



The Maple Center

For Integrative Health

www.themaplecenter.org Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org



@themaplecenternonprofit

November 2019



Monthly Quote:

I woke up.
I have clothes to wear.
I have running water.
I have food to eat.
Life is good.
I am thankful.

Monthly Plant-Based Dinner

Bring a vegetarian/
vegan dish and recipe
to share.

For potluck dates and
more information
contact

Debbie Stevens at
Debbiestevens53
@gmail.com

HOLIDAY CLOSINGS

The Center will be closed:

Thanksgiving: Nov. 28 — Dec 1st

Christmas: Dec. 25

New Year's: Jan. 1

Everyone has an impact on

#GIVINGTUESDAY

December 3, 2019

watch our Facebook page!



Save the Date!!

ALUMNI HOLIDAY

DINNER PARTY!

TUESDAY, DEC 10, 2019

6:00 – 8:30 PM

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

KNOW YOUR FIBER

Soluble Fiber—dissolves in water. This fiber helps to lower glucose and cholesterol levels.

Insoluble Fiber—helps food movement through the digestive system.

Gluten-Free High Fiber Foods

Split Peas—16.3g per cup

Artichokes— 10.3g per cup

Oatmeal—4g per cup

Avocados—6.7g per cup

Broccoli—5.1g per cup

Cooked Quinoa—5.2g per cup

Lentils— 15.6g per cup

Raspberries—8g per cup

Blackberries—7.6g per cup

Black Beans—15g per cup

Lima Beans—13.2g per cup

Apples—4.4g one medium size

Tips for fitting in more fiber

- Switch to whole grains
- Eat more fruits & veggies
- Eat more legumes
- Make breakfast & snacks count



Daily recommendations for adults

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

Reference: Institute of Medicine

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983> and USDA



Cinnamon Apple Quinoa Breakfast

Healthy, fiber & protein packed , gluten-free option to start your day!

1/2 cup [quinoa](#)
2 large apples
Honey

1 1/2 cups water
2 teaspoons [cinnamon](#)

Peel and core both apples. Chop them into bite-sized pieces.

Add quinoa, water and apples to the saucepan. Bring to a boil, cover and reduce to simmer for 20-25 minutes. The apples will be soft and the quinoa will have absorbed the water.

Stir in cinnamon and transfer mixture to two bowls.

Drizzle le with honey and sprinkle with additional cinnamon, if desired.

Reference: <https://www.simplyquinoa.com/cinnamon-apple-breakfast-quinoa/>



Healthy Vegan Oat Bar

- 1 cup rolled oats
- 1 cup oat flour
- 1 tsp cinnamon
- 1 tsp baking powder
- ¼ tsp salt
- 2 tbsp. chia seeds
- 2 ripe bananas, chopped or mashed
- ½ cup soy milk (or other plant-based milk)
- 1-2 tbsp maple syrup
- 1/3 cup walnuts, chopped
- 5 dates, choppes
- 1/4 cup coconut flakes

Preheat oven to 350F/180C. Prepare your non-stick baking dish or line it with a piece of parchment paper so the bars are easier to lift out. |

f you quickly want to make your own oat flour, put 1.3 cups rolled oats in your blender or food processor and blend or pulse them.

In a large bowl, combine your oats, flour, baking powder, cinnamon, and salt. Stir for a few seconds with a spoon.

In a different bowl, mash or chop your ripe banana and mix in the soy milk and maple syrup with a fork, mixing thoroughly.

Now, pour the wet ingredients on top of the dry ones and combine well. You can add any nuts, seeds, or dried fruit here if you like.

Put your mixture on to the parchment or baking dish, spreading it evenly. The bars should be 1-1.5 inches high. Finally, sprinkle the toppings of your choice on the oat mixture and bake for around 18-20 mins, until firm and lightly golden. The baking time depends on how thinly you spread your batter and how soft or crunchy you want them to be.

Place dish on a cooling rack for 10 minutes, then slice into bars. You can store them in an airtight container for a couple days, or wrap them individually into parchment paper and freeze them in a container for up to 3 months.

Reference: <https://nutriciously.com/vegan-oat-bar-recipe/>

QUICK TIP: DON'T DRINK SUGAR CALORIES

<u>Drink</u>	<u>Sugars</u>	<u>Calories</u>
Soft Drink (12 oz)	39 grams	125-180
2% Milk (8 oz)	12 grams	100
Orange Juice (8 oz)	21 grams	103
Lemonade (8 oz)	23 grams	91
Water (8 oz)	0 grams	0

Mark Your Calendars

Upcoming 2019 LEAF Alumni Meetings



Programming and Plant-based Food
6:30 pm - 8:30 pm
at Union Hospital East - Conference Room - next to the Gift Shop

November 26 - "uses of Aqua Faba"
presented by Debbie Stevens

December 10 - Christmas Dinner
Details TBA

*All are welcome to attend. Those attending are asked to bring a plant-based dish to share.
Bringing your own reuseable plate and silverware is encouraged as well.*

Cook & Eat



Join us in cooking a traditional Thanksgiving menu with a plant-based twist.

During the class, you will cook the following recipes with a team member and then eat the prepared meal. Recipes will be available. Class led by Sylvia Middaugh, MS, RDN,CD and the LEAF Leadership team

Menu will include:

Tom Tofu
Cranberry Relish
Green Bean Casserole
Sweet Potatoes with Orange Glaze

Pumpkin Pudding with Whipped Topping
Spinach Artichoke Dip
Mashed Cauliflower Potatoes
Mushroom Gravy

Sunday, Nov. 10, 2019 from 2 pm – 5pm
At ISU Food Lab (4th & Chestnut St. Entrance)

Cost: \$ 20 per person

Registration Required, Class size is limited
Register by making payment at www.themaplecenter.org by Nov 1, 2019



Class sponsored by:



The Maple Center
for Integrative Health
812-234-8733



Larry P. Fleschner
Memorial Classroom



Hidden Health Hazards

November 13, 2019 - “Mold Matters!” by Dr. Kristen Walton D.C.

When indoor building materials are affected by moisture, toxic molds can grow. These problems can be completely hidden inside walls, ductwork, under carpets or in crawl spaces. These indoor molds can release dangerous chemicals known as VOCs and mycotoxins. People exposed to these buildings can experience a myriad of associated health challenges that are not allergy based. Learn common symptoms of exposure, home and health testing/treatment options and how to choose environmental professionals.

A limited number of Home ERMI vacuum test kits will be available.

Dr. Kristen Walton D.C. -I.H.S.is a Board Certified Professional Acupuncturist with Wholistic Health Services LLC.

December 11, 2019: “Electrosmog & Your Health ” by Dr. Kristen Walton D.C.

‘Smart’ meters, 5G- With each new technology comes increased exposure to electrosmog. Both wired and wireless technologies produce electromagnetic frequencies (EMFs) that affect your cellular biology. Learn how you are affected, symptoms commonly associated with high EMF exposure, practical ways to reduce electrosmog and see demonstrations of EMF meters/compare levels to Building Biology Precautionary Guidelines.

****You will be asked to put ALL wireless devices on airplane mode during this event, including watches, fit bits, phones, tablets etc.**

We greatly appreciate your cooperation.

Dr. Kristen Walton D.C. -I.H.S.is a Board Certified Professional Acupuncturist with Wholistic Health Services LLC.

Osher Lifelong Learning Institute Speaker Series held at
Landsbaum Center, 1433 N 6th 1/2 St, Terre Haute, IN
from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sponsored by





Support Your Health

Held at

THE MAPLE CENTER, 1801 N 6th St, Terre Haute, IN

from 1:30 - 3:00 pm

Cost: No charge

Jan. 8, 2020 - Sleep, the Body's Reset Button presented by Sylvia Middaugh, RDN, LD, DipACLM

Find out why sleep is at the very foundation of overall wellness (health). Learn some of the fascinating processes that occur while you are sleeping and ways to improve your sleep. Sylvia is a Nutrition educator/counselor and owner of Nutrition for Healing, P.C. connected with the Maple Center for Integrative Health. Sylvia believes that lifestyle is at the foundation of good health.

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from 1:30 - 3:00 pm

Cost: No charge

Feb.12, 2020 - What is Chair Yoga and how can it benefit you presented by Devaki Lammet, M.A.

Devaki will give a short introduction on yoga and how these principles apply to chair yoga. Chair yoga is for all those who wish to discover yoga but need modification due to injury, limited range of motion or age. Enjoy a yoga session.

March 11, 2020 - TMJ - is there any relief? presented by Nancy Humphries, NC-LMBT 9602

Nancy will discuss causes of **Temporomandibular joint (TMJ)** dysfunction which may manifest as jaw pain, clicking jaw, headaches, ringing in ears, or limited joint movement. The exploration of the anatomy and how precise intraoral and external massage may reduce or alleviate symptoms will be enlightening.

April 8, 2020 - Using Soft Tissue techniques to improve function of the body presented by Jeff Binder, DC

Jeff's presentation will include a few different techniques such as ART, trigger point therapy, and Graston to decrease tension, adhesions and pain in muscles and improve their function. Jeff has degrees in Chemistry (physics minor), Life Science, Radiology, Doctorate in Chiropractic and Masters in Sports performance. He has been in practice for 6 years with my mother, Kay Binder and brother Curt Binder in Clinton and Kingman Indiana.

Presented by:



ADDICTION RECOVERY (EAR) ACUPUNCTURE

Don't stress out. Breathe.

Sponsored by:



NO CHARGE

Whether you are recovering from an addiction to drugs, smoking, alcohol, gambling, food or other addiction, acupuncture can aid in your recovery



Each MONDAY starting AUGUST 12, 2019
Come anytime between 3 PM - 6 PM
at The Maple Center Classroom 1801 N 6th St, Terre Haute, IN

Breathe



Yoga for Addiction & Relapse Prevention

Bi-weekly on Mondays
Starting Oct 7th, 2019
from 7:30 pm- 9 pm

At Next Step
Foundation, Inc.
619 Washington Ave.
Terre Haute, IN 47802

No charge

Y12SR Yoga works with traditional treatment programs to address the physical, mental and spiritual disease of addiction. Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction, Y12SR Yoga can aid in your recovery.



FREE



CHAIR YOGA

**THURSDAYS
10 AM-11 AM**

**LARRY P. FLESCHNER
MEMORIAL CLASSROOM
THE MAPLE CENTER, SUITE 400
1801 N 6TH STREET TERRE HAUTE, INDIANA**

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! THIS IS A DROP-IN CLASS.



NO CHARGE FOR THE CLASS
Just drop In and try It out !

Stretching. Strengthening. Relaxation

YOGA FOR STRESS MANAGEMENT

WITH DEVAKI

**MONDAYS
6PM - 7:30PM**

\$10 PER CLASS

**AT THE MAPLE CENTER, SUITE 400
LARRY P. FLESCHNER MEMORIAL CLASSROOM**



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.

amazonsmile

You shop. Amazon gives.

- Register your Kroger Plus Card online at www.krogercommunityreward.com, using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.



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

We appreciate your support!

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.