



Monthly Matters from The Maple Center



April 2010

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

Phone (812) 234-8733

Celebrate Earth Day!

*Please join us
and other supporters
to share a
heart-healthy meal,
reflections of 2009
and to learn more about*

**The Maple
Center**



*Make your
reservations by
May 21*

*Cost is \$25.00
per person*

Bring to The Maple
Center or send
checks payable to:

**The Maple Center
1801 N. Sixth Street, Suite 600
Terre Haute, Indiana 47804**

*The Board of Directors
and the Staff of*

The Maple Center

Invite You to Attend the

5th Annual

Meeting and Dinner

Wednesday, June 2, 2010

6:30PM-8:30PM

Vigo County Public Library
1 Library Square
Terre Haute Indiana



Dinner 6:30PM-7:30PM

Catered by Simply Decadent
Heart-Healthy Lasagna, Vegetable, Salad,
Bread and Dessert



Meeting 7:30PM-8:30PM

Brief Review of 2009
Presentations by the clinical staff
of The Maple Center



The Maple Center Calendar Connection



Integrative

Medical Consultation and Medical Acupuncture

Mondays through Fridays noon
By Appointment
Kathleen A. Stienstra, MD

Pain Care Services

Mondays
By Appointment
Michael Tindera, PA-C

Clinical Appointments

Call 812-235-4867

Natural Childbirth Classes

One Saturday Each Month
Noon-5 PM, Fee \$50.00

Annette Alexander, Doula

For Dates and Registration

Call The Maple Center
812-234-8733

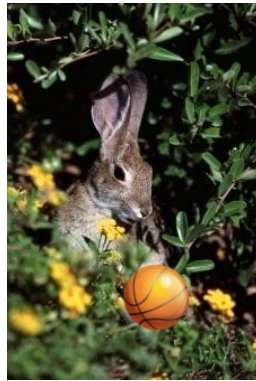
Music Therapy

Wednesday Afternoons
By Appointment
Fee: \$50.00
50 Minute Session
Tracy Richardson, MS, MT-BC
Call 812-249-4290

Healing Touch

Tuesdays and Fridays
By Appointment
Margaret Moga, PhD
Call 812-240-3302

Mindful Moments for Everyday Living: Rabbit Wisdom



In March, some of us in Indiana mimic the "Madder than a March Hare" character, as we jump for joy during the uncertainty of March Madness basketball.

As you wake to the increasing warmth of spring;

Take three deep breaths; let your heart jump for joy with the dawn of a new day.

Rabbits represent the celebration of new life;
Interested in exploring, but staying close to home base;
With keen observation skills they strive to avoid calamity.
Take time to stop and 'listen' before jumping into something new;
Take three deep breaths and rejoice in the opportunities ahead.

Rabbits are gentle animals,
Ever the prey, never the predator.
Rabbit Medicine reminds us to be gentle with others;
Rabbit Medicine reminds us to be gentle to OURSELVES;
Take three deep breaths and resolve to be gentle in thought and action.

When not hopping madly about, rabbits often appear fearful.
Mindful of the moment but never stuck in the moment,
Their caution reminds us to be aware, to examine our own fears;
Accept the situation AND then move through any fear to new opportunities for growth;
Take three deep breaths;
Relax, move forward and stay determined to be UNSTUCK as you begin your journey anew.

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

Submitted by

Roy W. Geib, PhD

Alvin S. Levine Professor of Microbiology & Immunology

Professor of Pathology & Laboratory Medicine

The Maple Center Board Member





Celebration of Life for Breast Cancer Survivors

On January 30, 2010 The Maple Center presented the **Celebration of Life** for breast cancer survivors with grant funding by the Susan G. Komen for the Cure, Wabash Valley Affiliate.



When participants arrived for this free integrative health program to promote healing and health, they were given handcrafted pink ribbon pins crocheted by Mary Burns, Sharon Forbes and Phyllis Kirk members of the Wabash Valley Breast Cancer Survivors, Inc. Mary, Sharon and Phyllis created a warm and welcoming atmosphere in St. Margaret Mary's Legacy Room with the lovely centerpieces which featured beautiful pink roses from Miller Floral.

The event opened with Jewell Kleege sharing her

very personal and moving survivor story "*Positive but Practical Philosophy for Living*". A *Ribbons of Pink* poem was read by Mary Burns as she explained the meaning of the participants' pins. During "*Celebrating Life through Songwriting*" Tracy Richardson along with participants wrote the song *I Celebrate My Life*. Participants were given a CD of this song at the end of the day. Roy Geib facilitated "*Simple Biofeedback Techniques to Control Stress*" and participants learned how to use biofeedback dots.

Dr. Kathleen Stienstra's presentation "*Healing Flavors and Mindful Eating*" set the stage for a nutritious and delicious lunch provided by Tony's Café. Dr. Stienstra guided participants through a mindful eating experience and shared information about the health benefits, including antioxidant properties, of the herbs that participants added to the homemade vegetable soup. During another hands-on presentation "*Pressure Your Stressors: Body Point Massage Therapy for Pain Relief, Stress Reduction and General Well Being*" by Sandy Hendrich, participants were empowered while learning techniques they can do themselves. Everyone enjoyed using a variety of musical instruments during the uplifting activity "*Rhythm of Life: Making Music Together*" lead by Sharon Boyle and students. As they presented each other with a lovely pink rose participants were invited to share their thoughts and feelings during the **Celebration of Life** closing ceremony.



For sharing their time, talent, expertise, and generosity of spirit The Maple Center extends gratitude to the speakers: Roy Geib, PhD Professor of Microbiology, Immunology, Pathology and Laboratory Medicine, Indiana University School of Medicine; Tracy Richardson, MS, MT-BC, Director of Music Therapy, St. Mary-of-the-Woods College; Sandra Hendrich, DPT, Physical



Therapist, The Maple Center, Inc.; Sharon Boyle, M.M., MT-BC, Associate Professor of Music Therapy, Coordinator of Undergraduate Music Therapy, St. Mary-of-the-Woods College; Jewell Klegge, MS, MPH, Breast Cancer Survivor, Mental Health Counselor State

Prison, Carlisle; and (not in photo) Kathleen Stienstra, MD, Integrative Family Physician, The Maple Center, Inc.

Volunteers were invaluable and contributed in ways too numerous to list. The Maple Center is grateful to all of the volunteers including: Julia Lopez-Kaley, St. Mary-of-the-Woods, Student; Morgan May, St. Mary-of-the-Woods, Student; Allie Parrish, Indiana State University Student; Jillian Storm, St. Mary-of-the-Woods, Student; and the Union Hospital Service League.



In addition, The Maple Center appreciates the significant contributions by: Dale Miller of Miller Floral Company, Inc.; Bob and Ivy Walsh of Baskin Robbins; St. Margaret Mary Church; and Tony Bab of Tony's Café & Mini-Mart. This successful event was due to the dedication and hard work by the *Celebration of Life* planning committee: Mary Burns, Sharon Forbes and Phyllis Kirk, survivors; Terri Acton, Clara Fairbanks; and Kathy Stienstra, The Maple Center.

The Maple Center is grateful to each breast cancer survivor for sharing her story and for being an inspiration to each other and to all of us

who were involved in the ***Celebration of Life***. Participants completed an event survey and comments included: "Invigorating", "Well planned", "I appreciate learning new ideas and techniques I can use.", "Encouraging to be with long time survivors", "Grade A+", "Speakers were great", "Good Food", "I loved the entire day-loved it, loved it!"



To the Susan G. Komen for the Cure, Wabash Valley Affiliate The Maple Center extends gratitude for their support of the 2010 ***Celebration of Life!***



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

A Reflection of the Celebration of Life Program: My Song

Hearing my report caused me great pain and deep grief.
Caressing my breast a part of me since birth-soon to be gone.
Anger, depression, fear facing surgery alone.
Nurses and doctors try to make you comfortable,
They hold your head when you puke. The cure worse than anything.
Will it work? Will I survive?
Will the pain go away? The dreadful exercise.
The hardest part was learning to endure one day at a time.
Along came this ribbon of pink-a sisterhood of friends
Showing, teaching, laughing anything is possible.
Celebrate life their motto,
Reach out to friends, family, reach out in faith.
Take nothing for granted and don't forget that fifteen minute power nap.
Keep hope alive, that is how the sisterhood survives.
Learn to receive and take care of ourselves.
Call a sister in a ribbon of pink. Lean on each other.

*Submitted by
Nancy Jones
14 Year Survivor
Dedicated to My Sisters*

FARMER'S MARKET SALAD

Spring is here!! In just a few months the Farmer's Market will be opening and I can't wait. We are in the planning stages of our garden. I love the taste of fresh tomatoes and fresh basil. I've been very lucky with the Sweet Basil we grow each year.

For rich soil, Jim always puts the grass clippings and fall leaves on the garden, then tills it around the first of May for planting. We have a compost container that we put all discarded produce stems and leaves, coffee grounds, etc all year round.

Our garden has no pesticides. We usually plant Marigolds around the garden to keep some of the insects and worms away.

We always have different types of tomatoes and peppers. Some years we've grown cauliflower and broccoli. Occasionally a 'mystery plant' will start growing from seed and we just watch to see what it might be. Last year it was cantaloupe, which tasted great! I always plant several herbs: Italian Parsley, Greek Oregano, Sweet Basil, Tarragon, Chives, Dill and Rosemary.

The thoughts of the garden and Spring made me think of Chef Eddie's recipe, which he called 'The Farmer's Market Salad'. It's one I really like and I hope you will too. The best tomatoes are the Campari tomatoes on the vine, at the grocery store,

until the homegrown ones arrive.



FARMER'S MARKET SALAD

By Chef Eddie, Clabber Girl

3 carrots, finely diced
1 large cucumber, peeled, seeded and diced- (I use the English long seedless cucumber)
2 celery ribs, diced
3 tomatoes, chopped
18 large green pitted olives, chopped
2 tablespoons of sunflower seeds
½ cup of feta cheese, crumbled
2-3 tablespoons of extra virgin olive oil
Torn basil, oregano, thyme, chives, mint leaves (these fresh herbs are available in the markets)
Lemon juice or red wine vinegar
Salt and pepper to taste

That is the basic recipe. To lower fat, use fewer olives and less feta cheese. Taste it first before you add salt...you may not even need any! Happy Spring!

Submitted by Lana Taylor, MS, RD

P.S. For the CHIP /lower sodium version of Vegetarian Chili (March issue of *Monthly Matters*) use red kidney beans instead of Chili beans.



BROWSE THE JOHN BLACK MEMORIAL LIBRARY: Book Review
Menopause *without* Medicine
by Linda Ojeda, Ph.D.

Dr. Ojeda has studied natural approaches to women's health for more than 20 years. Her book gives practical advice for dealing with the effects of menopause and maintaining a healthy lifestyle. Natural skin care as we age, dealing with insomnia, fatigue and weight control and three easy ways for testing for food allergies that might cause or exacerbate arthritis are discussed.

The chapters about symptoms of nutritional deficiencies with ways of combating them with life style changes and vitamin and herb supplementation were most helpful and clearly written. Instead of focusing on diet alone (although there is a section discussing various diets and their pros and cons) the book talks about everything from exercise, concentrating on the positive, and what will happen if we don't eat properly.

Checking ingredients in skin care products is equally as important as food. Usually, the fewer the ingredients, the better. Consumer Reports tested 48 moisturizers and found that the most effective ones were the least expensive. The book discusses reasons for staying away from

mineral oil. Alcohol is another ingredient to stay away from as it dries out the skin.

The index is very helpful and makes the book efficient reference material. The nutritional charts in the back are a handy source of nutrients, signs of deficiencies and basic vitamin-mineral dosages (although check with your doctor for your requirement). The strengthening exercises have nice illustrations but should be supplemented with stretching and aerobics exercise. If you are starting an exercise program read the chapter on exercise.

The book is a well written overview of menopause and how one can take control of their bodies at any age.

Submitted by
Kathy Hackleman, Retired
Librarian
Vigo County Public Library



**Breastfeeding
Coalition
of the Wabash
Valley
Meeting: 1st
Monday of Each
Month
5:30 PM
The Maple Center**



Celebrate EARTH DAY!

April 22, 2010

Reduce, Reuse, and Recycle



In the spirit of 'reusing' on this 40th Anniversary of Earth Day...here is a *Monthly Matters* article from April 2007.

In 400BC, Hippocrates wrote, "Rest, as soon as there is pain, is a great restorative in all disturbances of the body."

Let this be a candid reminder to each of us to schedule rest and relaxation a prime place on each of our daily calendars. With life rushing by at a hectic hum, taking time to nurture and renew our bodies is critical for the pursuit of health and wellness. Sit down, brew a cup of green tea, and take a rest to read this month's issue of *Monthly Matters* from The Maple Center.

The Maple Center's e-letter strives to provide information to improve the quality of health of our readers which in turn impacts the health of our earth!

Read the *Monthly Matters* for information on upcoming Maple Center health-promoting programs. Share with those you care about this e-newsletter by forwarding it to your email list or passing on a paper copy if you pick up one at The Maple Center.



Community Earth Day Event

Saturday, April 17, 2010

White Violet Center

St. Mary-of-the-Woods

11am-3pm

**"Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not."**

--Dr. Seuss, *The Lorax*



Gardening 101 – Tidbits and Instant Garden Beds



"Instant Bed"/No-Dig Garden
www.motherearthnews.com

Hi everyone. The weather certainly is feeling more like spring a lot of the time. I am getting more urge to get out and get busy in the garden but wait.....it's still too early for tender frost sensitive plants like tomatoes and peppers. As we discussed last month this is the right time for cool weather crops like lettuce, spinach, peas, various greens like kale, chard and others. We did get snow peas, lettuce, kale and Swiss chard planted on

March 19th in our small garden that we were able to work up after several dry days. So, we will anxiously wait to see these seeds send plants above the ground.

Until we can do some more extensive digging in the dirt here are some things that are good to be doing this time of year:

-planting potatoes (Irish potatoes but not sweet potatoes which need more warmth).

-planting seeds indoors in flats for those of you wanting to grow your own plants. This is a fun and rewarding thing to do. It also requires some discipline because the seeds need certain temperatures to germinate and in my opinion and experience it is very difficult to grow strong healthy plants without grow lights. I have tried it before by moving them around the house to follow the sunlight and I ended up with scrawny and fragile plants that were not able to withstand outside conditions. So, this could be a whole separate article sometime.

-growing your own sweet potato plants by having a whole sweet potato sprout and grow what are referred to as sweet potato slips which are then transplanted into the garden in late May or first of June when the soil temperatures are warm. This inside project is relatively easy and does not require grow lights to be successful. We have some 'slips' sitting in our south bow window as I type this.

-another useful and appropriate garden activity is to get a soil test. This needs to be done before the soil is dug up or turned over and disturbed. Soil test kits are available at garden stores, can be ordered online or in the past have been available at extension centers for a university like Purdue. The kits include the instructions on how to take the soil samples, how to package them and then mail them in for the results which will be mailed back to you. This is not necessary every year but is especially helpful with new gardens and every few years with established gardens. The test results will tell you what minerals the soil is lacking and how to correct the imbalances. Also, a very important test result is the pH of the soil. This number indicates how alkaline or acidic the soil is. Most plants will tolerate some variations with the pH but some plants have very specific pH needs. One can certainly have a garden without doing this test but you can have better results with stronger and more nutritious crops by helping the quality of your soil.

Lastly, I want to mention a garden technique I have never tried but am going to have fun with this year. It is a type of "instant garden bed". I have read about it in a couple of magazines but recently saw an article in the latest issue (April/May) of *Mother Earth News* so if you are interested you might want to seek out that article for more details and some wonderful pictures. There is also information on the Mother Earth News website. This technique is where you plant your garden (seeds or transplants) directly into bags of topsoil. You place the bags directly where you want your garden to be.

Use a knife or screwdriver to poke several drainage holes in the bottom of the bag and then with a box cutter cut out the top of the bag leaving about 2 inches around all edges on top to keep the soil from spilling out and to help keep moisture in. (As the article says, "think of a picture frame"). The bags will smother the grass and weeds below them and most likely have very few weeds growing in the bags. Work in a small amount of organic fertilizer, moisten the soil and plant your seeds or plants.

After the seeds have come up it is important to mulch the bags with straw, leaves, grass clippings, etc to keep the moisture in. Basically, after this you can sit back, water as needed and enjoy watching your garden grow! At end of the season the bags can be disposed of and the soil can be incorporated into the soil below or left as a starter for the next growing season.



This technique can allow people to enjoy some gardening and grow some of their own food that may not be able to if digging and tilling was required or if the garden soil is too poor to grow plants. Other benefits include using this system

with children to foster an interest in gardening or just being outdoors.

If you have already tried this type of instant garden or do so this year I would enjoy hearing from you and how this technique works out for you.



Until next month...have fun!

Submitted by Karen Cunningham, LPT
The Maple Center Board Member
Email: sheva18@yahoo.com

SAVE THE DATE



April 17: Earth Day at the White Violet Center
St. Mary of the Woods, 11am-3pm

April 29-May 1:
Strassenfest

May 1: Keep Terre Haute Beautiful - City wide Cleanup

May 27- June 5:
Banks of the Wabash Festival at Fairbanks Park

June 2: The Maple Center Annual Meeting and Dinner

June 5: Downtown Farmers Market re-opens

Nov. 6: Creating a Path through Loss
The Arts as Healing Tools
4th Annual Workshop

The Portrait Project



Over the next few months excerpts from the Portrait Project exhibit, presented by The Maple Center and funded by an Arts Illiana grant, will be featured in the *Monthly Matters* e-newsletter. The Maple Center is grateful to the Vigo County Public Library and Westminster Village for displaying this exhibit. Future plans are to display the exhibit at Indiana State University.

Our first portrait subject is John W. Buck, fondly referred to as 'Mr. Charming'. Read on to learn about his inspiring life story and his participation in The Maple Center's Portrait Project.

PORTRAIT PROJECT BIOGRAPHY of John W. Buck, Portrait Subject **By Megan Woodsmall, Indiana State University, Biology Student**

On October 11, 1912, John Buck was born in Clark County Missouri to Margaret and John Warren. He was the eldest of four: Donald, Doris, and Douglas. He grew up on a family farm in a house that his grandfather built before the Civil War. His family moved around a lot and he lived in 26 different houses growing up.

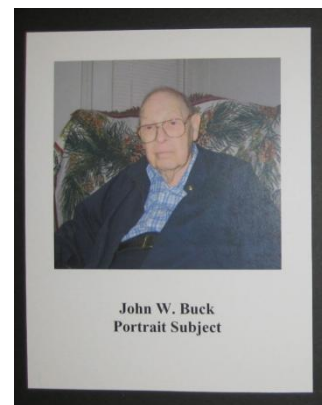
Mr. Buck received his Undergraduate BS in Education and his masters in Sociology at the University of Chicago. While working on his undergraduate degree he worked at a prison in Michigan City to help pay for his schooling. He served in World

War II and was stationed in India and China. He was in China when the war ended. Mr. Buck even had the chance to meet Harry Truman when Mr. Truman was a U.S. Senator. Mr. Buck married his sweetheart, Florence, in January while on a three day pass during the war. After the war ended he worked at a prison as a guard, social worker, director of education and even the director of classification. He also attended school in Chicago at the same time.

In 1961 became the superintendent of the Boys School in Plainfield. After 8 years as superintendents of several prisons, he moved into the education field and taught criminology at Indiana State University until he retired in 1983.

PORTRAIT PROJECT REFLECTION **By John W. Buck, Portrait Subject**

I appreciate art but I am not an artist. It was kind of nice to have Eloise the artist come to my home. It was especially nice that she brought a student. We have students who volunteer here and they help in serving meals. I don't think of myself as a subject for a portrait project, my face is not special. In the past I was involved in a state living history project. Eloise and Megan accepted my prattling. It was enjoyable to spend time with them.



PORTRAIT PROJECT REFLECTION of John W. Buck **By Megan Woodsmall, Indiana State University, Biology Student**

During this painting session I had the honor of meeting Mr. Buck and his daughter, Alice. As his story illustrates, Mr. Buck has lived a life full of many interesting experiences.



Mr. Buck has a portfolio of poetry that he has been compiling for most of his life. I felt honored that he allowed me to read some of his work including a poem that was even published. His ability to write in such an inspiring way is another one of the many facets of John Buck.

While Mr. Buck was very humble upon first meeting, after our two portrait sittings I realized that he has been such an asset to so many lives in ways that he may not even realize.

PORTRAIT PROJECT REFLECTION of John W. Buck **By Eloise Weymouth, Artist**

It was a bright and sunny day on the afternoon that Mr. Buck and I had our first appointment. He was sitting in a comfortable easy chair reading when I arrived. His daughter Alice, who is also his caregiver, greeted me at the door. Their response was warm and friendly as they welcomed me into his comfy apartment. While I was hauling in my

supplies, our cheery ISU student Megan arrived and the chatting commenced.

My set up takes some space, so we laid newspapers on the floor in case of an accident and I proceeded to arrange my easel, TV table and an upturned box into my portable studio. Megan and Mr. B were happily discussing his interests when I pulled out the canvas and we were ready to start our session.



Mr. Buck was a great subject and I took immense pleasure in being in his company. He is very animated and has a wonderful recall of the many stories of his life. We all laughed at his funny remarks and were in awe of his many accomplishments. However, from time to time, I had to remind him that he did need to hold still so I could study his face. I felt like I was scolding him, but he took it very good naturedly.

His daughter Alice told me she came over a couple of times a week to check in on him and to pick up groceries or take care of his needs. Otherwise he seemed pretty much able to take care of himself and his living situation made it easy to be with friends, if he wanted to be. I noticed his little garden of houseplants and admired them, especially the African violets. He told me he enjoyed taking care of flowers and I told him I

took pleasure in them too.

Overall, I thought dear Mr. Buck was pretty awesome for a 97 year old gentleman. His apartment showed his large collection of books as well as mementos from various places he had traveled. Here was a man who loved life and enjoyed every minute of it he could. He told us stories of the places he had lived, such as Chicago where he had worked for a prison there. He also told us that he had attended school at Purdue in Lafayette and later went on to get his Master's Degree.

The first portrait seemed to go easily and I felt I had a pretty close likeness. Fortunately he again was as gracious when, months later, I came back to capture him a second time on canvas. This time he was just as friendly and welcoming as he had been the first time around. His conversation was lively and he was definitely in the moment. Although when he answered the door, he apologized for being so slow as he hadn't been feeling too well and had used his walker, once he settled into his big overstuffed chair he became as full of life as he had always been. He delighted us with more stories of his life, with his work, and his dear departed wife, his children and his lovely grandchildren. He surprised us with a folder filled with his poetry, beautiful touching poems he had written over a lifetime. He gave us permission to share a few which we did at the first Portrait Project exhibit on January 23, 2010. He pointed to his red "V" lapel pin, "I have been made an honorary citizen of Vincennes" he exclaimed with pride!



My experience with Mr. John W. Buck was unforgettable; I came as just an artist, but am leaving as his friend. What a gratifying feeling it has been to know this fine gentleman.

