



Monthly Matters from The Maple Center

June 2010

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

Phone (812) 234-8733

www.themaplecenter.org

ANNOUNCING Wabash Valley CHIP-Lifestyle Medicine Program



Do you have heart disease, high cholesterol, high blood pressure, diabetes, or indigestion and wish you didn't have to take so many medications or wish you felt better?

Did you know that you can reverse these diseases by lifestyle changes? Angina (chest pain) can actually improve and resolve; cholesterol, blood sugar, and blood pressure come down; and aches and pains improve. It's easy to be told to eat differently, exercise more, and reduce stress but to implement those recommendations can be hard without the necessary knowledge and experience. Being taught how in a fun group atmosphere gives one the tools and support to make the changes.

When The Maple Center was founded one of our purposes was "to provide lifestyle transforming educational programs and support groups for men and women." We were excited by research by Dr Dean Ornish, a cardiologist who first demonstrated that coronary artery disease could be reversed by lifestyle changes (PET scan and cath results). The Ornish program, like the similar Pritikin and McDougall programs are retreat based. That approach costs from \$4000-\$10,000/person and after investigation we did not think our community could support that costly a program. We were delighted to discover CHIP-Coronary Health Improvement

Project which can be offered in the community for a much lower cost.

In October, 2009 a team of volunteers attended the Train the Trainer session for CHIP in Rockford Illinois and a pilot program was offered by the Leadership team (Karen Cunningham, LPT, Julie Fine, FNP, Clare Jordan, RN, Sylvia Middaugh, and Kathleen Stienstra, MD) to 26 people in January and February. Thanks to Indiana State University for providing use of the faculty lounge in the Nursing Building and nutrition teaching kitchen and to Kessco Water, LLC for water and use of a dispenser.

CHIP is an eight week community based therapeutic lifestyle changing program offered as 2 evening classes/wk that assists participants in preventing or reversing serious chronic illnesses with a low fat diet, moderate regular exercise, stress management and group support. Over 50,000 people have completed this curriculum with published effective results. (www.chiphealth.com) The program includes Health screens including blood work before and after, food preparation demonstrations and samples, instructor presentations, and DVD based education. An optional applied nutrition workshop and grocery store tour are offered. Alumni meetings occur monthly for continued support.



Our local results were consistent with the national published findings. We were delighted that in 6 wks, our 26 participants' average reduction in LDL cholesterol was 23% and HDL stayed the same. Average weight loss was 6.7 lbs. The people with the highest levels of cholesterol, blood sugar, blood pressure and weight had the largest improvements.

Encouraged by the pilot course experience, the CHIP team has expanded and we are planning a larger course in September in partnership with the Chamber of Commerce. Jim Snapp and Linda LeCour are leading the alumni group which is meeting monthly.

On **Thursday June 3, at 8:00-9:00 am**, I will be presenting "Lifestyle Medicine-Reversal of CAD and other Chronic Diseases at the Union Hospital medical staff CME program in the Atrium Conference Room. If you'd like to hear more of the science and research behind the program, please join us.

*Submitted by Kathleen A. Stienstra, MD
The Maple Center Board Chair*



The Maple Center Calendar Connection

Integrative Medical Consultation and Medical Acupuncture

Mondays through Fridays noon
By Appointment
Kathleen A. Stienstra, MD

Pain Care Services

Mondays
By Appointment
Michael Tindera, PA-C
**Clinical Appointments
Call 812-235-4867**

Natural Childbirth Classes

One Saturday Each Month
Noon-5 PM, Fee \$50.00
Annette Alexander, Doula

**For Dates and Registration
Call The Maple Center
812-234-8733**

Music Therapy

Wednesday Afternoons
By Appointment
Fee: \$50.00
50 Minute Session
Tracy Richardson, MS, MT-BC
Call 812-249-4290

Healing Touch

Tuesdays and Fridays
By Appointment
Margaret Moga, PhD
Call 812-240-3302

Mindful Moments for Everyday Living: Fox Wisdom



In many cultures around the world the fox is known as an animal possessed of magical powers associated with its ability to blend in with nature and to adapt. One of our great Revolutionary War heroes, Swamp Fox, succeeded because he used alternative methods when conventional failed. When facing life's challenges take a moment to breathe deeply, and then like the fox adapt to the situation by being present to the moment and by linking to spirit.

Fox medicine teaches not the cunning of deception, but the process of discretion to be used in facing the many facets of modern life. With life's challenges learn to watch, listen, and develop a plan of action:

Take three deep breaths as you observe; take three breaths as you develop your plan; finally, take three breaths as you initiate your plan.

The ability to adapt in today's times is important for families and for individuals to not only survive but to thrive. It is said that the Great Spirit honored the fox with "the duty of keeping the family together and safe. The fox family is exceptional in the animal kingdom in that both the female and the male red fox participate in the process of "keeping the family." Fox parents often teach their pups how to deal with life's challenges through play – an important, but for some of us an infrequent, component in the hectic rhythm of our lives today. Dust off the board games, dig out the balls and make a commitment to enjoy playful moments with your family and friends.

Life will have challenges – first approach them with several deep breaths and then like the red fox approach them with a playful manner and turn the challenge into a joy-filled mindful moment.

Choose to share a mindful moment in your life every day.

Submitted by Roy W. Geib, Ph.D.

*Alvin S. Levine Professor of Microbiology & Immunology
Professor of Pathology & Laboratory Medicine
Indiana University School of Medicine-Terre Haute
The Maple Center Board Member*



SAVE
THE
DATE

June 5

Downtown Farmers
Market Re-Opens



August 2010

Natural
Breastfeeding
Month

Fall 2010

Coronary Health
Improvement Program



November 6, 2010

Workshop:
Creating a Path
Through Loss The
Arts as
Healing Tools



*To all the men who care for
and who nurture the children of our community*

HAPPY FATHER'S DAY!

FATHER'S DAY

Father's Day- a day to honor dear old Dad. Dad's can be tall and lanky or short and round. Some have long hair, neatly combed, or bald as a cue ball.

They are computer geeks, and financial gurus. Some drive trucks, ride a motorcycle or drive an SUV.

There are Dads who serve in the military overseas and here at home.

A Dad can be an avid sports fan-football, baseball and don't forget Nascar and the Indy 500.

Then there are dads who love to read and work the crossword puzzles faithfully.

Some like mine farmed the land.

Spring was planting season-he worked daylight to past dark-combining wheat, baling hay, caring for the animals and so much more.

My Dad taught me to never be ashamed of hard work, to love the work you do-treat the earth with respect, and to be an honorable American citizen.

Submitted by Nancy Jones

In memory of Paul McDonald

1/26/20-3/29/83

During the 2009 Celebration of Life writing session, facilitated by Zann Carter, Nancy Jones was inspired to use writing as a healing tool. Since the workshop, Nancy has continued to use writing for healing and has graciously shared her writings with The Maple Center family.



BROWSE
THE JOHN
BLACK MEMORIAL
LIBRARY



**How do I find books from
the Maple Center
Collection?**

If you click on the link available on the John Black Memorial Library's page, or copy and paste the following link, you will be taken to the collection directly:

<http://www.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of search within just the Maple Center's collection, or the entire world of Google Book.



BREASTFEEDING COALITION OF THE WABASH VALLEY

Jennifer Harrah RN of Union Hospital's Newborn Intensive Care Unit is shown accepting the DVD, "A Premie Needs His Mother", from Janett Allen RN CLC of the Breastfeeding Coalition of the Wabash Valley. One of the challenges to successfully initiating breastfeeding is a separation of mother and infant, this may occur if the infant is born prematurely, needs special care or observation and is moved to the NICU or special care Nursery following birth. The video is a comprehensive guide to learning valuable techniques for breast pumping and transitioning the baby from tube feeding to breastfeeding. The video was provided to the Union Hospital NICU for viewing by parents and staff. The Coalition had purchased the DVD with funds from a grant submitted to the March of Dimes by Dawn Enochs, LPN.

The Breastfeeding Coalition of the Wabash Valley was founded one year ago to promote, support and protect the practice of breastfeeding in the communities that make up the Wabash Valley. Accomplishments in the first year include:

- Support and networking for professionals involved with nutrition, lactation and maternal/infant care
- Hosting the first ever "Lactation Station" at the Vigo County Fair July 2009, and at The Covered Bridge Festival in Bridgeton, Indiana in October
- Helped facilitate data gathering for research study on employment and breastfeeding in Vigo County
- Invited Dr. Kinga Szucs, MD, FAAP to present on benefits of breastfeeding at weekly Continuing Medical Education Conference at Union Hospital in September 2009
- Participation at several Health Fairs throughout the year with a display and information promoting breastfeeding
- Creating a resource card for breastfeeding mothers

Watch for the Celebration of Breastfeeding to be held in August during National Breastfeeding Month! The Coalition will be

sponsoring an event and recognition of employers/businesses that have supported breastfeeding moms as they return to work.

*Submitted by
Janett Allen, RN
Union Hospital
Maternal Health Clinic
Breastfeeding Coalition Chair*

Breastfeeding Coalition
of the Wabash Valley
Meetings:
1st Monday of Each Month
5:30 PM
The Maple Center

For Information Call the
Maternal Health Clinic:
812-238-7301

Gardening 101- More About Mulch and Seeing 'RED'



Hi fellow gardeners,

I would like to expand on a subject I touched on last month which is mulching. I mentioned that our preferred system of

mulching in the garden is to lay down newspapers then put a heavy layer of straw on top. Both products I talk about below can be used around the base of plants and then the newspapers and straw can be used in the rows and walkways.



A product I have mulched with the past 2 years and am really excited about is red plastic. The information I have says that this was developed jointly by the USDA and Clemson University. It has been proven that red light stimulates the plant hormones responsible for fruit production and ripening. It is said that by surrounding your tomato plants with red light it can boost production by as much as 20%. The plastic has micro-perforations that allow water, air and nutrients to reach the soil. It comes in pre-cut squares that can be placed easily around the base of the tomato plant. Even though the information says it is not for weed suppression it certainly has kept the weeds down around my plants. I have used this around tomato, pepper and cucumber plants. It's hard to be objective but I think the plants with the red plastic produced far better than those that did not have the plastic.

I saw this product for sale at the Apple House about one week ago. It comes in a package of several sheets. I didn't check the sizes but I know I've seen packages of 8 3' x 3' sheets. I believe the price was around \$10.00. I clean my sheets in the fall and reuse them again. This will be my 3rd year using them so the cost becomes pretty low. In garden catalogs I have also seen rolls of this red plastic for sale if someone wanted to use it for larger areas.

The other 'red' item I am trying for the first time this year is called Tomato Automators. These are simple devices also made of red plastic that slip around the stem of the tomato plant. They will suppress weeds, protect against pests like cutworms. They have a cone located in each corner that allows water to get to the root zone. I purchased mine at Wal-Mart a few years ago and do not know if they carry them now. They are available in the Gardener's Supply Company catalog (www.gardeners.com or 1-800-427-3363) in a set of 3 for \$11.95. These also are usable from year to year.

So I'll keep this article short this month as I am ready to get back out into the garden since our ground has finally dried out enough to let us get our plants into the soil. Hope you all are enjoying our warmer weather. Please keep me posted on how your gardens are doing and what garden information we can share with each other.

*Submitted by Karen Cunningham, LPT
The Maple Center Board Member
Email: sheva18@yahoo.com*

The Portrait Project



The Portrait Project exhibit was presented by **The Maple Center** and funded by an **Arts Illiana** grant. The Maple Center is grateful to the Vigo County Public Library and Westminster Village for displaying this exhibit. Future plans are to display the exhibit at Indiana State University this fall.

Our third portrait subject is Gina Stepp. Read on to learn about Gina's inspiring life story and participation in The Maple Center's Portrait Project.

PORTRAIT PROJECT REFLECTION of Gina Stepp

By *Eloise Weymouth, Artist*

Today Gina came in with her best friend Chee-Chee. Chee-Chee is a tiny little black and white dog with a long fluffy tail and the light of Gina's life.

Gina settled in without trouble, ready for a couple of hours of visiting, relaxing and "holding that position". She is easily encouraged to share her stories. The first story she shared was how Chee-Chee saved her life. Gina had been on the edge of despair and about to succumb to the darkness that prevailed her life when wet and bedraggled Chee Chee appeared! No more thoughts of doom and gloom, she had been rescued. In gratitude she wrote out her story, which she shares with us, *"One Pound of Love, One Life Time of Hope"*

She has told me about her many encounters she has had

with different people as they learned about her medical condition. Some, through ignorance, drew away from her making her feel rejected. "It's their ignorance" she said, "when they look upon me as if I was contaminated." "I have tried to educate people", she went on. She told me how she is certified to talk to groups. Now she generally will talk one-on-one with any concerned person who she comes in contact with. Gina went on to tell me about how much her meds made her sick.

I was amused at how she loved her little dog. Chee-Chee had to investigate my little studio, sniffing in every cranny and crevice before settling on Gina's coat at her foot. But it wasn't long before Gina was stroking her shiny coat back up on her lap. What a wonderful little companion!

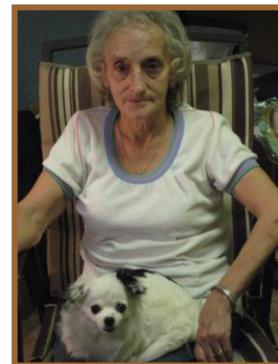
The session went well. From my perspective her portrait was coming along. It tried hard to capture her life and spirit. Gina has been the perfect subject-always ready with a smile. I was pleased with this session.

PORTRAIT PROJECT REFLECTION

By

Gina Stepp, Portrait Subject

Sitting for Eloise Weymouth as my Artist has been a rewarding and knowledgeable experience. Our conversations have enabled me to understand more about an artist on an individual basis, as well as her understanding of me. It is amazing how we learn about things we often take for granted. As an artist I see her loving her talent and the interest in the person she is painting.



When I saw my first portrait the first time I felt a little disappointed because I was expecting something different; until I began to understand how each individual artist sees the person from the inside.

My life has been rather tough, a lot of illnesses I have conquered, a lot of pain I've overcome; but still I am so deeply blessed in my life. Maybe the outside does not portray it- but the inside does and Eloise my artist saw that in me. I thank her so much for sharing her talent with me.

