



Monthly Matters from The Maple Center

February 2009 – ISSUE 26 1801 North Sixth Street, Suite 600, Terre Haute, IN 47804

Cheers to Good Health: An Elegant Evening on Valentine's Day

The nonprofit Maple Center, Inc is offering "Cheers to Good Health" on Valentine's Day, February 14, 2009. The event will be held from 7 to 10 PM at The Ohio Building Meeting and Banquet Center.

This delicious and educational elegant after-dinner event will feature an evening of tasting a variety of antioxidant-rich wines, sparkling juices, fruits, and chocolates. Dr. Kathleen Stienstra will briefly discuss the health benefits of the featured foods and beverages.

The evening is generously supported by Baesler's Market which is providing the wine selections and The Ohio Building. A silent auction will be offered. Proceeds from the evening will support the nonprofit educational health programs offered by the Maple Center.

To purchase tickets call The Maple Center at 234-8733 or purchase from any Maple Center Board Member. Prices for the tickets are \$20 in advance or \$25 at the door.



Upcoming Events

TAI CHI FOR HEALTH

TUESDAY CLASSES

March 3-April 21, 2009

5:30 – 6:30 PM AND 6:30 – 7:30 PM
Landsbaum Center for Health Education
1433 N. 6 ½ St., Terre Haute

Certified Instructors: Roy W. Geib, PhD
& Steve Walden, PTA

WEDNESDAY CLASSES

March 4-April 22, 2009

6:30 PM

Terre Haute Regional Hospital Outpatient
Therapy Facility
4500 S. 41 at Springhill

Certified Instructors: Roy W. Geib, PhD
& Steve Walden, PTA

FEE for 8 weeks

\$55.00 with DVD

\$35.00 without DVD

Natural Childbirth Classes at
The Maple Center

Instructor: Annette Alexander, Doula
Two Saturday afternoons. 1:00-4:00PM.
Fee \$50.00.

Call for Next Class Dates

FREE PROGRAMS FOR BREAST CANCER SURVIVORS

Tai Chi for Health: Breath, Balance
and Mindfulness

Mondays, Wednesdays, and Fridays
March 2-April 24, 2009

4:00-5:00 PM

Hux Cancer Center, 1711 North 6 ½ St.

Certified Instructors:

Melissa Dominguez Geib, MEd &

Roy W. Geib, PhD

Celebration of Life for Breast Cancer
Survivors

A day of caring and sharing...

Saturday, March 7, 2009

8:00AM-4:00PM

Holiday Inn Terre Haute

To Register Call The Maple Center

812-234-8733



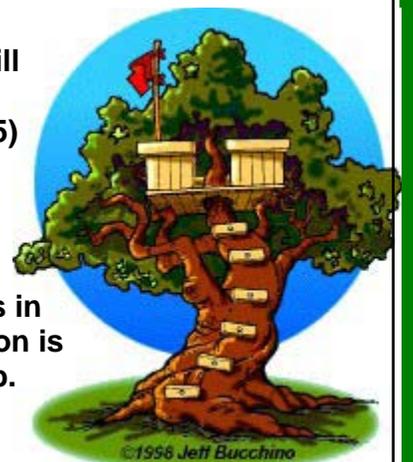
Treehouse Club

An innovative collaboration between The Maple Center, the Wabash Valley Community Foundation, the Minority Health Coalition and the West Central Indiana Area Health Education Center will result in a workshop, The Treehouse Club, for area children.

The Treehouse Club features hands-on activities for students in Grades 4 and 5 including yoga and tai chi to improve fitness. Making and enjoying nutritious snacks as well as relaxation techniques are a definite improvement over spending time tied to video games after school.

Upcoming Treehouse Clubs will meet at Meadows Elementary on Wednesdays (February 4-25) from 2:30 to 4:00 PM and at DeVaney Elementary on Thursdays (February 5-26) from 2:30 to 4:00 PM.

Parents must register students in order to participate. Registration is Limited to 20 students per club. Contact The Maple Center to register.



Celebration of Life for Breast Cancer Survivors

The Maple Center, in conjunction with the Komen for the Cure Wabash Valley Affiliate proudly announces their second annual "Celebration of Life" for breast cancer survivors.

Registration is limited, so register early (information on page 2). Please share this information with anyone you might know who is coping with a breast cancer diagnosis.

8:00 Registration and Continental Breakfast

Sally Roetker - "Celebrating Life" and Karen Curtain—"Appreciating Life with Humor"

8:45 Opening—Survivor Presentations:

9:45-11:15 *Select one workshop from each time slot below*

Wordplay/ Reclaiming Joy Through Poetry and Creative Journaling-

Zann Carter, poet and fiber artist, will share creative ways to tell your story, have fun with words and explore the healing benefits of writing as an expressive art.

Cultivating Support on Your Journey: Using Collage

Kathy Gotshall, ATR-BC, LCSW, Director of Graduate Art Therapy, St Mary-of-the-Woods College. Join us as we explore the use of collage imagery and words to create an inner guide that will support you on your life's journey.

Drawing as a Healing Tool

Cathie Laska, artist and art teacher, will guide you in drawing activities to help your healing process. Art can lift us up, take us to a more peaceful place and help to alleviate difficult emotions.

11:30-12:30

The New You-Beauty Make Over

Kerry Umphrey, Mary Kay consultant, will guide you through a hands on make up experience with tips to enhance your appearance.

Wisdom Circle (Sharing insight)

Kathleen Stienstra, MD, Integrative Family Physician, Maple Center. Using guidelines from the Wisdom Circle Format inspired by councils of indigenous people, this circle discussion using a talking object allows us to share wisdom and compassion.

Using the Internet for Group Support and Health Research

Shelley Arvin, ISU Health Librarian-will show you the basics of finding reliable health information, communicating with others with similar interests, blogging and posting updates on your health for family and friends using the internet

12:30 Lunch-provided

1:30-2:15 Holistic Options for Stress and Depression-Kathleen Stienstra, MD, Integrative Family Physician, Maple Center. Options including mind/body, nutrition, herbal remedies, physical activity, therapy, acupuncture, and electro magnetic approaches will be discussed

2:30-3:30 *Select one workshop from each time slot below*

Nutrition-Change Your Diet, Change Your Life

Cindy Lucas, Nutrition and Cooking Instructor. Your kitchen...a place of healing and health...come enjoy learning how to heal with pots and pans!! What goes in your mouth makes a HUGE difference in your health...want to know more? Come join us for fun, food and freedom!

Tai Chi for Health

Melissa Geib, MEd, and Roy Geib, PhD, certified Tai Chi for Health instructors, will guide you in an experience of gentle Tai Chi moves-a mind body exercise that supports your recovery.

Nurturing Yourself During Times of Stress and Recovery

Debra Leggett, Ph.D., NCC, LMHC, LPC-Director of Training ISU Dept of Counseling Education, will discuss self care during times of extreme stress such as after receiving a cancer diagnosis or during chemotherapy; maintaining a holistic attitude during recovery, how to focus on mental and spiritual aspects to strengthen one during times of physical distress. A guided imagery group exercise will be provided.

3:40 Closing

4:00 Adjournment



Breakfast: The Most Important Meal of the Day.

A recently published study looked at how the distribution of calories during the day impacted a person's ability to lose weight. In an experimental group, the only change they made was for the group to eat 50% of their daily calories at breakfast. This change led to significant weight loss. The theory that explains this phenomenon is that the body is very wise and tuned into the possibility of famine. Not eating much in the morning communicates to our bodies that there isn't much food around and that it better conserve all the body mass it can. Metabolism slows, and we burn calories at a slower rate.

Americans tend to eat carbohydrate rich foods for breakfasts and have their heavy protein meals in the evening. Our brain neurotransmitters respond better, however, to the opposite pattern. Protein in the morning enhances our production of serotonin -an informational molecule that affects mood and concentration. Carbohydrates in the evening enhance the production of melatonin, the neurochemical that supports sleep.

Simple carbohydrates that are high on the glycemic index of foods (bread, pastries, doughnuts, packaged cereal, pancakes, etc.) stimulate insulin release from your pancreas. If the foods are refined and not mixed with slower digesting protein and healthy fats, the body miscalculates and makes more insulin than is needed. Simple carbohydrates digest quickly and are gone before the body expected so the extra insulin has to be counterbalanced. The body then pours out the biochemicals to keep blood sugar up-including adrenalin. That can make you feel hungry and shaky so you are ready to eat again mid-morning. Protein and healthy fats digest more slowly and trickle in the calories so that the initial insulin release is less and is needed for a longer period of time.

One way to increase your protein in the morning is to have what Sidney Baker and Karen Baar who wrote *The Circadian Prescription* call a rhythmic shake for breakfast. There are countless variations. Here's the recipe I enjoy myself:

Rhythmic Power Shake

Use a large cup-12-16 oz size

Add 2 scoops of protein powder (*I like Ultrameal from Metagenics which includes vitamins--comes in different flavors-available at our resource center.*)

Frozen fruit of your choice (*berries, cherries blend easily*)

Freshly ground flax seed-start with 1 heaping Tbsp and work up to 2 over time. (*Men-there is some recent concern that flax seed is less desirable for your prostate health. Women-2 heaping Tablespoons of ground flax seed has been shown to reduce hot flashes and provide some protection against breast cancer. Also a great source of fiber.*)

Fill glass with beverage of your choice-(*I like Silk soy milk.*)

Use a hand held blender to mix this in the cup (*saves the mess of using a standard blender*).

Drink with a straw. If you are short on time, you can even drink this on the way to work.



I also like to add ¼ tsp of probiotic powder and a scoop of Greens First-dehydrated vegetable powder with the antioxidant power of 10 servings of vegetables.

If you are receiving chemotherapy for cancer, be sure to use whey protein which is very rich in glutamine. Glutamine nourishes the lining of your mouth and intestines, lessening the chance of ulcerations or inflammation there.

—Submitted by Kathleen A. Stienstra, MD