



Monthly Matters from The Maple Center

January 2008 – ISSUE 14

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Has a renewed focus on achieving improved health, fitness, and weight loss comprised your 2008 New Year's resolutions? If your response was, "Yes!" then be assured that The Maple Center continues to be an active partner with Wabash Valley residents in achieving improved health outcomes. Sign-up today for one of our innovative programs today detailed in this e-letter!

If you haven't signed up for our monthly e-letter, please sign-up on our website or call our office at 234-8733 (TREE). **Monthly Matters** and our website keep our clients informed and updated about services and information relevant to integrative and maternity care at The Maple Center.

2007: The Year in Review



Goal setting, attention to the missions and vision of an agency, and strategic planning are vital components of all successful nonprofit organizations. We invite our supporters to review the year of 2007 and The Maple Center's achievements and successes. This list offers each Board Member, staff personnel, volunteer, and program participant reason for celebration!

Completion of the new community classroom and Dr. John Black Memorial Resource Library created reasons for celebration in late 2007. NAP Donors and local labor unions united with donations and manpower to make this dream come true.

New health-focused programs offered educational opportunities to Wabash Valley residents:

- Coping With Chronic Health Challenges*
- Transforming Stress Using Mind-Body Skills*
- TREEHOUSE CLUB for Children*
- Preserving Pregnancy: Belly Casting*
- Creating A Path Through Grief Using the Arts*
- Yoga for Breast Cancer Survivors*
- Stress Management for Breast Cancer Survivors*
- Smoking Cessation and Auricular Therapy*

Improvement of the sustainability of the nonprofit through fundraising and grant writing occurred in 2007:

- Cheers to Good Health! Antioxidant Event*
- Direct Mail Campaigns*
- Dr. John Black Summer Fundraiser*

Grant funding was awarded from the Hollie and Anna Oakley Foundation and the Susan G. Komen Wabash Affiliate

Wide-ranging programs and services for breast cancer survivors in the community offered hope and help through difficult life battles.

Collaboration with Coleman Cancer Foundation to bring integrative services to Wabash Valley cancer patients began and will be implemented in 2008.

Winter Happenings At The Maple Center

January 1, 2008

2007 NAP Tax Credit Drive
Continues

January 5, 2008

Yoga for Breast Cancer Begins
REGISTER EARLY!

January 8 & 9, 2008

Tai Chi for Health

January 8, 2008- Landsbaum
January 9-Regional Outpatient
Therapy

New Registration Fee \$35.00!

January 14, 2008

**Auricular Therapy Session
Begins.**

Contact Debbie Stevens TODAY!

January 23, 2008

**"Stress Management
Intervention for Women with
Breast Cancer".**

3:30-5:30 PM

LIMITED REGISTRATIONS!

January 24, 2008

**"Coping with Chronic Health
Challenges" Workshop
Series Begins.**

Access information and register
TODAY at
www.themaplecenter.org

February 14, 2008

Cheers for Health Fundraiser
Indiana Theater

\$20.00 per person-In Advance
\$25.00 at the Door

**A Night of Chocolate &
Wine Tasting**

March 1, 2008

CELEBRATION OF LIFE

For Breast Cancer Survivors
9:00 AM – 5:30 PM

Holiday Inn, Terre Haute

COST: FREE (Lunch provided)

Registration Required

Spotlight on Supplements: D-ribose

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.

D-ribose is a simple sugar that is found in all living cells and is essential to life. Normally, a person produces this sugar from other nutrients. In some diseases, such as congestive heart failure, coronary artery disease, or fibromyalgia, energy depleted tissues can't produce it fast enough to meet the cellular energy demands.

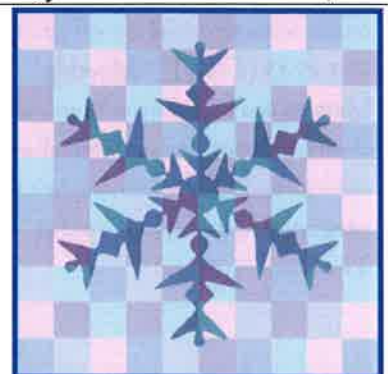
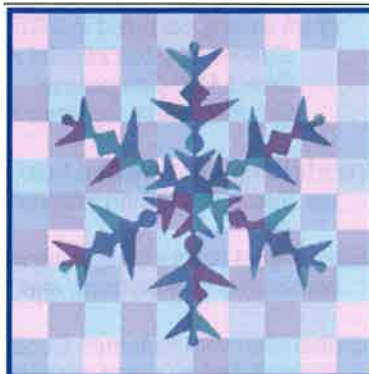
D-ribose, along with CoQ10 and L-carnitine help cells convert food energy to cellular energy in the mitochondria (small intracellular engines.) Supplementation of D-ribose has been shown to improve the energy production by 3-8 times in muscle tissue. Recent research by Dr Jacob Teitelbaum has demonstrated its benefits for persons with fibromyalgia and chronic fatigue. Early feedback from my patients with these conditions has been excitingly positive. One woman with fibromyalgia is pain free for the first time in years.

Recommended doses are:

- Fibromyalgia/Chronic Fatigue Syndrome
5 gm three times per day with food for the first month, then twice per day thereafter
- Congestive Heart Failure/Coronary Artery Disease
5 gm twice per day with food (three times per day for advanced stages)

The Maple Center's Resource Center carries the Corvalen brand of D-ribose powder. Stop by today to examine our many lines of quality supplements.

--Submitted by Kathleen A. Stienstra, MD





*"Wrap A Baby in Love"
Campaign Collects
Over 100 Blankets for
Area Babies*

All blankets were given to the Maternal Health Clinic to present to new babies delivered through their efforts. Heartfelt gratitude is extended to all donors including **Union Hospital employees and supporters of The Maple Center!**

***Tai Chi for Health
Utilize the new,
reduced Maple Center
Tai Chi for Health
Fee (\$35.00)
To motivate you to
achieve your New
Year's Resolution of
better health & fitness.***

Update on Auricular Therapy and Tobacco and other Drug Cessation

I have just completed my first smoking cessation 6-week program with ear acupuncture and acupressure beads. Of the three, one quit, and two have significantly decreased their tobacco usage and feel less desire for the cigarettes. Due to some missed sessions, I am offering them individual sessions so that they receive the full benefit of the auricular therapy.

Another program is scheduled to begin on January 14, 2008; I currently have 3 people interested and would like at least 3 more people.

I began offering the NADA 5 point protocol to Maternal Health Clinic patients in October 2007 and 8 have tried it and 2 have had more than one session. The feedback is positive and the barriers have been transportation, time and childcare. I began offering acupressure beads in August 2007 and 66 patients have worn the beads and many more than one time. Those that continue to wear them indicate increased calm, improved energy and less desire for nicotine.

I met with the Terre Haute Tribune Star and they photographed me applying the needles and interviewed myself and the volunteer. The newspaper recently featured the article and pictures.

Mary Huffman is writing a grant to the Wabash Valley Community Foundation for auricular therapy to be utilized with participants of the Vigo County Drug Court. Judge Brugnaux supports this project and I will be working with the Director of the Drug Court, Paul Southwick to develop the program.

Carrie Evans, the Director of our Local Tobacco Coalition and I have finalized new brochures for distribution to anyone interested that describes auricular therapy and tobacco and other drug cessation services available to the community.

--Submitted by Debbie Stevens





CHEERS FOR HEALTH

Are you looking for an opportunity to share with someone you love this

Valentine's Day? Consider

The Maple Center's
second annual

Cheers for Health.

Our chocolate and wine tasting event will provide you with a memorable evening with your special someone as well as an opportunity to support The Maple Center.

We will feature food and wines from Market Bella Rossa and a silent auction. A local string quartet will provide musical entertainment.

Tickets purchased in advance will cost \$20 and will cost \$25 at the event.

Mark your calendars for February 14th at the Indiana Theater!

COPING WITH CHRONIC HEALTH CHALLENGES WORKSHOP

Begins on January 24, 2008

Starting January 24, 2008 and continuing for 6 weeks, The Maple Center will offer a workshop for persons who are looking for both support and information that will help them manage their chronic medical conditions (including pain). The seminar will be held in Room 352 of the Professional Office Building across from Union Hospital from 3:30 until 5:30 pm. The workshop will be facilitated by Suzanne Harris, PhD, a licensed clinical psychologist with over ten years of experience working with medical patients.

Many patients are encouraged to make lifestyle changes following a diagnosis of chronic illness and often feel isolated and frustrated as they try to make those changes. In addition, chronic illness often introduces new stresses and concerns into daily life as well as significant changes in work and activity patterns. Adapting to all the changes can be overwhelming at times.

In this workshop, participants will learn new techniques in relaxation and stress management, explore some of the personal obstacles that make it difficult to follow medical recommendations, and learn new coping techniques for the concerns and changes that illness and pain create in daily life. Course content includes the following topics: the effect of stress on illness; benefits of diet and exercise; managing pain; emotional reactions to illness and ways to counteract these reactions; and the effects of illness on daily activities, occupation, and family relationships. As each content area is presented, patients will be helped to translate the educational material into a set of personal objectives that can be the foundation of a more rewarding approach to self-care.

Cost of the six-session seminar will be \$10.00. This workshop usually costs \$250 per participant but thanks to the grant funding from the Hollie and Anna Oakley Foundation, this valuable workshop is being made available at this reduced fee. To register, contact The Maple Center at 812-234-8733 or by email at info@themaplecenter.org. For anyone who would like more information about the seminar, please contact Sue Harris at (217) 351-7486 or by email at sdharris52@insightbb.com.



Third Maple Center Program
for Breast Cancer Patients
and Survivors to be
Offered in January 2008

Due to the generosity of a grant awarded by the Susan G. Komen Foundation of the Wabash Valley, the Maple Center will be offering a third educational seminar focused specifically on the issues and concerns experienced by women who have been diagnosed and treated for breast cancer. The first two classes in July and October were enthusiastically received by the participants.

The starting date for the next seminar is Wednesday, January 23, 2008 from 3:30 to 5:30 PM. Sessions will be held in the classroom at the Maple Center. The program is eight weeks in length and there is no fee due to the funding from the Susan G. Komen Foundation. Women of the Wabash Valley who have had breast cancer at any time in their life are welcome – we've had participants who range from 30 years post-surgery to 3 weeks post-surgery.

Each session will include instruction on mind-body 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. While the basis of the program was developed as part of a nationally-funded research study at the University of Miami, each group is oriented to the specific needs and concerns of the participants. The seminar will be facilitated by Jan Croft, one of the leaders of the previous two seminars as well

as the instructor for the Yoga for Breast Cancer program.

Please share this information with any interested friends or colleagues – and feel free to contact the Maple Center for further information and registration at 812-234-8733 or at info@themaplecenter.org. Early registration is encouraged!

Breast Cancer Survivors

*You are cordially invited to a
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!

*WHEN: Saturday, March 1, 2008
9:00 AM - 5:30 PM*

*WHERE: Holiday Inn, Terre Haute
COST: FREE (Lunch provided)*

*RSVP: Reservations must be made by Feb. 15, 2008
Please Call 812-234-8733*

*For More Information or For Online Registration Go To
www.themaplecenter.org*

8:00 AM Registration and Continental Breakfast
9:00 AM Opening & Welcome
"Thoughts on the celebration of life while living with breast cancer"
Presentations by Rachel Drake and Coral Cochran

Session 1 (9:30-11:00 AM) Participants Select One:

The New You
Discussion of wigs, make up, looking good
Tai Chi for Health –Presented by Roy Geib, PhD
Family & Friends
Discussion of the ways that breast cancer affects our relationships
11:00-11:15 Break with snack

Session 2 (11:15 AM-12:45 PM) Participants Select One:

Natural Medicines for Support During Treatment & to Reduce Risk of Recurrence
Presented By Kathy Stienstra, MD
Stress Management: Didactic and Experiential-Presented By Jan Croft
Poetry & Journaling-Presented By Zann Carter

12:45 PM Lunch
Bead Bracelet Creation with Beni from Beading Paradise

**Session 3 (1:45 PM-3:15 PM) Participants
Select One:**

Change Your Diet...Change Your Life-
Presented By Cindy Lucas
Music Therapy: A Source of Support & Self-Expression
Presented By Sharon Boyle
Wisdom Circle –Presented By Kathy Stienstra, MD



3:15pm Break

Session 4 (3:30 PM-5:00 PM) - Participants Select One:

Healing Art: Collage Workshop-Presented By Kathy Gotshall
Yoga & Relaxation-Presented By Jan Croft
Massage & Touch-Presented By Stephanie Van Sickle
5:00 PM Closing Ceremony & Adjournment

The Life Giving Hands of a Midwife...

A Personal Birth Experience
Submitted By: Jodie Smith



When I first found out that I was pregnant, I was ecstatic! It took nine long months to become pregnant after I had a miscarriage. I was afraid that my dreams of having another child would never come true. My partner already had two children from a previous relationship and I already had one child as well. We both love children and hoped for a large family. The miscarriage was really hard for us to get over.

After the miscarriage, we had decided that if we were blessed enough to conceive another child, we were going to have a completely natural birth. We did not want to have any medical interventions throughout the pregnancy and delivery. It was also very important to us that my partner have the opportunity to fully participate in the birthing experience.

I had heard about the Maple Center on television. Until then, I was unaware that there was a Midwife in Terre Haute and we were researching the possibility of having a home birth. From the time that I met Anne Mishler CNM, I knew that we had made the right choice. She was very caring and informative. I felt

confident that I could successfully experience a natural birth with her assistance.

I was very nervous throughout my pregnancy because I did not want to experience another miscarriage. Anne helped put my fears aside and I was able to carry my daughter to full-term while completing student teaching. She also put me in touch with Annette Alexander who became my Douala.

My sister's birthday was on May 8 and around 9:30 pm, after all of the festivities, I started feeling pressure. By 10:00 pm I was starting to have very mild contractions and I had a little bloody discharge. I told my partner that we needed to go to bed and get a good night sleep because I thought that I was in labor. He did not believe me, but we went ahead and called it a night. I woke up around 6 am the next morning and lay in bed wondering if my contractions had stopped. After a few minutes I realized that I was still having them and that they were pretty regular. I started timing them and found that they were about 5-7 minutes apart. When my partner awoke around 8:30 am, I informed him that I was definitely in labor. Since I was already scheduled for an appointment with Anne later that day, we decided to stay home and see if they progressed. Around 10 am Anne's office called to reschedule my appointment because Anne was at the hospital with 3 other patients who were in labor. I informed the receptionist that I too was in labor and that I would be at the hospital sometime that day. I called Annette and let her know that I was in labor. Shortly after, Anne called to check on me. By 2 pm my contractions were approximately 1-2 minutes apart and lasted 45-55 seconds. They were starting to get pretty intense and I was still lightly bleeding. I called Anne and informed her about my progress. She said that she would get a room ready for me and that she would see me in a little while. I decided to take a shower before going to the hospital. The shower felt so good that I did not want to get out. By the time that I finally got out and was ready to go to the hospital, it was about 4 pm. The hospital was extremely busy with laboring mothers and they did not have a room for me, so I decided to walk around for a while. Around 5 pm we returned to the labor and delivery area and found a room waiting for me. I got settled in and decided to walk some more. While I was walking, Annette showed up ready to support me. At that point, I was only about 5 cm dilated. By 6:30 pm I was ready to stop walking and return to my room. Annette located a birthing ball for me to sit on and she rubbed my back as I continued to labor. By 7:30 pm, Anne checked my progress and informed me that I was only 7-8 cm dilated. I agreed to allow Anne to break my water and my labor quickly progressed. By 7:40 pm I was feeling the urge to push and by 7:45 pm, with Anne's guidance, my partner received my daughter. After a few minutes he cut the umbilical cord. Faithful Lee Haynes entered the world very peacefully and calmly. I was surprised to see how alert she was and a little worried that she did not cry. Annette stayed and helped me with my first breastfeeding experience. Shortly after, we settled into the postpartum room. By morning we were feeling great and anxious to take our new bundle of joy home. Faith's doctor said that she would discharge her after she had a wet diaper. Anne came to check on me and we expressed our desire to leave the hospital. She agreed to discharge me when Faith got discharged. By 3 pm we were on our way home. I felt great and Faith was perfect.

We were extremely pleased with our entire experience from prenatal to postpartum. Anne and Annette were fabulous! I got my wish to have a completely natural birth and I am extremely happy that I was able to leave the hospital without one single needle stick. We plan on having one more child and look forward to having Anne and Annette to be a part of our birth plan. It would be great if there were a birthing center by then!

Make Purchasing
NAP Tax Credits
A Part of Your
2008 Tax Planning!

We still have \$9,309 tax credits to sell in the next five months that will generate \$18,618 in donations for the Maternal Health Clinic. Contact Mary Huffman at 238-7301 to learn more about this opportunity to lower your tax bill AND support vital Maternal Health Clinic services.

- **\$29,600 credits to be sold=\$59,200 in donation**
- **1st Quarter Goal of \$4,440 tax credits—(\$8,880 donation) was met with \$4836 tax credits sold and \$9672 in received donations.**
- **2nd Quarter Goal is total of 60% sold = \$17,760 and \$35,520 in donation. Thus far \$20,291 sold and is \$40,582 in donation.**



An Inspirational Video To View

Do you feel that you have had a difficult day? Have the winter doldrums invaded your outlook on life? Then take a few moments to copy and paste this link into your browser. This **YouTube** video clip entitled, "***She without arm, he without leg ballet - Hand in Hand***" should encourage and uplift each reader's spirit and determination to overcome the obstacles of life.

<http://uk.youtubecom:80/watch?v=LnLVRQCjh8c>

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 donated to the "Give the Gift of Good Health" Campaign in December 2007.

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

The Maple Center is a nonprofit 501(c)(3) organization and donations are tax deductible to the extent allowed by law. Please consult with your tax professional regarding the specifics of your personal tax situation. The Maple Center Board of Directors, staff, and volunteers value the support of our donors and at times publicly recognize donors. Please advise us if you would prefer to remain anonymous.



HEALTHY HABIT KICK-OFF FOR 2008

2008!! A New Year! Many of us look at this as a time of introspection, hope, and resolve to make **this** year better than the last. We contemplate changes we want (or need) to make to improve the quality of our lives. Many of these changes involve improving our health. But unfortunately, most of those resolutions to lose weight, get fit, or improve your diet go unresolved after a few weeks or months.

Let's face it, change is **hard**. Habits, or behaviors, become ingrained, automatic, and comfortable. Some of those habits can be knowingly harmful. To change a behavior takes constant mindfulness and effort until the healthier behavior is well established. The following are a few ideas that may help your healthy resolution reach fruition:

- Think in terms of “**goals**” rather than

“**resolutions**”. Goals infer more of a process of working toward a healthier behavior. Resolutions elicit perfection, so if there is a slip or two, you feel like a failure.

- Create a plan. Write down clear steps that can be put into action.
- Set small goals that are attainable. Instead of saying, “I’ll work out everyday day”, think of fun activities that you like to do. If you like to dance, set aside time to take a dance class. If you like to swim, check out the community Y’s swim hours. Each month add another fun activity as you become comfortable with the last.
- If you want to lose weight, start by just cutting back on portions and adding an extra fruit or vegetable to your diet each week. Most fruits and vegetables are low in fat and calories. (It’s what we put on them that increases both!)
- Have a goal each month. It may be the same goal as last month, but stick with it until you feel comfortable with the change, then move on to another.
- Set yourself up for success. If you want to eat healthier, plan more meals to be prepared at home. On days off, make larger batches of healthy soups or stews, and freeze for later in the week. Just add a salad and some fruit to have quick meals at home for most of the work week.
- Try the buddy system. Change is always easier if you and your fitness partner encourage each other, even if you are working on separate goals. Having a walking partner and/or someone to share healthy recipes can give you the encouragement you need to keep motivated.
- For weight loss, plan for gradual loss. Remember, you didn’t put the weight on overnight. It takes time.....be patient and keep moving !
- If you get off track **don’t give up!** We all have unexpected things come up that can get us off our course. Acknowledge that you have gotten off track and get right back on. Keep positive by telling yourself you can do it and you will be glad you did!

--Submitted by Lana Taylor, RD

