



# The Maple Center

For Integrative Health

[www.themaplecenter.org](http://www.themaplecenter.org) Nonprofit: 812-234-8733

E-mail: [info@themaplecenter.org](mailto:info@themaplecenter.org)



@themaplecenternonprofit

## February 2021



### Monthly Quote:

Darkness cannot  
drive out darkness:  
only light can do that.  
Hate cannot drive  
out hate: only love  
can do that.

- Martin Luther King Jr.

### Plant Powered Community Meeting

February 10, 2020

7pm via Zoom

Email:

[Programs.maplecenter@gmail.com](mailto:Programs.maplecenter@gmail.com)

[for more info and  
the link to join](#)

### AMERICAN HEART MONTH

American Heart Month isn't just for  
lovers.

February also reminds us to take  
care of our heart  
and consider our risk factors.  
More inside.

your heart is

**one**  
in a

**million**



### Tai Chi

Wednesdays 6-7pm

March 17 - April 21

More info inside

Limited space, sign up on our [website!](#)

### Chair Yoga—Thursdays at 10 am

Live on Facebook and in the Fleschner Classroom  
from The Maple Center

Recordings, live classes and more can be found on  
The Maple Center's Facebook and YouTube Pages.  
Click the links below to check them out!

[The Maple Center's YouTube Page](#)

[The Maple Center's Facebook Page](#)

[The Maple Center's Website](#)

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

# Savory Oats With Veggies



## Ingredients:

- 4 cups of water
- 2 cups of quick cooking steel cut oats
- 1 tsp Italian seasoning
- ½ tsp sea salt
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ cup nutritional yeast flakes
- ¼ tsp turmeric
- 1 ½ cup baby kale or spinach
- ½ cup diced mushrooms
- ¼ cup shredded carrots
- ½ cup diced bell peppers

## Instructions:

- Bring the water to a boil in a large saucepan.
- Add the oats and spices and reduce heat to low.
- Simmer uncovered for 5 to 7 minutes.
- Stir in the vegetables.
- Cover and simmer another 2 minutes.
- Serve immediately.

Sourced from: <https://nutritionstudies.org/recipes/breakfast/savory-oats-with-veggies/>



# Banana Bread Oatmeal

## Ingredients:

- ½ cup rolled oats
- 1 banana
- 2 dates
- ½ tsp cinnamon
- 1 cup water
- 1 Tbsp walnuts

## Instructions:

- Cut the banana into bite-sized pieces.
- Cut the dates into small pieces.
- Combine the oats, banana, dates, cinnamon and water in a small pot.
- Cover and simmer 3-4 minutes, till oats are creamy.
- Top with walnuts and serve.

## Cooking Tips:

*Instead of cooking on a stove you can microwave the combined ingredients for 2-3 minutes.*

*To avoid boiling over, stir every 20-30 seconds.*

*Not into bananas? Try this with peaches, pears, or plums.*

Sourced from: <https://nutritionstudies.org/recipes/breakfast/banana-bread-oatmeal/>



# Cabbage Soup

## Ingredients:

- 1 small head cabbage, chopped
- 1-2 carrots, grated
- 1-2 stalks celery, sliced
- 1 onion, chopped (or 1-2 leeks, sliced)
- 1 Tbsp oregano
- 1 Tbsp basil
- 1 Tbsp parsley
- 3 Tbsp tomato paste
- Pinch or two cayenne pepper (optional)



## Instructions:

- Put all vegetables and herbs into a large soup pot, stir in tomato paste and add water to 1-2 inches below the highest level of the vegetables.
- Simmer until all vegetables are soft (about 30 minutes).

Sourced from: <https://nutritionstudies.org/recipes/soup/cabbage-soup/>



# Lentil and Rice Stew

## Ingredients:

- 1 cup black or green lentils
- 1 cup brown rice
- 3 Tbsp tomato paste
- 1 red pepper
- 1 tsp salt
- A handful fresh dill
- 4-5 cups vegetable broth

## Instructions:

- Soak lentils and rice together overnight in a pot with fresh, cold water. Drain and rinse before use.
- Chop the red pepper.
- Add all ingredients to a pot except the fresh dill. Heat until boiling. Turn down heat and simmer for about 30 – 40 minutes until the lentils are finished.
- Chop the fresh dill and add, stirring in gently.

Sourced from: <https://nutritionstudies.org/recipes/main-dish/sprouted-lentils-and-whole-rice-stew/>



# Portobello Pot Roast

## Ingredients:

- 2 cups vegetable broth
- 1 Tbsp nutritional yeast
- 2 pounds small yellow potatoes
- 3 carrots, sliced thick
- 1 medium onion, sliced
- ½ cup red wine
- 4 garlic cloves, crushed
- 4 large portobello mushrooms, sliced
- 1 Tbsp balsamic vinegar
- 1 Tbsp vegan Worcestershire sauce
- 1 tsp dried sage
- 1 tsp dried rosemary
- 4 sprigs fresh thyme
- 2 sprigs fresh rosemary

## Instructions:

- In a large saucepan, heat vegetable broth and add potatoes.
- Cover and cook potatoes for 5 minutes.
- Add carrots and cook for 2 minutes.
- In a separate hot pan, sauté the onion until tender, for about 3-4 minutes, and deglaze with wine.
- Add the cooked onions and wine, portobello mushrooms, nutritional yeast, and dried herbs to the pan with the potatoes and carrots.
- Drizzle with Worcestershire sauce and balsamic vinegar, add garlic and cook on low to medium heat for 20 minutes, or until the vegetables are cooked through.
- Add the fresh herbs during the last 10 minutes of cooking.

Sourced from: <https://nutritionstudies.org/recipes/main-dish/portobello-pot-roast/>



# Chocolate Molten Lava Soufflé

## Instructions:

## Ingredients:

- ½ cup + 2 Tbsp oat flour
- 2 Tbsp unsweetened cocoa powder
- 2 tsp baking powder
- ½ tsp baking soda
- 1 Tbsp flax meal
- 1 tsp instant coffee (optional)
- ⅛ tsp sea salt
- 3 Tbsp vegan chocolate chips
- ¼ cup unsweetened plain plant-based milk
- ¼ cup maple syrup
- 3 Tbsp tahini
- 1 tsp vanilla extract

- Preheat oven to 400 degrees F.
- Place all the dry ingredients except the vegan chocolate chips into a bowl, whisk to combine, then add all the wet ingredients to the same bowl. Stir well to fully incorporate.
- Place 3 small 4 oz. ramekins (3-5-inch diameter × 1.75-inch height) on a baking sheet (for easier handling), then carefully place two heaping tablespoons of batter into each ramekin.
- Place 1 tablespoon of vegan chocolate chips on top of the batter in each ramekin. Then, evenly spoon the remaining batter over the top of the chocolate chips in each ramekin. Smooth out the top of the batter.
- Allow to sit on the counter for 10 minutes undisturbed. Do not put it immediately in the oven.
- After the 10-minute resting period, place the ramekins in a preheated oven and bake for 6 minutes. They will puff up over top of the ramekin but hold their shape.
- After 6 minutes, remove from the oven, then carefully transfer the souffles to a wire cooling rack and allow to sit for 5 minutes.

Sourced from: <https://nutritionstudies.org/recipes/dessert/chocolate-molten-lava-souffle/>



if you experience  
**symptoms**  
of a  
**heart attack**  
or **stroke**



call

**911**

**immediately**

Did you know emergency department visits for cardiovascular disease have declined significantly during the COVID-19 pandemic? At least 1 in 5 expected emergency department visits for heart attack or stroke did not occur during the initial months of the pandemic.

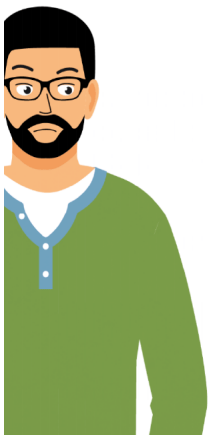
Heart attacks and strokes can be life-threatening, and they are not taking a break for COVID-19. We are joining the CDC Million Hearts® initiative and health organizations across the nation in spotlighting the importance of seeking emergency care for heart attack and stroke symptoms.

Check out this CDC-approved [PSA](#) that explains the risks of neglecting emergency medical attention for heart attack or stroke.

## Learn the signs.



**F**ace. **A**rms. **S**peech. **T**ime to **call 9-1-1.**



### MAJOR HEART ATTACK

signs and symptoms in women and men



Chest pain or discomfort



Shortness of breath



Pain or discomfort in the jaw, neck, back, arm, or shoulder



Feeling nauseous, light-headed, or unusually tired



### Many Americans have risks for cardiovascular disease

36%	Obesity
30%	Physical Inactivity
29%	High Blood Pressure
17%	Cigarette Smoking
12%	High Cholesterol
9%	Diabetes

Source: <http://millionhearts.hhs.gov/learn-prevent/risks.html>

## PRACTICE HEALTHY LIVING HABITS



Eat a healthy diet



Maintain a healthy weight



Be active on most days



Don't smoke or use tobacco



Limit alcohol use

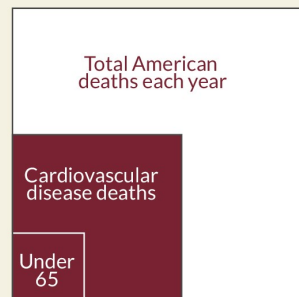


### 90% of Americans

consume too much **sodium**, increasing their risk for **high blood pressure**, a major contributor to heart disease and stroke

Source: <http://millionhearts.hhs.gov/learn-prevent/risks.html>

**1 in 3** deaths in the United States is due to cardiovascular disease



For more information contact your healthcare professional.  
Information sourced from: [millionhearts.hhs.gov](http://millionhearts.hhs.gov) and [www.cdc.gov](http://www.cdc.gov)



# The Maple Center for Integrative Health needs you!



- Do you have Audio/Video editing skills and some time you could donate?  
The Maple Center is looking for a volunteer to help with a video project.
- Do you love to read and have a passion for sharing your new knowledge?  
The Maple Center is seeking some volunteers to write or record some short book reviews  
from our library selection.
- Have you enjoyed programs at the Maple Center and be willing to share about it?  
The Maple Center is asking you to rate us on our Facebook and/or Google pages.  
If you have a testimonial you would like to share, we would love to hear it!

If you or someone you know is interested or would like more information on any of these,  
please email one of us:

Deanna: [info@maplecenter.com](mailto:info@maplecenter.com)

or

Lindsey: [programs.maplecenter@gmail.com](mailto:programs.maplecenter@gmail.com)



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)

# Massage: Get in touch with its many benefits

Massage can be a powerful tool to help you take charge of your health and well-being. See if it's right for you. By Mayo Clinic Staff

Massage used to be available only through luxury spas and upscale health clubs. Today, massage therapy is offered in businesses, clinics, hospitals and even airports. If you've never tried massage, learn about its possible health benefits and what to expect during a massage therapy session.

## What is massage?

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage may range from light stroking to deep pressure. There are many different types of massage, including these common types:

**Swedish massage.** This is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping. It helps you feel relaxed and energized.

**Deep massage.** This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue. It's commonly used to help with muscle damage from injuries.

**Sports massage.** This is similar to Swedish massage, but it's geared toward people involved in sport activities to help prevent or treat injuries.

**Trigger point massage.** This massage focuses on areas of tight muscle fibers that can form in your muscles after injuries or overuse.

## Benefits of massage

Massage is generally considered part of integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

**Massage benefits can include:**

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Low back pain
- Myofascial pain syndrome
- Nerve pain
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain
- Upper back and neck pain

Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often produces feelings of caring, comfort and connection.

Despite its benefits, massage isn't meant as a replacement for regular medical care. Let your doctor know you're trying massage and be sure to follow any standard treatment plans you have.

## Risks of massage

Most people can benefit from massage. However, massage may not be appropriate if you have:

- Bleeding disorders or take blood-thinning medication
- Burns or healing wounds
- Deep vein thrombosis
- Infections
- Broken bones (fractures)
- Severe osteoporosis
- A very low platelet count (severe thrombocytopenia)

Discuss the pros and cons of massage with your doctor, especially if you are pregnant or if you have cancer or unexplained pain.

Some forms of massage can leave you feeling a bit sore the next day. But massage shouldn't ordinarily be painful or uncomfortable. If any part of your massage doesn't feel right or is painful, speak up right away. Most serious problems come from too much pressure during massage.

## What you can expect during a massage

You don't need any special preparation for massage. Before a massage therapy session starts, your massage therapist should ask you about any symptoms, your medical history and what you're hoping to get out of massage. Your massage therapist should explain the kind of massage and techniques he or she will use.

In a typical massage therapy session, you undress or wear loose-fitting clothing. Undress only to the point that you're comfortable. You generally lie on a table and cover yourself with a sheet. Your massage therapist will leave the room when you undress before the massage and when you dress after it. You can also have a massage while sitting in a chair, fully clothed. Your massage therapist should perform an evaluation through touch to locate painful or tense areas and to determine how much pressure to apply.

Depending on preference, your massage therapist may use oil or lotion to reduce friction on your skin. Tell your massage therapist if you might be allergic to any ingredients.

A massage session may last from 10 to 90 minutes, depending on the type of massage and how much time you have. No matter what kind of massage you choose, you should feel calm and relaxed during and after your massage. Breathe normally throughout your massage.

Your massage therapist may play music during your massage or talk to you, but you can tell him or her if you prefer quiet.

If a massage therapist is pushing too hard, ask for lighter pressure. Occasionally you may have a sensitive spot in a muscle that feels like a knot. It's likely to be uncomfortable while your massage therapist works it out. But if it becomes painful, speak up.

## Finding a massage therapist

Ask your doctor or someone else you trust for a recommendation. Most states regulate massage therapists through licensing, registration or certification requirements.

Don't be afraid to ask a potential massage therapist such questions as:

Are you licensed, certified or registered?

What is your training and experience?

How many massage therapy sessions do you think I'll need?

What's the cost, and is it covered by health insurance?

## The take-home message about massage

Brush aside any thoughts that massage is only a feel-good way to indulge or pamper yourself. To the contrary, massage can be a powerful tool to help you take charge of your health and well-being, whether you have a specific health condition or are just looking for another stress reliever. You can even learn how to do self-massage or how to engage in massage with a partner at home.

Sourced from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743#:~:text=Benefits%20of%20massage&text=Reducing%20stress%20and%20increasing%20relaxation,heart%20rate%20and%20blood%20pressure>

## Interested in trying a massage?

The Maple Center Nonprofit has a partnership with these private practitioners:

### Nancy Humphries, LMBT

Therapeutic Massage

812-251-9190

[BlueDragonflyMassage.com](http://BlueDragonflyMassage.com)



### Penny Money

Neuromuscular Re-education

317-670-3764







# Tai Chi

**Wednesdays from 6 - 7pm  
March 7 - April 21**

**in the Larry P. Fleschner Memorial Classroom at  
The Maple Center 1801 N 6th Street, Terre Haute**

**Cost is \$30 for the 6 class series, scholarships available.  
Register at [www.maplecenter.org](http://www.maplecenter.org)  
space is very limited - sign up today!**

Tai Chi is a low impact form of exercise that involves a series of slow, focused movements, accompanied by deep breathing. It is a self-paced, gentle form of physical exercise and stretching.

Classes led by certified instructor Steve Walden, PTA  
Steve has 25 years in the medical field  
2 Master ranks in Martial Arts  
Teacher of Yang, Sun, and Chen Tai Chi

According to the Mayo Clinic benefits of Tai Chi may include:  
Decreased stress, anxiety and depression,  
Improved mood, flexibility, balance, agility, and aerobic capacity  
Increased energy and stamina, Improved muscle strength and definition





# Wednesday Presentations

## 1:30 pm via Zoom

February 10th

### ***Pain Management***

with Dr. Jennifer Hutchens, PsyD, HSPP

March 10th

### ***Frequency Specific Microcurrent***

with Dr. Kathleen Stienstra, MD

You must register for these events with OLLI

Phone:(812 ) 237-9040

Email:Michelle.Bennett@indstate.edu



# Chair Yoga



Live on our Facebook page  
from the Fleschner Classroom  
every Thursday at 10am.

or



Catch the replay on our YouTube page  
or in our Facebook video archives.

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 free class and is accessible online at anytime.**



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:







## 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.

**amazon**smile

You shop. Amazon gives.

- Register your Kroger Plus Card online at [www.krogercommunityreward.com](http://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.

**kroger** community **rewards**



king"

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.