

# MONTHLY MATTERS



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

October 2015

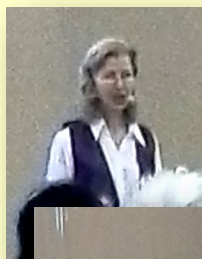
## Celebrating Wellness with The Maple Center Program

On October 3, at the Unitarian Universalist Church, we offered our "Celebrating Wellness with The Maple Center" program free to the public. The program was well received and lots of great information was exchanged.

The program included topics such as:

**"Needle Your Way to Health -Acupuncture"** by Kathleen A. Stienstra, MD, FAAFP, DABHIM, **"Essential Oils and their Impact on Personal Health Practices"** by Penny Money, NMT, **Massage – More than just "Feel Good"** by Nancy Humphries LMBT, **"Gluten Sensitivity: Fad or Fact?"** by Kristen C. Walton, DC, CAC, **"Surviving Life with Stress Management"** by Janice Croft, MS, LMHC, NCC and **Wabash Valley LEAF (Lifestyle Education And Food) class information** by Karen Cunningham, PT, LEAF Coordinator. Lunch was served and the audience was able to ask questions on all the topics.

Thank you to all the Clinicians for making this program possible!



"It is Health that is real  
Wealth and not pieces of  
gold and silver."

*Mahatma Gandhi*

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# Pumpkin Pie Squares Recipe



**Here is a great alternative to Pumpkin Pie....Pumpkin Pie Squares.**

## **INGREDIENTS:**

- 10 dates, pitted and diced (about 1 cup diced)
- 1½ cups oat flour
- 2 teaspoons pumpkin pie spice
- 1 (15-ounce) can cooked pumpkin (not pumpkin pie mix)
- 1 teaspoon vanilla extract
- ½ cup unsweetened, unflavored plant milk

## **Instructions:**

1. Soak the dates in a small bowl with ¼ cup water for at least 15 minutes.
2. Preheat the oven to 375°F.
3. Place the flour and pumpkin pie spice in a large bowl. Place the soaked dates, the date soak water (see "texture" note), vanilla, and plant milk in a blender and purée until smooth (1 to 2 minutes). Pour the mixture into the bowl of flour and spices, and also add the pumpkin, and mix with a wooden spoon until all the dry ingredients are incorporated.
4. Scrape the batter into an 8 × 8-inch parchment-lined baking sheet (or use a non-stick silicone baking pan). Cook for 25 to 30 minutes at 375°F, until lightly browned with some cracks on the top. Let cool at least 10 to 15 minutes before cutting and serving.
5. If desired, top with [Macadamia-Vanilla Frosting](#) just before serving, or use a rotary cheese grater to dust lightly with grated macadamia or other nuts. Storing in the refrigerator overnight will firm up these squares, then you can pack them in a lunch or as a snack.

## **Notes:**

**To make your own pumpkin pie spice:** If you do not have pumpkin pie spice on hand, you can substitute 1½ teaspoons ground cinnamon, ½ teaspoon ground nutmeg, and ¼ teaspoon ground cloves.

**Texture:** For a firmer texture without refrigerating overnight, use only ½ cup of the date soak water in step 2.

## **Macadamia-Vanilla Frosting**

### **INGREDIENTS:**

- ½ cup macadamia nuts, soaked in ½ cup water for 15 to 30 minutes
- 6 dates, pitted and diced, soaked in ½ cup water for 15 to 30 minutes
- 1 teaspoon vanilla extract

### **Instructions:**

1. Drain the soaked nuts and discard the water.
2. Add all ingredients (the nuts, dates with their soak water, and vanilla) to a blender, and purée until smooth and even in color.
3. Add a little more water as needed, to keep the blender moving if the mixture gets too thick.

References: <http://www.forksoverknives.com/recipes/pumpkin-pie-squares/>



## ROSEMARY POTATO BAKE WITH ONIONS AND TOMATOES

By Lucy Fairweather

Makes 1 Dish Ready In: 60 minutes

### INGREDIENTS:

16 Yukon gold (or any round yellow) potatoes, washed

1 red onion, peeled and chopped

8 vine tomatoes

Fresh rosemary, chopped Fresh bay leaves, chopped

1 Tbsp. tamari

1 cup water

This simple dish of roasted potatoes and tomatoes has amazing flavor and is easy to throw together. From Naked Food Magazine Instructions: 1. Preheat oven to 425 degrees. With a sharp knife, puncture potatoes in several spots to accelerate the cooking process. Arrange them in a large silicone, ceramic, or glass baking dish so they do not overlap. Add onions, tomatoes, and herbs. 2. Mix tamari in one cup of water and pour over the potatoes. Bake for 30 minutes, checking occasionally. If the potatoes begin drying out, add 1-2 cups of water-tamari mix. Serve and garnish with fresh rosemary.



# Wabash Valley LEAF/CHIP Chats

Happy fall! Leaves....temperature, etc. Doesn't seem like that long ago we were raking, chopping and mowing. Not sure all of the leaves from last year have composted back into the soil yet and here it is time to add more to the pile. At least it isn't snow!

There are times when it's difficult to find something new to write about, but this month I have more than I can put into one newsletter, almost. You never know when one article will lead to a whole new topic you have never even heard of. Karen sent a link to a new website for Integrative Medicine at UC Davis ([www.ucintegrativemedicine.com](http://www.ucintegrativemedicine.com)). The articles are written by the director of the program, Rosane Oliveira DVM, PH d. One thing I always check out are the recipes. One looked really good so I clicked on it and read the list of ingredients. They looked 'normal' until I got to 1 Tbsp. of aquafaba. Googling the word turned up some interesting information. The more I read, the more amazed I was.

Aqua means water, faba means beans! It seems 'aquafaba' is the liquid off of a can of chickpeas! It can be used in place of eggs in a lot of recipes. It has the consistency of raw eggs. I did make the Pecan Coffee Cake and it was delicious! According to their list of FAQs, you can bake with it and even whip it into meringues. That I haven't tried but tomorrow is another day. I did drain a can of chickpeas and froze the liquid in 1 Tbsp. portions in an ice cube tray. (3 Tbsps. equal 1 egg white) You can also cook your beans from scratch. The website also said you can use the liquid off of soy, cannellini or butter beans for a milder taste. I didn't notice any taste or smell from the beans. I did drain cannellini beans when I made the coffee cake. Who would have thought of using bean liquid in cooking to replace eggs! It seems like there has been some research going on for quite a while. You can read more at <http://aquafaba.com> if you are interested in finding out more. They also have a Facebook page where people have posted recipes and comments. I'm not on Facebook any longer so can't check that out for you. Sometimes, the internet is amazing!!!

Another Applied Nutrition Workshop is history. From all reports, it was a big success, as usual. There was a surprise chef who made a couple of dishes for the participants. Brad Spice came over from Indianapolis and he, along with Debbie Stevens, Susan Outlaw Stallings and Sylvia Middaugh whipped up some yummy dishes for the class. Some of you might remember Brad and his wife Susan from the CHIP classes a way back when. They left us and moved to Indy to be closer to their children. We miss them and were thrilled when he offered to take part in the ANW.

LEAF 4 is already half over. We passed the half way point last Thursday night. Next week they will start the sign up for the last health screen. It has been quite a change from the last two LEAF classes, number wise that is. They are a good group and fun to work with. Food samples have been a snap to dish up and set out this time. Of course, the great facilities at the church make it easy to do also. Thanks again, Susan Hawk!!! Graduation preparations are just around the corner too. Sign up for that should begin soon.



Did you know that October 22<sup>nd</sup> is known as National Nut Day? It is mostly celebrated in the United Kingdom and the United States but the rest of the world is starting to join in on the celebration. I think it is mainly focused on the edible varieties and not the two legged ones. Did you know Pistachios are a fruit and get their green color from the antioxidants inside and that Peanuts are a legume and not a nut? Told you there was more than I could put into one newsletter. More on this subject later!

Last November, I sent an extra page, or two, of the newsletter with Thanksgiving recipes. Was wondering if you would like the tradition to continue or not. Please let me know what you think. Also, if you have any remade 'old family favorites' you would like to pass on to the alumni, please send them along. I will be happy to compile them and send them out before Thanksgiving. Remember, we are all on this journey together!

Here is one recipe using the aquafaba.

### **Pecan Coffee Cake**

2 ¼ cups flour (or gluten free flour)    1 cup organic Sucant\*    1 Tbsp. baking powder  
½ tsp salt    1¼ cups nut milk    ½ cup applesauce  
1 Tbsp. aquafaba    2 tsps. Vanilla extract  
2 tsps. Apple cider vinegar

### **Topping**

¼ cup sucant    1 tsp. cinnamon    2 tsps. Vanilla    ½ cup chopped pecans

Preheat oven to 350 deg.

Combine topping ingredients in a bowl and set aside.

Line the bottom of an 8" round pan with parchment paper (I used an 8" square and sprayed the pan, no paper)

In a mixing bowl, combine the dry cake ingredients and set aside.

In a separate bowl combine the wet ingredients and pour into the bowl with the dry mixture and stir with a fork until well combined.

Pour half of the batter into the prepared pan. Add half of the topping over the batter. Pour the remaining batter into the pan and sprinkle with the rest of the topping.

Bake for approximately 25-35 minutes or until you can poke a toothpick into the center of the cake and it comes out clean. Let cool for 10-15 minutes

\*Sucant is a natural sugar. I found it on Amazon.

Enjoy!

Ruth Pleus

Leadership Team

## Community

## Resources

### **The Breastfeeding**

#### **Coalition of the**

#### **Wabash Valley**

[www.themaplecenter.org/  
programs-and-workshops/](http://www.themaplecenter.org/programs-and-workshops/)

### **Compassionate Friends**

#### **Indiana Wabash Valley**

#### **Chapter**

4th Thursday of Each

Month

6:30-8:00 PM

1875 South Fruit ridge

(Universalist Unitarian)

Information, memorial  
tributes, donations, and  
free e-newsletter subscrip-  
tion, please contact us at:  
[tcfwv@googlegroups.com](mailto:tcfwv@googlegroups.com).

Facebook: Type

Compassionate Friends of  
the Wabash Valley.

### **Terre Haute Birth Network**

Advocacy organization to  
promote "normal, mother/  
baby-friendly birth"

For more information:

Terre Haute Birth and Beyond  
Network on FACEBOOK Or  
[https://sites.google.com/site/  
hbirthandbeyondnetwork/](https://sites.google.com/site/hbirthandbeyondnetwork/)



# Handling Comments Of Those With Differing Beliefs Than Yours about Breastfeeding

You made a wonderful choice to provide the most natural food for your baby. However at different stages of your baby's life you begin to receive verbal feelings from others around you –and these beliefs are not supportive of your beliefs.

Dilemmas between your choice and those around you arise which adds additional stresses to your daily living. The following excerpts from an article in a past New Beginnings magazine put out by La Leche League hopefully will help your response to these criticisms. Many times the criticism comes from family members, friends or even your doctor. Everyone seems to have an opinion about how to rear your child and my, oh my how they differ. Here are some ideas that other mothers found helpful.

### Keep your cool!

- Take a deep breath.
- Count to ten.
- Listen to what was actually said. Was the person really criticizing you, or just passing an opinion? ...New mothers in particular tend to be especially vulnerable. Hormones take a while to settle down and even a glance, let alone a word, can be taken the wrong way.

### Consider the source

If somebody really was criticizing you, did it come from a total (or relative) stranger, or from a person whom you know, from previous experience, to be jealous?

It is not always possible to see the criticism as well-meaning and if this is the case, consider ignoring it completely. Just brush it off. Remember, it is equally ineffective to be defensive or to attack. Thank the person for the advice, and add a suitably innocuous comment: "You have certainly given me something to think about."

"I will have to discuss that with my partner."

"We have tried a number of different solutions, and this is what seems to be working best for us."

"We are following our doctor's recommendations."

### Does this person's opinion matter to you?

Close family members and friends may genuinely try to help by sharing their own, all be it sometimes outdated, experiences. In such situations tact and tongue-biting may be the most effective strategies. And remember, their questions – disguised as comments or advice—might actually indicate a genuine desire to know more! For example, how many of us have heard this comment? "If you pick up your baby every time he cries he will soon have you wrapped round his little finger. You have to teach him who is boss right from the start!" Yes, there are many people who still believe that! It is what they were taught and they have never heard anything to make them change their minds. Indeed, if that was the way they brought up their children, then they are likely to see differing opinions as criticism of their own parenting.

However, the idea is not to try to change other people's opinions, just to get them to respect yours. To do that, we first have to acknowledge their right to hold their own opinions and to let them know we actually heard what they had to say.

For example:

"I can see you are worried that the baby will run me ragged." Then, whenever possible, agree with at least part of what was said.

This will help to diffuse the situation.

"Having a new baby is certainly very tiring." (Now, nobody could disagree with that!)

Here are some other examples:

"My goodness, the baby is almost a year old! Surely you are going to wean him soon!"

"Oh he is already eating a lot of the same foods as we do." (Notice you are not mentioning that he also nurses a lot as well.)

"How is he sleeping?"

"Just like a baby!" (Of course he is! Babies typically wake several times during the night.)

After that, **share information.** For example, you could reply,

"You know, I used to think that, too, but then I read/or heard/or was speaking to..."

"Did you happen to catch that TV program where there was a psychiatrist talking about...?"

**Thank them for their advice,** without necessarily agreeing with their opinion. Being non-committal is quite an art form!

"It is nice to know you are thinking about us."

"I really appreciate your concern."

"How thoughtful of you to share your own experiences."

And then, **change the subject.**

Introduce a new topic of conversation. You have listened and answered politely. Enough is enough!

#### But what if the criticism continues?

Even the most even-tempered of us can eventually be worn down by constant negative criticism. This may be a good time to stand firm and let the person know exactly how you feel about what is amounting to nagging.

Here is a tried and true way, without being in any way either aggressive or defensive.

"I feel...when...because..."

So, for example: "I feel frustrated when you keep insisting that my baby needs to sleep in his own room. I am glad that worked for you, but all babies are different. After trying it your way we decided that we all get more sleep if he stays in our room close to me."...

Hope this information helps you with friends, family or strangers. Next month we will address role of humor and when it is your doctor criticizing.

You are doing a great job and if you feel yourself weakening from other people's comments contact a Le Leche League leader (LLL), a Certified Lactation Consultant (IBCLC) or Certified Lactation Counselor/Specialist (CLC or CLS) in your area.

More suggestions coming next month.



Courtesy of:

**Breastfeeding Coalition of the Wabash Valley**



# **OLLI Series**

## **New Frontiers in Medicine: Welcome to the World of Genetics**

**At Landsbaum Center from 1:30 - 3:00 pm**  
**Cost: Free**

**Wednesday, November 11, 2015**

**Methylation & Mood: How B Vitamins & Your Genetics can affect how you feel**

Presented by: Jennifer Brooks, PA-C and Dr. Kristen Walton, DC, LAc

**Have you ever wondered why leafy green foods are so important to health? Or why some people feel better while taking certain supplements, but others do not? Come learn about how genetics and environment can affect the biochemical processes in your body. Learn why more supplementation is not always better. And see just how big (or little) a serving of spinach really is!**

**Wednesday, December 9, 2015**

**The Genetics of Weight: What Can I Do?**

Presented by: Jean Kristeller is Professor Emeritus in the Dept. of Psychology, Indiana State University, and Board Member of The Maple Center for Integrative Medicine. She has received multiple NIH-funded grants to study weight management and psycho-biological factors in obesity. She lectures and teaches nationally and internationally about her work on mindful eating.

**Without question, we now know that body weight and likelihood of obesity is strongly affected by genetics. This is what helped people survive famine, drought, and other natural catastrophes over the ages when food was scarce. This program will review what we know about the effects of genes on weight, and what you might do to counteract these effects for yourself and your family.**



# 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**



## Integrative Medical Consultation

Wednesday & Friday

By Appointment

***Jennifer Brooks, PA-C***  
**Clinical Appointments**  
**Call 812-235-4867**

## Neuromuscular Re-education

Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

***Penny Money***

**Call 317-670-3764**

**Newsletter article submission due by the 22nd of each month for the following month.**  
**Email article to:**  
**[dferguson@themaplecenter.org](mailto:dferguson@themaplecenter.org)**

## 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**

***Available in the  
Maple Center Lobby!***

**circle of hope**  
bracelets



\*Symbol of life and visible connection among women involved in the fight against cancer.

\*Donated more than \$1.5 million to cancer research, education, and care.

**We will continue the fight against cancer.... With your support.**

## Contact Us

Give us a call for more information about our services or go to our website:  
[www.themaplecenter.org](http://www.themaplecenter.org)



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programs “like” us on  
Facebook!



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. The center offers professionals trained in acupuncture, health coaching, integrative medicine, neuromuscular integration, nutritional counseling, therapeutic massage, and therapeutic touch.

For more information on our programs, workshops, or professional services contact us at (812) 234-8733 or visit our website: [themaplecenter.org](http://themaplecenter.org)

*“Optimizing individual health thru community education and clinical services.”*



### Dr. John Black Memorial Library

How do I find the book from  
The Maple Center library collection online?  
Go to [www.themaplecenter.org](http://www.themaplecenter.org) and

Click on the link available on the home page for the John Black Memorial Library's page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of searching within The Maple Center's collection, or the entire world of Google Books.

Sponsored by:



### Monthly Vegetarian Dinner

Bring a vegetarian dish

and recipe to share,

Contact Debbie Stevens at

[debbiestevens53@gmail.com](mailto:debbiestevens53@gmail.com)

Check us out at:

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