



Monthly Matters from The Maple Center

August 2007 – ISSUE 11

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

"Healing is entering, with mercy and awareness, into those areas of ourselves we have withdrawn from with fear and a sense of helplessness. Healing is reoccupying those parts of ourselves that we abandoned because of mental or physical pain. Healing is replacing our merciless reactions with a merciful response.

Without mercy, we don't have a chance. And that chance is the breadth of heart that is our birthright." (Stephen Levine-*Unattended Sorrow, Recovering from Loss and Reviving the Heart*)

Let this quote be a vivid reminder to each of us to embrace health and healing. The Maple Center continues to provide health-focused programs and services to touch lives throughout the Wabash Valley. Feel free to share this issue of *Monthly Matters from The Maple Center* with others who might benefit from this information. Embrace life and healing. Reclaim those areas of your life that have been diminished by health challenges! The Maple Center is here to lend a hand!



Summer Shake, Rattle & Roll



The Maple Center wants to thank everyone for donations to our silent auction and raffle that was held in conjunction with our Dr. John Black Memorial Library Fundraising event. The event was held on Saturday, July 28, 2007 at the DawgHouse Pub, and proved to be a great success, and lots of fun. We would also like to acknowledge those who donated to the Dr. John Black Memorial Library Fund.



Thank you to these donors: **Boston Pizza, Rave Aveda Salon, Serenity Spa, Graffiti's, Copper Bar, Clabber Girl, Arelene Jennings, Patrick Sparks, DawgHouse, Carosi's Restaurant, Jade Garden, Honey Creek West, Saratoga Restaurant, MCL Cafeteria, The Country Club of Terre Haute, Susan Rose, Kroger North, Bunch Nurseries, Ace**

Hardware, Starbucks, Dever Distributing, Garfield's, La Isla, The Station, The Harmonious Hedgehog, Maternal Health Clinic, 7&70 Liquors, Book Nation, Jo Ann Cramer, Nees Gallery, Poplar Florist, CVS North 12 Points, John and Marilyn Klug, Dr. Karla Zody, Ruth Tanner, Judy Chaney, Marie Mattes, Donna McIntosh, The OutPost, Dr. Kathleen Stienstra, Dr. Roy Geib, Dr. Randy Stevens, B&B Foods, Gordon & Ruth Pleus, TaxMasters, Yoga for fun, Ed Cook, Logans Steak House, Union Hospital Fitness Center, Bonnie Carle.

The Maple Center, Inc. also wishes to thank, The Summer of 72' for providing great entertainment at the event, and the Event Committee members: Vanta Black, Event Chair, Geri Black, Katy Harden, Mary Huffman. Without their hard work, none of this would have been possible.

Some of the items given away at the event included a 1 Week Time Share, 5 – 3 Day 2 Night stays at a 3 star hotel, baskets full of fun items, gift certificates, and Nascar memorabilia.



Once again, thanks to all who helped to make this summer night one to remember.

--Submitted by Deb McIntosh, Program Director



Calendar Connection

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

**NEXT SESSION BEGINS
SEPT. 13**

10:00-11:30 AM
Register TODAY!

Pfizer Community Fair
Sullivan Lake

Aug 19 (2:00 PM to 5:00 PM)

TREEHOUSE CLUB
Summer Nutrition & Fitness Fun for Children
(Fall Grades 2-4)

Begins September 6th
REGISTER EARLY!

HypnoBirthing®
Next Session Begins Sept. 5th
Landsbaum Center
Register Today!

“Stress Management Intervention for Women with Breast Cancer”
Next Session Begins In October!
Early Registration Is Encouraged!
Space Is Limited.

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: Glucosamine Chondroitin

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.

Glucosamine and chondroitin sulfate are natural substances found in and around the cells of cartilage. Glucosamine is an amino sugar that the body produces and distributes in cartilage and other connective tissue, and chondroitin sulfate is a complex carbohydrate that helps cartilage retain water. In the United States, glucosamine and chondroitin sulfate are sold as dietary supplements, which are regulated as foods rather than drugs.

In the NIH Glucosamine/Chondroitin Arthritis Intervention Trial (GAIT) the following doses were recommended:

- Glucosamine alone: 1500 mg daily given as 500 mg three times a day
- Chondroitin sulfate alone: 1200 mg daily given as 400 mg three times a day
- Glucosamine plus chondroitin sulfate combined: same doses-1500 mg and 1200 mg daily

Researchers in this study found that:

- For a subset of participants with moderate-to-severe pain, glucosamine combined with chondroitin sulfate **provided statistically significant pain relief compared with placebo**--about 79 percent had a 20 percent or greater reduction in pain versus about 54 percent for placebo. According to the researchers, because of the small size of this subgroup these findings should be considered preliminary and need to be confirmed in further studies.

People with osteoarthritis should work with their health care provider to develop a comprehensive plan for managing their arthritis pain: eat right, exercise, lose excess weight, and use proven pain medications. If people have moderate-to-severe pain, they should talk with their health care provider about whether glucosamine plus chondroitin sulfate is an appropriate treatment option. —**NIH Glucosamine/Chondroitin Arthritis Intervention Trial (GAIT)**



TAI CHI

Sign Up Today!



Tai Chi can be effective in reducing seniors' risk of falling and breaking bones.



Tai Chi can boost immunity against shingles.



Tai Chi's focus on breathing and inner calm can help lower blood pressure and anxiety.



Tai Chi can improve flexibility, strength, and balance.

State of Indiana Honors Maternal Health How About a NAP?



A NAP tax credit that is. NAP is the Neighborhood Assistance Program of the State of Indiana and the Union Hospital Maternal Health Clinic is one of the 136 not-for-profits in the state to be awarded NAP credits that enable our donors to take a credit on their state income tax for 50% of the donation. NAP credits are awarded each year on a competitive basis to selected organizations like the Maternal Health Clinic (MHC) that serve an economically disadvantaged population. We received the award of NAP credits last year as well, and we were able to sell all of them.

NAP credits are a win-win opportunity!

Some have called it "an offer you can't refuse." Others refer to it as "almost too good to be true." Regardless of the description, NAP credits are providing great benefits to donors and not-for-profit organizations throughout Indiana. The State of Indiana will "split" the cost of any gift of \$100 or more that you make to MHC. As long as the NAP credits are available, the State of Indiana provides an income tax credit equal to 50% for every contribution (cash, check, credit card or stock) over \$100. In addition, you may also be able to claim a federal tax deduction on the full donation amount.

MHC has received \$29,600 in tax credits to be distributed July 2007-- June 2008. If all credits are distributed (by receiving \$59,200 in eligible donations), there is potential to earn more credits for more distribution that would improve our award eligibility for 2008-2009.

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 2007 and 2008. A donation made now through December qualifies for the 2007 tax year. After 12/31/07 (and before 6/1/08) a second donation can qualify for the 2008 tax year if credits are available.

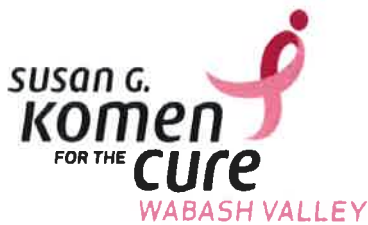
The Paperwork

- You send your gift directly to The Union Hospital Foundation for the Maternal Health Clinic at 1606 N. 7th St. Terre Haute, IN 47804.
- MHC sends you the Indiana Department of Revenue form NC-10 for your signature and you mail this back to MHC.
- MHC then records the tax credit and prepares quarterly reports for the Indiana Department of Revenue.
- 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.

The Result—How you collect from the State of Indiana:

If you have a refund: The State of Indiana sends you a larger refund – larger by half the amount of your gift to MHC

If you owe Indiana Income Tax: You may reduce the balance you owe The State of Indiana by half the amount of your gift to MHC.



A Proud Sponsor of:
*Yoga for Breast
Cancer Survivors:*
*Stretching, Strengthening,
and Relaxation*

The first 6-week session of yoga classes for breast cancer survivors started on July 6, 2007 at the Vigo County Public Library. While the main goals of yoga typically include improved joint mobility, increased strength, a boost in energy level, restored physical and emotional balance, and reduced stress levels; the group has experienced the additional comfort and support that can only result from the camaraderie of others who have experienced a similar situation.

Participants have learned a variety of yoga poses, some of which target specific problems that breast cancer survivors may experience. They have also been exposed to a variety of meditation and relaxation techniques that they can use at home to assist in decreasing the effects of the stress of having breast cancer, and the stress of their daily lives.

The class usually begins with a short period of breathing exercises. We then move into our gentle yoga poses, called *asanas*, for about 45 minutes. Not only are these poses very gentle, but also we often make modifications and adaptations for those participants who have

limitations that constrict their physical movements. After the *asanas*, the participants get out their blankets and pillows and prepare for a period of deep relaxation.

After just a few classes, some participants have noticed improved balance and sleep. They have also reported being able to breathe through difficult or stressful situations, thus coping with the situation more effectively and calmly.

Our next set of yoga classes starts Saturday Sept. 13, 2007. We will meet at the Vigo County Public Library in the basement classrooms, from 10:00 -11:30 AM. Please call the Maple Center at 234-8733 to register. Bring a yoga or exercise mat (a beach towel will suffice), a pillow and a blanket. Dress comfortably.

-Submitted by Jan Croft, MS, LPT



"I have wanted to do Yoga for a long time, but felt too old and out of shape. When the class was offered at the Y-Me luncheon, I signed up.

The class has been everything that I could ask for. Learning the breathing has made a difference in how quickly I can calm myself. I feel less stiff and more motivated. And I have never felt out of place.

The class has given me so many tools to work with. I am glad that it was offered and hope that more will follow.

Thank you for letting me share my experience with you."

---Belinda, A "Yoga for Breast Cancer Survivors" participant

TREE HOUSE CLUB FOR KIDS

School's return is just around the corner. The Maple Center's "TREEHOUSE CLUB FOR KIDS". Is an innovative program that will provide active, hands-on experiences to improve children's fitness levels and instruct them on making nutritious food selections. Sign-up your children TODAY for this after-school program.

Our next TREEHOUSE CLUB FOR KIDS WILL BE HELD:
Sept. 6-13-20-27 (4:00-5:30 PM)

Class Size: Limited to 12 children in Grades 2-3-4.

Cost per 4-week Session: \$55.00
Limited Scholarships are available for those unable to afford the registration fee. Advanced R registration and payment required. 15% discount for families having more than one child enrolled in the class.

Workshop Format:

Fitness Fun
Hands On Learning
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.

TREEHOUSE artwork created by *Jeff Bucchino*,
"The Wizard of Draws"
<http://www.cartoonclipart.com>



Living Successfully With Chronic Health Challenges: Personal Reflections of Alice Buck-Reece

Within the past year my husband and I have dealt with some major health issues. He had two surgeries on the same arm for melanoma and then had a mild coronary just two months later! Happily, the surgeries and heart problems have been successfully treated. I also care for my father, who is almost 95 years old and I deal with fibromyalgia and sacroiliac joint dysfunction. Dealing with these problems caused us to look for methods to reduce the stress, which we were facing.

I believe the method that worked best was simple love and affection. This can transform a "me" problem into a "we" problem. By facing these problems together, I think we made the burden a little easier for both of us, and it strengthened our bond of commitment to each other.



Another method that was very helpful is a deep religious belief. I believe events happen for a purpose even if that purpose is not immediately understood. That trust helped to keep a positive attitude and to make the most of each day.

Exercise does help work off the built-up "fight or flight" energy but I have to admit it isn't my favorite leisure time activity! We have a treadmill and recumbent bike at home, which leaves us with no excuse for not working out. My husband attended the cardiac rehab center at Union Hospital and was given a system of exercise on the treadmill and bike, which we are able to copy here at home.

I attended a workshop called "Transforming Stress" that was conducted by Dr. Kathleen Stienstra and Jan Croft. I found the "Deep Belly" breathing and "Guided Imagery" techniques to be my favorites. We also learned about a computer program called "HeartMath". It's a great program that shows how to determine the success of different relaxation techniques. An auditory and/or visual feedback system gives instant information so that adjustments can be made to further relaxation. My husband has found this to be very helpful. We even noticed that the program could be used with young children. When the child sees the bunny appear in the forest, relaxation is achieved!

Since stress is now seen as a serious health condition, the new emphasis on relaxation techniques has been an enormous help for my husband and me.

Take A Look At Our Progress!



A Community Working Together Can Achieve Much!

Construction continues at 1801 North Sixth Street! As walls are erected and the finishing touches are put on the community classroom and the Dr. John Black Memorial Resource Library, our community shines! This project has been a collaboration of many within our community. This project is evidence of what can be achieved when a community partners together for progress!

These facilities will house the Maternal Health Clinic's **Centering Pregnancy** program and other MHC programs. Groups such as the Komen-sponsored programs for breast cancer survivors will also utilize the classroom. Patients and clinicians alike from our community will be able to access the resources of the Dr. John Black Memorial Resource Library. Educated patients are empowered patients.

The State of Indiana graciously awarded the NAP Tax Credits to generate the revenues for this project. Numerous supporters of the Maternal Health Clinic and The Maple Center generously purchased these credits. The general contractor, CDI, Inc. has been involved since the planning stages of this project. CDI President Rick Harruff and his professional staff have coordinated the construction and the community volunteers from area building trades unions.



MMS-AE has served as the architect on this project. Charles Toth, Secretary-Treasurer & Business Manager of Laborers International Union Local 204, has given generously of his time and coordination of the local unions. Local union members from the following unions continue to donate labor and expertise to this project:
Indiana/Kentucky Regional Council of Carpenters, Laborers Local 204, Electrical Workers Local 725, Sheet Metal Workers Local 20, and Plumbers and Steamfitters Local 157.

The Maternal Health Clinic and Maple Center Staffs and Board of Directors extend a heartfelt THANK YOU to every business, volunteer, and donor who has played a part in seeing this project to completion. Look for our Open House in September so that you can view these improvements and additions to our facility.



State of Indiana & NAP Donors
Area Building Trade Unions
Charlie Toth
CDI, Inc. & MMS-AE

The Life Giving Hands of A Midwife...

A Personal Birth Experience
Account of a Maple Center
Client
Submitted by Carrie Smith



The room was dark with the scent of lavender, only to the beat of relaxing melodies. People who cared for me surrounded me. Pink M&M's, green olives, good stories and laughter took up eight hours of this night.

Squatting and resting, squatting and resting were the routines I chose. It proved to be quite an effective method until I stood up, which was even better. Soon after arrived our daughter. She is very precious and sweet! When I look back at labor I think of a great time, one I'd do again and again.

When I first confirmed our pregnancy, a friend told me that the journey is the reward. I kept this as my motivation. Along this journey I made new relationships and the existing ones stronger. I learned to be an advocate for my own health and wellbeing. HypnoBirthing taught me how to remain calm, if necessary, even after birth. Alongside my daughter, the journey was definitely appreciated.

A man recently said to me, "You are an amazing woman for giving birth with no medications."

I replied, "With the care I had, I could have done anything. It is the women who were around me that are amazing!" Thank you to everyone at the Maple Center.

COMMUNITY OUTREACH:

Maternal Health Clinic Parking Lot Sale



The Maternal Health Clinic had its third Annual Parking Lot Sale on July 28th. We had the largest number of participating booths this year. The weather was overcast and a bit misty, 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.

Besides making a little money for the clinic, we use this opportunity to let the public know of our location and our services. Dr. Kathy Stienstra, Anne Mishler, CNM, and Barbara Battista, PA were in attendance to provide that type of information. One of the greatest joys of our day is seeing past 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, and last year 82 expectant mothers used this service with 410 items being awarded to them. At the end of our sale we took 3 carloads 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 Helping Hands 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, and we give back to The Helping Hands. Is it worth it?? —You bet!

--Submitted by Mary Huffman, RN, MSM

Request Your Maternity Services Packet Today!

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

Nonprofit News

In May the Maternal Health Clinic (MHC) was asked to be a part of Indiana State University's Community Health Intern program. For the last three months we have had Ashley Toney with us. Her educational background was a great fit for working here, but not only that; Ashley is a new mother. What better combination could there be???

Organizing the Centering Pregnancy program was her main project. Centering Pregnancy is a form of group prenatal care that we have started, and the MHC has received a grant from the March of Dimes to provide this type of care. Ashley began putting together handouts and ordering t-shirts and bags for the program. In Centering Pregnancy there are educational topics at each session along with the visit with the midwife. We are tracking outcomes such as smoking cessation, low birth weight infants, and breastfeeding in our groups. Ashley has assisted with gathering the statistics that need to be done for this project.

Ashley has also been a great help to our Prenatal Care Coordinator, Nancy Haynes. Our families are visited in their homes throughout the pregnancy and after their delivery. Ashley has gone with Nancy on many home visits to help her with the support that is given to our families.

We recently had our annual parking lot sale in which she and Carson (her baby daughter) attended, and Ashley helped organize. She compiled statistics from surveys that will be used in the business plans for a possible birthing center. Of course there were several clerical tasks that needed to be done, and Ashley readily completed them.

As Ashley goes forward in her career, we wish her the best. Her caring and spirited personality will take her far, and we are proud to have been a part of that beginning. Thank you Ashley.

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

Back to School Safe Lunch Packing Tips

--US Department of Agriculture



SO WHAT IF YOU'RE MAKING LUNCH AT HOME? HERE ARE SIMPLE FOOD RULES, ACCORDING TO THE U.S. DEPARTMENT OF AGRICULTURE, FOR SENDING A SAFE LUNCH TO SCHOOL:

Keep everything clean when packing the lunch. That not only goes for the food, but also food preparation surfaces, hands, and utensils. Use hot, soapy water. Keep family pets away from kitchen counters. Wash your hands before you prepare or eat food.

Keep cold foods cold in an insulated lunch box. When packing lunches, include either freezer gel packs, cold food items such as fruit, or small frozen juice packs. Place meat or egg sandwiches between cold items. Sandwiches can also be made ahead of time and kept refrigerated or frozen before placing in the lunch box.

Keep hot foods hot by using an insulated bottle stored in an insulated lunch box. Fill the bottle with boiling water, let stand for a few minutes, empty, and then put in the hot food. Keep the insulated bottle closed until lunch time to keep the heat in.

For more information on packing safe lunches for school and work, call the USDA Hotline at 1-800-535-4555.

*Your Monthly Donation To The Maple Center Provides
Vital Health Programs & Services to Our Community!*

THE MAPLE CENTER

1801 North Sixth Street,
Suite 600
Terre Haute, IN 47804

OR Indiana Residents May Donate Online At: www.themaplecenter.org