

JULY 2021



# THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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



**Plant Powered  
Community Meeting  
via Zoom**

**July 14, 2021  
Held the second  
Wednesday of the  
month**

**at 7:00pm**

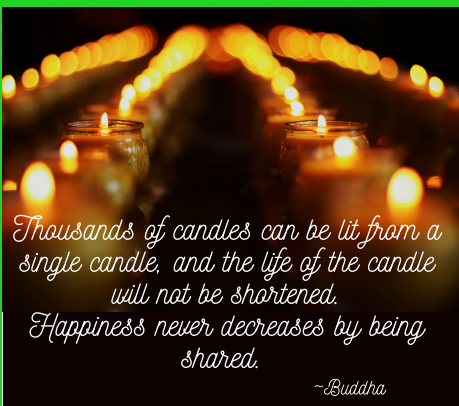
Each month a different topic.  
This month's topic is  
"Greens" their benefits and  
how to prepare them

Contact  
[programs.maplecenter@gmail.com](mailto:programs.maplecenter@gmail.com)  
for the link to the meeting



## July is UV awareness Month!

- Know your risk, if you burn easy, have cancer, or have a family history of skin cancer you should cover up
- Wear sunscreen or sun protective clothing to cover your skin, when possible
- Wear eye protection and make sure you check the UV protection rating. Make this part of your everyday routine.
- Adhere to warnings on your medication bottles. Check to see if there is a warning to stay out of the sun
- Seek shade when possible



*Thousands of candles can be lit from a  
single candle, and the life of the candle  
will not be shortened.  
Happiness never decreases by being  
shared.*

*~Buddha*

**Monthly Matters from The Maple Center**

# What you don't know may hurt you



Know the UV Index for the day, if more than 3 protect yourself

- UV exposure increases the likelihood of cataract formation
- UV exposure can cause cancer of the eye and skin
- Your eyes can be sunburnt
- Seek the shade during the hottest part of the day. (11am - 3pm)
- UV exposure increases with altitude
- Use sunscreen with a minimum SPF of 15 UVB protection, but preferably higher and a UVA of 4 star. Check the sunscreens expiration date.

## UV PROTECTION CHART

Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Indoors from 10am – 4pm

Sourced from: <http://www.cacmercer.org/july-is-uv-awareness-month/>

Sourced from: <https://blog.optos.com/2017/7/july-is-national-uv-safety-month/>



# Plant-Based Recipes:



Serves: 6

## Vegan Potato Salad

1 pound small red potatoes (or sub sweet potatoes // yellow work, too, but can get soft)  
2-1/2 cups diced vegetables (i.e. bell pepper, celery, red onion, etc.)

### SAUCE

1 cup raw cashews	1/3 cup water	1 Tbsp grape seed, olive, or avocado oil
2 Tbsp white wine or apple cider vinegar		1 Tbsp spicy mustard
1-2 Tbsp agave nectar or maple syrup		2 Tbsp dried dill
1/4 tsp each sea salt and black pepper		3-4 cloves garlic (minced)
1 tsp hot sauce (optional)		Fresh chopped parsley (optional)

### Instructions

Add cashews to a small bowl and cover with boiling hot water. Let sit uncovered for 1 hour. In the meantime, add potatoes to a large saucepan and cover with room temperature water. Bring to a boil over high heat. Then reduce to medium-high heat so the water is at a low boil. Cook for 15-20 minutes or until tender and a knife easily slides in and out. Then drain and set on a cutting board or counter to cool slightly.

Once the cashews have soaked, drain well and add to a blender along with an additional 1/3 cup (80 ml) water (amount as original recipe is written // adjust if altering batch size). Then add grape seed oil, vinegar, spicy mustard, agave or maple syrup, dill, salt, pepper and garlic. Blend on high, scraping down sides as needed, until texture is creamy and thick but pourable. Add more water if it has trouble blending.

Taste and adjust flavor as needed, adding more dill for herby flavor, garlic for zing/bite, salt and pepper for overall flavor, maple syrup for sweetness, or vinegar for acidity. At this time, you can also add some hot sauce for added spice (optional).

Chop cooked potatoes into bite-size pieces and add to a large mixing bowl along with chopped vegetables. Top with all of the sauce and stir to coat.

Garnish with parsley (optional) and serve as is - slightly warm / room temperature - or cover, transfer to the refrigerator, and chill until cold - 4-6 hours or overnight.

Leftovers keep in the refrigerator up to 1 week. Best in the first 72 hours.

Sourced from: <https://minimalistbaker.com/simple-vegan-potato-salad/>





## Easy BBQ Baked Beans

Serves: 8

- 3 15-ounce cans low-sodium or no salt added cannellini or pinto beans  
(drained and rinsed)
- 2 cups Easy Homemade Barbecue Sauce
- 1 green bell pepper, chopped
- 1 yellow onion, chopped
- 1-2 tsp. liquid smoke

### Instructions

Preheat medium-sized saucepan over medium-high heat.

Drain and rinse beans.

Add onion, bell pepper, and 2-3 Tbsp. of water or veggie stock for cooking to the pan. Cook until onions are a little soft. Usually about 3-4 minutes.

Reduce heat to medium-low. Add beans, BBQ Sauce, and liquid smoke.

Stir until beans are completely coated and let simmer for 10-15 minutes.

Remove from heat and serve.



## Easy Homemade BBQ Sauce

Serves: 16 (2 Tablespoon servings)

- 1 cup organic ketchup
- 1-2 Tbsp maple syrup
- 1 Tbsp vegetarian Worcestershire sauce
- 1 Tbsp low-sodium soy sauce or tamari
- 1 Tbsp white vinegar
- 2 tsp. smoked paprika
- 1 tsp. liquid smoke
- 1 tsp. yellow mustard

### Instructions

Whisk all ingredients together in a small or medium-sized bowl. Store in a glass jar with a screw on top. Will keep in the fridge for about a week.

Sourced from: <https://shaneandsimple.com/easy-homemade-bbq-sauce/#tasty-recipes-7235-jump-target>

# The Benefits of Working with a Health or Life Coach

**Sylvia Middaugh, MS, RDN, LD, CHC**

Coaching used to be the domain of sports but not anymore. Many people hire coaches to help them reach their personal goals in many areas of life including fitness, health, career, relationships, money, business, and finding their life's purpose.

Coaching is a bit like mentoring although there is usually a guided curriculum or program depending on the destination in mind. Just like in sports, coaches are paid to help the players reach their fullest potential.

One of the most fascinating things about coaching is that it's never about the coach. It's always about the person seeking to change, who is the star of the show, and what they want to achieve in their lives. For example, the questions that are asked often center around what you would like your health to look like in 90 days. Then an action plan is put in place and the coach is there as an accountability partner to guide the client toward the next step. Often, we put up roadblocks to our success and the coach will help with strategies to surmount those. Ultimately the more effort the client is willing to invest in making the desired changes the more likely success will be achieved. The coaching can be done either in person or virtually and be extremely effective.

Here are some of the **benefits** of working with a coach:

- Help you set goals and be successful
- Help you train your mind
- Help you with strategies to break through roadblocks and barriers
- Help you to stay positive
- Help you to be healthier
- Help you to be happier
- Create lifestyle changes that last



continued..

# The Benefits of Working with a Health or Life Coach

Most coaches coach from an area of personal interest or experience to them. That's why you can find a coach in almost any field or area of interest. I am a life-long learner with interests in plant-based nutrition, functional medicine, lifestyle medicine, learning styles, how different personalities approach life, using your strengths to achieve success and finding your purpose in life. Or it may come from my changing direction mid-life! Then there is the fact that I have a rare genetic disorder called Alpha-1 Antitrypsin deficiency that has led to chronic health issues that I have learned to navigate successfully.

As a nutritionist I was frustrated in the past with how to motivate a client to make the changes that they need or want to make. I have found that it's not just about sharing information because there is a plethora of that out there. More often it's providing the motivation to change. With that in mind I added certification as a health/life coach from Health Coach Institute to my tool kit last year. It complements my knowledge and expertise in nutrition very well. It has given me skills to help you (individuals) move past the areas that may be getting in the way of your reaching the destination that you desire whether that be with your health or your direction in life right now.

My coaching byline is "**Like Your Life!**" I help individuals who struggle with life changes embrace the aging process, be able to work through health issues, accept their body, find direction and lead a fulfilling life.

**If you can change your habits, you can  
change your life!**

**If any of this resonates with you, I would love  
to set up a free breakthrough session with  
you and see if coaching is right for you. 812-  
229-4059. Website coming soon!**

# We want your opinion !



We would like to gather information from the community about the center, it's services, our strenghts and weaknesses so that we can improve our offerings.

Please complete the survey below.  
It will only take about 5 minutes to complete and if you list your email address you will be entered into a drawing for a possible prize.  
(Email addresses will not be sold off and will be for internal use only)







# Chair Yoga

Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial Classroom Classroom and are streamed live online via our Facebook page.

 @themaplecenternonprofit

This class is offered free of charge thanks to our generous sponsor:



SPACE is limited on site



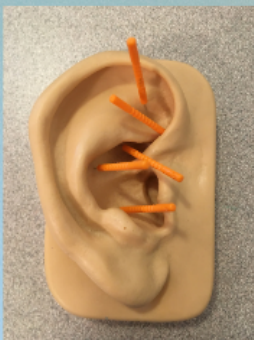
The Maple Center  
for Integrative Health Nonprofit 501 (c)3  
1801 North 6th Street, Suite 600  
Terre Haute, IN 47804  
812-234-8733  
[www.maplecenter.org](http://www.maplecenter.org)

# FREE!

## MONDAYS 3-5:15PM

No Sign up or Registration Required

Walk - In Clinic



# AURICULAR ACUPUNCTURE

A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at  
The Maple Center for Integrative Health Nonprofit  
1801 N. 6th St. - Suite 100





# Recovery Yoga

at

## Next Step Foundation

619 Washington Ave  
Terre Haute, IN 47802

**Sundays\* @ 5:00 pm** \*(starts July 11th)

**Mondays @ 10:30 am**

**Thursdays @ 4:00 pm**

**Fridays @ 9:30 am**

## No Charge - No Registration

Recovery Yoga works with traditional treatment programs to address the physical, mental and spiritual dis-ease of addiction.

Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction,

Recovery Yoga is a powerful tool.



Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. She is a certified RYT 200 Yoga Teacher and certified Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda yoga.

Sponsored By:



**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.**

# ***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.
- 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.
- 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 swipe your card at the checkout counter.
- **Volunteer** your time or donate supplies
- You can also help by "**Liking**" our **Facebook page** and by spreading the word about our programs!

**We appreciate your support!**



# Partnering Private Practices

**Integrative Medical  
Consultation and  
Medical Acupuncture**

**Monday through  
Thursday  
By Appointment**

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

**Therapeutic Massage  
Therapy**

**Fridays & Saturdays  
By Appointment**

**Nancy Humphries,  
LMBT  
Call 812-251-9190**

**Neuromuscular  
Re-education**

**Tuesdays ,  
Wednesdays, &  
Thursdays or  
By Appointment**

**Fee: \$60.00: 1hr.  
Treatment**

**Penny Money  
Call 317-670-3764**

**Mental Health  
Counseling**

**By appointment  
Fee: \$60 per hour**

**Jan Croft, MS, LMHC,  
NCC  
Call 812-240-5804**

**Registered Dietitian  
Nutritionist**

**By appointment**

**Sylvia Middaugh,  
MS, RDN, CD  
Call 812-229-4059**

**Holistic Lifestyle  
Consultant**

**By appointment**

**Devaki H.Lammet,  
M.A,  
Call 787-464-5651**



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