



# Monthly Matters from The Maple Center

August 2006 -- ISSUE 1

1801 North Sixth Street, Suite 600, Terre Haute, IN 47804

Phone (812) 234-8733

**G**reetings from The Maple Center! We are pleased and excited to send our first e-letter to you. Each month we hope to you keep you abreast of new programs and opportunities being offered at The Maple Center. Educational information and health-related programming are available at The Maple Center as well as integrative care and maternity care. If you prefer not to receive this e-letter, please notify us.



The Maple Center, Inc.

Announces the

**Dr. John Black**

**Memorial Library**

**Fundraiser**

August 16, 2006

7:00-11:00 PM

Brew Haus

401 S. 9th Street

Terre Haute, IN

\$15 per person-at TheMaple Center

\$20 at the door

Hor d'oeuvres—Live Music

Silent Auction



**F**riends –

Together we have birthed The Maple Center, Inc—an empowering and labor-intensive experience. Our infant organization has grown, explored, and learned during our first year.

“It takes a village to raise a child” and the fun has just begun...

Partnerships with individuals and organizations that share our vision are crucial to our future success. Special thanks to

- The IU School of Medicine, Area Health Education Center, and Landsbaum Center which helped to sponsor educational activities.
- Union Hospital Foundation which housed our nonprofit activities until we received our 501c3 number.
- Union Hospital, which generously remodeled One Professional Centre to accommodate us and supported the establishment of a new and separate location for the Union Hospital Maternal Health Clinic with nurses midwives as part of the staff.

We are pleased to be also working with Regional Hospital by offering Tai Chi classes in their therapy center. Our future plans for educational programming include working with both the north and south sides of our community.

We are excited about adding a resource library named in honor of Dr John Black—whose life stands as a remarkable example of an exemplary integrative physician and educator. This browsing library for the public and health care learners will include Dr Black’s seed library of integrative medicine and acupuncture books plus an adoption resource center and a computer/printer for Internet resources. We anticipate classes on how to use the Internet wisely for health information. Union Hospital is donating the room in The Maple Center that will house the library. Donations of current health related books are welcomed. The fundraiser is to buy furniture, a computer and additional resources for the library. To purchase advance tickets, send your payment to The Maple Center, and they’ll be available for you at the door.

The Maternal Health Clinic has also been awarded state Neighborhood Assistance Program tax credits. Donations through this program provide 50% of one’s donation directly off Indiana state taxes. 100% of the donation can also be claimed on federal tax, so the majority of the donation will be refunded by lower taxes. We are looking for \$50,000 in donations. These funds are for materials which in addition to pledged free labor by several labor unions will make the second floor class room in One Professional Centre accessible to all (elevator and fire escape) plus add storage space. These improvements to One Professional Centre will translate to rent credit for the nonprofit Maple Center. Rent from the providers in the Integrative Center will then support the nonprofit activities for approximately 5 years. The tax credits will be available for purchase at the fundraiser or call Mary Huffman at 238-7301.

Supporters who have shared their time, talent, and treasure have been and will be indispensable. Feel free to forward this newsletter !!

Thank you to you all!

Kathleen Stienstra, Chair of the Board

## Tai-Chi for Health Classes

Call the Maple Center today  
at 234-8733 to sign-up!  
Tuesdays-classes beginning  
September 19

5:30-6:30 Tai-Chi for Health Beginner  
and Advanced  
6:45-7:45 Tai Chi for Diabetes  
Classes Beginning September 20  
Regional Hospital

COST: \$70 for 8 classes  
(In accordance with Maple Center  
policy, a sliding fee schedule is  
available.)

**Class size is limited to 15.**

*How fit does one have to be to  
participate?*

*If a person can walk, a person can do  
Tai-Chi!*



### HypnoBirthing Classes at The Maple Center

HypnoBirthing teaches techniques for safe  
and more comfortable birthing through guided  
imagery, visualization, and special breathing.

#### What you will Learn

- Relaxation and self-hypnosis techniques to eliminate the fear and tension that cause long labor and pain, replacing it with confidence, calm, and comfort.
- Other techniques to produce shorter, more comfortable labor.
- The creation and control of the body's own natural anesthesia
- The source of the myth that pain must accompany normal birthing
- How the mother's body is designed to work in neuro-muscular harmony with nature throughout labor.
- Practice deep relaxation during and between uterine surges.
- The importance of prenatal and perinatal bonding.

For information and registration please call  
Annette Alexander at 812-238-7301, or The  
Maple Center at 812-234-8733. After hours you  
may call 812-239-5643.

### Upcoming Events at The Maple Center:

**Aug. 31 – “The Many Faces of Postpartum Depression”  
Seminar (7-9 PM) at Landsbaum Center**  
**Sept. 19 – Tai Chi Classes Begin at Landsbaum Center**  
**Sept. 20—Tai Chi Classes Begin at Regional**  
**Sept 22-23 – Doula Training Classes**  
**Oct. 28 – Fall Community Health Seminar**  
**HypnoBirthing Classes Offered Every Other Month**

### How Well Do YOU Know The Maple Center?

- ◆ Do you know that The Maple Center was established as a nonprofit organization in 2004 to assist individuals and families optimize health and the quality of their lives?
- ◆ Do you know that The Maple Center offers high quality and accessible Integrative Health Care and Maternity Care options?
- ◆ Do you know that The Maple Center promotes a mutually respectful partnership between the client and health care provider?
- ◆ Do you know that The Maple Center supports access to family centered maternity care **for all** in the community at the Maternal Health Clinic?
- ◆ Do you know that The Maple Center supports a dedicated home with expanded services for the Maternal Health Clinic?
- ◆ Do you know that The Maple Center delivers the option of nurse midwifery care to the Wabash Valley?
- ◆ Do you know that The Maple Center provides integrative health consultations for all ages, and lifestyle transforming educational programs and support groups for men and women?
- ◆ Do you know that The Maple Center has created a place where individuals and their families find a listening ear and caring heart?
- ◆ Do you know that The Maple Center has an extensive product line of supplements available?
- ◆ Do you know that The Maple Center offers health-related programming for our community?
- ◆ Do you know that medical acupuncture services are available at The Maple Center?
- ◆ Do you know that planning and fund raising is underway to establish onsite The Dr. John Black Memorial Resource Library—a free resource for patients to obtain research data on their medical conditions?
- ◆ Do you know that in an effort to continue to provide services to our community, including a high percentage of impoverished clients, that we must depend upon YOU for financial support?
- ◆ Do you know that many corporations in our community will match gifts that their employees donate to nonprofit organizations?
- ◆ Do you know that YOUR support is appreciated?

# The Many Faces of Postpartum Depression

A community seminar  
sponsored by  
Union Hospital  
Maternal Health Clinic

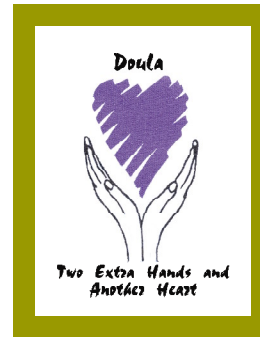
**WHEN:**  
Thursday, August 31, 2006

**WHERE:**  
Landsbaum Center for  
Health Education  
Auditorium  
1433 N 6 ½ Street  
Terre Haute, IN

**COST:** Free

**TIME:** 7-9 PM

**CONTACT:**  
Mary Huffman to reserve  
your place –  
812-238-7301 Or  
mhuffman@uhhg.org



## Doula Training Workshop

The Maple Center will be offering a two day Doula Training workshop. A doula accompanies women 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 experience 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. In addition to medical care, women in labor benefit from continuous reassurance and constant support, encouragement and respect - just what a doula is trained to provide. When a doula is present during and after childbirth, women report greater satisfaction with their birth experience, make more positive assessments of their babies, have fewer cesareans and requests for medical intervention, and less postpartum depression. Research shows that women with doula support:

- \*have shorter labors by two hours on average,
- \*require fewer interventions like forceps, vacuum, or pitocin,
- \*have fewer c-sections, epidurals, and less need for pain medication,
- \*have more positive feelings about their birth experience,
- \*have less postpartum depression,
- \*their babies have fewer newborn complications like infection or need to go to special care nursery units,
- \*breastfeeding goes better, and
- \*affection between moms and their babies is more apparent.

The Maple Center will be offering a doula training workshop on September 22 and 23, 2006. The Maple Center is located at One Professional Center, 1801 N. 6<sup>th</sup> St. in Terre Haute, IN. 47804.

The two day Basic Doula Training Workshop will be presented by Margy Fauber, BSN, ICCE, CD (DONA) and Mary Huffman, BSN, MSM, ICCE, CD (DONA).

The workshop will begin at 7:30am each morning with a continental breakfast and registration. The course will end at 5:00pm

The fee is \$300.00 which includes instruction, written materials and continental breakfast and snacks for each day. Lunch will be on your own. Please bring two pillows and wear comfortable clothing.

Pre-registration and payment deadline will be Friday, September 15, 2006.

For more information, you may call Annette Alexander at 812-238-7301 ext. 238, after hours at 812-239-5643 or by email: [apalexander@uhhg.org](mailto:apalexander@uhhg.org)

If you wish to pay by credit card you may do so by phone at 812-234-TREE or at The Maple Center. Checks should be made payable and mailed to: The Maple Center, 1801 N 6<sup>th</sup> St. Terre Haute, IN. 47804.

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