

AUGUST 2021



# THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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



## Plant Powered Community Meeting

Due to the absence of the usual meeting leader, the meeting is **CANCELED** for August.

Please check back on September's newsletter for the next meeting date and time.



## August is Psoriasis Awareness Month!

- Psoriasis is a chronic skin condition that can cause itchy, scaly rashes or red, dry patches of skin.
- It affects more than 8 million Americans and 125 million people worldwide.
- Psoriasis often appears between the ages of 30 and 50 but can develop at any age.
- It is caused by an overactive immune system and has been linked to genetics, immunity, and environmental triggers.
- About 1/3 of people with psoriasis have a relative with the condition.



*"Keep your face to the sunshine  
and you can never see  
the shadow"*

*-Helen Keller*

Monthly Matters from The Maple Center



# Psoriasis Fast Facts

## Symptoms

- Patches of raised red skin
- Thick, white or silvery scales on skin
- Inflammation
- Itchy, flaking, or burning skin
- Dry, cracked skin that bleeds
- Swollen and stiff joints

## Treatments

- Xtrac Laser Therapy
- Topical corticosteroids
- Vitamin D analogues
- Prescription retinoids
- Coal-tar ointments and lotions

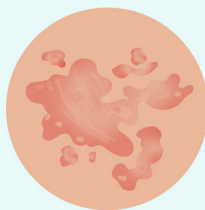
## Lifestyle Changes to Improve Condition

- Moisturize
- Reduce alcohol
- Dietary changes
- Quit smoking
- Manage stress

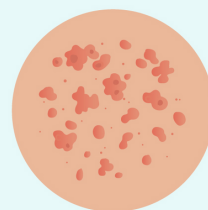
## Types of Psoriatic Rashes



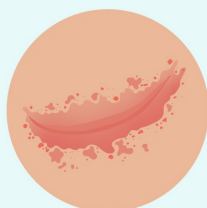
Plaque psoriasis



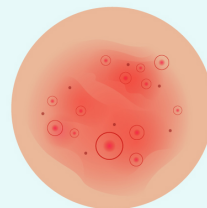
Erythrodermic psoriasis



Guttate psoriasis



Inverse psoriasis



Pustular psoriasis



Sourced from: <https://www.apderm.com/psoriasis-awareness-month/>



# Plant-Based Recipes:



## Grilled Vegetable Kabobs

### Ingredients

- 8 oz mushrooms
- 1 red bell pepper
- 1 green bell pepper
- 8 baby potatoes
- 1 onion (quartered)
- 1 pkg pineapple chunks
- 1 pkg cherry tomatoes

### Marinade

- 1/4 cup balsamic vinegar
- 1 tbsp lemon juice
- 1 tbsp dijon mustard
- 1 tbsp maple syrup
- 1 tsp minced garlic
- 1/2 tsp onion powder
- 1/2 tsp basil
- 1/4 tsp salt
- 1/8 tsp black pepper

### 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://www.brandnewvegan.com/recipes/grilled-vegetable-kabobs>



## Black Bean Salsa (oil-free, vegan)

Servings: 4 cups

### Ingredients

- 1 can black beans
- 1 bell pepper, chopped
- 1/2 cup chopped red onion
- 1 1/2 cups corn (fresh or frozen)
- 1 cup chopped tomatoes
- 1 jalapeno, seeds removed and minced (only use half if you don't like spicy salsa)
- 2 tbsp red wine vinegar
- 2 tbsp lime juice (about the juice of 1 lime)
- 1 tsp salt
- 1 tsp cumin
- 1/2 cup cilantro, finely chopped
- 1-2 avocados, chopped

### Instructions

1. Stir all the ingredients together.
2. Adjust salt and cumin to taste.
3. Add avocado just before serving to prevent it from getting brown

**\*\*Flavors blend after a few hours in the fridge, but can be served immediately**

**\*\*Serve as a dip, side salad, in scooped-out avocado halves, or in tortillas for a taco or wrap**

Sourced from: <https://faithfulplateful.com/black-bean-salsa-three-ways/>



## Oil-Free Baked Corn Tortilla Chips

Serves: 16 (2 Tablespoon servings)

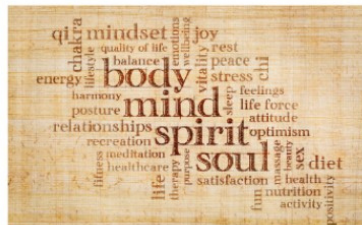
### Instructions

1. Preheat oven to 400 F
2. Cut the tortillas into 6 equal pieces (use a pizza cutter)
3. Place the pieces on a parchment lined cookie sheet
4. Brush the top side of the tortilla pieces with a light coating of lime juice
5. Sprinkle half of the salt over the top, evenly spreading it out
6. Flip over and brush the other side. Sprinkle the rest of the salt over the top
7. Bake for 16-17 minutes or until crispy

### Ingredients

- 8 corn tortillas
- 1 tbsp lime juice
- 1/4 - 1/2 tsp salt

Sourced from: <https://www.veggiesdontbite.com/oil-free-baked-corn-tortilla-chips/>



## HEALTH IS WEALTH

### BE ABUNDANT IN HEALTH

Learn the ins and outs of healthy living from a multitude of professionals. Discover all the options available to you as you walk the path to a healthier and happier lifestyle.

**20 Speakers  
&  
26 Exhibitors**



THE MAPLE CENTER FOR INTEGRATIVE HEALTH  
PRESENTS

# CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

**SATURDAY, SEPT 18, 2021**

**9:30 AM - 4 PM**

ROSE HULMAN INSTITUTE OF TECHNOLOGY MUSSALLEM UNION

**\$5 per adult, kids free**

A showcase of integrative health professionals, a variety of topics:

- **Get Your Brain Back Into High Gear** by Dr. Kathleen Stienstra
- **The Power of Your Breath** by Danielle Bryan, founder of Illumination Wellness
- **What is a "Codependent" Relationship?** by Dana Simons, LCSW, LCAC of Next Step
- **Beyond the spa model of massage** & forward to functional movement, posture, pain, & performance by Charlie Peebles, ISU Massage Therapy Coordinator & Program Instructor
- **Making Your Bowel Less Irritable** by Brock Sokolowski, PA-C from Digestive Health Associates
- **Healthy Dining in the Valley** by The Maple Center LEAF Leadership Team
- **Avoiding Toxins: Reduce Your Exposure, Reduce Your Toxic Load** by Dr. Kristen Walton,
- **Plantar Fasciitis Relief** by Nancy Humphries, owner of Blue Dragonfly Massage, LMBT9062, MT21103948IN
- **What is Acudetox and other practices that support a life in recovery** by Lindsey Skelton, BS, ADS, RYT-200
- **Yoga: Learn what science is telling us about the mind body connection & how Yoga can facilitate a healthy, strong connection** by Kelsey Terry, RYT200, owner of Common Ground Yoga
- **Staying Healthy with the Seasons-A Chinese Medicine Perspective** by Dr. Chris Leininger, DACM, L.Ac of Pure Health Acupuncture
- **Partnering with Someone Living with Dementia: Gems for the Journey** by Elizabeth Collins, BSN, MA
- **Employee Wellness** by Marilyn Byrd, MSN, RN, Director of Employee Health at Union Hospital
- Plus many more, to see a full list go to [www.maplecenter.org](http://www.maplecenter.org)

Sponsored by



**ROSE-HULMAN**  
INSTITUTE OF TECHNOLOGY



Visit [www.maplecenter.org](http://www.maplecenter.org) for more information about the event.  
For inquiries call (812) 234-8733 or email [info@maplecenter.org](mailto:info@maplecenter.org)

# St. Mary of the Woods College



## Yoga Class with Annalise at

## The Maple Center

1801 N 6th St, Ste in the Fleschner  
Memorial Classroom  
Terre Haute, IN 47804

Looking for a simple  
yoga class? Come join  
this class with SMWC  
at the Maple Center!  
This class is intended  
to be slow and easy, for  
individuals 55 and  
older.

### When?

4:00 PM - 5:00 PM on  
Monday 7/26  
Wednesday 7/28  
Monday 8/2  
Wednesday 8/4  
Monday 8/9  
Wednesday 8/11  
Monday 8/16



Sponsored by: The Maple Center  
For Integrative Health



Larry P. Fleschner  
Memorial Foundation

# EAT HEALTHY

simple and delicious



Cooking workshops  
focused on healthy  
eating.

Located at the Next  
Step Foundation, Inc.  
619 Washington Ave,  
Terre Haute, IN 47802

Time: Noon - 1pm

## **Class 1 - Thursday, Aug 5, 2021**

Salt Intake  
Sugar Intake  
Healthy Drinks & Hydration  
Trail Mix  
Ranch Dip & Veggies  
Fruit & Yogurt Dip  
Easy Chili

## **Class 2 - Thursday, Sept 2, 2021**

Balanced Meals & Eat the Rainbow  
Meal Plan  
Packing Lunch  
Left over-Make over  
Guacamole & Chips  
Texas Caviar  
Smoothie

## **Class 3 - Thursday, Oct 7, 2021**

Quick Healthy Meals  
Dinner on a Budget  
Stir Fry with Rice  
Fruit Crisp

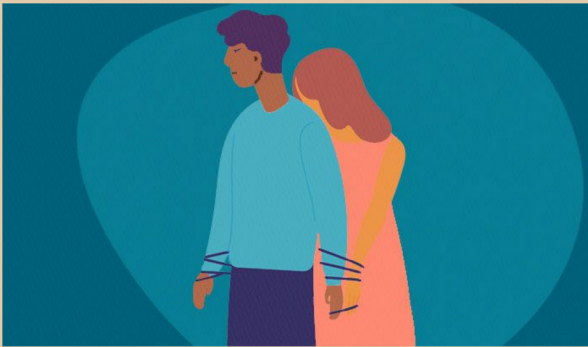
**OLLI PRESENTATIONS**



# WHAT IS A "CODEPENDENT" RELATIONSHIP?

*With Dana Simons, LCSW, LCAC*

**WEDNESDAY  
SEPTEMBER 8, 2021 @1:30 PM**

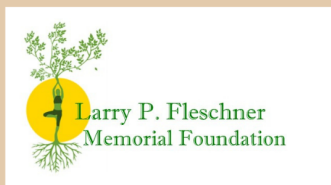


Codependency is a term that is often heard, but rarely understood. Come and learn how your love and care for someone might not be helping them or the relationship during this presentation. Do you feel taken advantage of in your relationships? Do you feel tired from the amount of giving you do? Do you feel "bad" when you say no? These are just some of the symptoms of codependency.

Dana Simons is a recovering codependent herself and is also a licensed clinical social worker who serves as the executive director of the Next Step Recovery Community in Terre Haute. She will teach you the signs and symptoms of codependency and how you can have healthier and happier relationships with others in your life by learning to apply boundaries in appropriate ways and circumstances.



Sponsored by:



**LOCATED AT  
THE LANDSBAUM CENTER FOR  
HEALTH EDUCATION  
CLASSROOM 3  
1433 N 6TH 1/2 ST, TERRE HAUTE, IN  
47807**



# 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



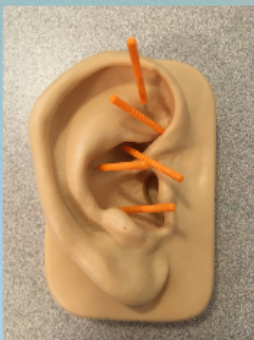
The Maple Center  
for Integrative Health Nonprofit 501 (c)3  
1801 North 6th Street, Suite 600  
Terre Haute, IN 47804  
812-234-8733  
[www.maplecenter.org](http://www.maplecenter.org)

# 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)