



Monthly Quote:

“Nurturing yourself is not selfish—it’s essential to your survival and your well-being.”

— Renee Peterson Trudeau

Monthly Vegetarian/ Vegan Dinner

Bring a vegetarian/
vegan dish and recipe to share,
For potluck dates and more information contact
Debbie Stevens at
debbiestevens53@gmail.com



The Maple Center

For Integrative Health

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

E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

January 2019



JUMPSTART 10 DAY CHALLENGE

A healthier you in just 10 days!

*This is a hybrid online and in person program
Meeting dates February 7th and March 14*

- Lower your risk of heart disease, diabetes, and cancer
- Lose weight
- Reduce muscle aches and pains

The Maple Center,
Larry P. Fleschner Memorial Classroom,
Suite 400

JOIN THE JUMPSTART CHALLENGE!

This program is a **mostly online opportunity** which makes it ideal for people with very busy schedules who cannot attend weekly classes. It’s a great way to have better health in 2019! In person meetings are Feb. 7th and Mar. 14 from 6p-8p in the Larry P. Fleschner Memorial Classroom, Suite 400.

Costs (paid directly to The Maple Center) includes:

\$45 includes the PlantPure Nation Cookbook, Welcome Package + Education Session and Celebration at The Maple Center

\$50- 2 sets of lab work that will test your fasting blood sugar (checking for diabetes) and a lipid panel (checking for high cholesterol, heart disease, etc.)

Additional cost includes: \$169 this covers the cost of the frozen entrees that are ordered directly from PlantPure Nation and shipped directly to each participant's home.

This cost also covers online videos and email support

during the Jumpstart and afterwards. This will be the food you will eat for lunch and dinner for the 10 days so it will replace food that you would purchase otherwise.

DEADLINE for registration and payment is Thursday, Jan. 24, 2019



Find us on
Facebook

Stay up to date with programs and events by following our Facebook page! Be sure to set your notification settings under “Follow” to “see first.”

<https://www.facebook.com/themaplecenternonprofit/>

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



Chickpea Salad

Ingredients:

- 1 (15-ounce/425 grams) can chickpeas, drained and rinsed
- 2 stalks celery, finely chopped
- 3 green onions, thinly sliced
- 1/4 cup finely chopped dill pickle
- 1/4 cup finely chopped red bell pepper
- 3 tablespoons store-bought or homemade vegan mayonnaise
- 1 clove garlic, minced
- 1 1/2 teaspoons yellow mustard
- 2 teaspoons minced fresh dill (optional)
- 1 1/2 to 3 teaspoons fresh lemon juice, to taste
- 1/4 teaspoon fine sea salt, or to taste
- Freshly ground black pepper

Directions:

Serves 3

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in the celery, green onions, pickles, bell peppers, mayonnaise, and garlic until combined.
3. Now, stir in the mustard and dill, and season with the lemon juice, salt, and pepper, adjusting the quantities to taste.
4. Serve with toasted bread, on crackers, wraps, or on top of a basic leafy green salad. Or just enjoy it all on its own!

Recipe from: <https://ohsheglows.com/2015/07/21/chickpea-salad/>



No-Bake Peanut Butter Thumbprints

Ingredients:

COOKIES

- 1/2 cup natural creamy salted peanut butter (or sub other nut / seed butter)
- 1 pinch sea salt
- 1/4 cup maple syrup
- 1 1/2 cup almond flour (or half this amount in coconut flour, plus more as needed)

JAM*

- 1 cup dried unsweetened fruit (we used half wild blueberries, half cherries)
- 2 Tbsp warm water

Directions:

1. Add peanut butter to a medium mixing bowl. The peanut butter should be runny when measured. I recommend using natural peanut butter, meaning the ingredients should just be peanuts and salt. Then add maple syrup and stir until well combined.
2. Measure out almond flour and add a little at a time until a workable dough forms (see photo). If too dry/crumbly, add more peanut butter or maple syrup. If too sticky or wet, add a little more almond flour. We added an additional few tablespoons to achieve the right consistency.
3. Scoop dough out in 1 1/2 Tbsp amounts and gently roll into balls. Then pick up one cookie at a time and cradle it in your palm. Use your pointer finger or thumb to make an indent, being careful not to press too forcefully to prevent cracking. If the dough cracks, smooth the cracks over before chilling. Continue until all cookies are pressed, then transfer to the refrigerator to chill.
4. To make your jam, add dried fruit to a food processor and blend until a ball forms or only small bits remain. Then add warm water 1 Tbsp (15 ml) at a time until a thick paste forms, scraping down sides as needed. Be careful not to add too much water or the jam will become too wet. We found 2 Tbsp (30 ml) to be the right consistency (as the recipe is written). You're looking for a paste consistency.
5. Remove cookies from refrigerator and add 1/2 tsp of jam to the center of each cookie. Press down to situate the jam as needed. Repeat until all cookies are filled. You'll have leftover jam which you can cover, refrigerate, and oats.
6. Store cookies well sealed in the refrigerator up to 1 week, or in the freezer up to 1 month (let thaw before enjoying).

<https://minimalistbaker.com/5-ingredient-no-bake-peanut-butter-thumbprints/>



Connecting Lifestyle Medicine with Nutrition

What does a nutritionist have to do with lifestyle medicine? I think it would be safe to say a great deal.

According to the American College of Lifestyle Medicine Core Competencies “Lifestyle medicine offers a unique approach that leverages a whole food, plant-based diet, physical activity, sleep, emotional well-being, and avoiding risky substances to not only prevent, but also treat and reverse lifestyle-related diseases.”

What we eat is at the foundation of lifestyle medicine and food is medicine! It can change our chemistry for good or for ill. There is a saying out there that we are what we eat but probably a better way of putting it is that we are what we absorb.

Amazingly, all the other factors such as physical activity, sleep, emotional well-being, and substances such as tobacco and alcohol that we put into our bodies affect how we utilize the nutrients that we do take in from our food. Often, with some simple lifestyle changes we can maximize our health, without the use of expensive drugs.

This past October I became a certified diplomat with the American College of Lifestyle Medicine. Much of what I do involves behavior change so I am here to help you in your journey to a healthier life with a whole-food plant-based diet which has been proven to reduce and reverse diabetes, heart disease, high blood pressure and often in the avoidance of cancer. I have been trained in the importance of good sleep hygiene, beneficial exercise, tobacco cessation, connectedness and positive psychology. These things are often done well in groups.

This January, I am facilitating a class through the Maple Center on how to lower your blood pressure using simple methods involving lifestyle change. It meets on Thursday nights from 6:30-8:00 p.m. January 24-March 8. For more information on this class and to register, visit www.themaplecenter.org.

I am here to help you in your health journey both with classes and individual education sessions.

Sylvia Middaugh, MS, RDN, LD
Nutrition for Healing, P.C.
812-229-4059





Save the Date!

for

The Maple Center
Annual Dinner

Wednesday, March 20 at
6:30 PM in the

Larry P. Fleschner
Memorial Classroom
Cost \$30 per person

Enjoy an plant-based meal with gluten free
options. Other details will be announced soon!

Upcoming Yoga Classes

More information and registration available at www.themaplecenter.org



Yoga for Stress Management

Mondays| 6:30PM-8 PM| Jan. 28-Mar. 11

\$70 for all 7 classes held in the
Larry P. Fleschner Memorial Classroom
Register at www.themaplecenter.org

Deepen your existing yoga practice
by learning new postures and
variations, or holding certain
postures longer.

Please note that this class is not
designed for newcomers or
refreshers, but for
yoga practitioners, who have been
practicing yoga on a regular basis.



INTERMEDIATE YOGA

Mondays, January 28-March 11

5 pm-6 pm

Larry P. Fleschner Memorial Classroom

Cost: \$10 per individual class or

\$60 for the series of 6 classes

Scholarships available

Register at www.themaplecenter.org

Chair Yoga



**Thursdays, February 7-March 14
10 am-11 am**

Larry P. Fleschner Memorial Classroom
The Maple Center, Suite 400
1801 N 6th Street
Terre Haute, Indiana

Cost: \$10 per individual class or
\$50 for the series of 6 classes
Scholarships available

This is a unique program for all, who would like to discover yoga but need modification due to 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 but registration for all 6 classes is also available at www.themaplecenter.org



The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

Sponsored by



The Maple Center
for Integrative Health





SUPPORT YOUR ADDICTION RECOVERY

WITH AURICULAR (EAR) ACUPUNCTURE

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

Held each Tuesday from 4-7pm
beginning January 8th
in the Larry P. Fleschner Memorial Classroom



The Maple Center , Inc.
1801 N 6th St., Suite 400
Terre Haute, IN
(812) 234-8733

For more information visit
www.themaplecenter.org

No cost, no registration needed, donations are appreciated



ACUPUNCTURE PERFORMED BY DEBBIE STEVENS,
ACUPUNCTURE DETOXIFICATION SPECIALIST





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.



- 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

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.