



# Monthly Matters from The Maple Center

December 2006 – ISSUE 4

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

December has arrived and 2006 is drawing to a close. The Maple Center's Board of Directors and Staff are reflective on a year filled with achievements and accolades. Our success can be contributed to many factors, including the amazing support of our donors, volunteers, and those who utilize the many programs and services sponsored by The Maple Center. Thank you for giving of your time, talent, and treasure! We are looking forward to 2007 being a year punctuated with improved community health, new programming opportunities, and continued success!

## Wrap a Baby In Love This Holiday Season



Thank you to those of you who have already donated a baby blanket to our "Wrap a Baby In Love This Holiday Season" project. If you have not yet made a donation, new baby blankets may be left at The Maternal Health Clinic (1801 North Sixth Street, Terre Haute, Indiana). Help to wrap a baby in love!

## The Maple Center Launches New Website

On December 10<sup>th</sup>, The Maple Center launched its new website. Supporters and friends of The Maple Center may access our site at [www.themaplecenter.org](http://www.themaplecenter.org). Visit our site frequently as new links are being added weekly. Each month the site will be updated in order to maintain a current, fresh site for browsers to search!

Let us give you a brief "tour" of the new website. Features include a link to Maple Center programs. There, visitors will find information on upcoming health-related programming as well as options to register and pay online for these programs and classes.

Links to our past and current issues of **Monthly Matters from The Maple Center** will enable guests to access a wide-range of Maple Center news and updates. Our recent women's seminar, "**Women's Health: Thriving During Midlife and Beyond**" as well as future educational programs will be available to download as pod casts on our site. Video downloads will be available for some of our programs.

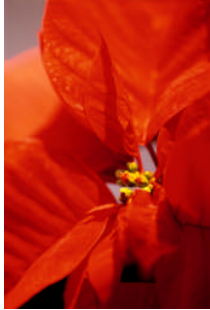
Additional features include Homepage links that will guide visitors to information on the Integrative Health Care Practice of Dr. Kathleen Stienstra; Community Educational Opportunities; and Maternity Care. When our Dr. John Black Memorial Resource Library opens in 2007, resources from it will be available through our website.

Financial support of The Maple Center will be made easier for our donors as an Online Donation link is available for Indiana donors.

If you have been utilizing our Yahoo address for corresponding via e-mail, please update your address book as our new e-mail address is [info@themaplecenter.org](mailto:info@themaplecenter.org)



## Mark Your Calendars



Dec. 2006 Launch of The Maple Center's website at [www.themaplecenter.org](http://www.themaplecenter.org)

Dec. 1-31 NAP Tax Credit Drive – Call today to purchase Tax Credits before December 31<sup>st</sup>. (Additional credits will be available for purchase in 2007.)

Dec.1-Jan. 20 Register online or by telephone for Sex Rules? And Love Matters! 6-Week Series on Intimacy & Sexuality Beginning Wed., February 7<sup>th</sup>

Dec. 15-Jan 15. Tai Chi Registration for Sessions Beginning January 23rd. Register online today!

Donate to The Maple Center's Baby Blanket Drive for Maternal Health Clinic

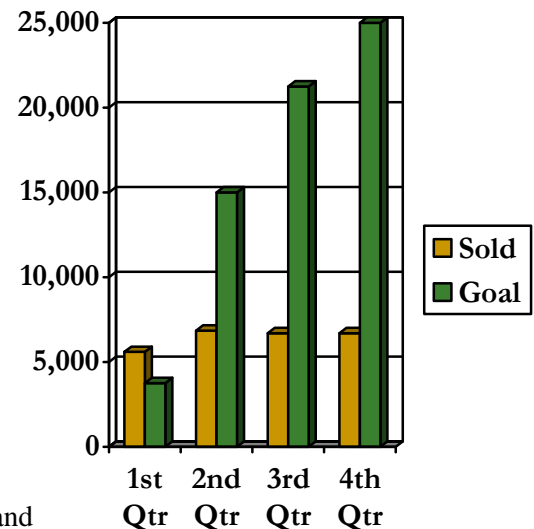
Registration for The Maple Center's "Coping With Chronic Health Challenges" Workshop Series will begin December 23<sup>rd</sup>. Access information and register at [www.themaplecenter.org](http://www.themaplecenter.org)

"Coping With Chronic Health Challenges" 6-week workshop Will Be Held Tuesdays, February 20-March 27 at The Landsbaum Center

The Maple Center's Annual Open House-Early 2007

## NAP Tax Credit Drive & Construction Updates

- \$25,000 tax credits sold=\$50,000 in donation
- 1<sup>st</sup> Quarter Goal: \$3,750 tax credits--\$5,590 sold
- 2<sup>nd</sup> Quarter Goal: \$15,000 tax credits by Jan 5, 2007
- Total thus far sold=\$6,850.50=\$13,701 in donations



Construction of a classroom and renovations to several rooms at One Professional Center are dependent upon our supporters. The State of Indiana has awarded \$25,000 in NAP (Neighborhood Assistance Program) tax credits to be used for these projects. The architect's renderings are complete. The contractor is prepared to initiate construction. All that remains to occur in order for this project to come to fruition is for supporters of The Maple Center and the Maternal Health Center to join with us by purchasing these tax credits.

This invitation to purchase NAP tax credits offers our donors the opportunity to be a vital part of a project that will expand our educational programming and will benefit our donors with tax savings. (Please consult a tax advisor for your personal tax savings.)

### NAP facts:

- All gifts of \$100 or more are eligible for NAP credits.
- Tax credits are given for half of the amount of donation.
- Tax credits are given for the tax year when donation is made.
- The whole amount of donation may also be deducted for Federal Income tax purposes. (Please consult with your tax advisor).
- Credits are granted in the order they are received until all credits are used.
- **You can take advantage of this opportunity twice—for both tax years 2006 and 2007. A donation made now through December qualifies for the 2006 tax year.** After 12/31/06 (and before 6/1/07) a second donation can qualify for the 2007 tax year if credits are available.

### The Paperwork

How does this work exactly?

1. You send your gift directly to The Union Hospital Foundation for the Maternal Health Clinic at 1606 N. 7<sup>th</sup> Street, Terre Haute, IN 47804.
2. MHC sends you the Indiana Department of Revenue for NC-10 for your signature and you mail this back to MHC.
3. MHC then records the tax credit and prepares quarterly reports for the Indiana Department of Revenue.
4. Following the quarter, The Indiana Department of Revenue will mail a NC-20 form to you, the donor, for your records to obtain the credit at tax time.

*If you have questions, please call Mary Huffman at 238-7301 or David Land at 238-7534.*

## Sex Rules? And Love Matters!

Sponsored by  
The Maple Center, Inc.



A 6-week course with about everything (well, almost everything) you ever wanted to know about sex within a fulfilling, intimate relationship. Instructed by David Howard, PhD ([DHoward10@isugw.indstate.edu](mailto:DHoward10@isugw.indstate.edu))

and Veanne Anderson, PhD ([Vanderson1@isugw.indstate.edu](mailto:Vanderson1@isugw.indstate.edu))

Six, 90-minute sessions will be held from 6:30-8:00 PM at The Landsbaum Center, Terre Haute, IN, beginning Wednesday, February 7<sup>th</sup> and ending Wednesday, March 14<sup>th</sup>.

Cost will be \$70 per person OR \$120 for 2. Space is limited. Register today by going to our website at [www.themaplecenter.org](http://www.themaplecenter.org) OR by calling The Maple Center, Inc at (812) 238-7333.

Registration and prepayment are required. A limited number of reduced fee registrations are available. For additional topical information about this series, please contact the instructors at the above e-mail addresses or access our website and go to the Program Schedule and Registration link.

## Maternal Health Clinic: Our Business Is Healthy Babies

The Union Hospital Maternal Health Clinic began 2006 by adding our second Certified Nurse Midwife. The clinic was busy with a full slate of providers and a full time sonographer. Centering Pregnancy Prenatal Care went into place with group care coming together to learn and discuss various educational topics such as breastfeeding, labor and birth, relaxation, and baby care. Our incentive program has grown and our clients have taken advantage of the opportunity to get free baby and household items from The Helping Hands organization for choosing healthy behaviors.

We were awarded the Maternal Child Health grant from the state of Indiana for \$62,000 to fund our Prenatal Care Coordination Program. We applied for and received \$25,000 in tax credits from the State of Indiana's Neighborhood Assistance Program (NAP) that will leverage donations of \$50,000. With these donations, a classroom for our Centering Pregnancy Program and renovation of space for the Dr. John Black Memorial Resource Library will be completed. At present we have over \$17,000 in tax credits available for sale. Also, we were one of several applicants awarded the opportunity to apply for a March of Dimes Chapter Grant. We have asked for \$25,000 to assist in funding the Centering Pregnancy Program.

We have displayed our services at several local health fairs, and educational programs. Anne Mishler, CNM and Dr. Kathleen Stienstra have spoken within the community on pertinent topics related to healthy families and birth to gain exposure for the clinic

In July we had our annual parking lot sale. We offered space to Union Hospital employees to sell gently used maternity, baby, and household items to the public. In August we participated in the fundraising event for the Dr. John Black Memorial Resource Library. It was a wonderful event in honor of a doctor and person whose memory we hold dear. Also in August we sponsored a program on Post Partum Depression to over seventy health care professionals.

WIC nutritionists are now coming to our office site to enroll our clients into the WIC nutrition program. The Baby Blanket drive is in full speed. We have had over 50 blankets donated to the Maternal Health Clinic. We now have our own link on the Union Hospital Health Group website. It has been a busy year and a productive one. The Maternal Health Clinic is blessed with a caring and professional staff. We are proud of the care that is given to the mothers and families who attend our clinic. Thank you Maple Center for your continued support. Together we have accomplished the beginning of a dream.

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## Mind-Body Skills Component Added to Maple Center

Have you or a family member been diagnosed with a chronic illness? Cancer? Diabetes? Cardiovascular Disease? If so, The Maple Center will be offering a six-session workshop, **COPING WITH CHRONIC HEALTH CHALLENGES**, beginning February 20th (3-5 PM) at The Landsbaum Center.

This workshop will provide participants with instruction in the following topics: the effects of stress on illness; stress management/mind-body skills; the benefits of healthy diet and exercise; techniques for pain management; emotional reactions to illness and ways to counteract these reactions; and the effects of illness on daily activities, occupation, and family relationships. Suzanne Harris, PhD, and a licensed clinical psychologist with over ten years of experience working with medical patients, will facilitate this workshop.

The cost of the six-session seminar is \$250.00. In accordance with Maple Center policy, limited reduced registration fees are available for those with financial need. To register and prepay, access The Maple Center's website at [www.themaplecenter.org](http://www.themaplecenter.org) and follow the Program Schedule and Registration Link or you may call 812-238-7833. Class size is limited to a maximum of 10. Register early!

If you have questions regarding the seminar content or format, please contact Dr. Harris at [sdharris52@insightbb.com](mailto:sdharris52@insightbb.com) or at (217) 251-7486. Dr. Harris will also be available for individual and couple counseling at The Maple Center on Tuesdays, beginning January 23<sup>rd</sup>.



## Healthy Holiday Eating

*The average American gains five pounds between Thanksgiving and New Year's—but you don't have to. Here are a few simple guidelines for holiday eating from the Duke Diet and Fitness Center ([www.dukehealth.org](http://www.dukehealth.org)).*

Don't try to diet. Your goal should be to maintain weight, not lose it.

To avoid indulging in high-fat fast foods when your days become hectic, pre-plan several quick, healthy meals and have them readily available for reheating.

Don't try to cut out high-fat holiday favorites like eggnog and candied sweet potatoes. Instead, choose small portions and fill your plate with lower fat choices, such as apples, cranberry dishes, baked squash, pumpkin, breads, and pasta.

Center entertainment around non-food events such as ice-skating, renting a holiday movie, or singing carols.

Offer to bring a favorite low-calorie dish to holiday parties, so you know there will be at least one "safe" item available. Indulge in conversation.

Make the effort to continue a regular exercise program, even in the midst of holiday bustle. It's your key to maintaining good health and a healthy weight.

*Submitted by Lana Taylor,  
Registered Dietitian at Maternal  
Health Clinic*

## New Year's Resolutions:

1. Exercise More!
2. Strive for Better Health!
3. Sign-Up for Tai Chi Classes offered by The Maple Center!



Our next session of Tai Chi classes will begin on January 22<sup>nd</sup> and 23<sup>rd</sup>. Online registration begins on December 15<sup>th</sup>. Go to [www.themaplecenter.org](http://www.themaplecenter.org) to register and prepay OR call (812) 234-8733.

**Tuesdays-classes begin January 23, 2007**

**The Landsbaum Center**

5:30-6:30 Tai-Chi for Health Beginner and Advanced

6:45-7:45 Tai Chi for Diabetes

**Wednesdays-Classes Begin January 24, 2007**

**Regional Hospital Outpatient Therapy Department**

6:30-7:30 PM Tai Chi for Health Beginner and Advanced

The cost for the 8 class series is \$70. In accordance with Maple Center policy, a sliding fee schedule is available for those who cannot afford the full cost. Please call for details. Class size is limited to 15. For additional information about Tai Chi go to [www.themaplecenter.org](http://www.themaplecenter.org) and also click on the [www.arthritis.org](http://www.arthritis.org) link.



## Conclude 2006

## With A Tax Deductible

## Donation to The Maple Center

Make a tax-deductible gift today to The Maple Center! 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.

Donations may be mailed to:  
**THE MAPLE CENTER**  
1801 North Sixth Street  
Suite 600  
Terre Haute, IN 47804  
OR Indiana Residents May  
Donate Online At:  
[www.themaplecenter.org](http://www.themaplecenter.org)