



Monthly Matters from The Maple Center

April/May/June 2009 – ISSUE 26

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

Local Midwife Anne Mishler is Recognized

The Indiana Perinatal Network (IPN) is a statewide not-for-profit organization committed to improving the health and lives of all mothers and babies in our state. As a preeminent source of education, with insight into the unique challenges Indiana faces, the Indiana Perinatal Network offers educational programs throughout the year.

This year the IPN chose to recognize three individuals. The 2009 Spirit of Services Awards were announced March 26, 2009. The categories were advocacy, community service and communication. Anne Mishler, a certified nurse midwife at the Union Hospital Maternal Health Clinic was honored by receiving the Advocacy Award. During the presentation she was recognized as a tireless advocate for women in the Wabash Valley area. Anne has educated physicians and patients alike about the high-touch and low-tech care a midwife can provide. She is well known for her personal commitment to each family she serves. "She has a passion for supporting women in their choices for birth. . .her patients are truly blessed."



The Maple Center, Inc.



&
Solmate Socks



Rock Your Socks



FUNDRAISER

A project of the Patrick M. Burkett Memorial Fund

Buy **WILD**, artfully mis-matched,
environmentally responsible* **SOCKS**
& support The Maple Center programs that
promote

the expressive **arTs** as healing tools

\$20.00 per pair/set

Cash or checks payable to:
The Maple Center, Inc





JUNE Happenings At The Maple Center

Tai Chi for Health

Tuesday Classes
June 23-Aug.11
6:30-7:30 P.M

Landsbaum Center for Health
Education 1433 N. 1/2 St.
Fee: \$50.00

Tai Chi for Health

Wednesday Classes
June 24-Aug.12
6:30-7:30 P.M.

Terre Haute Regional Hospital
Outpatient Therapy Facility
4500 S. 41 at Springhill
Fee: \$50.00

Natural Childbirth Classes

Combination of Lamaze, Bradley
Hypnobirthing Approaches
Information about pregnancy, labor
& delivery and exercise during
pregnancy

Tools for a natural childbirth
Practice of labor & delivery
techniques and
relaxation exercises

2nd and 3rd Saturdays Monthly
1-4 P.M.

Call The Maple Center to Register

Rocks Your Socks Fundraiser

Support programs that use the Arts
as healing tools by purchasing
artfully mis-matched socks

\$20.00 per pair/set at

The Maple Center or River Wools



Spotlight on Supplements: Whey Protein

Supporting good health with the knowledge and use of supplements.

Many are unaware that the Integrative Health Center component of The Maple Center offers for purchase many useful supplements. For a complete listing of our available supplements, access our website at www.themaplecenter.org and click on the Integrative Health Center link which will take you to our "Supplements for Better Health" listing.

If you are receiving chemotherapy for treatment of cancer, whey protein can be a gold mine of therapeutic nutrition that not only provides a great source of complete protein but also can reduce mouth ulcers, immune suppression, and enhance the beneficial effects of the chemotherapy. A byproduct of cheese manufacture, it is cow's milk with the lactose, fat, and minerals filtered out.

Whey protein has the highest concentration of glutamine and branched chain amino acids found in nature. Glutamine is a source of fuel for white blood cells and for the lining of the intestine and mouth. Whey also contains other compounds that improve immune function and boost glutathione concentrations. Glutathione is a powerful antioxidant that helps rid the body of toxic substances. Some tumor cells have higher concentrations of glutathione--that protects them against chemotherapy agents. Whey protein selectively depletes cancer cells of their glutathione, thus making them more susceptible to cancer treatment. Luckily, it increases glutathione in normal cells and increases their growth.

Whey protein can be purchased in pre-measured packets and bulk canisters in different flavors. 20-30 gm of whey-protein concentrates twice/day is recommended for those receiving chemotherapy. For the flavored varieties, just mixing it with 8-12 oz of water, juice, nonfat milk, or soymilk and a few ice cubes can make a delicious shake. Add ½ to 1 cup of fresh or frozen fruit or a Tbsp of ground flax seed to make it even more nutritious. If one can't tolerate whey protein (allergies), you can use glutamine supplements 3-10 g daily mixed with liquid and swished in the mouth and swallowed. In the Maple Center Resource Center, we carry a whey based protein powder with added vitamins and minerals called Ultrameal Whey-a Metagenics medical food and plain glutamine powder. *-Submitted by Kathleen A. Stienstra*



2009 Cheers to Good Health

The 3rd annual **Cheers to Good Health** fundraiser was held on Valentine's Day at the Ohio Building Meeting and Banquet Center on February 14, 2009. This year far surpassed the previous two years with attendance of 300+, silent auction items of 100+, and all the food and drink donated which resulted in funds raised for The Maple Center programs!

During the evening Dr. Kathleen Stienstra enlightened the patrons about the health benefits of chocolate and wine. For our enjoyment piano music was provided by Bill Rogers throughout the evening. Everyone complimented the elegant ambience created by the planning committee members Katy Harden and Chris McCormick with the assistance of the planning committee, family and friends.

Many hands worked to prepare for this event including the planning committee: Annette Alexander, Vanta Black, Karen Cunningham, Melissa Geib, Katy Harden, Christine McCormick, Lana Taylor and Lori Wilson. The planning committee is especially grateful to the following volunteers for their assistance in preparation: Susan Cross and the Union Hospital Golden Foldies, Eva

Conley, Tish Eccles, and Phyllis Kirk .

On behalf of The Maple Center we extend our gratitude to: Al Ruckreigel and David Adams the owners of the Ohio Building, Meeting and Banquet Center for their donation of the lovely space; Heather Fuchs of the Ohio Building for her coordination of the event details; Bob Baesler, Reggie McConnel, Bryan Reece and staff of Baesler's Market for their donation of time and wine; Tawyna Wittington and Trina Zentko of Simply Decadent for the chocolate fountain, food preparation and wine



glasses; Marketa Lynch and Brandi Bennett of ALDI, Inc. for the generous donation of fruits and vegetables; Barbara Richards of Xocai Chocolate; Kristi Turner, Ann Conley, Lana Taylor, Clabber Girl, A Bit O Britain Tearoom, T.G.I.Fridays, and Mike McCormick of Gordon Food Services for appetizer and dessert contributions; many local businesses and individuals for their contributions of silent auction items including Union Hospital, Regional Hospital, Mike Nealy, Ruth and Gordon Pleus. Also, to our partners in promotion and to financial donors we extend our gratitude for your continual support of The Maple Center programs.



Thank you to the Wabash Valley Community for all of your support to make this fundraising event a successful one. With your help The Maple Center had a wonderful wine and chocolate tasting party and successful fundraising event. Your contributions will benefit our community's residents from the very young to the young at heart. The planning committee is looking forward to making the 4th annual **Cheers to Good Health** fundraiser even more successful. *Cheers to Your Good Health!*



Submitted by Vanta Black & Melissa Dominguez Geib

when i do tai chi sometimes

there is a falling-in-place
and suddenly my skin
fits me
perfectly

and the present
fits me
like a second skin

and inside i am a poem
i am inside a poem

inside my skin
i am inside a poem

i am inside my skin
inside a poem
about water
earth
fire
metal
wood

and my hands move
around another poem
hands in clouds
pushing a mountain

tying my coat
on the left side
right side
thrust & parry

when i do tai chi sometimes
i am in
my skin
in the poem
of the moment
loving all the stars
just as they are.

--Zann Carter 04.05.09



TAICHI FOR HEALTH

World Tai Chi Day was held in Gilbert Park on Saturday, April 25, 2009. Instructor Steve Walden led several tai chi students in the arthritis form. Student participants included breast cancer survivors Mary Burns, Sharon Forbes and Vi Bell. Students of Melissa and Roy Geib since June 2008 Mary, Sharon and Vi have been participating in a tai chi for breast cancer patients and survivors program offered by The Maple Center and funded by Susan G. Komen Foundation, Wabash Valley Affiliate.

Zann Carter a participant of The Maple Center's tai chi program wrote this poem to express her experience with tai chi.

Tai Chi classes begin soon! Call The Maple Center to register.

Maternal Health Clinic Awarded Grant Funding

The mission of the Maternal Health Clinic (MHC) is to provide families in the Wabash Valley with accessible quality prenatal and birth care that empowers them to make healthy choices and improves outcomes. No one is turned away for financial reasons. MHC Certified Nurse Midwives in collaboration with Dr Kathleen Stienstra care for expectant and non-pregnant women in their Maple Center Practice. Women with abnormal PAP smears are often advised to have a colposcopy-an office procedure where the cervix is viewed under high magnification and directed biopsies taken. Often "pre-cancers" are identified which can be treated and cancer prevented. While there is Medicaid funding available to an expanded population during pregnancy and Title X Family Planning services for PAP smears through Health Connections locally, there is no similar financial assistance available to low income non-pregnant women for colposcopy or subsequent indicated treatment (cryotherapy or LEEP excision.) The Maternal Health Clinic was recently awarded a grant from the Wabash Valley Community Foundation in the amount of \$8,200. This grant funding will help to cover the costs involved in these services.



Submitted by Mary Huffman

The Life Giving Hands of a Midwife...

A Personal Birth Experience

Submitted By: *Cassy Heaton*

My name is Cassy Heaton.

For four years I have been turning to the nurse midwives at The Maple Center for care. I have had two wonderful births with them. When my first daughter was born, it was the most beautiful but yet the most empowering experience I have had as a woman. She was due the 1st of November in 2005. The night of the 1st I started contracting at 11:30pm. I stayed at home and labored until my contractions were one minute apart and lasting for sixty seconds or longer. We determined that it was time to head to the hospital at 3:10am, so we called Anne (midwife), Twyla (doula), and then the labor and delivery to let them know we were on our way. After we arrived at the hospital at 3:30am and were checked in; we started to get all settled in our room where we were ready to have our first beautiful birth.

When Anne came in to greet us and check me for the first time, we were all waiting in anticipation to see what the results were from laboring and letting my body do the work. After Anne announced that I was 6 cm, we knew that we were just that much closer to seeing our new baby girl. I continued to labor with my husband, mother, Twyla and Anne by my side, in a room full of the scent of lavender, dimmed lighting, and relaxing nature music. They were a wonderful support team, and such an important part of this birth story. Having Anne there to be an advocate for me was such a blessing. We were able to have a birth plan and successfully achieve everything we requested. Some of our wishes included not have an IV, non-medicated, using a birthing ball, and also a squatting bar. Then at about 4:45 my water broke, Anne checked me and I was 8cm. After some more laboring by slow dancing with my

husband, and sitting on the birthing ball, I was ready to start pushing. The nurse and Anne got the squatting bar all in place. I started to push with the bar, but after a short time my legs became tired. At 5:59am our beautiful baby girl was born! We did it! I did it! I had achieved having a non-medicated, calm and serene birth. It made me feel empowered as a woman; to be able to know that my body could carry, labor, and birth a baby. Also, for me, knowing that I had options as a woman for my birthing experience, and being able to be supported and encouraged to explore those options was a blessing.

When we found out we were pregnant the second time there was not any doubt about where we would go for care. It was exciting to know that we would be sharing another pregnancy and birth with the same wonderful people, who we already knew, trusted and had made special bonds with. I had been dilated 3cm for over a week. I was 39 weeks when I went in for my weekly appointment. While we were there we discovered my blood pressure was high and not coming down. So, I was told to come in a few days later to have a non-stress test to see what was going on. After they monitored me for 30 minutes, the numbers were still high. Karen (midwife) and Dr. Stienstra talked things over and determined that I had pregnancy induced hypertension. We were going to have a new baby girl within the next 24 hours. At 6:00pm Friday the 23rd of January, I started receiving pitocin. Although my wishes were to have a non-medicated birth, pitocin was needed to induce labor because of the pregnancy induced hypertension. Pain medication was still not used at any time during the delivery. My husband, mother, Stephanie (good friend and birth doula), Karen, and Mitzi (good friend) were there as my support team. I was laboring easily; at 11:50pm Karen checked me, and I was still 3-4cm dilated, while baby was found "sunny-side up". I then got into bed with tennis balls behind my lower back to make the baby a little uncomfortable, hoping to get her to turn. The nurse also bumped the pitocin up some more to increase the strength of the contractions. Then as 2:05am rolls around I am still at 4cm. I then move to hands and knees trying to encourage her to move down into the birth canal. Right at 3:00am my water broke! YAY! Now that my water had broken the contractions became more intense. I moved to the birthing ball to help my labor pains, and to give me more movement. At about 3:15am my blood pressure was back up, so Karen began massaging downwards on my arms. This type of massaging helped to lower my blood pressure. After about 45 minutes I was still on the birthing ball, active labor was present and working! At 4:00am the nurse turned the pitocin off, it was no longer needed. My body was in active labor and doing what it should be. My husband and Karen had been helping me labor by rubbing my back and talking me through the contractions. It was now time for a shift change, Stephanie and my mother took over assisting me.

After some more laboring and rubbing lavender oil on, I began to feel pressure, this occurred at 4:30am. Karen checked me and said your 8cm and 90% effaced. After the 9 months of waiting, and laboring these past hours, all of those feelings came rushing back from birthing my first daughter. The lighting in the room was dim, calm, and smelled of lavender. As I began to remember how exciting and how empowering I felt. I knew that this is just what I was wanting. The nurse and Karen began getting the room all set up to welcome yet another beautiful baby girl! Then at 4:59am I began to push as I used the squatting bar for assistance. After pushing for 12 minutes, and having a wonderful team cheering me on, it was time for one last push. It was 5:11am and we had done it! I did it! After I brought my new beautiful baby girl up to my chest, my husband and I wiped her down.

Karen encouraging us all the way was such a blessing. She helped us fulfill my dreams of immediate skin to skin, and baby self attachment to the breast. This was another perfect birth story in my book! Thank (continued) you to everyone at The Maple Center and Union Hospital, but a special and blessed thank you to Anne Mishler and Karen Muscatelli! We love you and we're so happy to have you as a part of bringing both of our beautiful girls into this world!

Generosity Unlimited

We extend many thanks to the numerous donors who contribute to our ongoing financial sustainability. Your continued support of The Maple Center, Inc., IS making a difference in the lives of those we serve.

Thank You to everyone who participated in The Maple Center fundraisers: Cheers to Good Health, Fall Festival, Shake Rattle and Roll, at Applebees and at Beef O'Bradys.

**Donations may be mailed to:
The Maple Center, Inc.
1801 North Sixth Street
Suite 600, Terre Haute,
IN 47804**

The Maple Center is a nonprofit 501(c)(3) organization and donations are tax deductible to the extent allowed by law. Please consult with your tax professional regarding the specifics of your personal tax situation. The Maple Center Board of Directors, staff, and volunteers value the support of our donors and at times publicly recognize donors. Please advise us if you would prefer to remain anonymous.



Vigo County Breastfeeding Coalition



There is a new group forming to inform, promote and support breastfeeding in the local community and surrounding areas. Several dedicated champions of breastfeeding met April 27, 2009 at The Maple Center to form a community based Breastfeeding Coalition.

Tina Cardarelli, State Breastfeeding Coordinator, presented recent action at the state level to promote and advance breastfeeding as the preferred infant nutritional source in the state of Indiana. Tina, also, gave the group news of other coalitions around the state, and some of the projects being implemented by them. She distributed *Born to be Breastfed: A Call to Action to Promote Breastfeeding in Indiana* to all attendees. Discussion ensued of experiences encountered with breastfeeding by those attending.

Initial attendees included: Janett Allen, Maternal Health Clinic; Karen Baker, RN, Union Hospital Health Group; Sandra Bourke RD, WIC; Lauren Davidson, Vigo County Extension Educator; Maria Da Silva, Social Worker; Dawn Enochs, LPN; Dr. Christine Gordon; Mary Huffman, RN, Maternal Health Clinic/The Maple Center; Amy Lambert, RN, Union Hospital Health Group; Sheri Montgomery, Vigo County School Corporation; Dr. Kathleen Stienstra, The Maple Center; and Sarah Williams and Cassy Heaton, young mothers.

The group is open to anyone interested in the promotion of breastfeeding. The Vigo County Breastfeeding Coalition will meet:

Monday, June 1 at 5:30 P.M.

The Maple Center

One Professional Centre

1801 North 6th Street, Terre Haute

*Submitted by
Janett Allen*