

OCTOBER 2021



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



World Mental
Health Day
October 10th

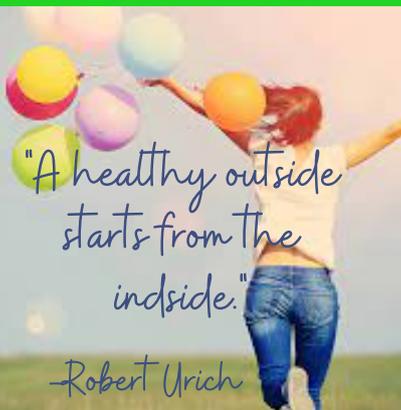


October is Breast Cancer Awareness Month!

Fast Facts about Breast Cancer:

- Each year in the U.S, about 255,000 women get breast cancer.
- Men can also get breast cancer, but it is not very common.
 - About 1 of every 100 breast cancers diagnosed in the U.S is found in a male.
- Most breast cancers are found in women who are 50 years or older, but breast cancer can also affect younger women.
- A mammogram can help detect signs of concern.

Sourced from: <https://www.cdc.gov/cancer/dcp/resources/features/breastcancerawareness/index.htm>



"A healthy outside
starts from the
inside."

Robert Ulrich

BREAST CANCER AWARENESS MONTH



Many individuals have no symptoms of breast cancer. Due to this, regular breast cancer screenings are very important! A screening test, known as a mammogram, is used to look for signs of concern.

BREAST CANCER SIGNS AND SYMPTOMS

- The most common symptom is a new lump or mass.
 - A painless, hard mass with irregular edges is more likely to be cancer but they can be tender, soft, or round.
- Other symptoms:
 - nipple or breast skin that is red, dry, flaking, or thickened
 - nipple discharge (other than breast milk)
 - swollen lymph nodes under the arm or collar bone
 - swelling of all or part of the breast
 - skin dimpling
 - breast or nipple pain
 - nipple retraction

Sourced from: <https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/breast-cancer-signs-and-symptoms.html>

THE OBJECTIVE OF WORLD MENTAL HEALTH DAY IS TO RAISE AWARENESS OF MENTAL HEALTH ISSUES AND TO SUPPORT MENTAL HEALTH.

A few everyday mental health tips:



1. Practice self-care and make yourself a priority.
2. Disconnect from electronics and social media.
3. Engage in activities that provide meaning.
4. Volunteer.
5. Engage in meditation and/or mindfulness
6. Avoid heavy substance use.
7. Get help from a licensed mental health professional when and if you need it.

Sourced from: <https://www.bbrfoundation.org/blog/everyday-mental-health-tips>



Plant-Based Recipes:



Creamy Vegan Broccoli Soup

Prep: 15 min Cook: 35 min

Servings: 8 cups

Ingredients

- 1/4 cup vegan butter or olive oil
- 5 cups broccoli, chopped
- 2/3 cup chopped carrots (approx. 2 carrots)
- 2/3 cup chopped celery (approx. 2 ribs)
- 2/3 cup chopped onion (approx. 1 onion)
- 2 gloves garlic, minced
- 6 tbsp flour
- 4 cups vegetable broth
- 2 cups original or unsweetened non-dairy milk
- 3/4 cup full-fat canned coconut milk (or sub any non-dairy milk)
- 1/4 cup nutritional yeast flakes (or sub with vegan cheese shreds)
- 1 tsp white wine vinegar or lemon juice
- Pinch of salt and black pepper, to taste

Instructions

1. In a medium saucepan, heat vegan butter or olive oil over medium heat. Add broccoli, carrot, celery, onion, and garlic. Saute until onion is translucent and just tender, about 5 minutes.
2. Sprinkle vegetables with flour. Cook for 1-2 minutes, stirring often.
3. Gradually add vegetable broth and non-dairy milk, stirring constantly to prevent lumps. Add coconut milk and nutritional yeast. Simmer soup over medium-low heat for 10-15 minutes, or until the vegetables are tender.
4. Blend soup to your liking. **Recommends pureeing 1/2 to 2/3 of the soup to a smooth consistency.
5. If desired, adjust consistency with vegetable broth or non-dairy milk. Stir in white wine vinegar. Taste and adjust seasoning with salt, pepper, and vinegar.

Sourced from: <https://ilovevegan.com/creamy-vegan-broccoli-soup/>



Browned Broccoli "Croutons"

Ingredients

- 1 cup broccoli florets
- 1 tbsp olive oil
- Salt, to taste

Instructions

1. In a saucepan or skillet, heat olive oil over medium heat.
2. Add the broccoli florets and sprinkle with salt. Saute until just nearly tender.
3. Turn the heat up to high and continue to cook, stirring sporadically, until the broccoli has a nice brown/black edge on at least 1 side. Remove from heat and set aside.

Top Creamy Vegan Broccoli Soup with Broccoli Croutons!

Sourced from: <https://ilovevegan.com/creamy-vegan-broccoli-soup/>



Prep: 5 min
Rise: 1 hr 20 min
Cook: 25 min
Servings: 4

Vegan Bread Bowls

Ingredients

- 3 1/2 - 4 cups flour
- 1 package instant yeast (2 1/4 tsp = 1 package)
- 2 tbsp vegan cane sugar
- 1 tsp salt
- 1 1/2 cups water
- 2 tbsp olive oil
- 2 tbsp dairy free milk, for brushing

Instructions

1. In a large bowl, whisk together the flour, yeast, sugar, and salt. Then, add in the water and oil.
2. Using a spatula, fold until mostly combined. Sprinkle a little more flour if needed to not be sticky and form a ball.
3. Once the ball is formed, grease the same bowl mixed in and place the dough back in the bowl.
4. Cover with a towel or plastic wrap and let sit for 60-90 minutes in a warm, draft-free place.
5. Once doubled, roll out onto a lightly floured surface.
6. Cut dough into 4 equal pieces. **Recommended to weigh the pieces on a scale so they are even*
7. Grab a piece and fold the ends under shaping into a ball. Then roll the dough into a ball
8. Place on a large baking sheet and repeat with remaining pieces.
9. Cover with a lightly damp towel.
10. Let sit for 60-90 minutes in a warm, draft-free place or until doubled in size again.
11. Remove towel and brush with dairy-free milk across each.
12. Bake at 425 degrees for 15-20 min.
13. Remove from oven.
14. Let cool a bit, then angle a knife about 2 inches into bread and cut circle around top. Remove the top and add your favorite hot soup!

Serve Creamy Vegan Broccoli Soup + Broccoli Croutons in a Vegan Bread Bowl!

Sourced from: <https://makeitdairyfree.com/vegan-bread-bowls/>



Turn Over a New LEAF

with the Lifestyle Education and Food Team!

Expand your healthy eating habits! Lose weight! Feel better!

Join The Maple Center in the kitchen to learn about
**HEALTHY WEIGHT MANAGEMENT
NUTRITION EDUCATION & COOKING DEMONSTRATIONS**

You will learn lifesaving nutrition information.
Explore how a whole food plant-based diet rich in vegetables, fruits, grains, and legumes
can enhance your health and support your wellness goals.

Class topics include Starting Your Journey, Powerful Protein, Your Plate & Your Illness, Breaking
the Food Seduction, Digestive Health, and Staying on Track.

LEARN the latest health and nutrition information
ENJOY cooking demonstrations
TASTE healthy delicious dishes
SHARE your experiences in a supportive group setting

4 Thursdays,
October 14 - November 11, 2020
6:00-8:00 AM

The Maple Center
1801 N. West St.
Terre Haute, IN 47804
in the Larry P. Fleschner
Classroom - Suite 400



\$50 for
four (4) Face-to-face
in classroom instructional
sessions
(Price includes printed
materials, food samples
and recipes)

REGISTER at www.maplecenter.org or call 812-234-8733
Registration Deadline is Monday, October 4, 2021



The Maple Center
for Integrative Health



Lifestyle, Education,
and Food Team

Mind-Body Skills Group

Taught by Suzanne Kunkle, Ph.D., H.S.P.P.

A virtual experiential investigation of the integral relationship between mind, body, & wellness.

Via Zoom

Nov. 13th:
9:00 AM-5:00 PM with
45 min lunch break

Nov. 14th:
1:00 PM-4:00 PM

The workshop is \$10 and registration is required. Class size is limited. Register at www.maplecenter.org



You will learn and practice the following mind-body modalities:

- Movement, exercise, and breathing
- Biofeedback and autogenic training
- Meditation
- Guided imagery
- Yoga, Tai Chi or Qi Gong
- Mindful and healthy eating as a component of self-awareness
- Relaxation



The Maple Center, Inc. Nonprofit 501(c)(2)
1801 N 6th St, Ste 600
Terre Haute, IN 47804
(812) 234-8733
www.themaplecenter.org



Larry P. Fleschner
Memorial Foundation

FAMILY YOGA

with Ellie Templeton

Join The Maple Center for a one-hour Family Yoga class this fall!

Open to families of all ages and stages! Content is ideal for children ages 5-12. We will learn about stretching, movement, and breathing games and music. No experience needed and mats are available.

Sundays at 2:00 PM
October 17th, October 24th
October 31st, November 7th

The Red Barn Lawn: 5001 Poplar St
Terre Haute, IN 47803*

Please register
and pay at
www.maplecenter.org

Price: \$5 per person
or \$20 per family

*Weather permitting. In the event of undesirable weather, we will meet at The Maple Center in the Fleschner Classroom, Suite #400. Location changes will be announced by 10:00 AM Sunday. Masks required indoors.



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www.themaplecenter.org



Larry P. Fleschner
Memorial Classroom



MEDITATION TUESDAY

Group led by Meditation Professionals

Join The Maple Center for Meditation Tuesday, a monthly meditation group offering information on meditation, a Q&A session, and 20 minutes of meditation practice!

**First Group Meeting:
Tuesday October 5th, 2021**

**When: First Tuesday
of the Month**

**Time:
5:30 PM-6:30 PM**

**Location: Fleschner
Memorial Classroom
Suite #400**

**FREE and
open to the public!**



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SAVE THE DATE

Writing Group with Jamie Lee

Looking for others with whom to write? Want feedback on your writing? Come join the new writing group with Jamie Lee!

Note that this is not meant to be instructional but rather a fun and safe space in which to write and share ideas. There is no fee and no need to sign up, just come when you want!

**THURSDAY NIGHTS
6 TO 7:30 PM • FREE, JUST SIGN UP
THE MAPLE CENTER IN THE FLESCHNER CLASSROOM**

www.maplecenter.org

CHANGING AND BREAKING HABITS



With Andy Smith, MS, LAC

Wednesday October 13, 2021 | 1:30 PM

Change is simple, but not always easy. Change is simple in the sense that there are particular parameters in the change process. We call them stages. Also, it is encouraging to understand that habit formation can be mastered and manipulated in order to see a difference in our lives and relationships. In our time together on October 13, we will consider these paths of change and how they may influence our future health and wellbeing.

Andy serves Next Step as an addiction educator and licensed addiction counselor. Although an Illinois native, Andy earned degrees from the U.S. Naval Academy and the University of Maryland. During the past 30 years, he has served at-risk populations, military families, and congregations across the East Coast. Andy has been the lead pastor at Christway Church in Terre Haute since 2015.



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



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**

Class 3 - Thursday, Oct 7, 2021

**Quick Healthy Meals
Dinner on a Budget**

**Stir Fry with Rice
Fruit Crisp**



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



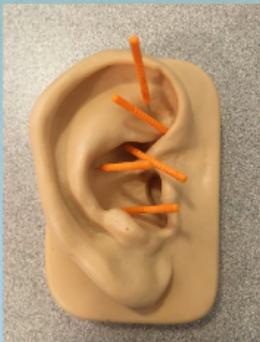
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FREE!

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 programming 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.
- 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.
- **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