



## Monthly Matters from The Maple Center

December 2008 – ISSUE 24 1801 North Sixth Street, Suite 600, Terre Haute, IN 47804

### Creating a Path Through Loss / The Arts as Healing Tools

On November 8, we again explored the healing power of the expressive arts in attending to grief and loss. This year our day-long, experiential workshop was held at Indiana State University and was supported by a grant from Arts Illiana, memorial donations to the Maple Center, and countless hours of work donated by volunteers.

We were able to offer participants a choice of two breakout sessions that included creative writing, collage, music, tai chi, drawing, and guided imagery work. Led by artists, art and music therapists, and with counselors on hand throughout the day, the workshop provided safe space to explore ways in which art can move us through the experiences of loss and towards healing.

Cathie Laska deserves special recognition for coordinating the art exhibit which is an integral part of this workshop. We also are very grateful to the artists who contributed their work and took the time to write about each piece. The exhibit created an energy in the main gathering room that was powerfully moving. One of our hopeful visions for next year's workshop is that the exhibit can be on display for a longer period of time and open to the public.

We offer a huge thank-you to everyone who helped to create this workshop and especially to the participants, who shared with us a day marked by tears and laughter, grief and hope, and the healing balm of creative expression.

*-Submitted by Zann Carter*



Above and Center Photos: Rev. Amy Kindred and the collage she created.



## Upcoming Events

### Yoga for Breast Cancer Survivors

6 weeks, Saturdays  
Dec. 6-Jan. 10  
10:00-11:30 AM

### Stress Management for Breast Cancer Survivors

Begins Jan. 5, 2009  
4:00 PM to 6:00 PM  
Maple Center-8 weeks

### Tai Chi for Breast Cancer Survivors

Begins Jan.5, 2009  
8 weeks, MW,F, 9-10 AM

### Nutrition 101 for Breast Cancer Survivors

Jan. 16 & 23  
2-3:30 PM

### Celebration of Life For Breast Cancer Survivors

March 7, 2009  
8:00 AM-4:00 PM

### Natural Childbirth Classes

January 10 & 17, 1:00 PM  
Maple Center Classroom

### Treehouse Club for Youth Nutrition and Fitness

December 22, 23, 29, & 30  
9:30-11:30

Booker T. Washington  
Community Center

### Tai Chi for Health

Begins Jan. 6, 2009  
Tuesdays, 5:30&6:30 PM  
Begins Jan. 7, 2009  
Wednesdays, 6:30 PM

**CALL 234-8733 TO REGISTER !**

*Save the  
Date:*

*Third*

*Annual*

*Maple Center*

*Wine & Chocolate Fundraiser*

*February 14, 2009*





*'Tis' the season.....*

*As we enter the month of December our thoughts and energy are channeled into preparing for holiday gatherings and gifting.*

*During this season another significant event is The Maple Center's annual fundraising letter campaign. The sustainability of The Maple Center depends on you!*

*As a supporter of The Maple Center you should have received the annual fundraising letter requesting your gift of financial support. It is an invitation for you to partner with The Maple Center to achieve its mission of offering lifestyle transforming educational programs and integrative health services on a sliding scale.*

*If you have benefitted from The Maple Center's education programs and integrative clinical services, consider giving others in our community the same opportunity. Your financial gift to The Maple Center will do just that!*

*Donations are appreciated by The Maple Center Board of Directors and Staff and at times are acknowledged publicly. Please indicate on the return card if you prefer to be anonymous.*



*We've all been touched by our country's financial challenges. Grant opportunities have been reduced and more of us are in need of assistance for health options that support us during these stressful times. With this in mind it is even more critical that you support the unique health education offerings of The Maple Center.*

*The Maple Center is a nonprofit 501(c) (3) organization and donations are tax deductible to the extent allowed by law.*

*Bring 2008 to a close with a gesture of hope for health by giving generously to The Maple Center annual fundraiser campaign. Make your tax deductible gift to The Maple Center today!*

*Happy Healthy Holidays!  
Melissa Dominguez Geib  
Executive Director*



## Wrap a Baby in Love This Holiday Season

*The Maple Center, Inc. is sponsoring a Baby Blanket Drive for the Maternal Health Clinic. After December 3, 2008, donations of **NEW** baby blankets may be left at the Maternal Health Clinic--One Professional Centre, 1801 North 6<sup>th</sup> Street, Suite 200. Additional locations are the Union Hospital Lobby by the Admitting desk or on the third floor of the POB outside Human Resources. By your donations, babies born through The Maternal Health Clinic will be wrapped with warmth and love throughout the year.*



## New Year, New Website!

We are very excited about the project now underway to renovate and expand our website. The first step will be to move our existing site over to pages with a fresh new look and easier navigation. The second step will be the ongoing process of keeping Maple Center program information current.

We also hope to create new pages with useful information on integrative medicine and mind-body-spirit tools for meeting health challenges and for working to achieve optimum wellness. Here's where you can help us - we'd love to get some feedback about the kind of information you would like to see on our site. Please send suggestions to our Program Director at [dmcintosh@themaplecenter.org](mailto:dmcintosh@themaplecenter.org).

We don't yet know exactly when the new site will be up, but our URL will remain the same:

[www.themaplecenter.org](http://www.themaplecenter.org). Keep watching!

