



# Monthly Matters from The Maple Center

December 2009

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



Happy Holidays  
From The Maple  
Center's Board of  
Directors, Staff, and  
Volunteers  
To Our Supporters

Please Review  
Upcoming  
Opportunities  
To Support  
The Maple Center's  
Vital Programming  
On Page 8!

## 'Tis the Season.....

*As we enter the month of December our thoughts and energy are channeled into preparing for holiday gatherings and gifting. During this season a significant event for The Maple Center is the annual fundraising letter campaign. The sustainability of The Maple Center depends on all of us!*

*As a supporter of The Maple Center you should receive the annual fundraising letter requesting your gift of financial support. It is an invitation for you to partner with The Maple Center to achieve its mission of offering lifestyle transforming health educational programs and integrative health services for the very young to the young at heart on a sliding scale. If you do not receive the fundraising letter, consider this your invitation to participate.*

*We've all been touched by our country's financial challenges. Grant opportunities have been reduced and more of us are in need of assistance for health options that support us during these stressful times. With this in mind it is even more critical that you support the unique health education programs of The Maple Center. If you have benefited from The Maple Center's education programs and integrative clinical services, consider giving others in our community the same opportunity. Your financial gift to The Maple Center will do just that!*

*Would like to make your donation in someone's name? This can be acknowledged in the form of a gift card to the person or in a newsletter article stating that your donation was in honor or in memory of someone special to you. Donations in honor or in memory will be listed in 2010.*

*The Maple Center is a nonprofit 501(c) (3) organization and donations are tax deductible to the extent allowed by law. You will receive a letter of gratitude documenting your donation. At times donations are acknowledged publicly. Please let us know if you prefer to be anonymous*

*Bring 2009 to a close with a gesture of hope for health by giving generously to The Maple Center's annual fundraiser campaign.*

*Make your tax deductible gift to The Maple Center today!*

*Wishing you and yours Happy Healthy Holidays!*

*Melissa Dominguez Geib, MEd  
The Maple Center, Executive Director*





## Calendar Connection

**The Maple Center  
Registration: 812-234-8733**

**Tai Chi for Health  
Tuesday Classes Start MARCH  
2, 2010 for 6 Weeks**

6:30-8:00 PM

Landsbaum Center for Health  
Education  
Fee: \$50.00

**Wednesday Classes Start  
MARCH 3, 2010 for 6 Weeks**

6:30-8:00 PM

Terre Haute Regional Hospital  
Outpatient Therapy Facility  
Fee: \$50.00

**Natural Childbirth Classes**  
2nd and 3rd Saturdays Monthly  
1-4 PM Fee \$50.00

### **Music Therapy**

Tuesday Afternoons By  
Appointment  
Fee: \$50.00 per 50 Minute Session  
Call 812-249-4290

### **PROGRAMS**

**At the Hux Cancer Center  
For Cancer Patients/Survivors  
& Patients with Chronic Illnesses**

**Tai Chi:** Mondays and Thursdays  
4-5 PM

Starts Jan. 4 for 6 Weeks  
Fee: \$50.00

**Yoga:** Saturdays, 10-11:30 AM  
Starts Jan. 9 for 6 Weeks  
Fee: \$50.00

**For Registration Call  
The Maple Center:  
812-234-8733**

*Scholarships for Breast Cancer  
Patients and Survivors through a  
Susan G. Komen for the Cure,  
Wabash Valley Affiliate Grant*

## *The Greatness of Green Tea*

Seeking a soothing and enjoyable beverage that is also good for you? Green tea is a good choice. The tea is green because the tea leaves (*camellia sinensis*) are used immediately after harvest to limit enzymatic changes and preserve antioxidants as opposed to oolong tea (partially fermented) and black tea (fully fermented). To make tea, people typically use 1 teaspoon of tea leaves (loose, in a bag or in a tea ball) in 8 ounces of recently boiling water--steep for 1-3 minutes--longer can cause a bitter taste.

Green tea is rich in polyphenols including catechins (EGCG), which are responsible for many of its benefits. Three cups/day provides 240-320 mg of polyphenols. Drinking green tea is associated with a reduced risk of several cancers (bladder, breast, cervical, esophageal, stomach, lung, ovarian, pancreatic), lowered cholesterol and triglycerides, lower risk of stroke, diabetes, heart disease, Parkinson's, obesity, and osteoporosis. Catechins prevent rapid cell growth, increase the death of cancer cells and promote enzymes that fight carcinogenesis and reduce inflammation associated with cancer and many other chronic diseases. Drinking green tea reduces the size of oral leukoplakia (white spots in the mouth often caused by chewing tobacco) and gingivitis (inflammation of the gum line at the base of the teeth).



Green tea contains caffeine (10-80 mg/cup) which should be avoided by pregnant or nursing mothers, those with anxiety or insomnia, palpitations, irritable bowel syndrome or premenstrual syndrome. Luckily, decaffeinated green tea is readily available and still contains the healthful catechins.

Green tea extracts are being used and researched for cancer treatment. EGCG seems to prevent new blood vessel growth (angiogenesis), cause cancer cell death (apoptosis), reduce DNA damage, helps the body clear HPV (human papilloma virus), and has an inhibitory effect on HIV. It enhances the effects of some chemotherapy. A specific green tea extract ointment (Veregen) is FDA approved to use topically to treat genital and peri-anal warts. Preliminary evidence suggests that EGCG may prevent oxidation and apoptosis of neurons, which may protect people from developing Alzheimer's disease. The Resource Center at the Maple Center carries and EGCG extract called teavigo.

Sipping a cup of decaffeinated green tea in the evening can serve as a delightful alternative to high calorie snacks. I like to combine green tea with other herbal teas like licorice or lemongrass.

*Submitted by  
Kathleen A. Stienstra, MD  
The Maple Center Board Chair*

# CREATING A PATH THROUGH LOSS

## *The Art as Healing Tools*



On Saturday, November 14 Zann Carter and Cathie Laska welcomed the attendees of the *Creating a Path through Loss / The Arts as Healing Tools* by sharing the history of the workshop and telling their own stories of using the arts to create paths through personal losses. The 3<sup>rd</sup> annual workshop was dedicated in loving memory of Patrick Burkett, Lydia Laska and Sue Warner.



Workshop components and facilitators included Writing/Journaling and Taking It Home-Zann Carter, Drawing-Cathie Laska, Collage-Kathy Gottshall and Sharing Circle/Lotus Movement Closing-Amy



Kindred. Throughout the workshop Indiana State University art student, Rebecca Eggleston assisted.

Workshop attendees experienced guided writing in journals, created drawings, explored dough creations and made collages. All of the attendees left the workshop with a new journal, resources and suggestions for using arts as healing tools, and works of art which they created. The

attendees were encouraged to continue on the path of healing by further exploring the arts.

Connected in loss and through the art experiences, attendees and facilitators shared smiles, laughter and tears. Attendees appreciated the opportunities that this workshop provided to share their loss stories freely and to experience different art forms for healing.



This workshop was offered by the Maple Center through generous contributions from: Art Reach/Maryland Community Church, First Unitarian Universalist Congregation, Patrick Burkett Memorial Fund and Ed Warner. The planning committee and The Maple Center extend gratitude to all of the supporters of this workshop including Shaun Hussey for his design of the promotional flyer and "Art Heals" buttons, and Todd Nation for a donation of materials.

The planning committee was composed of Zann Carter, Rebecca Eggleston, Melissa Dominguez Geib, Kathy Gottshall, Amy Kindred and Cathie Laska. The Maple Center extends



gratitude to the workshop planning committee/facilitators, supporters and to the attendees for sharing their stories. We invite anyone interested to consider joining us as we plan the 4<sup>th</sup> annual

*Creating the Path through Loss/The Arts as Healing Tools* workshop scheduled for November 2010.



**ART HEALS**

*Submitted by Melissa Dominguez Geib, MEd  
The Maple Center Executive Director*



## The Arts as Healing Tools: Poetry

### THE CONTEST

In October my odyssey began  
When I woke one morning  
Noticing some discoloration  
Which seemed to be a warning.

I told my mom who called the doc.  
And me she wanted to see.  
I left school at 9 o'clock  
From illness I want to be free.

Dr. Klanky ran some tests  
To try to find the answer  
She did what she thought was best  
I was afraid I had cancer.

With an ultrasound coming  
She told me not to fear.  
My hopes were sharply falling  
For my future was unclear.

They thought it was a bladder  
stone  
But found it wouldn't move.  
That gave their voices a somber  
tone  
A tumor they would have to  
remove.

Next came the biopsy  
When I would soon learn  
How big and bad the tumor was  
They knew it had to be burned.

Now the tumor has been gone  
And more tests have to be done.  
I am playing a happy song  
For the battle I have won.

*By Brandon Coble*

*This poem was submitted by the poet's proud grandmother, Mary Burns, a cancer survivor. Mary has joyfully shared that further tests revealed that Brandon's tumor was benign and he is tumor free. Brandon has resumed his regular activities including playing saxophone in the Ohio Marching Jazz Competition with his high school band.*



# THANK YOU

to all who supported  
The Maple Center fundraiser

## ROCK YOUR SOCKS!

The fundraiser Rock Your Socks successfully raised funds for Maple Center programs that involve the arts as healing tools thanks to your purchases of these delightful socks!

The Maple Center extends special thanks to Zann Carter for her vision, donation of start up funds and for being the #1 salesperson!

Thank you to Martha Crossen at Riverwools and Stephanie Downing at Insight Arts for displaying and selling socks.



Also, special thanks to Kristi Turner and Katy Harden of The Maple Center Clinical Office for their assistance in selling socks during this fundraiser.

If you love your Solemate Socks and want more, or if you missed purchasing a pair in 2009, look for

## ROCK YOUR SOCKS

in 2010!



## Parenting: The Most Important Job...



The Maternal Health Clinic sponsored a Parenting Workshop entitled *Parenting: The Most Important Job You Will Ever Have*. It was held on Saturday, October 31 at the Landsbaum Center for Medical Education. The featured speaker was Pamela Hood, RN, CNE, LCCE, FACCCE, IBCLC, RLC, CHBE. Pamela is an assistant Professor, Perinatal Education Coordinator, and Lactation Consultant at Women and Children's Center at Sarah Bush Lincoln Health Center in Mattoon, IL. Her presentation focused on *Building a Better Baby*. She demonstrated how we can create wonderful little people . . . "who will eventually rule the world" by providing Love, Safety, Emotional and Psychological Security, and Nurturing. Methods from the research by Dr. Harvey Karp founder of "The Happiest Baby on the Block" were demonstrated by Pamela.

We had play time with Erika Edwards from Hamilton Center's Healthy Beginnings program. Erika showed the importance of playing with your child, and how parents need to spend at least a small time

each day in some type of play with their children.

Tina Cardarelli and Barb Himes came from the Indiana Perinatal Network. Tina is the State Breastfeeding Coordinator and Barb is the SIDS and Infant Loss Program Coordinator. Together they discussed the importance of breastfeeding and safe sleep practices.

It was a wonderful day with great information! The program was made possible by a grant from the Eli Lilly Foundation.

*Submitted by Mary Huffman, RN, BSN, MSM, ICCE*

### Healthy Holiday Recipe from *Eating Well Magazine:* Chocolate Bark with Pistachios & Dried Cherries



*With the news that dark chocolate contains some healthful properties, there is a better excuse than ever to indulge during the holiday season. Specks of green pistachios and red dried cherries in this chocolate confection make for a festive holiday gift.*

#### Ingredients

- 3/4 cup roasted, shelled pistachios, (3 oz.), coarsely chopped
- 3/4 cup dried cherries, or dried cranberries
- 1 teaspoon freshly grated orange zest
- 24 ounces dark chocolate, finely chopped, divided

#### Preparation

1. Line the bottom and sides of a jelly-roll pan or baking sheet with foil. (Take care to avoid wrinkles.) Toss pistachios with cherries (or cranberries) in a medium bowl. Divide the mixture in half; stir orange zest into 1 portion.
2. Melt 18 ounces chocolate in a double boiler over hot water. Stir often with a rubber spatula so it melts evenly.
3. Remove the top pan and wipe dry. Stir in the remaining 6 ounces chocolate, in 2 additions, until thoroughly melted and smooth.
4. Add the pistachio mixture containing the orange zest to the chocolate; stir to mix well. Working quickly, scrape the chocolate onto the prepared pan, spreading it to an even 1/4-inch thickness with a rubber spatula. Sprinkle the remaining pistachio mixture on top; gently press it into the chocolate with your fingertips. Refrigerate, uncovered, just until set, about 20 minutes.
5. Invert the pan onto a large cutting board. Remove the pan and peel off the foil. Using the tip of a sharp knife, score the chocolate lengthwise with 6 parallel lines. Break bark along the score lines. Break the strips of bark into 2- to 3-inch chunks.

Peace on Earth  
Goodwill to Men



Peace  
by Raymond A. Foss

Practice kindness to  
all  
Exhibit the best of  
your nature  
At one with the  
universe  
Called from ages  
past,  
Echoes of the  
creation

## Mindful Moments for Everyday Living: Squirrel Wisdom



Squirrels are recognized as the gatherer of the animal kingdom.  
Remember to breathe as you enter this holiday season:  
Take three deep breaths as you gather your gifts of love.

Squirrels are often so busy that they do not remember where they stored their nuts!  
Remember to be mindful to the moment and stay on task:  
Take three breaths and be present to the task at hand.

Squirrels are social and playful.  
Remember to keep family and friends FIRST during this busy time of year:  
Take three breaths and playfully share the joys of the season with others.

Squirrels are planners and teach us to honor the future by accepting seasonal changes.  
Remember to be open to change which brings opportunities for new beginnings:  
Take three deep breaths as you plan for new beginnings and resolve to accept them.

Extend the experience by saying a phrase aloud -  
*"I receive the gift of change with a spirit of acceptance."*

*Choose to enjoy a mindful moment in your life every day.*

*Submitted by  
Roy W. Geib, PhD  
The Maple Center Board Member  
Melissa Dominguez Geib, MEd  
The Maple Center Executive Director*

## Save the Dates!

Nov.-Feb. 13, 2010  
Wine Country Weekend  
Raffle Fundraiser

Thursday, Dec. 24, 2009  
The Maple Center  
closes at noon.

Friday, December 25, 2009  
The Maple Center is closed.  
Office re-opens on Monday,  
Dec. 28.

## HAPPY HOLIDAYS!

Sunday, January 31, 2010  
2:00PM-6:00PM  
Hulman Center  
Community Health Fair  
Sponsor: Indiana University  
School of Medicine

Saturday, January 30, 2010  
9:00AM-2:30PM  
*Celebration of Life  
for Breast Cancer  
Patients and Survivors*  
Call to make your  
reservation: 234-8733

Saturday, February 13, 2010  
*Cheers to Good Health*  
Fundraiser, 6-11 PM  
Buffet Dinner, Dancing,  
Silent Auction  
Wine and Chocolate  
Tasting

# This Holiday Season Wrap a Baby in Love



The Maple Center is sponsoring a  
**Baby Blanket Drive**  
for the Maternal Health Clinic.

Donations of NEW **baby blankets** may be left at:

### Maternal Health Clinic

One Professional Centre, 1801 North 6<sup>th</sup> Street, Suite 200  
Maple Center Office

Union Hospital Lobby by the Admitting Desk

Union Hospital Professional Office Building (POB)

Third floor near the Human Resources Office

*By your donations of blankets,  
babies born through The Maternal Health Clinic  
will be wrapped with warmth and love throughout the year.*

*On behalf of the babies,  
we extend our gratitude for your generosity.*



# Wine Country Weekend for Two



Raffle Proceeds Benefit  
**The Maple Center**  
Integrative Health & Maternity Care Center



Tickets - \$25 or 5 for \$100

Winner will be announced  
February 13, 2010

at  
*the Cheers to Good Health event*  
For details, visit [www.themaplecenter.org](http://www.themaplecenter.org)

№ 000201

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

№ 000201

**Raffle Tickets - \$25 or 5 for \$100**

**Weekend for two: 4 days, 3 nights. Value \$3,000.**

**Two round trip airline tickets (coach seating) maximum total fare \$800.00**

**Three nights lodging at the Hyatt Vineyard Creek Resort & Spa, Santa Rosa, CA  
\$800 AMEX gift card for meals and car rental**

**Private tastings and tours at the following JACKSON FAMILY WINES ESTATES:**

Kendall-Jackson Wine Center, Fulton

Alexander Mountain Estate, Alexander Valley

Arrowood Winery, Sonoma Valley

Matanzas Creek Winery, Bennett Valley

*Dates to be mutually agreed upon with 60 days advanced notice. Expires September 2011.*

**Attendance Is Not Required To Win**

*Winner Will Be Announced*

**February 13, 2010**

*at*

*Cheers to Good Health*

*Buffet Dinner, Dance and Silent Auction*

*at The Ohio Building*

**6:00-8:00 PM Dinner by Patrick's Catering - 1<sup>st</sup> Floor**

**Wine Tasting by Baesler's Market**

**Chocolate by Simply Decadent**

**8:00-11:00 PM Music by MacDaddys - 2<sup>nd</sup> Floor**

**Dinner-Dance Ticket \$50.00**



For details: [www.themaplecenter.org](http://www.themaplecenter.org) or 812-234-8733