for Breast Cancer Survivors: Stretching, Strengthening and Relaxation”

Sessions To Begin Soon!
Watch Our Website for Details
And Registration Links!

Spotlight on Supplements: Indole-3-carbinole

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.

Eat your broccoli! Cruciferous vegetables like broccoli, cauliflower, and brussel sprouts are nature’s source of indole 3 carbinol that has been recognized as a cancer preventing substance.

One of the ways it works is by affecting the way the liver breaks down estrogen into its metabolites, 2 hydroxy estrone (2-HE) and 16 hydroxy-estrone (16-HE). I3C increases the 2 and decreases the 16. It turns out that 16 HE is the form of estrogen that is a cancer promoter—it affects the DNA mechanism of the cell. The 2-HE uses the same receptors on the cell surface so more of it keeps the 16 HE from causing as much damage.

Studies have shown that women with higher risk ratios of the 2-HE to 16-HE are at much higher risk of breast and cervical cancer. One exciting study showed that shifting the ratio by the use of 200-400 mg of indole 3 carbinole actually caused 50 % of high grade cervical dysplasia (pre-cancer changes) to completely regress in 4 months.

You can have your ratio of the estrogen metabolites measured by a special blood test-worth considering if you have a family history of breast or cervical cancer or if you are facing those challenges yourself. It takes 5 cups of broccoli to get 400 mg of I 3 C, so concentrated supplements are available when appropriate. Ground flax seed and fish oil also help to shift the 2/16 ratio favorably.

-Submitted by Kathleen Stienstra, MD



Creating A Path Through Grief: A Photo Perspective



Creating A Path Through Grief Using The Arts: Resources for the Brokenhearted

Personal Reflections by Cathie Laska

Presenters and participants in the recent workshop, "Creating a Path Through Grief", held at the Landsbaum Center on April 28th, felt that it was a huge success, partially because the event was so lovingly planned and designed by dedicated and professional people who cared about its success.

The day began at 9am with an introduction by Dr. Kathy Stienstra in the auditorium. Then, Cathie Laska presented "Honoring Lydia's Memory Through the Arts", and Zann Carter's "Making Things of Broken Things", told their stories involving each of the losses of their beloved child and how the arts were helpful in dealing with their grief. Many tears were shed.

At 10 AM, groups separated into three workshops for which participants had signed up, and continued their morning with either Music Therapy, taught by Sharon Boyle, MA. of St. Mary of the Woods College; Drawing Through Loss, with Cathie, Zann and Linda Jeffers helping; or Journaling led by Sharon Bauer, MA.

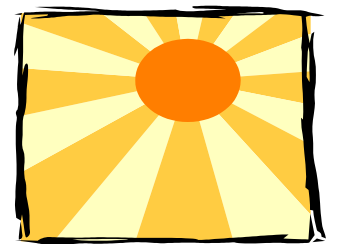
A delicious lunch was offered at noon, catered by Market Bella Rosa, and participants were able to continue their discussions of the morning during lunch. It was a great bonding time. Books dealing with grief and loss were on sale in the lobby from Books a Million, with Mike Gordon as bookseller, and displays from Maple Center, The Chaplains Office, and RTS

Bereavement Services at Union Hospital were available to the public. An art display featuring local artists renditions of loss was also featured and a wide variety of artwork was shown.

A movement activity led by Sharon Boyle brought us all back together at 1pm. It was a very special activity, with soft music in the background while participants made movements signifying their lost loved one. After they performed their movement, the person next to them mirrored their movement with them. Then that person performed the movement signifying his or her loved one and so on. Tears were shed, as were throughout the day. But it was a very beautiful activity.

Afternoon sessions included Art Therapy with Kathy Gotshall, ATR-BC, LCSW, and Suzanne Harris, PhD, who used guided imagery as a Source of Comfort and Exploration when Grieving. The afternoon finished with another gathering in the auditorium, where participants made a circle and spoke of the days' experience. All had positive things to say. Kathy read an inspiring story about Itzac Perlman and a broken string, reminding us to rise to the occasion and do all that we can make beautiful music in our lives even when bad things happen. Evaluations were passed out and a date for a follow-up gathering for those who wished to meet again was set for 7pm on May 31, at the Professional Office Building.

As a presenter and the mother of Lydia, I was very moved by the day and was so happy that it happened.



Online Resources from the workshop Creating a Path Through Grief

Zann Carter has made her opening presentation and poetry available to download as a .pdf, along with her handout with suggestions and resources for making drawing part of a healing path in dealing with loss.

Making Things of Broken Things

<http://www276.pair.com/wrbooks/MakingThings.pdf>

Drawing Through Loss

<http://www276.pair.com/wrbooks/DrawingLoss.pdf>



To These Providers of Grant Funding

Without diverse sources of funding, nonprofit agencies cannot provide the vital services to a community. The Maple Center relies upon donations from individuals, businesses, and organizations to provide some funding. Fundraisers are held throughout the year to benefit The Maple Center. Funding secured through grant proposals is also critical to the success of the nonprofit.

Recently, two grants were awarded to The Maple Center. The **Hollie & Anna Oakley Foundation** awarded \$23,000 to The Maple Center. We express our deepest appreciation to this Foundation for its investment in The Maple Center. This funding will update technology needs, provide vital marketing and advertising funds, as well as funds to support health-focused programs for residents of the Wabash Valley.

The Wabash Valley Affiliate of the Susan G. Komen Breast Cancer Foundation awarded \$11,394.08 to The Maple Center to provide integrative services to breast cancer patients and survivors. This collaboration between The Maple Center and **The Wabash Valley Affiliate of the Susan G. Komen Breast Cancer Foundation** will be a tremendous gift to women fighting breast cancer throughout the Wabash Valley. We thank the Komen Foundation for equipping and enabling The Maple Center to provide these valuable services.



A New Opportunity for Breast Cancer Survivors

Due to the generosity of a grant awarded by the **The Wabash Valley Affiliate of the Susan G. Komen Breast Cancer Foundation**, The Maple Center will be offering educational programs focused specifically on the issues and concerns experienced by women who have been diagnosed and treated for breast cancer. The first class is expected to start in early summer and we are encouraging all interested women to contact us for further information and enrollment.

Programming will include an eight-week program, "**Stress Management Intervention for Women with Breast Cancer**". , meeting for two hours each session. Each session will include instruction on meditative and relaxation techniques as well as guided discussions on coping with the emotional and practical stresses that are part of the experience of breast cancer. The basis of the program was developed as part of a nationally funded research protocol led by Michael Antoni, PhD at the University of Miami.

An additional program being offered through this grant is a 6-week program entitled "**Yoga for Breast Cancer Survivors: Stretching, Strengthening and Relaxation.**" Both programs will be offered to patients who are currently in treatment as well as those who may be finished with treatment but looking for both stress management skills as well as group support. There will be a small fee for the eight-week course and scholarships will be available for those unable to afford the small fees.

Please share this information with any interested family members, friends or colleagues who are battling breast cancer— and feel free to contact the Maple Center (812) 234-8733 or Sue Harris, PhD at (217) 351-7486 for further information. Information will also be forthcoming at www.themaplecenter.org.

Giving the Gift of Health Programming Through Your Donations

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



TREEHOUSE CLUB FOR KIDS

Are you looking for a summer program for your children? Consider The Maple Center's new "TREEHOUSE CLUB FOR KIDS". This innovative program will provide active, hands-on experiences to improve children's fitness levels and instruct them on making nutritious food choices.

Three 4-week workshops will be offered. **Each session will present different materials.**
June 5-12-19-26 (10-11:30 AM)
July 10-17-24-31 (1-2:30 PM)
Sept. 6-13-20-27 (4:00-5:30 PM)
 *If registration warrants, a second session will be held for the June and July workshops.

Class Size Limited to 12 children (Entering Grades 2-3-4 in the Fall)

Cost per 4-week Session: \$55.00
 Limited Scholarships are available for those unable to afford the registration fee. Advanced Registration and Payment Required. 15% discount for families having more than one child enrolled in the class.

Workshop Format:

- Fitness Fun
- Hands On Learning
- Crafts-Nutritional Experiments
- Computer Analysis of Children's Diets
- Treehouse Snacks:
 - Preparation of Healthy Snacks
 - Making Better Food Choices
 - Yoga Stretches/Relaxation
 - Yoga movements that children can utilize while watching television.

TREEHOUSE artwork created by **Jeff Bucchino**, "The Wizard of Draws"
<http://www.cartoonclipart.com>



DOULA TRAINING WORKSHOP

Margy Fauber and Mary Huffman conducted a two day Doula Training Workshop at The Maple Center on April 26 and 27. We were happy to have an energetic and dedicated group of women with caring hearts who joined us in this time of learning and sharing.

Our group included a total of eleven women who came from Sullivan, Clinton, Terre Haute, Brazil, and one woman from Louisville, Kentucky. Nurses, student nurses, a massage therapist, stay-at-home moms, and women who just want to help women in labor brought to the workshop experiences of birth and life. What an amazing group was present.

Doulas have provided services in the Terre Haute area for over thirteen years, and it is exciting to see them be available to women in the surrounding areas of the Wabash Valley. Margy and Mary have been certified doulas and certified doula trainers through DONA International since 1998. Women who complete a workshop such as this have taken their first step toward becoming certified doulas. We plan to offer this training workshop again next year.

--Submitted by Mary Huffman

Happy Nurses' Day to Chris McCormick, LPN



Of The Maple Center

FORENSIC SCIENCES ACADEMY

MIDDLE and HIGH SCHOOL

June 13-15 (8AM-4PM)

Grades 6-11

Fee: \$150.00

Participants must have been enrolled in grades 6-11 during the 2006-2007 school year.

BODYWORKS: THE HEALTH-SCIENCE CONNECTION

ELEMENTARY

June 18-19 (8AM- 4PM)

Grades 1, 2 & 3

Fee: \$75.00

June 20-22 (8AM- 4PM)

Grades 4 & 5

Fee: \$100.00

Participants must have been enrolled in grades 1-5 during the 2006-2007 school year.

HEALTH-SCIENCE ACADEMY

MIDDLE SCHOOL

June 25-29 (8AM-4PM)

Grades 6-8

Fee: \$125.00

Participants must have been enrolled in grades 6-8 during the 2006-2007 school year.

FOR MORE INFORMATION CONTACT:

Mary Beth Seaward, MS
812. 237. 9614 OR
Melissa Dominguez Geib,
MEd 812.237.8588

Carol Crawford:

Living Successfully with Chronic Health Challenges

Carol Crawford was diagnosed last August with a form of Sarcoma cancer, leiomyosarcoma. Mayo Clinic determined that it had metastasized in her lungs and told Carol that it was rare and incurable. Carol decided to become proactive in her life and take charge of her cancer and not let it take charge of her. Carol decided to live successfully with this chronic health challenge!

Along with her oncologist, Dr. Sang Huh, Carol decided to begin chemotherapy, not knowing what kind of side effects she might experience. Carol also wanted to become connected with a doctor who supported holistic, as well as complementary and alternative, medicine. Thus she became involved in the amazing world of Dr. Kathleen Stienstra and The Maple Center, Carol's very own serendipity.

Carol has become an empowered and equipped patient by seeking all avenues of healing possible. When Carol first met Dr. Stienstra, she was excited to learn that she and Dr. Huh were making plans to partner the fields of Complementary and Alternative Medicine and cancer treatment. Dr. Stienstra educated Carol about supplements and antioxidants and added those to her daily regimen. Carol also sought nutritional guidance from Lana Taylor, RD.



Instead of feeling like a victim of cancer, Carol has sought other resources to add to her healthcare arsenal. One of the most important aspects of her fantastic support system has been weekly acupuncture treatment to eliminate any side effects from chemotherapy infusions. Instead of having to battle treatment side effects, Carol's proactive approach to combating cancer treatment challenges, has been a total success!

Carol has also engaged such resources as sessions with Sister Diana Ris, S.P. for laying on of hands; meditation, visualization, and guided imagery. Tai Chi classes have developed another aspect of mindful awareness and meditative focus for Carol.

When one meets Carol Crawford, it would be difficult to know the depth of her health challenges. But to live successfully with a chronic illness means that one lives as though nearly all aspects of life before the diagnosis remain unchanged. And while Carol spends much energy and effort dedicated to her recovery, she realizes the vital importance of living life fully and with as much normalcy as she can maintain!

ONLINE SURVEY



Women of the Wabash Valley are asked to go online to The Maple Center's website at http://www.themaplecenter.org/Maternity_Care/Maternity_Care.htm to complete a Women's Healthcare Survey.

Anne Mishler, CNM, is collecting this data to assist her with planning women's healthcare services for the Wabash Valley.

Shingles Vaccine

The shingles vaccine, recommended for people 60 year old and above, is now available at The Maple Center!! This modified live virus vaccine will decrease the risk of shingles by 50%, and is not recommended for people who currently have significant immune system compromise.

If you have Medicare, your part D prescription drug provider will need to provide the vaccine (the regular medicare program won't cover it if the doctor's office buys it). Ask your part D provider about it—most will arrange to have it sent to your doctor's office (it is kept frozen) so that you can receive it there.

Request Your Maternity Services Packet Today!

<http://www.themaplecenter.org/>

The Life Giving Hands of A Midwife...

A Personal Birth Experience Account of a Maple Center Client

Submitted by April Cronce

My second pregnancy was going extremely well. I was determined to give birth naturally with absolutely no medications. I was induced with my first baby, Karly, at 38 weeks and was apprehensive about what it would be like to begin labor on my own with no Pitocin. Anne and Betsy both assured me that the Pitocin had made my contractions come fast and hard for a long time. "Natural labor is not as hard as induced labor," they said.

My due date, October 27, came and went. Because I had been having contractions nearly every day for two weeks, I had dilated to 3 cm. Those contractions were never strong and never regular. However, on October 29th, at 9 PM, I started having contractions strong enough to take breath away. But like before, they tapered off. The next night, they started around 6 PM. They weren't very strong, but they were coming more regularly than before. By 10 PM, I could count on them being 20 minutes apart. Their intensity was strong enough that I didn't want to walk around during them. I just kept assuming they would taper off and went to bed. I slept very well until 3:15 AM, when I was jolted awake with a strong, burning sensation all over my abdomen and into my pelvis. I had to breathe slowly and concentrate on relaxing my whole body for the duration. When it was gone, I woke my husband, Stephen, and asked him to turn his clock so I could see it to time them.

For an hour, they came every 4-5 minutes and lasted at least 60 seconds. Around 4 AM, I decided to call the hospital and have them page the midwife on call. Meanwhile Stephen called the babysitter for Karly and jumped in the shower. During the contractions, I would sit, stand, or just sway my hips, breathing deeply and *trying* to relax.

By the time we left for the hospital, it was 5:35. The contractions were gradually getting stronger and even coupling together sometimes...just like Anne and Betsy had said. Anne arrived around 6:15 AM and said I was 6-7 cm dilated and should try another position. My back ached terribly so Anne showed Stephen how to squeeze my hips together – this was a tremendous relief. When she realized how badly my back was aching, Anne suggested a sterile water block. Checking my cervix before doing the procedure, Anne discovered I was 9 cm dilated. I could feel the baby getting lower and lower. Realizing it was too late for the sterile water block, Anne directed the nurses to begin preparing for the baby. Finally, one of the nurses got beside my ear and said, "That's it, April, Just bear down!" And I thought I was!



"What does she weigh, 20 pound"? I almost laughed the question and couldn't believe I was nearly laughing while giving birth. No, it wasn't pain-free but I was listening to my body and Anne and the nurses.... and I was doing this!

At 7:10 AM, Mallory Brooke was born weighing 8 pounds, 12 ounces and was 21 inches long. She beat her older sister by 2 pounds and 2 inches. With lots of help, I had given birth with NO medication or IV, not even the promised sterile water block. Not only was Mallory alert and nursing well a mere 10 minutes after being born, but I wasn't dizzy or tired either. Best of all, I had started labor on my own only 13 hours before and had only been at the hospital for one hour! I had even slept solidly for 4 of those 13 hours! SUCCESS!

Construction to Begin Soon!

We are excited to announce that with the help of NAP project donors and the local labor unions with CDI as the general manager, construction will soon begin for the new classroom at One Professional Centre plus renovations in Suite 600 for the John Black Memorial Library and renovation of space for additional integrative health clinicians.

We still have \$2,295.50 in tax credits applicable to 2007 tax year for sale that must be sold by the end of May.

Renovation of the room that will hold the John Black Memorial Library and the remaining suites in the Maple Center will also be done with whatever money is available for the project.

The Neighborhood Assistance Program through the Indiana Department of Housing and Community Development awarded the Maternal Health Clinic with \$25,000 in tax credits which have almost all been sold. We are still short \$4,459 in donations to have the total \$50,000 for the project. We have until the end of May to sell the remaining tax credits. The money generated by the tax credits can only be used for items that are permanently placed in the rooms. Therefore, any furnishings that are needed will have to be paid for through other means. **Donations for the purchase of tables and chairs would be greatly appreciated.** Please contact Mary Huffman at the Maternal Health Clinic 812-238-7301 Monday through Thursday with any questions you may have.



Helping Children Eat Better And Feel Better About Themselves

Submitted by Lana Taylor, RD



Helping children achieve a healthy weight can be a very delicate matter. If your child is overweight, there is probably a good chance that they have been teased at school. Even if they aren't overweight, many children as young as 7 or 8 years old become concerned about their weight. As caring parents, you are the best teacher for your children. They mirror your attitudes and behaviors. You are also the best person to help build your child's self esteem and help them love themselves no matter what their shape or weight is. Here are a few great ideas that can help your whole family:

- Make family meals a priority. Schedule regular meals and snacks. Encourage your children to help in the planning and preparation of meals and snacks. This will help them extend their connection to food beyond eating.
- Make family mealtime an enjoyable guilt-free experience. Turn off the television to encourage conversation and expression of feelings. Don't discipline or criticize your children during meals and avoid arguments over food and behavior.
- Eat breakfast with your kids. Children who eat breakfast perform better in school. They behave and concentrate better, score higher on tests, and remember things more quickly and accurately.
- Set a good example. Lead a healthy, active lifestyle. Eat foods from all the food groups and be physically active for at least 30 minutes a day most days of the week. Be active with your children.
- Encourage your children to be physically active. Physical activity helps their bones grow larger and denser. Focus on the fun of moving and the health and energy benefits, rather than exercise as something that has to be done for weight loss or to burn calories. Most children are not natural athletes. Encourage them to participate in activities they excel in and enjoy.
- Promote acceptance of all body shapes and sizes. Discourage criticism and negative remarks about others. Avoid critical remarks about your own or your child's body.
- Reassure your child that his or her body shape is just right. Dispel the idea that a particular diet or 'ideal' weight or body size is all it takes to be happy, popular and fulfilled.
- Nurture your child's self-esteem. Respect your children as individuals. Admire their skills and talents. Recognize their creativity, intelligence, emotional maturity, and athletic or musical abilities. Let them know that you love them as they are!