



Monthly Matters from The Maple Center

Aug/Sept 2008 – ISSUE 21 1801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733

Creating a Path Through Loss: The Arts as Healing Tools

Loss is an inevitable part of life -- every change, good or bad, is accompanied by the loss of the way our lives were before. Some of those losses are traumatic and seem unbearable, others are less traumatic but still cause pain. It is important for our physical and mental well-being to acknowledge losses of all kinds and to honor the attendant grief, to move *through* loss rather than try to 'get over it.'

The Maple Center workshop *Creating a Path Through Loss / The Arts as Healing Tools* is a day-long event designed to give people the power of using expressive art for tending to loss and grief.

Numerous studies have shown that using the arts to express and, if they choose, to share, one's stories has benefits for physical and emotional health. Turning to the arts is a constructive and positive response to events that often result in destructive behaviors. No previous art experience is necessary to use and benefit from the powerful tool of creative expression.

This workshop offers hands-on experiences with music, drawing, collage, journaling, poem-making, guided imagery, and relaxation through Tai Chi and massage. It also offers the healing experience of being in community with others facing the challenges of loss and change.

We held this workshop for the first time last year, focusing on grief after the death of a loved one. This year we have received an Arts Illiana grant as well as memorial and other donations and we are encouraging the attendance of people dealing with all kinds of loss. We especially hope to reach out to those who were affected by the devastating June flooding.

The workshop will be held on Saturday, November 8 from 8:00 a.m. to 4:30 p.m. on the campus of Indiana State University in Dede III. The cost is \$10.00 and includes all art materials as well as continental breakfast, lunch and snacks.



—Submitted by Zann Carter



Upcoming Events

Stress Management for Breast Cancer Survivors

Begins September 8
5:15 to 7:15 PM
Union POB—8 weeks
No class on Oct. 13.

Yoga for Breast Cancer Survivors

Beginners' Class
Begins October 18th
10-11:30 AM
Unitarian Universalist Church

Tai Chi

Classes Begin Sept. 30
And Oct 1.
Same locations & times.

Treehouse Club

Begins Sept. 12
4:00 PM
Terre Haute Family Y

Creating a Path through Loss: The Arts as Healing Tools

November 8th
9-4:30
Registration Fee \$10.00
Continental Breakfast &
Lunch Included

Natural Childbirth Classes

Saturdays, Oct 11 and 18
1:00 PM-4:00 pm
Maple Center Classroom

Shake Rattle and Roll Summer Fundraiser

On August 16, 2008, The Maple Center held the annual Shake Rattle N' Roll fund raiser event at The Dawg House Grille & Pub in Terre Haute. We want to thank everyone who attended and everyone who contributed to the silent auction held in conjunction with the event. Special thanks goes to Mr. Harold Ross, owner of The Dawg House, for use of his facility and Patrick Sparks who assisted with the delicious food that was enjoyed. The band, *Trench Rowe*, provided music that was enjoyed by all (especially those with a heart, mind and body in the mood for dancing)!

The Maple Center wishes to thank the event committee members, Vanta Black, Lana Taylor and Annette Alexander for their hard work. The following individuals and organizations are given a huge round of applause for their donations to the silent auction: Terre Haute Chamber of Commerce, Terre Haute Visitor's Bureau, Dever Distributing, Priscilla's, Big Lot's (South), Beef O' Brady's, Anne Ferguson, Dr. Kathleen Stienstra, In-Sight Arts, Roy Geib, Steve Walden, Randy & Debbie Stevens, Bunch of Ladies Gift Shoppe, The Parlor, Karen Cunningham, Saratoga, Herbs Heirlooms & Homebrew Too, Maurer's Wellness Center, Cindy Gilbert, Forrest Sherer, Vanta Black, Copper Bar, Jade Garden, Arlene Jennings, Riverwoods, and the Beading Paradise.

As a fund-raiser, this year's Shake Rattle N' Roll brought in close to \$1,500 that went directly to providing Maple Center programs and services. Thanks to all who attended and are such great supporters of our mission to bring quality integrative and maternity care to residents of the Wabash Valley!

—Submitted by David Howard, PhD, Executive Director



Auricular (Ear) Acupuncture Available to Help Release Addictions

The effectiveness of auricular acupuncture for drug withdrawal and smoking cessation has been proclaimed by acupuncturists in the United States since the early 1980's. Much of the work in this area was stimulated by the reports of Dr. Michael Smith who developed the 5 point protocol for drug detoxification in the late 70's. His work followed the work of surgeon-acupuncturist Paul Nogier in France.

A recent study by Bier and colleagues in 2002 based on rigorous design was done to examine the efficacy of auricular acupuncture and education on smoking cessation. Treatments included true acupuncture and education, sham acupuncture and education and true acupuncture alone. They found that all three groups showed significant reductions in smoking and post treatment cigarette consumption; however, the true acupuncture and education showed the highest cessation rates (40%) which were maintained at 18 months post treatment.

The highest success rates for smoking cessation are seen with a combination of pharmaceutical support and behavioral counseling, yet cessation rates at one year after completion of a program are still only 20-25%. Because of these limited success rates, there is a growing interest in using alternative therapies such as acupuncture to facilitate smoking cessation.

Individual smoking cessation counseling with auricular acupuncture is available; for \$250.00, you receive 7 education and counseling sessions, 7 acupuncture sessions and the American Lung Association program and CD.

Acupuncture sessions are also available to individuals for \$25.00 per session or a package of 6 for \$125.00 (one is then free) that are involved in some form of addictions treatment. And there is **new funding** available for those that need financial assistance. The program is called Access to Recovery.

Please call for additional information and/or to schedule ear acupuncture for addictions treatment support at 812-238-7301 and ask for **Debbie**.

Music for You and Your Baby:

A Seminar for Expectant Mothers

What is it?

The purpose of this series is to teach expectant mothers about the function/role music can play in reducing stress, promoting relaxation, and increasing focus for the participants, as well as illustrating how music can facilitate increased connection to the birth of a child and promote bonding between caretaker and the newborn.



Starting:
October 2, 2008

Day/Time:
Thursdays
12:30 p.m.– 1:30 p.m.

How long is the series?
* 6-week seminar

Where? Cost?
The Maple Center; free of charge

Max. # of participants: 10

REGISTER TODAY—812-234-8733





Maternal Health Annual Parking Lot Sale

The Maternal Health Clinic had their 4th Annual Parking Lot Sale on Saturday, July 12th. We had several participating booths this year. The weather started out stormy and we moved inside, but the spirits of those who attended were bright. The focus was on maternity, baby, and kids items, but there was much more for sale.

As before, we made a little money for the clinic, and we use this opportunity to let the public know of our location and our services. Dr. Kathy Stienstra and Anne Mishler, CNM were in attendance to provide that type of information. Of course they helped sort our merchandise, and they made those big sales too. One of the greatest joys of our day is seeing past and present clients with their children, and of course it's always nice to know that they enjoy seeing us too. The appreciation of the care that they were given was openly expressed.

The parking lot sale has another purpose. It gives us the opportunity to give back to The Helping Hands. This is a not-for-profit organization in West Terre Haute that sells gently used items to the public. They use their proceeds to help groups and individuals in the surrounding communities. They provide clothing and household items to burnout victims, purchase school supplies for students, contribute to the Providence Food Pantry, and help many other organizations and individuals in need. The Helping Hands joins with the Maternal Health Clinic by allowing our clients to shop for free using coupons awarded to them for exhibiting healthy behaviors. This collaboration has been very positive. At the end of our sale we took 3 car loads of unsold merchandise to The Helping Hands. Many items were from the Maternal Health Clinic, but people from the other booths also donated much of their unsold merchandise. If anyone would like to donate anything to them or visit their shop, they are located at 960 West National Avenue in West Terre Haute. Call 812-533-1888 for their hours.

We don't make much money, but we have a good time seeing everyone and explaining what we do. We also get to give back to The Helping Hands. As before—it's worth it!

—Submitted by Mary Huffman

