



# Monthly Matters from The Maple Center

February 2007 – ISSUE 6

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The month where love is revered and celebrated has arrived. February with its associations to matters of the heart, also serves as a reminder to each of us about the importance of love. Embracing life and loving richly are both vital to sustaining good physical and emotional wellbeing. This month's issue of *Monthly Matters from The Maple Center* will offer several heart-related articles and upcoming programs that are both life enriching and educational.



2007 Maple Center  
Annual Dinner &  
Meeting  
Friday, May 11, 2007  
Mark Your Calendar  
TODAY!

## With Every Beat of My Heart

For over a decade, the Institute of HeartMath has conducted leading-edge research on the relationship between the heart and brain and the ways in which this relationship affects physical, mental, and emotional health and human performance.

Recent biomedical research has revealed that the heart is not just a simple pump, but also a highly complex, self-organized information-processing center with its own functional "brain." With each beat, the heart continuously communicates with the brain and body via the nervous system, hormonal system, bioelectromagnetic interactions, and other pathways. The HeartMath Research Center has demonstrated that the messages are demonstrating that the heart sends the brain not only affect physiological regulation, but can also profoundly influence perception, emotions, behaviors, performance, and health.

When a person learns to consciously focus on gratitude and love in their heart center, their heart rate variability (the time between sequential heart beats) changes from erratic to a sinusoidal pattern that varies with breathing-called Brain and Heart Coherence. Biofeedback software has been developed by the HeartMath Institute to assist one in learning to shift emotions in a positive way. The Maple Center is pleased to announce that we will begin offering free sessions to teach these techniques using the biofeedback software.

The Maple Center is pleased to announce that we will begin offering HeartMath assessments for individuals beginning March 12, 2007. These FREE assessments may be scheduled by e-mailing [info@themaplecenter.org](mailto:info@themaplecenter.org) or by calling The Maple Center office at 812-234-8733. Appointments are scheduled on Mondays and Wednesdays between 9-11 AM.

*This information and additional research findings are available at:  
<http://www.heartmath.org/research/our-heart-brain.html>.*

*"Nearly every disease or illness I've seen or treated in two decades of medical practice could have been improved or even cured had my patients or I known how to access the physical power of our heart's intelligence. HeartMath is the owner's manual we've been waiting for to help us recognize and use our heart's energy to help heal our bodies and our lives."*

—Christiane Northrup, M.D.,  
author of *Women's Bodies, Women's Wisdom*

## Calendar Connection



### **February 2007**

2007 NAP Tax Credit Drive  
Continues

### **February 17, 2007**

#### **HEALTH FAIR**

Landsbaum Center for Health  
Education 9 AM –12 PM  
Co-sponsored by AHEC & IU

### **Through February 19, 2007**

Registration for  
The Maple Center's  
"Coping With Chronic Health  
Challenges" Workshop Series  
Access information and register at  
[www.themaplecenter.org](http://www.themaplecenter.org)

### **Hypnobirthing Classes**

Feb. 21-March 21  
REGISTER TODAY ONLINE!

### **February 20-March 27, 2007**

"Coping With Chronic  
Health Challenges"  
6-week workshop held  
at The Landsbaum Center  
3-5 PM

**HeartMath Assessments** Beginning  
March 12, 2007

Schedule Your Appointment Online!  
9:00 AM-12:00 PM  
Mondays & Wednesdays

### **Cheers to Good Health**

Saturday, March 24 (7-9 PM)

### **Tai Chi Sessions Beginning**

March 27 (Landsbaum) and  
March 28 (Regional Outpatient)  
REGISTER TODAY!

### **Annual Dinner & Meeting**

Friday, May 11 (6:30-8:30 PM)

## Spotlight on Supplements: CoQ10

*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](http://www.themaplecenter.org) and click on the Integrative Health Center link which will take you to our "Supplements for Better Health" listing.

CoQ10 plays an essential role in all our cells for energy production. In every cell, we have many mitochondria—the engines that take calories from our food and turn it into energy that supports our cells. An electron transport chain that performs this amazing feat requires the CoQ10 and an amino acid (protein building block) called L-carnitine to function. Cells that work hard, like our muscles and especially our heart muscle, have more mitochondria in them and require more CoQ10.

We make CoQ10 in our livers. Some of us do that better than others and genetics plays a role here. The statins (cholesterol lowering medications like lipitor, crestor, mevacor, zocor, lescol, and pravachol) work by blocking the production of cholesterol in our livers. Unfortunately CoQ10 and cholesterol share a common mother compound called mevalonic acid that is blocked by the statins. This means that while the statins work great to reduce overall cholesterol, they also reduce one's internal production of CoQ10. Replacing the lowered CoQ10 by oral supplementation is a way to assure a continued normal amount for your cells.

Widely used in Japan and Europe, there is evidence that CoQ10 is helpful for congestive heart failure and cardiomyopathies (200 mg/day-especially in association with L-carnitine 500-1000 mg 2-3 x/day), lowering blood pressure (50-100 mg/day), reducing angina (preventing the muscle inflammation/aching that can come with statins (50-60 mg/day), preventing the progression of Parkinson's Disease (1200 mg/day), reducing periodontitis (100-200 mg/day), preventing migraines (100-200 mg/day), improving muscle function in muscular dystrophy, reducing the heart toxicity of some chemotherapies, and if started with in 72 hours of a heart attack and continued for a year, reduction in the recurrence of other heart attacks.

Vitaline brand of CoQ10 is that most used in the published research. It is available at the resource center in The Maple Center.

*--Submitted by Kathleen A. Stienstra, MD*

## What the Science Says About Tai Chi:

Several studies have shown that regular Tai Chi practice has benefits: It can reduce falls in the elderly or those with balance disorders — sometimes dramatically. In one 1996 Atlanta study, elderly people who practiced Tai Chi for 15 weeks reduced their risk of multiple falls by 47.5 percent. Falls are a particular danger for elders and others with brittle bones, or osteoporosis. For such people, falls frequently result in broken bones.

Research has shown Tai Chi has other benefits, too. Participants in the Atlanta study also had lower blood pressure at the end of the study; and a 1999 study that looked at people with multiple sclerosis who practiced Tai Chi found that it contributed to an overall improvement in quality of life for people with chronic, disabling conditions.

--Excerpted from *ARTHRITIS TODAY*

## Tai Chi for March

The Maple Center has experienced tremendous participation with our **TAI CHI FOR HEALTH** classes. Roy Geib, PhD and Steve Walden, Certified Physical Therapy Assistant are experienced, professional Tai Chi instructors who strive to provide individual attention and instruction to each participant. If you are looking for another tool to improve your health, consider registering for our next Tai Chi sessions that will begin March 27<sup>th</sup> and 28<sup>th</sup>. For more details and to register, call our office at 812-232-8733 or access our website at [www.themaplecenter.org](http://www.themaplecenter.org). Online registration and payment links make registering for any Maple Center program quick and convenient!



## Transforming Stress Using Mind Body Skills

Are you feeling stressed out? Take a moment and consider these startling statistics from The Cleveland Clinic:

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, or arthritis in addition to depression and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

If stress is stressing you out, consider enrolling in an upcoming Maple Center program entitled, "Transforming Stress Using Mind Body Skills" taught by Kathleen Stienstra, MD and Jan Croft, LPT. This six-week series will begin Friday, April 13th and will run through May 25th (3:30-5:30 PM). Cost for the series is \$120 (only \$20 per class). Through participation in this workshop, participants will better understand stress and its effects on the body and will learn about and practice ways to transform stress including breathing and relaxation techniques, imagery, mindfulness meditation, Heart Math Brain/Heart coherence techniques, basic yoga poses and relaxation techniques. The goal is for each participant to formulate a personal home practice. As with all Maple Center programming, sliding sale discounts are available to those unable to afford the entire cost of the program. Please access our website at [www.themaplecenter.org](http://www.themaplecenter.org) and follow our Program Links. Online registration and payment links will be available in March.

**CHEERS TO  
GOOD HEALTH!**  
SPONSORED BY  
THE MAPLE CENTER

Saturday, March 24, 2007  
Market Bella Rossa  
669 Wabash Avenue  
7:00-9:00 PM

Proceeds Will Support  
The Maple Center's  
Mission To Provide  
Integrative Health  
Care, Maternity Care,  
and Community  
Health Education  
Programming for  
the Wabash Valley



An evening of wine and chocolate  
tasting — good for you and good  
for your community.

Enjoy an evening of tasting  
fine wines, juices, fruits, and  
chocolates. Rich in  
antioxidants, the evening's fare will  
benefit you and vital health-related  
services for your community.

**Ticket Price: \$20.00**

Many Thanks to Market Bella Rossa for Hosting This Event.  
Art Raffle Tickets Available at The Maple Center.

# COPING WITH CHRONIC HEALTH CHALLENGES WORKSHOP

## SIGN-UP TODAY!

### DATES:

Tuesdays,

February 20th—March 27th

**TIME:** 3-5 PM

### LOCATION:

The Landsbaum Center  
Terre Haute, Indiana

### COST:

The six-session seminar will  
cost \$250.00.

### REGISTRATION DEADLINE:

February 17, 2007

### TO REGISTER AND PREPAY:

- ◆ Access The Maple Center's website at [www.themaplecenter.org](http://www.themaplecenter.org)
- ◆ Or you may call The Maple Center at 812-234-8733.

### Workshop topics include:

- ◆ effects of stress on illness
- ◆ stress management-mind/body skills
- ◆ the benefits of healthy diet and exercise
- ◆ techniques for pain management
- ◆ emotional reactions to illness and ways to counteract these reactions
- ◆ effects of illness on daily activities, occupation, and family relationships.



## Tips For Living Successfully with Chronic Diseases

**Submitted by Suzanne Harris, PhD**

During our lifetime, many of us will receive a medical diagnosis of a condition that may impact us for an extended period of time - and possibly the rest of our lives. These diagnoses include cardiovascular concerns, diabetes, stroke and cancer as well as neurological and immune-function disorders. Many people experience changes in lifestyle, occupation and emotional well-being before and after a diagnosis – and these changes can lead to increased stress on patient and family alike.

Expert medical care is the essential first step of any treatment related to a medical condition – but what can be done to alleviate the stress that often accompanies the health concern? What other avenues of support can be helpful?

Research over the past twenty years suggests several types of intervention can enhance quality of life for persons with health challenges. These include:

- Relaxation: not just 'hanging out' more, but also a regular practice of mind-body techniques such as guided imagery, self-hypnosis, meditation, and mindfulness. These practices can boost emotional well being, decrease physiological tension, and sometimes bring symptom relief.
- Find support: finding a friend, support group, or psychotherapist who can just listen – and share information is helpful. This is important for family members too – everyone is affected in some way.
- Take charge of your care: taking the most active role your health permits in researching your condition, initiating changes in lifestyle patterns, seeking treatments that may help with symptom reduction, and finding other resources of care and support. Taking charge doesn't mean that we do everything ourselves or that we have to do things by ourselves – in fact, asking for help or consultation from others is an important take charge activity!
- Change your thinking: working consciously to change our worries about the present and future to more neutral (but still accurate) thought patterns. This takes some concentration, but often results in significantly decreased daily stress – and much more brain space for life-enhancing experiences.

Information about many of these interventions can be found on the web and in articles and workbooks that incorporate stress management techniques with the treatment of medical concerns. Each intervention has its own benefits – and each person will find some interventions more appealing than others. The goal is to start with any new change or technique slowly and easily – letting it become a comfortable part of your routine before moving on to another.

### A Listening Ear at The Maple Center

**Dr. Suzanne Harris is available on Tuesdays to see adult clients at The Maple Center in Terre Haute, Indiana.**

**Session fees** for individuals and couples are \$100.00 per hour, payable at the time of service. Receipts will be available for persons who wish to file for insurance reimbursement. **To schedule an appointment or obtain further information about services and fees**, please contact Dr. Harris directly at **(217) 351-7486**.

## Preserving Pregnancy: Belly Casting



For most women, pregnancy brings memories that are stored in their minds and hearts for years after the birth of their babies. The Maple Center is now offering an innovative and beautiful way to preserve the memories of pregnancy.

A pregnancy belly cast is a plaster cast made of an expectant mother's beautifully pregnant form. It is done to create a lasting memory of the pregnancy. These casts enable the mother to forever remember how she looked while carrying her child.

One mom is quoted as saying, "It is a really cool way of capturing your pregnant body. You can show your child later that this is what mom looked like when you were inside."

The Maple Center charges \$100.00 (if you are not a Maple Center client) to "preserve your pregnancy" for years to come. Maple Center clients are charged \$75.00 and Hoosier Healthwise clients are charged \$50.00. Some mothers engage the services of artists to paint the casts while others prefer the natural beauty of the sculpture.

Call Annette Alexander at 812-238-7301 or 812-239-5643 for additional details or access our website at [www.themaplecenter.org](http://www.themaplecenter.org).

## The Life Giving Hands of A Midwife...

A Personal Birth Experience Account of a Maple Center Client

Submitted by Julie Ann Morris

Having a baby is one of the most exciting and frightening times of a person's life. There are so many emotions you experience in the 9 months. When I first found out we were expecting I felt so overwhelmed – is the baby going to be healthy? Will I be a good mother? Can we afford a child? And oh yes, the big question, "HOW BAD IS THIS GOING TO HURT!?"

I must say that everything went so much better than I ever expected. I am a firm believer that my pregnancy and birth went as well as did due to the care I received and the birth plan I chose for myself.

I was definitely one of those "first time moms" who didn't know what I was doing, so I asked tons of questions. One day at one of my appointments, I saw a sign about Hypnobirthing. I asked my midwife, Anne Mishler, about it. My husband and I discussed it and we decided we would like to look further into it. Once the classes started, I knew I had made the right decisions for my baby and me.

In the classes, we learned ways to get ourselves into a deep relaxation and how to tune out everything that is going around you. When the time came to have Nathan, I felt like I was going to be this super woman and have the baby without any drugs.

On October 18<sup>th</sup>, my husband Rob and I went to the hospital to be induced the following morning. I was too excited that my baby's arrival would be here in a matter of days. Little did I know that my baby would be here in a matter of hours.

Soon after, my water broke and I was moved into the Labor and Delivery room. This was around midnight. I did a lot of labor on a birthing ball, in the shower, and walking around. It was go great to be able to move around and try to bring my baby down as opposed to lying on the table with an epidural. When I was in labor, I felt like I was really in tune with my body and I just knew what I needed to do to get my son out.

**Nathan Robert Morris was born October 19, 2006, weighing 7 pounds and 7 ounces and he was 19 inches long. He was born at 3:08 AM. Yes, that is right. This was my first child and I had him in 3 hours with NO DRUGS. He came out so alert and perfect. I felt great and was walking around in a matter of hours. I credit all of this to my midwife, Anne Mishler, my Doula Annette Alexander, and the Hypnobirthing classes.**

### 2007 Hypnobirthing Schedule of Classes

Feb 21-March 21  
April 11 - May 9  
May 30-June 27  
July 18-Aug 15  
Sept 5 -Oct 3  
Oct 24-Nov. 21  
Dec. 12-Jan 9

For more information on Hypnobirthing, access our website at: [www.themaplecenter.org](http://www.themaplecenter.org) or contact Annette at 234-8733.

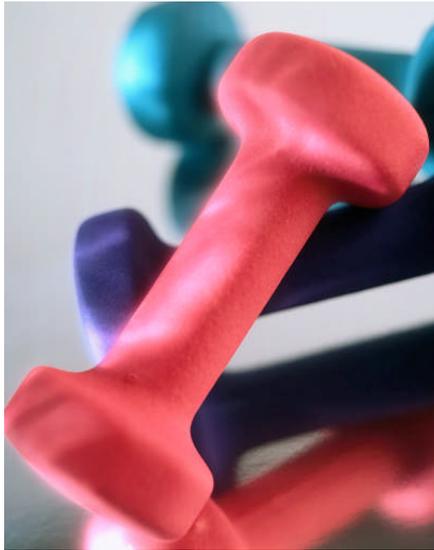
**One Last Push:  
Help To Make Our  
Construction A Reality  
Purchase Tax Credits**

*Tax credits remain available for purchase in 2007. Exciting new programming and services are demanding expansion of our current facilities. Purchase tax credits today and help us to stay on track with our construction schedule. It is a win-win situation for the donor, the Maternal Health Clinic and The Maple Center. **Contact Mary Huffman today for more details at 812-238-7301.***

**TO DATE:**

- \$25,000 tax credits sold=\$50,000 in donation
- 1<sup>st</sup> Quarter Goal: \$3,750 tax credits--\$5,590 sold
- 2<sup>nd</sup> Quarter Goal: \$15,000 tax credits by Jan 5, 2007
- Total thus far sold=\$17,825.5
- \$35,651 in donations

With nearly 100 NAP Tax Credit donors assisting us in 2006, **we optimistically believe that the remaining \$7174.50 in NAP Tax Credits can be sold before the end of February.** Tax credits will be awaiting you when you complete your 2007 tax returns AND construction will be able to initiate in March if these remaining Tax Credits are sold before the end of the month. Will you consider partnering with Union Hospital's Maternal Health Clinic and The Maple Center to reach our goal?



**“Scale Back” with These  
Weight Loss Tips**

**Submitted by Lana Taylor, RD**

- Say no to big portions, especially foods of animal origin and foods with high fat. Start being mindful of how much you are eating. The average adult stomach has only a one-quart capacity. It takes 20 minutes for your brain to register that you are full. A fast eater can consume several thousands of calories

in that time. If you are really hungry, start with a large vegetable salad (with a light dressing) or start with a low fat broth soup.

- Pay attention to your behaviors. Notice when you are triggered to overeat or skip a workout. Observe what foods affect your energy level, digestion, water retention, etc. Keeping a journal and/or food diary is a great way to keep track of your daily food consumption and activity. You can also chart how you are feeling and see if there is a correlation between foods eaten, exercise, (or lack of exercise) and your feelings of wellbeing.
- Weight loss is individual. Each person loses weight at different rates. Don't get discouraged if others are losing faster than you are. Keep your eye on the prize: healthy eating for moderate weight loss (1-2 lbs per week), improved energy and stamina and behavior changes that last. If you are not getting results after a month of consistent healthy behavior change, seek the advice of your health care provider, a registered dietitian, or a certified fitness expert.

*A Maple Center THANK YOU to:*

**CDI, Inc. and Scott Francis**

for the donation of computers to

**The Maple Center, Inc.**

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](http://www.themaplecenter.org)

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