



The Maple Center

For Integrative Health

www.themaplecenter.org

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THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

APRIL 2018



Monthly Vegetarian / Vegan Dinner

Bring a vegetarian or vegan dish and recipe to share, Contact Debbie Stevens at debbiestevens53@gmail.com

Monthly Quote:

*Comparison is
an act of
violence against
the self.*

- Dyanla Dazant

Calendar of Events:

May 2—Strategic
Planning Meeting

May 23—Annual Dinner

May 30—Jumpstart
Education Session

June 11—Jumpstart
Class

MAPLE CENTER UPDATE

We started the month off with our Make & Take workshop on April 8th. Several participants enjoyed the first Make & Take workshop so much that they joined us for our second one. Many of the new participants have commented how much they enjoyed and learned from their Sunday afternoon experience.

Next, Nancy Humphries talked about Joint Anatomy and Improving function and comfort post-op during the OLLI talk on April 11. So much information is always shared during these talks, if you haven't attended one you should really make an attempt to do so.



Then on April 19 the Power of Food for Cancer Prevention & Survival class started. Participants received nutrition information and were able to taste samples of healthy food.



Next, we were asked to participate with the Earth Day events at the White Violet Center on April 28. We made nutritious recipe, had recipes and samples available for the public to taste. Our information and demonstrations were well received.

Lastly, our Annual Dinner will be held on May 23. There will be limited space so get signed up early.

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

- Activities Include:
- Tropical Plant-based Dinner
- Special Prize to Best Dressed Island Attire !! (No floats or rafts allowed)
- Classroom Dedication

MAKE YOUR WAY TO
SURVIVOR ISLAND

TO CELEBRATE YOUR HEALTHY LIFESTYLE
at The Maple Center Annual Dinner

on **May 23, 2018** at **6:30 pm**

Location: The Maple Center, Ste 400

Cost: \$30.00 per person

Space is limited so make your reservation by
paying at www.themaplecenter.org by
May 16, 2018



Do you have kitchen items that you no longer use?

Here is a great way to help others and help yourself!

Donate your **gently used items** to The Maple Center. The items will be used for Nutrition classes and you get to declutter.

Items may be dropped off Monday - Thursday

9am – 5pm

If no one is available leave your items in the library with your name for donation receipt





Sticky Sesame Cauliflower

3-4 servings

- 1 small head cauliflower, chopped (6 1/2 cups florets)
- 1/3 cup low-sodium soy sauce
- 1/4 cup pure maple syrup, honey, or agave
- 1/4 cup rice vinegar
- 1 tbsp minced garlic
- 1 1/2 tsp toasted sesame oil
- 1/2 tsp powdered ginger
- 1 1/2 tbsp cornstarch or arrowroot
- 1/4 cup water
- sesame seeds and scallions, for garnish

Preheat your oven to 450 F.

Line a baking pan with parchment.

Cut cauliflower into florets, then slice so one side of each floret is flat. Arrange in a single layer in the greased pan. Bake 10 minutes on the center rack.

Meanwhile, whisk together the soy sauce, sweetener, vinegar, garlic, sesame oil, and ginger in a saucepan. Bring to a boil. While waiting, stir together the cornstarch and water until cornstarch dissolves fully, then slowly whisk this into the saucepan as soon as it boils. Turn heat to medium and cook 2 minutes, stirring more frequently once it returns to a boil. Cook until thick.

You can also make the sauce ahead of time if desired, and it thickens more as it sits in the fridge.

Flip cauliflower florets and bake 10 additional minutes. If desired, you can now move the pan to the top rack and broil 1-2 minutes. Pour sauce over florets.

Sprinkle sesame seeds and optional scallions on top, and serve.

Reference: <https://chocolatecoveredkatie.com/2017/01/09/sticky-sesame-cauliflower/>



Honey Candied Pecans

Serves: 10 servings

2 cups pecans
¼ cup honey

1. Line a baking sheet or 2 large plates with parchment paper (for cooling the pecans) and set aside.
2. Put pecans and honey on a non-stick frying pan and heat over medium-high heat.
3. When the honey starts bubbling, reduce heat to simmer.
4. Cook, stirring the pecans every 10 seconds, for 4 minutes, or until excess honey evaporates and the pecans look candied.
5. Put the candied pecans on parchment paper and spread them apart so they are not touching.
6. Let the pecans dry on parchment paper for 24 hours.

Reference: <http://www.melaniecooks.com/honey-candied-pecans/11098/>



Portobello Mushroom and Caramelized Onion Sliders

Serves: 4 servings

Portobello Mushrooms

1/2 cup [balsamic vinegar](#)
3 tablespoons [Dijon mustard](#)
2 tablespoons [olive oil](#)
2 Portobello mushrooms
Salt to taste

Caramelized Onions:

2 cups sliced onion
2 tablespoons [olive oil](#)
2 tablespoons [balsamic vinegar](#)

Maple Dijon Mayo:

1/4 cup vegan mayo
2 tablespoons [Dijon mustard](#)
2 tablespoons [maple syrup](#)
[Buns](#)

Portobello mushrooms: Wipe mushrooms with a damp towel and slice into 1/2 " slices. Mix balsamic vinegar, Dijon mustard, and olive oil. Marinate the mushrooms for at least an hour.

Caramelized onions: Add olive oil to a hot pan. Add sliced onion and cook on medium-low heat for about twenty minutes, or until onions are caramelized. Add balsamic vinegar to deglaze the pan. Add salt. Remove onions.

Portobello mushrooms: In the same pan that you cooked the onions, place marinated mushrooms and marinade. Cook on medium heat until mushrooms are tender and marinade is cooked down.

Maple Dijon Mayo: Mix all ingredients. Slather Maple Dijon Mustard on buns and add portabella mushroom and caramelized onions.

Reference: <https://createmindfully.com/portobello-mushroom-and-caramelized-onion-sliders/>

The Maple Center Connection

How can you Help...

Funds raised help support our programing costs and give scholarships to those less fortunate 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.

amazonsmile

You shop. Amazon gives.

- Register your Kroger Plus Card online at 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.



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

Holistic Lifestyle Consultant

By appointment

Devaki H.Lammet, M.A.

Call 787-464-5651

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.