



The Maple Center

For Integrative Health

www.themaplecenter.org

Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org

Clinical: 812-235-4867

NOVEMBER 2017



Monthly Quote:

In every crisis
there is
opportunity.
~Chinese Proverb~

Calendar of Events

November

28 - Alumni Dinner

December

7 - Prepare Yourself for
the Holidays Workshop

12- Alumni Holiday
Dinner at the Red Barn
(Prepay required)



**"It's all about Eating – Does it
matter what I put in my Mouth?"**

**OLLI Series at Landsbaum
from 1:30 - 3:00 pm**

**Cost: No charge and no OLLI membership
needed**

**Wednesday, December 13, 2017
Mindful Eating: Joyful Eating,
Balanced Eating by Jean Kristeller,
ISU Professor Emerita**

Mindful eating helps us connect our eating with the needs of our body and mind. This program will introduce the basic concepts of mindful eating: learning to become more aware of our experiences of hunger, fullness and taste, to create a better relationship with food and with our bodies. The program will include experiences in mindfulness practice and in mindful eating. You'll learn how to eat less -- and enjoy it more!

HOLIDAY CLOSINGS

The Center will be
closed:

Thanksgiving:
Nov. 22 — Nov. 26th

Christmas:
Dec. 25, 2017

New Year's:
Jan. 1, 2018



THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

Monthly Vegetarian / Vegan Dinner

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

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

PREPARE YOURSELF FOR THE HOLIDAYS!

WITH

YOGA FOR PEACE OF MIND & HEALING TOUCH MIND CLEARING WORKSHOP

THURSDAY, DECEMBER 7, 2017

FROM 6:30PM - 8:00PM

AT

UNITED CAMPUS MINISTRIES

321 N 7th St, Terre Haute, IN

COST: \$10 PER PERSON

STUDENT: \$5 WITH VALID ID

WORKSHOP SCHOLARSHIPS AVAILABLE

Register by 12/1/17 at www.themaplecenter.org

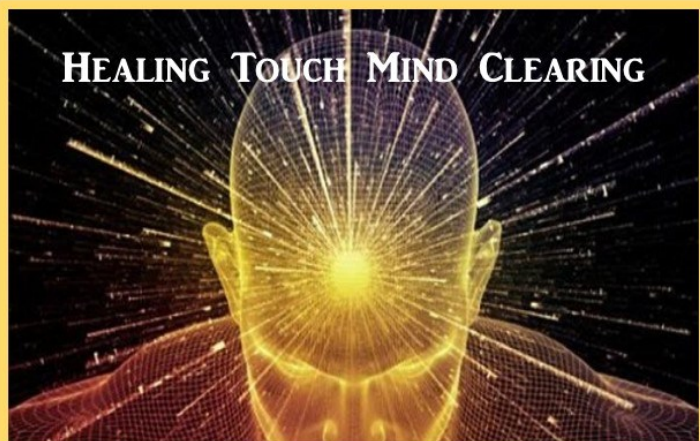


YOGA FOR PEACE OF MIND

Take a vacation on your yoga mat and enjoy a 90 min yoga mini retreat to stretch, relax, recharge!

Devaki will guide you through this yoga class with a special blend of asanas (yoga postures), pranayama (breathing exercises), and dhyana (meditation), to help you experience a deeper level of yoga: peace of mind.

(Yoga mat available for those that don't have one, please request the day prior to the workshop.)



HEALING TOUCH MIND CLEARING

Relieve your stress and promote peacefulness with 30 minutes of Mind Clearing. Led by Liz & Sharon Samsell this healing touch technique will balance the energy flow in the brain and help to quiet the mind. You will feel relaxed and be ready to tackle the holidays with a smile.



GIVE THE GIFT OF HEALTH

WITH A MAPLE CENTER GIFT CARD FOR



- Plant-based Nutrition Class
- Acupuncture Treatment
- Healing Touch Session
- Music Therapy Session
- Nutrition Counseling Session
- Massage Therapy Session
- Yoga Classes

May be purchased Monday - Thursday at The Maple Center



Chocolate Date Caramels

1 cup packed, soft & pitted Medjool dates (161 grams)
 1 tablespoon creamy almond butter
 1/2 teaspoon vanilla
 1 tablespoon warm water
 1/4 teaspoon fine salt
 2 1/2 tablespoons almond flour/meal
 120 grams dark chocolate (at least 70%)

Makes 12 caramels

Add dates, almond butter, vanilla, salt and warm water to a food processor. Blend until completely smooth, scraping down the sides. Add almond flour/meal and process until incorporated. Line a small pan with parchment paper. Scrape date mixture out of processor, and make 12 small caramels. The caramels should be about a 1/2 inch thick. Place in freezer for one hour. Then dip and coat with chocolate using a fork, tapping on the side of the bowl to get chocolate to drip off. Set on a piece of parchment paper to dry.

Adapted from: <https://heartbeetkitchen.com/2015/recipes/type/dessert/salty-chocolate-date-caramels/>



Quinoa Almond Joy Bars

1/3 cup (dry) quinoa
 2/3 cup water
 1/2 cup whole almonds
 2-3 teaspoons water

Yields: 14 mini bars or balls
 12 whole dates
 1/2 cup finely grated coconut
 1/4 cup chocolate chips

1. Add quinoa and water to a small saucepan, cover and bring to a boil, reduce heat to a simmer and cook approximately 15 minutes or until all water has been absorbed. Cool to room temperature and refrigerate at least 2 hours...overnight will work. One cup cooked quinoa can be used if already made.
2. Add dates, almonds, coconut, and cooked quinoa to the food processor and pulse until ingredients are well combined and a ball forms. Return ingredients to the mixing bowl, and add one teaspoon of water at a time, until mixture holds together. Shape into 14 - mini bars.
3. In a small saucepan, add chocolate chips and melt over low-heat or in a double-boiler. Drizzle warm chocolate over each bar. Refrigerator and allow chocolate to harden. Bars can be stored in an airtight container for several days or frozen in a freezer safe dish.

Reference: <https://skinnyms.com/skinny-mini-desserts-quinoa-almond-joy-bars/>



Mint Chocolate Truffles

1 cup oats (gluten free or regular, rolled or quick)
 3 T cocoa powder (heaping)
 1/2 tsp Peppermint Extract
 2 T plant-based milk of choice

1 cup medjool dates, pitted
 3 T pure Maple Syrup
 3/4 – 1 cup dark chocolate chips

Put oats in food processor and run until oats become a flour like consistency. Add dates and process until combined. Add in peppermint, cocoa, and maple syrup and process until combined and a thick consistency. It may combine into one large ball. Roll into one inch balls and place in refrigerator for at least 30 minutes. To make the chocolate coating, use a double boiler method. Fill a small sauce pan halfway with water, and bring the water to a boil. Place a glass bowl with chocolate chips and milk on top. Stir constantly until smooth. Roll truffles in the chocolate until covered and place on parchment paper. Place in refrigerator until shell has hardened.

Adapted from: <https://www.bewholebeyou.com/2014/11/30/recipe-post-clean-eating-mint-chocolate-truffles/>



The Three Sisters

With fall and Thanksgiving we are reminded of the role that our Native Americans played in that first Thanksgiving with their sharing of the knowledge of what they called “The Three Sisters”, maize (corn), winter squash and climbing beans.

Why three sisters? Together they provide all the nutrients necessary for an adequate plant-based diet which the Native Americans supplemented with fish and wild game. The three plants were planted in mounds with the corn being planted first. When it was about 15 inches tall the beans and squash were planted alternately at the base of the corn plants in each hill. The corn provided a place for the beans to climb on and the large squash leaves shaded the soil from the sun so that the weeds would not get out of hand. The beans added nitrogen to the soil as well as adding back what the corn takes out of the soil. This was an ingenious idea, really. Eaten together all of these plants provide the eight essential nutrients necessary for a body. Squash is high in fiber; beans are high in protein and corn in potassium and magnesium.

Cornbread

- 1 c. whole wheat pastry flour
- 1 c. whole grain cornmeal
- 2 t. Rumford Baking Powder
- ½ t. salt
- 1 ¼ c. non-dairy milk
- ¼ c. applesauce

Preheat oven to 425 degrees. Combine dry ingredients. Mix with dry ingredients. *Bake* for 20-25 minutes in 8x8 inch pan.

Recipe adapted from Vital Vittles by Heather Leno [https://en.wikipedia.org/wiki/Three_Sisters_\(agriculture\)](https://en.wikipedia.org/wiki/Three_Sisters_(agriculture))

Sylvia Middaugh, RDN, CD

Nutrition for Healing, P.C.

812-229-4059

Time of Giving

Funds raised during our Annual Fundraising Event 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.



- 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.



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

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.