



Monthly Matters from The Maple Center

November 2006 – ISSUE 3

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

Exciting news and information fill this month's issue of *Monthly Matters from The Maple Center*. Construction plans are moving forward as funds are raised through our NAP Tax Credit Drive. Important information about our successful Doula and Hypnobirthing programs is featured. And healthy tips for holiday eating remind us that Thanksgiving is just around the corner. There is much to be thankful for at The Maple Center!

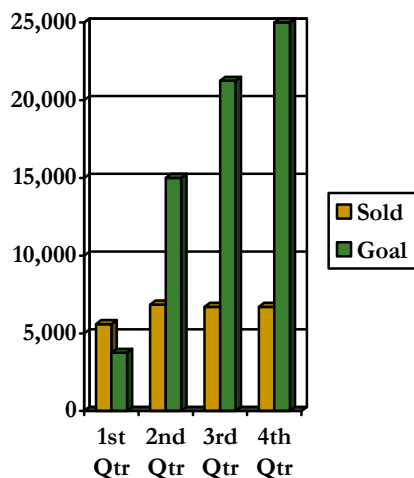
NAP Tax Credits Sold for Union Hospital Maternal Health Clinic

■ \$25,000 tax credits sold=\$50,000 in donation

■ 1st Quarter Goal: \$3,750 tax credits--\$5,590 sold

■ 2nd Quarter Goal: \$15,000 tax credits by Jan 5, 2007

■ Total thus far sold=\$6,850.50=\$13,701 in donations



Construction Plans Move Forward at The Maple Center



Tremendous support for The Maple Center/Union Hospital Maternal Health Clinic NAP (Neighborhood Assistance Program) Tax Credit Drive has resulted in \$6850 of our \$25,000 in tax credits being sold. If you have been considering a financial donation to The Maple Center/Union Hospital Maternal Health Clinic, now is

the time to take advantage of this opportunity. Any support designated toward the NAP Tax Credit Drive, results in a reimbursement to you of a 50% credit on your Indiana state income taxes (limited only by your total taxes). You are also able to deduct the entire donation on your Federal Income taxes. Depending on your tax bracket, this could mean that up to 75% of your support will be refunded to you. (*Please consult with your tax professional regarding your tax situation.)

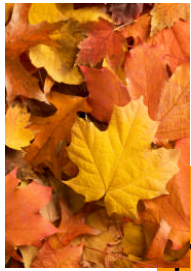
Funds generated from this Tax Credit Drive will be used to construct a classroom in One Professional Centre plus renovate existing spaces for the Dr. John Black Memorial Resource Library and for additional clinicians.

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. 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, lifestyle changing instruction, Hypnobirthing classes, group support for smoking cessation, and Mind Body Skills training classes.

General contractor, **CDI, Inc.** along with architect Steve Arnold of **MMS, Inc.** have been involved in the planning stages of this project and will oversee its construction and completion. Local labor unions coordinated by **CDI, Inc.** and Mr. Charles Toth, will provide the necessary manpower for the project.

Upon completion of construction, The Maple Center's annual Open House will be held in early 2007. Look for upcoming information and details!

Please contact Mary Huffman today to purchase your tax credits. She may be reached at 812-238-7301.



Mark
Your Calendars!

****REGISTER TODAY FOR
TAI CHI CLASSES!**

**NAP Tax Credit Drive –Call today to
purchase!**

**Hypnobirthing Classes
Nov. 15 – Dec. 13
6-8:30 PM Landsbaum Center**

**Nov. 15-Dec. 15
Baby Blanket Drive for
Maternal Health Clinic**

Nov. 21 & 22 – Tai Chi Classes Begin

**The Maple Center’s
Annual Open House-Early 2007**

**Sex Rules? And Love Matters!
6-Week Series on Intimacy & Sexuality
Beginning Wed., February 7th**

**Wrap a Baby In Love This
Holiday Season**



The Maple Center, Inc..

is sponsoring a

Baby Blanket Drive

for the

Maternal Health Clinic

Donations of NEW baby

blankets may be left at the

Maternal Health Clinic

(1801 North 6th Street) or in the

designated containers at Union Hospital.

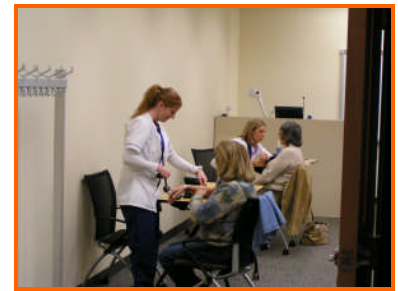
These blankets will help

**to wrap new babies with warmth and love who
are delivered under the loving guidance of the**

Maternal Health Clinic staff.

Blankets will be collected from

November 15-December 15.



Area Women Attend The Maple Center’s “Women’s Health: Thriving During Midlife and Beyond”

On October 28, 2006, The Maple Center Inc. hosted an educational seminar entitled “Women’s Health: Thriving During Midlife and Beyond” at the Landsbaum Center for Education. The goal of this seminar was to provide useful information to women during a time in their lives that is often muddled with change, strain, and confusion. The Maple Center aimed to embrace individuals with the power to make knowledgeable health decisions, as well as view aging in a creative fashion. Registered dietician Lana Taylor explored the myths and facts behind common hype diets, heavily advertised exercise equipment, and diet drugs/herbs in her presentation, “Weight Management: Sorting through the Hype.” Dr. David Howard and Dr. Veanne Anderson, both faculty at Indiana State University, discussed common causes of problems related to intimacy and sexuality and focused on ways of alleviating these tribulations in their program, “Intimacy and Sexuality- Changes as a Couple.” Also, they provided some insight into an upcoming program series that will be sponsored through the Maple Center entitled, “Sex Rules? Love Matters!” in which they will explore sexual health and issues related to intimate relationships over a six-week course.

Following a refreshment intermission and opportunity for participants to visit displayed exhibits, Dr. Kathleen Stienstra continued the presentations. She reviewed current options for prevention and treatment of breast cancer and osteoporosis, including medications, procedures, and other choices in her program, “What’s New in Breast and Bone Health?” Dr. Laura Fredendall changed the pace of the seminar by exploring midlife from a psychological point of view. Her presentation “Where Are You Now and Where Are You Going?” focused on common midlife issues, decision-making tactics, and developmental tasks for women of this age group. In the following segment, “Creative Aging with Joy Panel,” a panel of individuals from women at different stages in their life gave the audience tips and strategies for moving forward in a creative fashion. Panel members included Karen Cunningham, Carla Hedges, and Harriet McNeal. This presentation included questions from facilitator Dr. Fredendall, as well as the audience. The seminar adjourned with a door prize drawing that included donated products and services related to the presented topics.

Forty-one individuals participated in this half-day event. Indiana State University College of Nursing students provided free on-site weight/height, glucose, and blood pressure screenings. Maple Center board members have reviewed feedback from this event and are evaluating the possibility of offering a similarly themed event in the spring. Thank you to all involved individuals for their time, effort, and dedication towards making this seminar a success.



Details on Doulas

What is a doula?

A doula accompanies a woman in labor and mothers the mother, while taking care of her emotional needs throughout childbirth. A doula also provides support and suggestions for partners that can enhance their experiences of birth. Giving birth to a baby is so much more than a physical phenomenon; it engages parents-to-be in a transformational experience -- a key life event full of emotion and meaning.

Doulas make a difference!

Women have a variety of needs during labor and childbirth. In addition to medical care, women benefit from continuous reassurance and constant support, encouragement and respect-- just what a doula is trained to provide. Doulas are educated and experienced in childbirth. They are prepared to provide emotional support before, during and after labor and delivery. They provide physical (non medical) comfort measures, as well as informational support to women and their partners. They offer a loving touch that makes women and their families feel nurtured and cared for.

Two Additional Hands and Another Heart

Hypnobirthing Classes

Preparing to welcome a baby is a life-changing experience, not just through pregnancy and birth, but for the rest of your lives. HypnoBirthing offers a remarkably simple, relaxed approach to this most important transition, as you step into your role as parents and, together, become a family.

What you will Learn:

- **Everything you need to know to achieve a safer, easier, and more comfortable birth**
- **To explode the myth that pain is a necessary accompaniment to labor**
- **What's wrong with labor as it exists with most other childbirth methods**
- **Techniques of deep relaxation to help you eliminate the Fear-Tension-Pain Syndrome**
- **How your body is naturally designed to conceive, nurture and birth your baby with ease and comfort**
- **To create your body's own natural epidural, the only safe labor enhancement**
- **Natural ways to bring your body into labor without artificial chemical induction**
- **How you can create a birthing environment that is calm, serene, and joyful, rather than tense and stressful**
- **Gentle birthing techniques that allow you to breathe your baby into this world without the violence of hard physical pushing**
- **To use your natural birthing instincts to birth your baby in a way that most mirrors the way that nature intended**

Classes

Classes run in a five-week series. Each class is 2 ½ hours in length.

Tuition Fee

\$300.00 – Includes textbook, HypnoBirthing CD, handouts and instruction from a certified HB Instructor.

Clients on Medicaid receive a 50% discount.

Payment arrangements can be made prior to starting classes.

How do I sign up?

You may sign up at The Maple Center, 1801 South 6th St. Terre Haute, IN. Please make checks payable to The Maple Center. We also accept credit cards during business hours. You will receive your textbook and CD at the time you sign up so you can start preparing immediately.

***For more information call Annette Alexander at 238-7301.**



The incorrect photograph was submitted for last month's e-letter. This is the correct photo of Margy Fauber with Penny Simkin. Margy is the 2006 winner of the prestigious Penny Simkin Award.



Healthy Holiday Eating...

Stuff the Turkey, Not Your Guests

TURKEY- Choose to eat white meat rather than dark meat. Eat little or no skin since it can double the fat and calories in a piece of turkey.

STUFFING-Substitute a combination of broth and concentrated apple juice in place of melted butter. Use the usual herbs and spices.

GRAVY-When making gravy, skim all the fat from the pan drippings or use canned low-sodium chicken broth.

POTATOES-Whip up creamy mashed potatoes with buttermilk or evaporated skim milk instead of butter, whole milk, or cream.

VEGETABLES-Skip the butter on vegetables and season them with fresh-squeezed lemon juice or a sprinkling of freshly grated Parmesan cheese.

ROLLS AND BUTTER-Choose whole wheat rolls. Select margarine instead of butter.

BEVERAGES-Sparkling apple juice, grape juice or non-alcoholic champagne makes delightful alternatives to alcoholic beverages.

DESSERT-Finish your meal with low-fat pumpkin pie topped with frozen vanilla yogurt or a small spoon of whipped cream.

We are Thankful for Our Supporters

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.

FLU FACTS

Flu Shot reminders! Arrange to have your flu vaccine **TODAY!**

It is especially important to vaccinate if you:

Are over 6 months and under 6 years old

(*Children who haven't had the flu vaccine before will need two immunizations a month apart.)

**Are Over 50 years old, Are Pregnant, Are a Health Care Worker,
Have a chronic illness or live with someone who has any of these
circumstances.**

With cold and flu season quickly approaching, it is important to reduce the spread of disease using proper techniques to cough and sneeze. OtoRhinoLounsburology Productions has put together an amusing video to demonstrate these techniques. Visit <http://www.coughsafe.com/media.html> to view.

DO YOU KNOW.....

In the US there are approximately 25-50 million cases of the flu reported each year that result in 150,000 hospitalizations and 30,000-40,000 deaths. (Source: www.flufacts.com)

