



# The Maple Center

For Integrative Health

[www.maplecenter.org](http://www.maplecenter.org)

Nonprofit: 812-234-8733

E-mail: [info@maplecenter.org](mailto:info@maplecenter.org)



[@themaplecenternonprofit](https://www.facebook.com/@themaplecenternonprofit)

## September 2020

### Pain Awareness Month

#### CHRONIC PAIN IN AMERICA

- 50 million American adults, or 20 percent of the population, live with chronic pain.
  - Estimates of pediatric chronic pain range from 5 to 38 percent of all children.
- 20 million adults live with high-impact pain, or pain that frequently limits life or work activities. • About 83 percent of people with high-impact pain are unable to work.
  - Chronic pain is the leading cause of long-term disability.
- Pain costs between \$500 and \$635 billion each year in terms of health care costs, lost productivity, and disability payments.
  - Veterinary students receive five times as many education hours on pain management as medical students.
    - For every 10,000 people with severe pain, there is only one board-certified pain specialist.
- The National Institutes of Health spends less than 2 percent of its funding on pain research.
  - Patients receive an average of 30 percent pain reduction from treatment.
  - People with pain are more likely to experience depression, anxiety, and suicidal thoughts.

#### Monthly Quote:

Adversity  
is the  
first path  
to truth.  
Lord Byron

#### LEAF's Monthly Plant-Based Potluck

Sponsored by  
the Maple Center  
Will meet virtually  
via Zoom on  
September 22nd  
at 6:30pm.  
For the link to join  
or more information  
email the LEAF  
team or our office:  
[info@maplecenter.org](mailto:info@maplecenter.org)

### August Weekly Programs

#### In the Fleschner Memorial Classroom:

Free **Auricular Acupuncture** Clinic—Mondays 3-6pm (arrive by 5:20)

Free **Chair Yoga**—Thursdays 10-11am (Live and Recorded on Facebook)

#### More Programs coming up:

Tai Chi Class Starts September 2

MBSR Course Information Session on September 22

Virtual MBSR Course is 8 Weeks, September 29- November 17

Tuesdays 6-8:30 pm + All Day Retreat on November 8

More information inside!

Email our Program Coordinator with questions: [programs.maplecenter@gmail.com](mailto:programs.maplecenter@gmail.com)

*"Optimizing individual health thru community education and clinical services."*

# Whole-Food Plant-Based Recipes

Recipe ideas to try at home for nutrient-filled snacks and meals.

## Vegan Banana Bread Pancakes with Chocolate Chunks



### Ingredients:

- 1 very ripe banana and a few slices for garnish
- 3/4 cup unsweetened plant-based milk e.g. rice milk
- 1 teaspoon maple syrup and more for drizzling on top
- 1 teaspoon coconut oil
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 tablespoon hazelnut meal and more for garnish
- 1/4 cup chocolate chunks or chocolate chips

### Instructions:

- In a bowl, mash the peeled banana and add the plant-based milk, maple syrup, and coconut oil. Give it a quick whisk.
- Add the flour, baking powder, and hazelnut meal to the wet ingredients. Whisk until incorporated. Fold in the chocolate chunks.
- Spray a flat pan or griddle with oil and heat it up to medium to low heat. Add an ice cream scoop or small ladle of pancake batter\*. Let it cook until the middle becomes bubbly and the corners set, then flip with a spatula. Let it cook on the other side until done. Repeat for all the pancakes. You should be able to get 5-6 pancakes out of the batter.
- Stack the pancakes, top with banana slices, drizzle with maple syrup and sprinkle with hazelnut meal. Enjoy

Sourced from: <https://www.elephantasticvegan.com/vegan-banana-bread-pancakes-chocolate-chunks/>

## Peanut Butter Banana Chocolate Smoothie

***A delicious sweet treat for breakfast or dessert!***



### Ingredients:

- 2 Bananas frozen
- 1 tbsp Cocoa Powder (100% cocoa) or cacao
- 1 tbsp Peanut Butter
- 1 cup Almond milk can be replaced with any plant milk

### Instructions:

- Add everything to the blender and blend until completely smooth. Enjoy immediately!
- Best served immediately, but can be transferred into a sealed container and refrigerated for a few hours. Consume within 6 hours of making, and give a good stir before eating.

Sourced from: <http://laurencariscooks.com/peanut-butter-banana-chocolate-smoothie/>

# Healthy Spinach Tortillas

## Ingredients:

1 cup chickpea flour also called garbanzo bean flour  
1/2 cup tapioca flour/starch  
2 oz fresh baby spinach leaves  
1 - 1 1/8 cup water  
1/3 tsp salt (optional)



## Instructions:

1. Process all ingredients in your food processor or blender until the batter is smooth. Use 1 cup of water if you plan to make thicker/smaller tortillas for tacos. Add about 1 1/8 cup of water if you want to make thinner/bigger tortillas for e.g. burritos.
2. Pour about 1/3 cup of the batter into a non-stick skillet. You can add a few drops of oil to the skillet but I made the experience that the tortillas turn out great without oil. Make sure to use a non-stick skillet.
3. Cook for two minutes on low-medium heat, flip the tortilla and cook on the other side for about one minute. Enjoy your healthy spinach tortillas!

Sourced from: <https://elavegan.com/spinach-tortillas-gluten-free-healthy-vegan/#wprm-recipe-container-3240>



# Vegan Mediterranean Wraps

## ingredients:

- 1 medium cucumber
- ½ teaspoon (plus a couple pinches) of salt divided
- 1 medium tomato diced
- 1/4 red onion diced
- 1/4 green pepper diced
- 4 tablespoons chopped kalamata olives
- 1 jar/ 19 oz chickpeas
- 7 oz vegan yogurt (I used soy)
- 2 tablespoons chopped fresh dill
- 1 clove of garlic minced
- 1 tablespoon lemon juice
- Pepper to taste
- 2 cups chopped lettuce
- 4 large tortillas

## Instructions:

- Grate half the cucumber and sprinkle it with a pinch of salt. Place it in a strainer over a bowl and leave it to drain while you chop all your veggies. Also dice the other half of the cucumber. Combine the diced cucumber, tomato, red onion, green pepper, and black olives.
- Drain and rinse the chickpeas and put them in a bowl. Smash them with your hands or with a fork.
- Squeeze as much water out of the grated cucumber as possible. In a bowl combine the grated cucumber, vegan yogurt, dill, garlic, lemon juice and a pinch of salt and pepper.
- Add 3 tablespoons of the tzatziki to the smashed chickpeas along with ½ teaspoon of salt and pepper. Mix well.
- Make the wraps with a handful of lettuce, smashed chickpeas, mixed diced vegetables and a few dollops of tzatziki. If you like you can toast the finished wraps in a dry pan over medium-high heat. Start seam side down to keep them from unwrapping.
- Enjoy!

Sourced from: <https://thestingyvegan.com/vegan-mediterranean-wraps/>



# Hearty Cabbage Soup



## Ingredients:

- 1 small Yellow Onion, diced
- 2 ribs of Celery, chopped
- 4 Carrots, peeled and chopped
- 3 cloves Garlic
- 2 cups Gold Potatoes, diced
- 1 small head Green Cabbage, roughly chopped
- 1 14.5 oz can Fire Roasted Crushed Tomatoes
- 8 cups Vegetable Broth\*
- ½ tsp Black Pepper, plus more to taste
- ½ tsp Fresh Thyme, finely chopped
- ½ tsp Caraway (Optional)

## Instructions:

- Toast Caraway seeds over medium heat for 60-90 seconds, until fragrant.
- Add Onion, Celery, Carrot, and splash of water or oil. Cook over medium heat until translucent, about 5 minutes
- Add the Garlic, Thyme, and Black Pepper to the pot and sauté for an additional 1-2 minutes, until the Garlic is fragrant.
- Raise the heat to high, then add the Gold Potatoes, Tomatoes, and Vegetable Broth to the pot, then stir well. Finally, add the chopped Cabbage to the pot and use your spoon to “press” everything down – the soup will be very thick at first, but the Cabbage will cook down and release more liquid.
- Once everything comes to a simmer, reduce the heat to medium-low and cook for an additional 10-15 minutes. Serve warm.

Sourced from: <https://frommybowl.com/hearty-cabbage-soup/#tasty-recipes-5131>

# Hearty Vegan Mushroom Stew



Sourced from: <https://delightfuladventures.com/mushroom-stew/>

## Ingredients:

- 1 tablespoon olive oil, water or broth for sauteing
- 1 yellow onion, diced
- 6 cups cremini mushrooms, halved and quartered
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 3 tablespoons tomato paste
- 2 1/4 cups vegetable broth
- 4 carrots, cut into 1-inch chunks
- 3 yellow potatoes, cut into 1-inch chunks
- 4 teaspoons vegan Worcestershire sauce
- 1 bay leaf
- 1 1/2 cups frozen peas
- 2 teaspoons dried parsley

## Slurry

- 2 tablespoons water
- 2 tablespoons arrowroot starch or cornstarch

## Instructions:

- Over medium high heat and add oil, broth, OR water to a large pot. Once heated, add the onions and saute until softened, about 3-4 minutes.
- Add the mushrooms and cook for another 2-3 minutes.
- Add salt, thyme and black pepper and stir to coat the mushrooms and onions.
- Add tomato paste and stir again. Add broth and stir to combine everything, be sure scrape up any bits that have stuck to the bottom of the pot.
- Add carrots, potatoes, vegan Worcestershire sauce, and stir once again. Add bay leaf and bring to a boil. Once boiling, turn heat down to low, cover pot, and simmer until carrots and potatoes are fork tender. This will roughly take 20-minutes.
- While the stew is simmering, make the slurry by whisking the arrowroot starch (or cornstarch) and water in a small bowl. Set aside.
- Once the stew is cooked, remove bay leaf. Give slurry a quick whisk to recombine and stir it into the stew.
- Stir in frozen peas and dried parsley. Remove pot from heat. Serve.

# 15 Minute Hummus Salad Pizza

## Ingredients:

- 1 Flatbread
- 1/4 cup Hummus
- 1/2 Orange Bell Pepper sliced thinly
- 3 Sundried Tomatoes chopped
- 1 large handful Arugula
- 1/2 Avocado sliced
- Mixed seeds for topping (optional)

## Instructions:

- Preheat the oven to 200°C.
- Spread the hummus over the flatbread and add the bell pepper and sun dried tomatoes.
- Bake for 10 minutes until the pepper is soft.
- Top with the arugula, avocado, mixed seeds and serve!



Sourced from: <http://laurencariscooks.com/15-minute-hummus-salad-pizza/>

# Vegan Southern Green Beans and Potatoes

## Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 pound baby red potatoes, cut into quarters or halves
- 1 teaspoon smoked paprika
- 1 tablespoon Bragg liquid aminos
- 2 cups vegetable broth, or 2 cups water plus 1 veggie bouillon cube
- 1 pound green beans, trimmed, fresh or frozen
- 1/4 teaspoon Cayenne pepper
- 1 tablespoon non-dairy butter, (optional)
- salt to taste

## Instructions:

- Heat oil in a large saucepan over medium-high. Add onion and cook until soft, about 3 minutes. Add garlic and cook for 60 seconds stirring. Stir in potatoes, paprika, Bragg Liquids Aminos, and vegetable broth.
- Bring to boil, cover saucepan and reduce to simmer and allow to cook for 10 minutes.
- Add green beans and cook for 15 more minutes or until tender. Stir in butter.
- Season with salt and pepper and enjoy!



Sourced from: <https://healthiersteps.com/recipe/vegan-southern-green-beans-and-potatoes/>

## **Causes and Diagnosis of Chronic Pain**

Sourced from: <https://uspainfoundation.org/living-with-pain/causes-diagnosis/>

Causes:

There are many factors that can increase your risk of chronic pain. These factors can be environmental or biological, and include:

- Genetics
- Increased age
- Being female
- Having surgery
- Being overweight or obese
- Stress or mood disorders
- Previous trauma

Chronic pain is typically caused by an injury or a separate, underlying health condition. The most common pain conditions are back pain, arthritis, and migraine and headache disorders, but there are hundreds of conditions that can cause long-term pain.

Diagnosis:

Currently, there are no reliable tests that can objectively measure pain, although researchers are working to change that. In the meantime, clinicians typically rely on diagnostic tests to determine the cause of the pain, if possible, and to identify appropriate treatment. Clinicians also rely on the patient's report of his or her pain for diagnosis, which is why mutual respect, trust, and candor is essential.

Tests that can help determine or clarify the underlying cause of pain include:

Bloodwork

Imaging, such as MRI, X-rays, CT scans, ultrasound  
Electromyography (used to assess muscle health and function)

Nerve conduction testing (used to assess nerve health and function)

Neurological assessments

Mobility and strength assessments

Genetic testing

Accurate diagnosis is vital to effective treatment. Your type of pain will usually determine which diagnostic tools are right for you.

## **Complementary Therapy Options**

Sourced from: <https://uspainfoundation.org/living-with-pain/complementary-therapies/>

There are so many therapies that have the potential to lower our pain or, at the very least, help us find balance and calm in the midst of chaos. Here is a list of some complementary therapies that may be worth looking into.

Please note: U.S. Pain Foundation does not endorse any one type of treatment. These definitions are for educational purposes only.

*"To heal does not necessarily mean to cure. It can simply mean helping people to achieve a way of life compatible with their aspirations—to restore their freedom to make choices—even in the presence of continuing disease." –Rene Dubos*



**Here are some of the Complementary therapy options listed by the US Pain Foundation:**

Active Release Technique  
Acupuncture  
Acupressure/ Deep Tissue Release  
Aromatherapy  
Art Therapy  
Breath Work  
Chakra Alignment  
Chiropractic Work  
Color Therapy  
Craniosacral Massage  
Dance Therapy  
Dietary Changes  
Exercise  
Energy (Body) Work  
Feng Shui  
Guided Imagery  
Heat Therapy  
Healing Touch  
Herb and Mineral Use  
Light Therapy  
Massage Therapy  
Meditation, Mindfulness  
and Relaxation Techniques  
Messages from the Body work  
Music Therapy  
Physical and Occupational Therapy  
Psychotherapy  
Pulsed Electromagnetic Field Therapy  
Reflexology  
Reiki  
Spiritual Response Therapy  
Steam Room  
Neuromuscular Massage Therapy  
T'ai Chi Chih  
Visualization Therapy



## SELF-MANAGEMENT

SOURCED FROM: <https://uspainfoundation.org/living-with-pain/self-management/>

In conjunction with traditional pain management, there are a number of self-management strategies that can help reduce pain levels and improve your quality of life. Don't underestimate your ability to have an impact on your health and pain levels!

Here are some areas where lifestyle changes can help improve pain:

1. Activity modification
2. Exercise
3. Diet and nutrition
4. Sleep hygiene
5. Stress reduction

### ACTIVITY MODIFICATION

1. Restricting or modifying your activities may seem obvious, but it can be difficult to adjust when you're used to being able to do certain things a certain way. It can take many years of trial and error to identify your body's limitations and specific triggers for pain, and then to find strategies to work with or around them. Be patient with yourself as you explore your body's limits—and abilities.
2. You will need to determine what your limitations are, but perhaps it's that you need to lie down for 10 minutes every two hours. Or maybe you find you can go for a 30-minute walk, but you need to allow 30 minutes of rest before and afterward. Perhaps you need a standing desk instead of a seated one to work at your computer comfortably. As you get to know your body, keep in mind there is a fine balance between getting appropriate rest and recuperation—and keeping up your strength, mobility, and stamina as much as possible. Don't be afraid to get creative with accommodating your body's needs. Investigate assistive devices, like braces or mobility tools, such as canes. Consider adaptive technology, too. For example, if typing on a computer is challenging, you may want to look into dictation software.
3. Occupational therapists can be very helpful in coming up with solutions for keeping up with your daily activities and continuing to do the things you enjoy. If you work, ask your manager about getting an assessment from an ergonomics specialist. Remember that you have a right to reasonable accommodations for your health in the workplace.

### EXERCISE

As difficult as it is to get yourself moving when you have chronic pain, it's also extremely important. Here are four key reasons to get moving:

1. Maintaining a healthy weight. Excess body weight puts extra strain on your joints, muscles and organs.
2. Cardiovascular health. Too little activity can result in disabling cardiovascular conditions, from orthostatic intolerance to heart disease. Your body already has enough to deal with chronic pain – don't add heart, circulation, and lung problems to the list!
3. Strength, flexibility, and stamina. Chronic pain can negatively impact your strength, flexibility, and stamina, which in turn increase your pain and level of disability.
4. Endorphins! Aerobic exercise produces endorphins, the feel-good chemicals that act as your body's natural painkillers.

Start small and increase the intensity of your workout as your body allows. Remember that any exercise is better than nothing at all; just do the best you can. Here are some ideas for exercise to get you started:

- **Yoga or tai chi.** Some types of yoga are directly tailored to individuals who have physical limitations. Try searching for a YouTube video for "Restorative yoga," or "chair yoga." Tai chi is also a fabulous, gentle way to encourage flexibility and stability.
- **Aquatic exercise.** Pool therapy is great for those with musculoskeletal problems. It provides a gentle, low-impact way to get a workout. You can try your own exercises, find a group class, or a physical therapist who specializes in designing one-on-one aquatic exercises. Some pools are heated, to make it even easier on your joints and muscles.
- Even a short walk is good! Turn on your headphones and listen to a podcast or audiobook to help distract and encourage yourself.

**Short bursts of cardio.** [Science has shown that even one minute of all-out exercise has benefits.](#) The key is to get your heart rate up and your blood bumping. Start small with a few minutes of exercise and build up slowly. Chronic pain-friendly cardio ideas include using reclining bikes and elliptical machines.

Please note: we recommend checking with a clinician before beginning any exercise program to ensure it is safe for you.

## DIET AND NUTRITION

A thoughtful, balanced diet is key to maintaining a healthy weight, reducing inflammation, and getting important nutrients that support your overall wellbeing. Some people find that certain types of diets lessen their pain, such as an anti-inflammatory diet; a vegetarian or vegan diet; a paleo diet; a gluten-free diet; and so on. Explore different diets to find out what works for you!

Regardless of whether you follow a specific set of guidelines surrounding food, here are some key principals that hold true:

- Eat as many fresh vegetables and fruits as humanly possible.
- Limit extremely sugary and processed foods.
- Avoid foods with “bad” fats, like trans fats and saturated fats.
- Eat more foods that have “good” fats, like fish, avocados, nuts, and olive oil.
- Stay hydrated. The Institute of Medicine recommends 7 liters (15 cups) for the average adult male and 2.7 liters (11 cups) for the average adult female.

If you're interested in extra help with your diet, consider meeting with a licensed nutritionist.

## SLEEP

An estimated 50 percent to percent of people with chronic pain have ongoing sleep difficulties. Studies show that inadequate sleep, however, can exacerbate pain. Here are some tips for ensuring you get a good night's rest despite pain.

- **Establish a routine.** Going to bed and waking up at the same time every day—even on the weekends—reinforces the natural sleep-wake cycle in your body. You can also help reinforce bedtime by establishing a wind-down routine, e.g. by taking a bath, meditating, reading or listening to soothing music.
- **Create a restful environment.** Turn on white noise, use ear plugs, invest in comfortable bedding, and keep the room temperature cool. Exposure to light is especially important: dim or turn off the lights in your house 30 to 60 minutes before going to bed. The light from cell phone and TV screens can also interfere with circadian rhythms, so shut down all devices as you prepare for bed.
- **Watch what you eat and drink.** Caffeinated products—like tea or coffee, chocolate—anything containing nicotine, or any other stimulants should be avoided for *at least* four to six hours before you plan to go to sleep. Even alcohol, which initially makes you feel tired, makes it harder to get high-quality sleep. Furthermore, heavy meals and too many fluids before bed might keep you up because you are uncomfortable or need to use the bathroom.
- **Get tired! Napping during the day can interfere with sleep at night.** If you must, limit your snooze to 30 minutes, and give yourself at least four hours between the nap and bedtime. In addition, exercising during the day helps tire out your body and can foster better sleep at night. Try to work out at least a few hours before bed, if possible.

Still struggling? Ask your doctor about meeting with a sleep specialist.

## REDUCE STRESS

Pain increases stress, and stress increases pain. But you can break this cycle by proactively trying to reduce stress wherever possible. Multiple studies have shown that reducing stress and relaxation techniques can improve overall health and wellbeing, and may even reduce pain or improve the perception of pain.

Some examples of stress reduction techniques and strategies include:

- Meditation
- Relaxation techniques such as breathing exercises, progressive muscle relaxation, visual imagery, and mindfulness
- Music, art or dance therapy
- Journaling
- Exercise
- Support groups
- Counseling and cognitive behavioral therapy

Generally speaking, reducing stress with chronic pain also requires:

- Pacing yourself to allow for sufficient rest and recovery;
- Learning to say no and putting your health first;
- Focusing on the things you can do and not what you can't;
- Communicating clearly with your loved ones about your needs and challenges;
- Letting go of guilt and shame surrounding pain.

For more advice on managing stress when you have pain, find a psychologist, counselor or life coach in your area.



# Chronic Pain Resources

*sponsored by The Van Desrocher Memorial*



Van loved the outdoors, hiking, biking, and especially kayaking. By his mid 40's Van was struggling with severe chronic pain resulting from nerve damage. By age 49, the physical pain rendered Van incapable of continuing his profession as a Sales Rep. He struggled daily not only from the physical pain but also the psychological and emotional toll it took on himself and his family.

Van's kayak hung for years in the garage with Van dreaming of returning to the water. On a summer day, he announced he wanted his kayak down, he thought he could go kayaking. With reservation, I got it down and placed it on the lawn for his inspection.

"How can you go kayaking when you can't even sit in your chair without severe pain?" I asked. Van replied "I think I can do it."

I watched him carefully guide his body inside the kayak. Van then looked up with a beaming smile, gave a thumbs up and said "Yea!"

There were two occasions when Van returned to the water. This picture depicts that spirit of perseverance. Keep fighting through the pain.... Dreams don't die unless you let them.

## Pain Management Resources:

Discovery Channel documentary, "Pain Matters" <http://painmatters.com/>

This site offers breathing exercises, relaxation exercises, guided imagery information, stress management information, along with other information related to Chronic Pain. <http://www.howtocopewithpain.org/resources/chronic-pain-hard.html>

National Fibromyalgia Foundation: Ten Fibromyalgia Facts - <http://www.fmaware.org/articles/10-fibro-facts/>

Is There Life With Pain? - <http://theacpa.org/Is-There-Life-With-Pain>

Relaxation Guide - <http://theacpa.org/Relaxation-Guide>

**For more resources, check out the Dr. John Black Memorial Library  
located in the Maple Center's Nonprofit Office!  
More information and online browsing capabilities available on our website.**



The Maple Center  
for Integrative Health

## Wednesday Virtual Presentations At



OLLI  
INDIANA  
STATE

### ***Happiness Hormones with Danielle Bryan***

**1:30-3 PM on Wednesday, September 9, 2020**

"The "Happiness Hormones" workshop is an experience in understanding Happiness hormones & how they affect our bodies. Over the course of 90 minutes we will navigate your 4 "feel good" brain chemicals, how to access them, and why they are important for overall health & wellness. This workshop is great for anyone new to meditation, mindfulness & wellness. Join Danielle Bryan, Spiritual Leadership Coach and Meditation and Breathwork Guide, for this transformative experience, together!"

### ***Practicing Gratitude with Barbara Michelle Edwards***

**1:30-3:00 PM on Wednesday, October 14, 2020**

" Barbara Michelle Edwards MS, MSW, LSW, CADAC II, MATS is a Behavioral Therapist at IVY Tech in Terre Haute, IN. She is employed by Valley Professionals and has been working in the Terre Haute area since 2016. She teaches adjunct at ISU and has been working in the field of behavioral health since 2008. She will present how to use gratitude as a positive tool to help with coping in difficult times. She will discuss how having gratitude can help us cope with traumatic events, challenge negative thinking, and improve our well-being."

### **How to Register for OLLI Programs:**

OLLI is offering their programs online via Zoom at this time. There will be a very limited number of seats available on campus for the live presentation in order to allow for social distancing and you must register. There will be plenty of availability for the virtual registration.

There are three ways you can get and register for OLLI programs:

1. [Instant registration link here](#). With this version, you will just complete the form, which will be automatically emailed to us and you can either mail in a check to OLLI at ISU or call the OLLI office to pay by credit card over the phone.
2. [OLLI at ISU website link here](#). and find a printable PDF version of the newsletter with a printable registration form. After printing and completing the form, you can both mail in a check to OLLI at ISU with the registration form or mail in the form and then call the OLLI office to pay by credit card over the phone.
3. Use the online registration software that will allow you to view the programs being offered and then pay on-line with a credit card. [The link is here](#)

Just as a friendly reminder, the OLLI office will have someone in the office to answer phone, take registrations and payments but we will be closed for walk in services.

If your registration requires payment please follow the instructions below.

Please make checks payable to OLLI at ISU and mail them to

OLLI at ISU

Tirey Hall, 133B

Terre Haute, IN 47809

Credit card payments can be made over the phone by calling the OLLI office at 812-237-9040. Please do not send credit card information by email.

# FREE!

No Sign up or Registration Required

Walk - In Clinic



MONDAYS 3-6PM

ARRIVE BY 5:20, 45 MINUTES  
FOR NADA PROTOCOL

## AURICULAR ACUPUNCTURE

THE MAPLE CENTER'S FLESCHNER MEMORIAL CLASSROOM

1801 N. 6th St. - Suite 400



# FREE

## Chair Yoga

Thursdays 10am-11am



Classes will be held virtually,  
live and recorded, on  
The Maple Center's Facebook Page.  
[@themaplecenternonprofit](https://www.facebook.com/themaplecenternonprofit)

Room is available for 8 people to participate in the Fleschner Memorial Classroom with the instructor while social distancing.

This is a unique program for all, who would like to discover yoga but need modification due to illness, injury, limited range of motion, age, etc. We will use a chair and other props, if needed, to support you in your practice!



The Maple Center  
for Integrative Health Nonprofit 501 (c)3  
1801 North 6th Street, Suite 600  
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Sponsored By:







# Mindfulness Based Stress Reduction

**\*\*\*Free Online Information Session  
Tuesday September 22,  
6:00 - 7:30 PM**

**8-Week Evidence-Based  
Course in Mindfulness  
Meditation and Movement**

**Tuesdays, September 29 - November 17, 6:00-8:30 PM  
Plus an All-Day Retreat on Sunday, November 8**

Cultivate new ways of meeting the stress in your life through mindfulness meditation, gentle mindful yoga, and other practices. Course includes recordings and materials for home practice.

**All Sessions will be live and interactive via ZOOM.**

\*You will need a desktop computer or laptop with reliable internet service and a relatively quiet place to participate.



## **Instructor Linda F. Brown, Ph.D., HSP**

Dr. Brown is a licensed clinical psychologist and is a Certified MBSR Instructor through the Center for Mindfulness at UMass. This program was originally developed by Jon Kabat-Zinn. [bloomingtoncenterformindfulness.com](http://bloomingtoncenterformindfulness.com)

**Tuition for 8-Week Course: ~~\$300~~ reduced to **\$100**,  
thanks to our generous sponsors!**

Email Lindsey at The Maple Center for more information or to sign up.  
[programs.maplecenter@gmail.com](mailto:programs.maplecenter@gmail.com)  
(812)234-8733  
[www.maplecenter.org](http://www.maplecenter.org)

Sponsored By:





## How can you help?

*Funds raised help support our programing costs and give scholarships to those less fortune to attend programs that change their lives.*

- Make a tax deductible, monetary donation by mailing a check to the center, going to our website and donating or scheduling a monthly donation payment with us.

**Donate**



- Go to AmazonSmile to purchase your amazon products. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Maple Center Inc whenever you shop on AmazonSmile.

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You shop. Amazon gives.

- Register your Kroger Plus Card online at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com), using our organization's name. We receive a percentage of your purchases every time you swine your card at the



- You can also help by "Liking" our Facebook page and by spreading the word about our programs!

# The Maple Center Connection

## Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday

By Appointment

**Kathleen A. Stienstra, MD**  
Clinical Appointments  
Call 812-235-4867

## Healing Touch, Cranial-Sacral Therapy, & Shamanic Practices

By Appointment

**Liz Samsell, MS, LCSW, HTP**  
Call 812-236-8985

or

**Sharon Samsell, MDiv, LMHC, CHTP/I**  
Call 812-878-2034

## Neuromuscular Re-education

Tuesdays , Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

**Penny Money**

Call 317-670-3764

## Therapeutic Massage Therapy

**Nancy**

Fridays & Saturdays

By Appointment

**Nancy Humphries, LMBT**

Call 812-251-9190

## Mental Health Counseling

By appointment

Fee: \$60 per hour

**Jan Croft, MS, LMHC, NCC**

Call 812-240-5804

## Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

**Tracy Richardson, PhD, MT-BC**  
Clinical Appointments

Call 812-249-4290



## Registered Dietitian Nutritionist

By appointment

**Sylvia Middaugh, MS, RDN, CD**

Call 812-229-4059

The Maple Center is a Non-profit integrative health center, started in 2004, that offers classes and workshops in mind, body, and spirit approaches to optimal wellness. We offer workshops in preventive strategies to maintain health, and unique programs for those challenged by cancer and chronic illness.