



# Monthly Matters from The Maple Center

November 2007 – ISSUE 13

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As 2007 enters into its final two months and the holidays fast approach, all who are involved at The Maple Center are reminded of how much we have accomplished this year. And with those reflections of accomplishment, we sense an enormous attitude of gratitude toward all of our supporters and staff.

Lives have been changed and strides have been made at The Maple Center to improve the quality of life and health of Wabash Valley residents. Financial contributions have equipped The Maple Center and Maternal Health Clinic to complete construction on our classroom that will be used by numerous groups in search of better health and knowledge.

Maple Center donors and supporters, for YOU we are thankful this Thanksgiving!



## Maple Center Celebrates with Ribbon Cuttings



The Maple Center staff would like to thank everyone who assisted with The Maple Center and Maternal Health Clinic Open House held on September 27<sup>th</sup>. Without the assistance of so many, we never could have accomplished this project. Every person from those who manned the front lobby door to tour guides and all who volunteered to put together the welcome packets, your unified efforts were appreciated.

We opened our doors at 4:00 PM to over 100 persons from the community who were able to tour our facility and to meet those on staff who make The Maple Center and Maternal Health Clinic so special to the Wabash Valley. A highlight of the afternoon was the Ribbon Cutting at the Classroom and we thank Mayor Burke, The Terre Haute Chamber of Commerce, and members of the press for attending the event. We were especially proud to present Kevin Marlin a plaque in appreciation for the coordinating efforts he did to organize the construction crews. Dr. Kathy Stienstra also received a plaque of appreciation for all she has done to further the dream at The Maple Center.

Guests then moved to the Dr. John Black Memorial Library where Mayor Burke and the Black family officially opened the doors with a second ribbon cutting. There was not a dry eye in the Library when the ribbon was cut. What a special moment for all the family and those who knew and loved Dr. Black.

Tours followed of our new improved facility, in which many were able to obtain information on the many different programs The Maple Center offers. Guests also viewed the wonderful construction and new spaces that their donations helped to bring to fruition. At the end of the tour everyone was invited to enjoy refreshments, provided by Market Bella Rosa in memory of Maegen Campbell, in the Maternal Health Clinic's lobby. (See additional photographs on page 3 of **Monthly Matters**.)

--Submitted by Deborah McIntosh, Program Director



## Calendar Connection

### **“Stress Management Intervention for Women with Breast Cancer”**

**Next Session Begins  
January 23, 2008 (5:15-7:15 PM)  
Maple Center Classroom**  
Early Registration Is Encouraged!  
Space Is Limited.

### **Tai Chi Sessions**

New Classes Begin January 8 & 9  
New **REDUCED FEE - \$35.00**  
**8-week sessions**

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

**NEXT SESSION BEGINS  
January 5, 2008  
10:00-11:30 AM**

**Vigo County Main Library**  
Register TODAY!

**Smoking Cessation Classes  
Monday Evenings at  
The Maple Center  
Contact Debbie Stevens**

**CELEBRATION OF LIFE  
For  
Breast Cancer Survivors  
MARK YOUR CALENDARS!  
March 15, 2008  
9:00 AM – 5:30 PM**

## Spotlight on Supplements:

### St. John's Wort

*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](http://www.themaplecenter.org) and click on the Integrative Health Center link which will take you to our “Supplements for Better Health” listing.

The flowers and leaves of St John's Wort are used successfully for treatment of mild to moderate depression. Serotonin levels in the brain that affect mood are increased after using it for a few weeks. Research shows that it reduces depression as effectively as the prescription anti-depressants called SSRIs (Zoloft, Prozac, Celexa, Lexapro, and Paxil.)

St John's Wort can have a number of interactions with other medications though, so be sure to discuss its use with your clinician prior to taking it. Photosensitivity reactions (skin rash when exposed to sunlight) have been reported with its use. It does not cause the sexual side effects that the SSRIs can.

Most clinical trials have used St. John's Wort extract standardized to 0.3% hypericin content. Doses are most commonly 300 mg three times/day. It has also been used for obsessive-compulsive disorder, seasonal affective disorder, and premenstrual syndrome. .

Like any anti-depressant, one shouldn't abruptly stop taking it, but rather wean off it slowly. There can be withdrawal effects.

*—Submitted by Kathleen A. Stienstra, MD*



# An Attitude of Thankfulness



# A Scrapbook of Open House Memories



***"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."*** --Oprah Winfrey

***"If one could only learn to appreciate the little things... A song that takes you away, for there are those who cannot hear.***

***The beauty of a sunset, for there are those who cannot see.***

***The warmth and safety of your home, for there are those who are homeless.***

***Time spent with good friends for there are those who are lonely.***

***A walk along the beach for there are those who cannot walk.***

***The little things are what life is all about.***

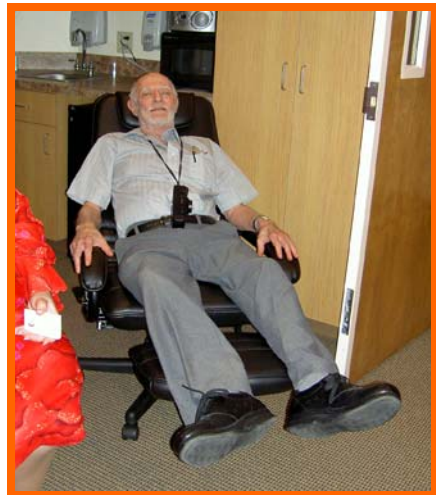
***Search your soul and learn to appreciate."*** --Shadi Souferian

***"Seeds of discouragement will not grow in the thankful heart."***

--Anonymous

***"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some."*** --Charles Dickens

***"Of all the "attitudes" we can acquire, surely the attitude of gratitude is the most important and by far the most life-changing."*** --Zig Ziglar



## Time to Consider A Flu Shot!



The ideal time to schedule your flu shot is late November as the flu usually arrives in Indiana in January. Flu vaccination is a killed virus so it won't "cause the flu." The vaccine is recommended for:

**--6 to 23 months old and those over 50 years old**

**--Those in contact with children age 6 -23 months old**

**--Pregnant women**

**--Those with chronic diseases or immune deficiency like diabetes, asthma, heart disease, cancer, lupus, etc.**

**--Health care providers who are in contact with people with chronic diseases**

Some experts think that flu epidemics tend to occur in the winter due to our immune systems being compromised by a lower level of vitamin D (due to less sun exposure). Experts now think that most adults would benefit from a recommended minimum daily allowance of 1000 IU/day. To reduce your risk: Consider making an effort to get real sun exposure daily during the cold season or take a vitamin D supplement. Wash your hands

frequently. Get a flu vaccination. We have them available at The Maple Center for our patients. (For more information on Vitamin D and its benefits, go to <http://www.vitamindcouncil.com/> .)

## Flu Do Si Do

Choose your partners, one and all  
Aspirin, Advil, or Tylenol!  
Now fling those covers with all you've got,  
One minute cold, the next minute hot,  
Circle right to the side of the bed,  
Grab the tissues and Sudafed.

Back to the middle and don't goof off;  
Hold your stomach and cough, cough, cough.  
Forget about slippers, dash down the hall,  
Toss your cookies in the shower stall.

Remember others on the brink;  
Wash your hands; wash the sink.  
Wipe the doorknob, light switch too,  
By George, you've got it,  
You're doing the Flu!

*P.S. Some like it cold, some like it hot; If you like neither, get the shot!*

## Flu Facts from the CDC

The flu is a contagious respiratory illness caused by the influenza viruses. It can cause mild to severe illness and at times lead to death. The best way to prevent the flu is by getting a flu vaccination each year.

Each year in the United States, on average:

**--5%-20% of the population experience the flu;**

**--more than 200,000 people are hospitalized from flu complications, and**

**--up to 36,000 die each year from the flu.**

Symptoms of the flu include:

**Fever, headache, extreme tiredness, dry cough, sore throat, runny or stuff nose, and muscle aches.**

Complications of the flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions.

## What Is Auricular Therapy?

The Maple Center is excited to offer a new service to help clients release addictions. Included in these services are:

- **Individual counseling,**
- **Group tobacco cessation counseling, and**
- **Auricular therapy (ear acupuncture and acupressure with beads) now available for male and female (pregnant and non-pregnant) patients**

Debbie Stevens, the PSUPP counselor for the Union Hospital Maternal Health Clinic, has recently been licensed to provide the NADA (National Acupuncture Detoxification Association) 5-point ear acupuncture protocol as well as acupressure with beads for addictions including nicotine and other drugs. Debbie is a licensed mental health counselor and has an addictions certification. She recently completed special training in auricular therapy at Lincoln Recovery Center in New York. The National Institute of Health has concluded that there is sufficient evidence to support acupuncture therapy in 1997 and has been adopted by the World Health Organization (WHO). There are currently several thousand NADA trained practitioners worldwide.

Debbie works in collaboration with Kathleen Stienstra, MD, medical director for the Maternal Health Clinic and

licensed medical acupuncturist. Dr. Stienstra has been using the ear acupuncture for smoking cessation as an adjunct with counseling for her private and referral clients and has found the ear acupuncture to be very helpful-- sometimes amazingly so. There has been more demand for the service than her practice can accommodate. We are pleased to expand the service in a way that can also be supportive of the Maternal Health Clinic's fiscal sustainability.

### **Individual Counseling and Auricular Therapy**

Initial One Hour Counseling followed by auricular acupuncture and take-home acupressure beads -- \$125.

\$85 without acupuncture, just the beads.

Follow up ½ hour counseling session followed by auricular acupuncture and take home acupressure beads--\$75.

\$45 without acupuncture, just the beads.

### **Freedom from Smoking Class with Auricular Therapy**

The six weekly group class sessions last 2 hours and will begin with the use of the auricular acupuncture. Call 812-238-7301 for details regarding dates and time and/or to check the Union Hospital Web page under services.

### **Auricular Acupuncture Open Sessions**

Debbie will be offering 7-8:30 am sessions on Monday and Thursday where people can come to an open room with comfortable chairs and quiet before the work day to receive auricular therapy for 30-45 minutes to enhance and assist with tobacco and other drug cessation, support detoxification and maintain sobriety. \$25/session or 5 sessions for \$125. An individual session with Debbie is necessary before participation in the group auricular therapy sessions.

These approaches complement the concurrent use of wellbutrin or chantix, if clients choose to use either of these prescription drugs.

**Individual appointments and group class enrollment can be arranged by calling 238-7301. We hope to work with you as an effective partner in helping you or someone you love to release addictions.**



## Auricular Therapy

Acupuncture is a therapy developed by the ancient Chinese that has been used for over five thousand years. The stimulation of points on the body encourages the flow of energy in the body along meridians (or channels), which, in turn can affect us physically and mentally. Dr. Michael Smith, Director of Lincoln Recovery Center in New York developed the NADA protocol and describes auricular therapy as "helping us achieve balance and control and has a peaceful, calming and empowering effect." Pathways in the ears correspond in miniature to the pathways in the whole body and it is known that acupuncture releases endorphins (the body's own opiates), which in turn have wide ranging effects on our health, specifically, the immune system and our emotions.

**Auricular therapy can:**  
**Reduce withdrawal symptoms and cravings for tobacco and other drugs**  
**Decrease anxiety and insomnia**  
**Support detoxification**  
**Decrease relapse rates**  
**Promote relaxation and stress reduction**  
**Supports your own body's ability to help itself**

It is done with extremely thin flexible stainless steel sterile needles; there is a brief prick as the needle pierces the skin. Some people feel numbness, tingling, warmth or a dull ache where the needle is located. One sits quietly for approximately 45 minutes and then the needles are removed. Most side effects are minor and could include slight dizziness with treatment, or a light bleeding when the needle is withdrawn. Infections at the needle site or any other side effects are rare.

Many prominent programs are using this protocol in addictions treatment and for stress management.



*"WRAP A BABY IN LOVE THIS  
HOLIDAY SEASON"*

**SPONSORED BY THE MAPLE CENTER**

The Maple Center, Inc. invites area residents to participate in their **"Wrap A Baby In Love This Holiday Season"** campaign. Donations of new baby blankets may be left in the designated collection containers in the Union Hospital Lobby or on the third floor of the Professional Office Building (across from Union Hospital) outside of Human Resources. Blankets may also be left at the Union Hospital Maternal Health Clinic (1801 North Sixth Street, Suite 200, Terre Haute). Blankets will be collected through December 15<sup>th</sup>.

All blanket donations are being collected and given to babies delivered under the professional, compassionate guidance of the Maternal Health Clinic staff. The Maternal Health Clinic (MHC), established by Union Hospital in 1978, is a prenatal clinic that serves as the community safety net to assure that prenatal and birth care is available to all pregnant women in the Wabash Valley regardless of financial status.

In 2006, over 200 new baby blankets helped to wrap newborns in love throughout the Wabash Valley.



A Day of Inspiration, Education, and LIFE  
For Breast Cancer Survivors Is Being Planned By  
The Maple Center  
Mark Your Calendars and Share This Information With  
Breast Cancer Survivors  
CELEBRATION OF LIFE - March 15, 2008

## Maternal Health Clinic NAP Update

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, which enables 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 last year as well, and we were able to sell all of them. **NAP credits are a win-win opportunity.**

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 distribution, which would improve our award eligibility for 2008-2009.

Thus far the amount of tax credits sold is \$6,036. To meet the 2<sup>nd</sup> quarter goal by the end of this year, \$17,760 in tax credits must be sold. Please notify Mary Huffman at the Union Hospital Maternal Health Clinic at 238-7301 to purchase tax credits.

*--Submitted by Mary Huffman,  
RN, MSM*



## The Life Giving Hands of A Midwife...

*A Personal Birth Experience Account of a Maple Center Client  
Submitted By Lorri Mishler*

I'm writing this to encourage those who may not know that there is a choice in how we bring our babies into this world. Our first pregnancy was uneventful until the end; we had a placenta abruption with our first son and in turn, had an emergency C-section and were in the hospital for more than a week.

The second pregnancy however was different. My obstetrician encouraged another C-section. Young and naive, my husband and I agreed, but the Lord had other plans. My water broke 5 days early and the doctor said, "I think you can do this." Nervously I accepted the challenge. There were no contractions and all the while I was strapped to a bed and given Pitocin to get the labor started. At the first sign of pain, an epidural was given. This was a big mistake. Although I had little pain, I couldn't feel to know how to push and the labor was very lengthy and I tore badly. However, our first daughter was healthy.

Our third baby, another beautiful girl, came into the world without complications and without medication or a C-section (V-bac #2). With the fourth pregnancy we chose to go in a little different direction this time choosing a midwife. Right away we saw what we had been missing in the past. The focus was always on the mom and baby. There were natural ways discussed and used to keep me comfortable before, during, and after labor. We delivered in the birth center safely and natural, without any monitors and without being strapped to a bed. Our midwife knew just what to do and say to keep me calm and to bring our third healthy daughter into this world (V-bac #3).

There was no going back. We used a midwife again for our fifth child, our second son. Although I had to have antibiotics, there weren't many things hooked up and again I was allowed to get into a comfortable position either walking or on the edge of the bed. We were able to have our pastor and friend present in the room when we wanted to share the experience and pray together. It was a wonderful experience. We delivered at Union Hospital with our Maple Center midwife and couldn't be happier with the care we received.

I would recommend to anyone planning a family to try The Maple Center. Check it out. You will receive wonderful care from the midwives there. They truly care about you and your family and your baby.

Women need to know about this choice and the great services The Maple Center provides.

*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](http://www.themaplecenter.org)

## Nonprofit News

The efforts of many talented and passionate people come together to create successful programs and events. The Open House held on September 27th was a clear indication of that as approximately 100 people visited the Maple Center and toured the facilities and grand opening of the new classroom and Dr. John Black Memorial Library. We appreciate the Mayor's Office and Terre Haute Chamber of Commerce in assisting with these events!

The Maple Center also fielded a team of ten individuals for the Komen Race for the Cure that was held on October 6<sup>th</sup>. Current happenings include our Tai Chi classes (facilitated by Dr. Roy Geib and Steve Walden) and programs for women who've been treated for breast cancer (led by Dr. Sue Harris and Jan Croft). Looking ahead to 2008, plans are currently being made for a whole host of events. Some of these include a *Celebration of Life* event to be held in March focusing on breast cancer survivorship. Event components will include natural medicine, poetry and journaling, music therapy, yoga and relaxation, healing thru art, massage and a session for families (spouse/children) of breast cancer survivor related to coping.

Other events coming in the spring include Coping with Chronic Health Issues workshops, a Men's and Women's Health class series, a sexuality and intimacy course (taught by Indiana State University faculty Drs. David Howard and Veanne Anderson). The next Grief & Loss through the Arts workshop is slated for the first week of November, corresponding with Hospice Week. Thanks now, and in advance, to all those who help make these programs and events a great success!

**--Submitted by David Howard,  
PhD - Executive Director,  
The Maple Center**

## How To Maintain Good Health Through Nutrition During the Holidays



The holidays are here! It is a time of fun family gatherings as well as obligations that can make the next two months rather hectic. Below are listed several actions you can take to eat some great food and still maintain your weight.

**FIRST:** Realize that this is not the time to try to lose weight. You will be putting too much pressure on yourself. Maintaining your current weight is a good and manageable goal.

**SECOND:** Eat smaller portions of some of your favorite dishes, take a tablespoon, just to get a taste, and eat that very slowly. Eating slowly helps you focus and relish the flavors and you will probably be satisfied with smaller amounts. Another helpful hint is to modify a few ingredients a recipe. By lowering the fat calories in dishes you will be lowering the total calories and many times this will not alter the good taste. Using the light version of full fat ingredients works well for many recipes. Here are a few ways to lighten up:

- Light cream cheese
- Light or fat free sour cream
- Reduced fat cheeses
- Half real eggs, egg whites, or egg substitute
- Light turkey sausage or turkey bacon
- Light mayonnaise
- Roasted skinless chicken or turkey breast
- Fat free half & half or evaporated skim milk
- Whole grain high fiber crackers. Using reduced-fat Triscuits, for example, instead of regular, will cut around 30 calories and 3 grams of fat per seven-cracker serving.
- Add more fruit and vegetable dishes to add nutrients and fill you up with naturally low fat foods, seasoned with herbs and spices, instead of added fats.

**THIRD:** Exercise!! Let the SPIRIT move you!!

- Stick to your regular exercise routine as much as possible. Especially during the holidays, plan physical activity routines in advance (don't leave it up to chance). Mark it on your calendar and consider it as important as any other appointment. Get at least 30 minutes of **moderate intensity physical activity** daily, and more if possible.
- Cut back on you T.V. time. Limit the number of hours your children spend playing video games. Instead, make new holiday traditions. Take a brisk walk or bike ride around the neighborhood to see the holiday decorations. Or grab your bike, walking shoes or snowshoes and head out to the nearest trails or national parks.
- Play some backyard football, soccer, or Frisbee with children and adults before the big holiday dinner or during football half time.
- Dance or exercise to your favorite holiday music.
- Make a New Year's resolution with friends to start a daily walking group.

**--Submitted by Lana Taylor, RD**