



Monthly Matters from The Maple Center

June-July 2007 –ISSUE 10

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The heat is on and summer has arrived with a great deal of sunshine and humidity. This month's issue of *Monthly Matters from The Maple Center* offers a helpful sun safety quiz and information on the use of Neti Pots for sufferers of allergies and sinus problems.

A summer fundraiser for The Maple Center and information on upcoming programs are also featured. The eagerly anticipated construction of the new community education classroom and Dr. John Black Memorial Library is underway and a photo preview is on Page 1. Thank you NAP Donors!

Grab an ice-cold glass of lemonade and enjoy the e-letter. Be inspired to make a lifestyle change, sign-up for a Maple Center health-focused program, or consider donating or volunteering at The Maple Center!



Walls of Progress Going Up At The Maple Center!

After months of planning, preparations, and generous donations through the NAP Tax Credit Drive, construction has begun on The Maple Center's community classroom and the Dr. John Black Memorial Library facility. Vital community health-related programs including the **Centering Pregnancy** classes will be held in the new facility. Patients and caregivers alike will benefit from the onsite Resource Library.



If you have stopped by The Maple Center recently, you might have been shocked to see the large foyer being filled with the sights and sounds of demolition and construction.

CDI, Inc. is serving as the general contractor on the project and MAM has provided the architectural support. Local labor unions are donating the labor toward this project. The Maple Center

extends a tremendous **THANK YOU** to CDI, Inc. and Kevin Marlin, MMS-AE (architects), and Charlie Toth, Business Manager Local 204. Local Unions are donating their labor and these include Carpenters Local 133, Laborers Local 204, Electrical Workers Local 725, Painters



Local 197, Sheet Metal Workers Local 20, and Plumbers and Steamfitters Local 157.

Construction should be completed near the end of July and we will be holding an Open House in September so that our generous supporters and the community can view our improvements!



Calendar Connection



“Yoga for Breast Cancer Survivors: Stretching, Strengthening and Relaxation”
BEGINS JULY 6th
Register TODAY!

TREEHOUSE CLUB
Summer Nutrition & Fitness Fun for Children
(Fall Grades 2-4)
Begins July 10th
REGISTER EARLY!

HypnoBirthing®
Next Session Begins July 18
Landsbaum Center
Register Today!

“Stress Management Intervention for Women with Breast Cancer”
BEGINS JULY 25th
Early Registration Is Encouraged!
Space Is Limited.

Summer Shake, Rattle, & Roll Maple Center Fundraiser
July 28, 2007
7-11 PM
Dawg House
Purchase \$15 Tickets Online Or At The Maple Center

Tai Chi Sessions Summer Sessions
Northside Classes Begin Aug. 21
Southside Classes Begin Aug.22
REGISTER TODAY!

MAPLE CENTER OPEN HOUSE
Thursday, September 27
3 PM – 7 PM
Come & View Our Newly Constructed Facilities!

Spotlight on Supplements: Neti Pots

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.

America is abuzz about neti pots since Dr. Mehmet Oz discussed them on Oprah. A neti pot is a simple, small long stemmed pitcher designed to wash the nasal membranes and sinus openings. Long used in India, recent medical studies in the United States have shown that using hypertonic saline (a salt solution) to cleanse the nose and sinus openings that occur at the top of the nose—just behind the septum (the divider in the middle of the nose) reduces chronic sinusitis symptoms and allergy symptoms. It helps keep the sinus openings flowing and removes allergens/pollens/dust etc., from your nose.

You can buy prepared packets of hypertonic saline in the drug stores—some with plastic neti pots or plastic squeeze bottles. I am biased toward a ceramic neti-pot so that you won't be exposing your absorptive membranes to yet more plastic byproducts. Ceramic neti-pots are available for \$15 in the resource center at The Maple Center clinical offices.

How to use a Neti Pot

One prepares a mixture of water, salt and baking soda (see recipe below) in the neti pot. Lean over your sink or in your shower with your head turned to the side so that the top of your head is at about the same level as your nose. Pour liquid into the top nostril and it will come out the bottom one. Breathe through your mouth while doing so. Then straighten up, clear your nostrils. Turn your head the other direction and repeat.

Recipe for Make It Yourself Hypertonic Saline

1 cup of non-chlorinated water
1 tsp. of salt without iodine (kosher canning salt)
1 pinch of baking soda

It takes some “gumption” to use this, but it is very effective!

-Submitted by Kathleen Stienstra, MD





What's Your Sun-Safety IQ?

Take the American Cancer Society's 9-question quiz and find out! (Answers on Page 8 of the e-letter.)

I can't get skin cancer, because my routine (work, drive to work, indoor hobbies, and vacations) doesn't include any outdoor activities.

TRUE FALSE

My husband should use sunscreen at football games, even though he only goes (and gets a burn!) once or twice a year.

TRUE FALSE

If I'm wearing sunscreen, I can stay in the sun as long as I want.

TRUE FALSE

A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15.

TRUE FALSE

It's safe to let my children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs.

TRUE FALSE

How often do you need to reapply water-resistant sunscreen?

ANSWER:

Getting a "base tan" at an indoor tanning salon is as good way to prevent sunburn when I go to the beach later this summer.

TRUE FALSE

What are the two most common (and painful!) sunscreen mistakes?

ANSWER:

Now put it all together. You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., what should you do to best protect your skin?

ANSWER:



TREEHOUSE CLUB FOR KIDS

Are you looking for a summer program for your children? Consider The Maple Center's new "TREEHOUSE CLUB FOR KIDS". This innovative program will provide active, hands-on experiences to improve children's fitness levels and instruct them on making nutritious food choices.

Three 4-week workshops will be offered. **Each session will present different materials.**

July 10-17-24-31 (1-2:30 PM)

Sept. 6-13-20-27 (4:00-5:30 PM)

*If registration warrants, a second session will be held for the June and July workshops.

Class Size Limited to 12 children (Entering Grades 2-3-4 in the Fall)

Cost per 4-week Session: \$55.00

Limited Scholarships are available for those unable to afford the registration fee. Advanced Registration and Payment Required. 15% discount for families having more than one child enrolled in the class.

Workshop Format:

- Hands On Learning
- Fitness Fun
- Crafts-Nutritional Experiments
- Computer Analysis of Children's Diets
- Treehouse Snacks:
 - Preparation of Healthy Snacks
 - Making Better Food Choices
 - Yoga Stretches/Relaxation
- Yoga movements that children can utilize while watching television.



Stress Management Intervention for Women with Breast Cancer: Enhancing Quality of Life During and After Treatment

The Maple Center is proud to announce this 8-week workshop that provides information about stress management techniques, new coping strategies, and relaxation training as well as the benefits of group support. It is based on a research program developed by Michael Antoni, Ph.D. at the University of Miami, Florida. Each session includes both lecture and relaxation training - but the heart of each meeting is the input provided by the participants about their experiences and feelings related to diagnosis, treatment and the subsequent changes in perceptions and life situations they have encountered.

This workshop is appropriate for women at any stage of breast cancer treatment, recovery or survivorship. The standard fee for this workshop series is \$250.00. But with the generous grant funding provided by The Wabash Affiliate of the Susan G. Komen Breast Cancer Foundation, this workshop is being offered for FREE to women of the Wabash Valley.

REGISTER TODAY!



Yoga for Breast Cancer Survivors: Stretching, Strengthening, and Relaxation

Ongoing research has determined that women living with breast cancer can improve their quality of life by participating in yoga classes. Some of the benefits these participants achieved were:

- Increased flexibility of the neck, back, chest, and shoulders
- Improved physical function
- Decreased fatigue
- Increased overall strength
- Decreased side effects from chemotherapy

This program, consisting of 6 weekly sessions, strives to help participants achieve the above goals. The classes will introduce yoga poses specifically tailored for those people living with and surviving breast cancer. Participants will also learn relaxation and imagery techniques that assist in the natural self-healing process. No previous experience is necessary. Modifications and adaptations will be implemented in order that all participants will be able to benefit from these classes.

Breast Cancer Survivors

These programs are sponsored by **The Maple Center** and through a grant awarded by **The Wabash Affiliate of The Susan G. Komen Breast Cancer Foundation**

If You or Someone You Know Might Be Interested In These Vital Programs,

Please Call: 812-234-8733

Or E-mail: Info@themaplecenter.org

For More Information!

In an effort to assist women of the Wabash Valley who are courageously battling breast cancer or who are living successfully as breast cancer survivors, The Maple Center warmly invites you to consider participating in the following programs:

- ◆ **"Coping with Cancer"** will be an 8-week workshop series based on Dr. Michael Antoni's research-based protocol entitled, **"Stress Management Intervention for Women with Breast Cancer: Enhancing Quality of Life During and After Treatment"**.
July 25-September 12 (5:15-7:15 PM)
Professional Office Building Room 352
(Across from Union Hospital)
- ◆ **"Yoga for Breast Cancer Survivors: Stretching, Strengthening and Relaxation"** will be a 6-week workshop series featuring yoga and relaxation teachings focused on aiding breast cancer patients and survivors to achieve improved quality of life, physical strength, and inner peace.
July 6-August 10 (10:00-11:30 AM)
Main Branch Vigo County Public Library

The Benefits of Group Support for People with Chronic Health Challenges

Chronic illness can be a very isolating experience. It is often accompanied by significant life changes: a decrease in social engagements and leisure activities as well as alterations in work patterns. Many people with chronic medical conditions find that others who are healthy do not really understand how they feel – physically and emotionally - as a result of the medical changes that have occurred.

In the last twenty years, there has been a great deal of research on the effects of group support for people who have chronic health challenges such as diabetes, cancer, multiple sclerosis, fibromyalgia, pain, stroke and many other conditions. Group support can be informal or structured, and can occur in person or on the Internet through relevant health organizations and independent chat rooms.

What are the benefits of such support? They may include:

- A decrease in isolation – and the relief of talking with people who know what you are going through.
- The opportunity to share information and recommendations – about medical resources and complementary techniques that may be helpful in managing symptoms or pain as well as community

resources for help in managing daily living or finances.

- Coaching and support for important behavior and life changes – many conditions are best managed by changes in diet, exercise and other lifestyle patterns. Most people are more successful in making these changes when they are part of a group effort; they are spurred on by the mutual support as well as the structured expectations of a group.
- A boost in the immune system – much needed as any chronic condition taxes the immune system and makes us even more susceptible to illness and fatigue.

To find group support, start with your doctor, local hospitals, or community agencies. Many hospitals and community agencies sponsor support groups by providing meeting space and facilitators. For Internet support, start by “googling” your diagnosis and look for both sponsored associations and independent message boards. And, as always, carefully consider and research any information you receive from others before making any decisions to augment the medical and health care you currently receive.

The Maple Center will be offering support groups for breast cancer survivors as well as TRANSFORMING STRESS programs in the upcoming months. If you are facing the challenges of a chronic illness, watch for updates in our monthly e-letter and on The Maple Center’s website at www.themaplecenter.org.

--Submitted by Dr. Suzanne Harris

If you are looking for a way to “shake, rattle, and roll” this summer AND support The Maple Center, consider purchasing a ticket for our upcoming fundraiser. Vanta Black (widow of Dr. John Black) is organizing this special evening of entertainment and enjoyment. The “Summer Shake, Rattle and Roll” event is being held in Dr. Black’s memory. To purchase your tickets, contact The Maple Center, go online to our website, contact a Board Member or Vanta Black.

SUMMER SHAKE RATTLE & ROLL

Support

The Maple Center

July 28, 2007

7:00 - 11:00 p.m.

\$15.00 per person

(\$20.00 at the door)

Dawg House-830 Oak Street

In Memory of Dr. John Black



Pregnant? You Deserve A Doula!



*The word, "doula," comes from the Greek word for the most important female servant in an ancient Greek household, the woman who probably helped the lady of the house through her childbearing. The word has come to refer to "a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during and just after childbirth." (Klaus, Kennell and Klaus, **Mothing the Mother**)*

ADOULA...

Recognizes birth as a key life experience that the mother will remember all her life...

Understands the physiology of birth and the emotional needs of a woman in labor...

Assists the woman and her partner in preparing for and carrying out their plans for the birth...

Stays by the side of the laboring woman throughout the entire labor...

Provides emotional support, physical comfort measures, an objective viewpoint and assistance to the woman in

getting the information she needs to make good decisions...

Facilitates communication between the laboring woman, her partner and clinical care providers...

Perceives her role as one who nurtures and protects the woman's memory of her birth experience.

The value of providing women in labor with continuous emotional and informational support, physical comfort, and encouragement has been recognized worldwide. Here's what we know: mother's that have an un-medicated labor and birth, increase their chance and their baby's chance for a healthier birth. The doula's role is to provide this kind of support to women and their partners during labor and delivery. The outcome is shorter labors, fewer interventions, fewer cesarean section births and healthier babies.

Our doulas have years of experience attending women throughout labor and birth. They have professional training and certification. Doulas understand the process of giving birth and can give the mother information to help her make informed decisions. Doulas help the mother think about and prepare a birth plan while at the same time respecting the preferences of the mother.



The Doula Program provides much needed support to women in our community. The service that doulas provide complements the clinical care provided by labor and delivery nurses, midwives and/or physicians. With a doula, a woman is never alone during labor and birth. The doula provides non-medical care, including; reassurance, comfort measures, message, position change and guidance to help labor progress. She can facilitate communication between the laboring woman and her caregivers. Fathers appreciate the guidance and assistance that doulas provide to them during labor, as well. As one father said, "At first I scoffed at my wife's idea of asking a doula to help us through labor. I thought we would be just fine. But, I followed her instincts and I am so glad that I did. Our doula helped to create the greatest pregnancy and birth experience for both me and my wife".

--Submitted by Annette Alexander

For more information about The Maple Center's Doula Program, contact Annette Alexander, Doula Coordinator at 812-239-5643.

ONLINE SURVEY



What does the best women's health care center look like to you? How far would you drive to find this kind of care? We, at The Maple Center, are interested in your opinion on these questions and more. We have an opportunity to make some changes in how prenatal and birth care as well as women's health care in general is delivered here in the Wabash Valley. What is the most important consideration for you, personally, when deciding where you will go for care? What services would you like to see available for women in the Wabash Valley? Does a Free-Standing Birthcenter sound like a good option for Terre Haute? Please take a moment and go to the Maternity portion of our website and complete the Women's Healthcare Questionnaire. We value your thoughts!

http://www.themaplecenter.org/Maternity_Care/Maternity_Care.htm

Request Your Maternity Services Packet Today!

<http://www.themaplecenter.org/>

*Giving the Gift of Health
Programming Through Your
Donations*

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

The Life Giving Hands of A Midwife...

A Personal Birth Experience Account of a Maple Center Client

Mary Mayhew

Our eighth child was due on the day after Christmas. All seven others had been born with the help of midwives in various states across the US, in home, birth center and hospital settings. I was thrilled when Anne Mishler (Certified Nurse Midwife) started working in Terre Haute and after my first meeting with her, I knew that she was someone I'd like to have help us with a birth.

All seven previous babies had arrived early and I was sure that this one would arrive in the week before Christmas. I was definitely sure that the baby would not be born on Christmas Day.

Throughout the pregnancy we prayed for hospital staff that would be able to work with us on our very 'natural' preferences, and for the comfort of one of the larger birthing rooms. We also prepared ourselves with several visits to L&D and Postpartum, to become more familiar and comfortable with the surroundings.

The baby didn't come the week before Christmas. We went to the Christmas Eve church service and I noticed fairly strong contractions. We finished Christmas preparations and went to bed. I was woken just a few minutes after midnight Christmas morning with very strong 'circling vise' type of contractions and I knew this was the real thing, which I found very amusing. I tried to stay in bed, but couldn't, so I got up and read a book by the light of the Christmas tree.

About 5am, the contractions were getting harder to deal with, so I woke Jim and we called Anne, who said she'd head for the hospital. Then we called Twyla Spidel, our doula, who was going to drive us to the hospital. Twyla arrived around 6am. We arrived at the hospital to find Anne and a couple of nurses waiting in L&D, but otherwise the hospital was almost deserted! Every room was open—we had our choice. We settled in with low lights (we brought our own Christmas candle lights), gentle harp music of Christmas carols, and our own rug on the floor. Anne checked me and said I was 6-7 cm dilated. We walked the hospital halls with Twyla. She was a great help with suggestions and counter pressure to help the discomfort.

Around 9:30am I felt progress was a little slow, so Anne suggested I go and take a warm shower in one of the postpartum rooms. It felt great! After only 5-10 minutes I started feeling the urge to push, so our nurse, Tammy, quickly found me a wheelchair and whizzed me back to L&D. In a hands and knees position on the floor, little Katherine Georgina was born only two contractions and 4 minutes later. My Christmas baby!

We went home to our anxiously waiting children later Christmas evening and were able to open gifts together around our fireplace, welcoming the most special Christmas gift for that year!

Anne was completely supportive of all our requests for non-intervention throughout the pregnancy and birth. We developed a relationship of trust with her, which enabled me to feel comfortable and relaxed when it came to the birth. She always spent the time with us that we needed. I highly recommend a midwife for care during pregnancy and birth.

Nonprofit News

There are staff changes at The Maple Center. We extend a thousand thanks to Stacie Marlin, executive director extraordinaire, and Peg Fischer, enthusiastic and hardworking administrative assistant. With Stacie and Peg's help, the Maple Center has taken many toddler steps forward-gaining experience and infrastructure. We now have an efficient database, website, monthly e-letter, numerous grants written and some awarded. Many programs have been offered because of their hard work.

Due to health challenges, Stacie has resigned the executive director position. We are extremely fortunate that she continues to volunteer her significant expertise for our e-letter and selected programs as her health allows.

Peg has realized that her full life (especially her grandchildren) needed a more flexible schedule than her five half days/week at the Maple Center allowed. She is continuing to volunteer a couple days/week when she is in town, much to our delight and appreciation.

Deborah McIntosh has joined us as Program Director for the Maple Center. She comes to us with a varied background that prepares her well for this busy and complex position. She has medical training as a CNA in California (similar to CMAs in Indiana), is a certified program director in Indiana (worked as an activity director for a nursing home), served as faculty coordinator for the Osler Institute, and has accounting and tax preparation experience. She'll be in the nonprofit office Monday, Wednesday and Friday.

We are in the recruitment phase for the executive director position. We hope to finalize that position by August when we will have a clearer picture of available grant moneys.

*-Submitted by Kathy Stienstra, MD
Maple Center Board Chair*

Summertime Grilling Recipes

Submitted by Lana Taylor, RD



Summertime is a great time for outdoor cooking. Here are some delicious recipes that will add some spice and not a lot of fat.

MARINATED CHICKEN BREAST - SOUTHWEST

4 boneless skinless chicken breasts (or 1 lean pork loin)
1 teaspoon Cumin
1 teaspoon garlic powder (or one minced clove of garlic)
2 Tablespoons olive oil
The juice of one lime

Place chicken (or pork) in marinade mixture for at least one hour before grilling.

MEDITERRANEAN CHICKEN BREASTS

4 boneless skinless chicken breasts
2 teaspoons of oregano (or 2 Tablespoons of fresh)
2 Tablespoons of olive oil
1 teaspoon garlic
The juice of one lemon

Place chicken in marinade mixture for at least one hour before grilling.

GRILLED FRESH SALMON

Place fresh salmon in heavy-duty aluminum foil, skin side down. On top of fish place slices of lemon, onion, tomatoes, bell pepper, and 2 tablespoons of fresh dill, or 1 teaspoon of dried dill over the filet. Wrap tightly and cook over indirect heat for approximately 20 minutes.

ANSWERS TO SUN SAFETY IQ TEST ON PAGE 3.

TRUE-TRUE-TRUE-TRUE-TRUE

Every 2 hours or sooner.

TRUE

Choosing an SPF below 15 and missing spots.

MOVE TO THE SHADE!