



## "ODE TO AUTUMN"

"Season of mists and mellow  
fruitfulness,  
Close bosom-friend of the  
maturing sun,  
Conspiring with him how to load  
and bless  
With fruit the vines that round  
the thatch-eaves run;  
To bend with apples the mossed  
cottage-trees,  
And fill all fruit with ripeness to  
the core;  
To swell the gourd, and plump  
the hazel shells  
With a sweet kernel; to set the  
budding more,  
And still more, later flowers for  
the bees,  
Until they think warm days will  
never cease,  
For Summer has o'er-brimmed  
their clammy cell."

--By John Keats

# LONGABERGER TEA BASKET Fundraiser

*Buy Longaberger tea baskets and support  
The Maple Center's programs!*

This basket is a **SPECIAL** design in the spirit of  
The Maple Center with a green band and maple leaves.

The TEA BASKET (7" X 5" w X 3½" h) was named in honor of the  
Queen of England who has a Longaberger Tea Basket for "tea  
Time" at Buckingham Palace.



Serves snacks, nuts, candies or  
"crumpets". Useful in any room  
of your home, school or office.  
Holds tea bags, sweeteners,  
sink sponge, cocktail napkins,  
medications, vitamins, pads,  
pens and pencils, small plants,  
scented soaps or cosmetics,  
bath salts, recipe cards, address  
file, coupons, computer disks,  
coasters and so much more!

**ORDER NOW** for your holiday gift giving, special occasion gifts  
or for yourself! Order by October 5 for Nov. 19 delivery.  
Order by October 30 for Dec. 14 delivery.

**The Maple Center Basket and Liner: \$62.00**

**Cash or check payable to  
The Maple Center. Include your  
name, address, and phone number**

You will be notified when your order  
is ready for pick up at The Maple  
Center.



**BUY BASKETS and support The Maple Center! 812-234-8733**



## Calendar Connection

### The Maple Center

Registration: 812-234-8733

#### Tai Chi for Health

**Tuesday** Classes, Nov.3 for 6 Weeks  
6:30-8:00 PM  
Landsbaum Center for Health Ed.  
Fee: \$50.00

**Wed.** Classes, Nov.4 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 Hux Cancer Center

*Cancer Patients/Survivors*

*& Patients with Chronic Illnesses*

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

Starts Nov.2 for 6 Weeks  
Fee: \$50.00

**Yoga:** Saturdays, 10-11:30 AM  
Starts Nov. 7 for 6 Weeks  
Fee: \$50.00

### 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*

## Spotlight on Flu Season

Flu season has arrived. Thimerosal free regular influenza vaccine is now available at The Maple Center for our patients. This year, I am recommending that you consider getting the vaccine now. I have advised waiting until late November in past years as the flu tends to hit Indiana in January. The CDC (Centers for Disease Control) is advising early administration as the flu is earlier this year. Also it is advisable to take the regular flu vaccine at least 2 weeks prior to the H1N1 ("swine flu") vaccine which will likely be available in mid October. If you have a significant chronic illness, you may want to get a second regular flu shot in December as the best protection occurs in the first 2-3 months after the vaccination. The health department is controlling the distribution of the H1N1 vaccines-watch the paper to hear more about when and how they will be available in our community.

Other ways to protect yourself and others from the flu: Wash your hands before eating and after being in public. Avoid touching your face, nose and mouth with your hands. If you are ill, stay home. Cough into your sleeve. The hallmarks of the flu are significant fever, body aches and upper respiratory symptoms with cough. Twenty to 25% of people with influenza can have nausea, vomiting and diarrhea as well. There are antivirals (Tamiflu and Relenza) that can shorten the course of the flu, so call your health care provider if you think you have the symptoms.

Integrative approaches to helping your body defend itself include Echinacea. This herb can be used preventively if you are in contact with large groups of people. After 2 weeks of continuous use, it no longer stimulates immune defense enhancement. So if you use it preventively, cycle off a week every 2 weeks. Treat your body well-eat a diet rich in fruits and vegetables, avoid processed simple carbohydrates which acidify your body. Get plenty of sleep. Drink lots of fluids. Extra vitamin C is made in the liver of every other mammal but humans when faced with a viral infection. Humans lack the last step to create it ourselves. I like to use 1000 mg of buffered vitamin C every 2 hours while awake at the beginning of a viral infection. Too much vitamin C will give you loose stools, so then back off on the dose

#### Who is advised to get the regular flu vaccine?

- Pregnant women
- Household contacts and caregivers for children < 6 months and adults >50 years
- Healthcare and emergency medical services personnel
- All people from 6 months through 18 years of age and all over 50 years old
- Persons with high risk health conditions and their household contacts
- Anyone who wishes to reduce their risk

#### Who is advised to get the H1N1 vaccine?

- Pregnant women
- Household contacts and caregivers for children younger than 6 months Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

-Submitted by Kathleen A. Stienstra, MD

## What Cancer Has Done in My Life

Broken my body  
Harmed my heart  
Restricted my routines.

**Stirred my soul  
Focused my future  
Altered my ambitions.**

Violated my vigor  
Annihilated my ambitions  
Robbed me of resources.

**Created courage  
Taught me to travail  
Developed determination.**

Provoked pain  
Frustrated my family  
Devastated my dreams.

**Inspired what's important  
Trained me to thrive  
Empowered me to encourage.**

Muddled my mind  
Sacrificed my stamina  
Jeopardized my joy.

**Prompted me to pray  
Taught me to trust  
Showed me to seek.**



*This poem was submitted as part of a mixed media display at last year's Loss/Arts Workshop. It was written by Stacie Marlin, a leukemia survivor of 13 years.*

## CREATING A PATH THROUGH LOSS

### *The Arts as Healing Tools*



Lamentation by  
Kathe Kollwitz

Life's losses are many. Some are big, some are small. All cause pain and deserve our attention.

From the loss of a job, a dream, or precious possessions to the death of a loved one, the challenge of coping with loss occurs throughout our lives.

This November we will have our 3rd annual workshop on using the expressive arts to cope with loss, a life-affirming response to that challenge.



Serene Face

This half-day workshop will focus on writing, drawing and collage. Participants will have hands-on experiences in creative work that relieves stress and offers ways to honor the journey of loss in our lives.

## CREATING A PATH THROUGH LOSS

### *The Arts as Healing Tools*

Cost: \$5.00

Registration: *The Maple Center*

**812-234-8733**

Date: Saturday, November 14, 2009

Time: 1:00-4:30 PM

Location: Unitarian Universalist Congregation  
1825 Fruitridge Avenue, Terre Haute

## Mark Your 2009 and 2010 Calendars

- Oct. & Nov. **Maple Center Longaberger Basket Fundraiser**
- Oct. 3 Race for the Cure-Team Maple Center at SMWC
- Oct. 5 Breastfeeding Coalition Meeting
- Oct.9-18 Covered Bridge Festival-Lactation Station
- Oct. 31 Maternal Health Clinic Parenting Workshop
- Nov-Feb. **California Wine Country Weekend Raffle Fundraiser**
- Nov. 6-8 ISU Center for the Study of Health, Religion, and Spirituality
- Healing Rhythms: A Research Conference and Workshop on Music, Movement, Meditation
- Nov. 14 Creating a Path Through Loss/The Arts as Healing Tools
- Jan. 30 Celebration of Life for Breast Cancer Patients/Survivors
- Feb. 13 **Cheers to Good Health Fundraiser**, Dinner, Dancing,  
Wine and Chocolate -Wine County Raffle Winner will be announced.

## Breastfeeding Story: BEATING THE ODDS

My first two children were born full term and healthy and both went on to have beautiful breastfeeding relationships. I nursed my oldest well into toddlerhood, right through my second pregnancy. We tandem nursed for over two years. I thought I was prepared for anything.

That all changed with the premature birth of my son. He was born at 25 weeks and weighed 1 lb 3 Oz. He was a week old before I could hold him and it was four months before he came home.

Everyone knows that breastfeeding has health benefits, but for preemies it can literally mean the difference between life and death. I jumped on the preemie parent roller coaster ride with pump in hand, fully determined to do what I knew was best for my son. I spent hours pumping every day while he was fed through a tube.

After two months he was off the ventilator and the CPAP. We were finally allowed to start "practice nursing". Everyone was amazed at how well he was able to latch and we all started to think he might end up being okay. Unfortunately, he started having more and more breathing problems and had to go back on the CPAP. Something was wrong.

Tests showed that the upper portion of his airway was too soft and underdeveloped. It collapsed whenever he went to sleep, and he would not be able to swallow. They told that he would have to have a tracheotomy and a surgically implanted feeding tube before he could come home. We were devastated, but agreed to do what needed to be done.

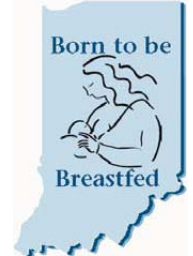
Another two months went by after he came home on the insane pumping and tube feeding schedule. The experts that we had

at the time encouraged me to give him formula and insisted that he would need to bottle feed before he could nurse. We stood strong and found new experts who were more supportive of breastfeeding.

On Christmas Eve, at six months old, my son breast fed for the first time. He swallowed perfectly and we haven't looked back. Now, at a little over a year old, he is still nursing happily as well as eating "big boy" food. His trach is due to come out any day and the feeding tube will go soon after. By all accounts he is a happy healthy little boy with no long term problems. No one would have guessed that he would do so well, but he is proof that breastfeeding can make all the difference.

--Submitted by Amanda Caton

Breastfeeding Coalition of the Wabash Valley  
Monthly Meeting 1<sup>st</sup> Monday of the Month at 5:30PM  
Hosted by The Maple Center  
1801 N. 6<sup>th</sup> Street  
Terre Haute, IN47804  
For information call: 812-238-7301



Are You EXPECTING?  
The PARENT of an INFANT  
or a YOUNG CHILD?



The Maternal Health Clinic invites you to attend a FREE  
**Parenting Workshop on Saturday, October 31!**

The workshop focus is on parenting the infant and young child and will be the topic of our featured speaker, Pamela Hood. She has been involved in perinatal education and the care of mothers, babies and families for over 28 years. Other speakers include Barb Himes, SIDS and Infant Loss Program Coordinator and Tina Cardarelli, State Breastfeeding Coordinator from the Indiana Perinatal Network.

The Parenting Workshop will include **free car seat inspections** at 8:30 AM by Chances for Indiana Youth followed by **guest speakers**, a **panel of professionals and parents**, **free lunch** and **door prizes**.

Funding was provided by a grant from the  
Eli Lilly Foundation.

Registration is required. No cost to attend. To register call:

**Maternal Health Clinic: 812-238-7301**

**PARENTING WORKSHOP**

**Saturday, October 31, 2009**

**8:30AM**

**Car Seat Inspection**

**9:00AM- 3:00PM**

**Parenting Workshop**

**Landsbaum Center for Health Education**

**1433 N. 6 1/2 Street, Terre Haute, IN 47807**





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

A Personal Birth Experience  
Submitted By: Shalynne Addison

The movie *The Business of Being Born* really changed my thoughts on childbirth. When I got pregnant with my second child, I decided that I really wanted to be under the care of a midwife. I searched online and the Maple Center/Maternal Health Clinic popped up as someplace where I could have a midwife.

The midwives at the Maternal Health Clinic (and the whole staff really) were very friendly and caring. I loved that they were so open to what I wanted for my baby and wanted to help me with my goal to have a natural birth. They were also very understanding of the heart issues that I have and were in touch with all the doctors that needed to be contacted.

As my due date drew near, our baby girl was not showing any signs of wanting to come out! At a week overdue, we decided to go into the hospital and have my water broken. So on Thursday evening around 7 PM we went in and Ruthann broke my water. We waited & waited after that but nothing was happening. I ended up getting a little bit of Pitocin to get things jump started, since I was still at 3 cm. I was initially pretty hesitant about getting that done but I realized that the end result is really the most important thing. Plus, my midwife Karen said she wasn't going to pump me with Pitocin - just that they would just gradually increase it and that I could tell them when to turn it off. I can't brag on her and Ruthann enough. They really made my birth experience wonderful!

They gave me the Pit around 12:30 or so and I only kept it on for about half an hour. It definitely made things go fast! I had a lot of back labor which is not very fun! I kept arching up in the bed when I would have a contraction so Karen got me the birthing ball and it helped a LOT. I sat on it and rocked & my husband sat behind me and helped press on my back and rubbed my sore spots. We listened to music and talked quietly. Even though I was very uncomfortable, it was a very calming and soothing environment. I tried to use some the techniques I learned in the natural childbirth class we took, as well.

Around 3 AM, I started to feel the urge to push. I was thinking *surely I can't be that dilated already!* But Karen came in and said "You're at 9 and 1/2, sweetie!" The nurses all started running around, getting everything together and I started pushing. My husband and my father both held my hands and were right by my side. My husband was planning on catching the baby but he said I had a death grip on his hand and wouldn't let go! I don't even really remember that but it worked out ok anyway. After a half an hour of alternating pushing and resting, our beautiful baby arrived! Elisha Nicole came into the world on Friday March 6th at 3:30 AM. She was (and is) so beautiful and perfect! She weighed 7 pounds, 4 ounces and was 20 inches long.

**My family and I are especially grateful for the all the help from the staff of the Maternal Health Clinic, the labor & delivery nurses at Union Hospital, Ruthann Mishler and Karen Muscatell.**

*Submitted by Shalynne Addison*



Elisha Nicole

## Spotlight on Quality...

**Union Hospital and  
The Maple Center  
Welcome  
Certified Nurse-Midwife**



**Helen Beane, CNM, MSN** joins Anne Mishler, CNM, MSN, at the Maternal Health Clinic to offer nurse-midwifery care during pregnancy and birth at Union Hospital, in collaboration with the physicians of the Family Medicine Center and the AP&S Obstetrician/Gynecologists.

Helen and Anne also share a practice at The Maple Center with Dr. Kathleen Stienstra, where they offer the full range of nurse-midwifery services, including pregnancy and birth care as well as family planning and gynecologic care of non-pregnant women, menopausal management and health maintenance counseling.

Either Anne or Helen is always on call (available 24/7) for their clients. Free introductory consultations are available at The Maple Center.

The Maple Center and the Maternal Health Center are located at Union Hospital,

One Professional Centre, 1801 N. 6th Street, Terre Haute, IN, 47804

For more information about Helen and Anne,  
**CERTIFIED NURSE MIDWIVES**  
Call The Maple Center at 812-235-4867 or the  
Maternal Health Clinic at 812-238-7301

Indiana State University  
Center for the Study of Health, Religion  
and Spirituality

**Healing Rhythms: A Research Conference and  
Workshop  
Music, Movement and Meditation**



**Friday-Sunday, November 6-8, 2009  
Indiana State University, Terre Haute, Indiana**

This conference will explore the role of music, movement and meditation as they impact holistic health and spiritual growth. Movement practices will include Tai Chi, Qigong, Yoga and labyrinth Walking. The role of music in contemplative states and spiritual development will be a focus, also.

Keynote speakers include:

**James S. Gordon, MD**, Founder and Director of the Center for Mind Body Medicine

**John M. Ortiz, PhD**, Director and founder of The Institute of Applied Psychomusicology and The Asperger's syndrome Institute.

Featured speakers include:

**Kevin Chen, PhD, MPH**, University of Maryland Medical School

**Roy Geib, PhD**, Indiana University School of Medicine  
Kevin Ladd, M. Div., PhD Indiana University South Bend  
**Julian Thayer, PhD**, Ohio State University.

For more information and/or to receive registration information and the call for submissions:

Visit the website [www.indstate.edu/psych/cshrs](http://www.indstate.edu/psych/cshrs)

Contact Dr. Tom Johnson at [tjohnson1@indstate.edu](mailto:tjohnson1@indstate.edu)

Call 812-237-2449 or

Email the Center at [cshrs@indstate.edu](mailto:cshrs@indstate.edu).

# NEW!!! MEDITATION GROUP

Starting at  
Indiana State University

A meditation group for those interested in starting or continuing a meditative practice will begin meeting weekly on **Thursday, October 1<sup>st</sup> 5-6 PM** at ISU in the *Center for The Study of Health, Religion and Spirituality*, located in Holmstedt Hall, Room 220. The group is open to all students, faculty, staff and community members.

Meditative practice has multiple benefits, including providing relaxation, helping to focus attention, and manage emotion. The group will provide an opportunity for individuals to develop and hone basic meditative skills that are utilized across different meditative traditions.

For further information, contact:

Jean Kristeller, Ph.D.  
[jkristeller@indstate.edu](mailto:jkristeller@indstate.edu)

Tim Neary  
[tneary@indstate.edu](mailto:tneary@indstate.edu)

## Mindful Moments for Everyday Living – Canine Wisdom

Three steps to learning wisdom from “man’s” best friend:

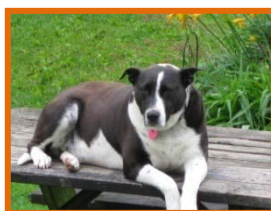


**1. Before sitting – turn 3 times**, it reminds us that many times we chase what we already have.

**2. Be loyal to your friends and family**-make sure that you let them know that you are happy to see them.



**3. Be present to the moment** – the most important time is not yesterday’s troubles or tomorrow’s promise, but today’s **NOW**....for today’s **NOW** is when you can share humanity’s greatest gift – **LOVE**.



Extend the experience by saying a phrase aloud-*I am loved.*  
*Choose to enjoy a mindful moment every day!*

Submitted by  
Roy W. Geib, PhD  
The Maple Center Board Members

Photos by  
Karen Cunningham, LPT

### RECIPE OF THE MONTH:

#### Roasted Pumpkin Seeds

Rich in protein, zinc, magnesium and iron pumpkin seeds are a filling, nutritious snack.

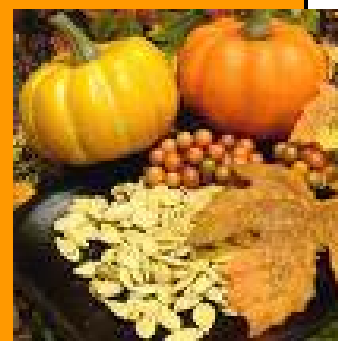
Rinse and dry seeds.

Toss lightly with cooking spray or olive oil.

Sprinkle with sea salt or other seasonings/spices.

Bake on cookie sheet 15 minutes at 425 degrees until golden brown.

*Submitted by Melissa Dominguez Geib, MEd*





*“Autumn” by Giuseppe Arcimboldo. Find the not-so-hidden signs of fall in this 1573, oil on canvas, which resides in the Louvre Museum, Paris*

## Autumn's Bounty: Part 1- Fruit

Fall offers a wonderful array of fruits and vegetables that are best eaten 'in season'. We are fortunate to have some of the foods all year round, but the taste and nutrient value is best during the fall months. During the warmer fall days you'll see some of the softer fruits such as **raspberries, and blackberries**. These berries provide phytonutrients, antioxidants, many vitamins and minerals, as well as being a great source of fiber. Raspberries make a wonderful sorbet or tangy sweet sauce. They are great to add to hot cereals, such as oatmeal or cream of wheat. Blackberries can be paired with apples to make a crisp or pie. You can also freeze these berries for later use. Be sure to freeze them on a cookie sheet, when frozen, you can put them in a freezer bag.

**Plums and pears** are in season now and there is nothing better than a fresh juicy plum or Bartlett pear for dessert. Pears provide potassium and fiber. There are

several varieties, Bartlett being the most common. Plums also provide fiber and potassium as well as antioxidant and phytonutrients, similar to the blueberry. Look for the deep purple plums. They make a great low calorie snack.

**Apples** come to mind as one of the most popular fall fruits. Apples come in numerous varieties. While in Parke County this week, I stopped by Ditzler's Orchard for apples. I chose a small Cortland apple for eating and a larger Jonagold for baking. Apples provide potassium and fiber. Pectin, a natural fiber found in many fruits, is said to be highest in apples. Studies show that pectin acts as an antioxidant to help lower bad cholesterol (LDL). It also lowers the risk of colon cancer, works well as an anti-diarrhea agent, and helps reduce blood pressure as well as preventing gall stones.

Apples also contain Quercetin, which combats destructive 'free radical' molecules that play a part in many diseases. So, the old adage, "An apple a day keeps the doctor away", has some truth to it! Raw apples are great sliced in a green leafy salad, with toasted walnuts and light vinaigrette.

Or you may want to dice up apples along with some of your other favorite fruits, such as banana, grapes, pineapple, grapes. To slow down the discoloration of apples and other light fruits, sprinkle a little lemon juice on the cut fruit. I sometimes use a favorite flavored yogurt as a dressing, then add a few chopped walnuts...Yum!

**Grapes** are another fall fruit that contain compounds called flavonoids, which give that rich purple color to grapes. The deeper the color, higher is the concentration of flavonoids. The flavonoid compounds in grapes include Quercetin as well as Resveratrol. Both compounds help decrease the risk of heart disease. Grapes make a great lunch time treat for kids as well as adults.

**Pumpkin** carved into a Jack O' Lantern face is an old tradition that is traced back to an Irish holiday called, "Samhain", which means summer's end. Scary faces were carved into turnips and other root vegetables to ward off demons and evil spirits. Irish settlers in America found the pumpkin easier to use for this season ritual, now known as Halloween. It is said that the first pumpkin pie was a pumpkin with the top cut off, scraped of its seeds, then filling it with milk, spices, and honey and roasted directly in hot ashes.

Pumpkin is a fruit, a squash, and closely related to the muskmelons and cucumbers. One cup of cooked pumpkin provides only 49 calories, but is full of valuable nutrients. Pumpkin gets its bright orange color from Beta-carotene. It is also packed with lutein. Beta-carotene and Lutein are carotenoids. These carotenoids are found to help protect against cataracts, promote lung health, and boost the immune system. Lutein is thought to protect against the eye disorder, Macular Degeneration. The pumpkin seeds are very delicious toasted. The seeds provide many minerals, including magnesium, zinc, copper, manganese, potassium, and iron.

**Persimmons** are an excellent source of vitamin A, a good source of Vitamin C and rich in fiber. Persimmons are at their peak in November. The little persimmons found around here need a hard frost to eliminate the bitterness, so I've been told. It's a tradition to have persimmon pudding for Thanksgiving or persimmon cookies around the holidays. Persimmon pulp is easily frozen for use anytime.

Look for **Autumn's Bounty: Part 2** in the November issue.

*Submitted by Lana Taylor, MS.RD*