



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS

October 2017

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The soul always knows what to do to heal itself. The challenge is to silence the mind. — Caroline Myss

THE MAPLE CENTER UPDATE

On Sept 16 the center provided breakfast for cancer survivors in collaboration with Susan G. Komen.

In September Sylvia gave her OLLI talk on "Does it matter what I put in my mouth?" Being a Nutritarian.

The Kickstart Class started on October 19. Some of the topics that will be covered in the class are Power of Your Plate, breaking food seduction, appetite control and digestive health. Cooking demonstrations, recipe handouts, and food samples are all part of this class.

On October 7 the Maple Center team participated in the Race for the Cure.

Coming soon....On November 5 we will offer a "Make & Take" class where participants will make several dishes and then be able to take a portion of the food home to be eaten or frozen to use at a later time. This class filled up quick so you will have to watch the newsletter for the next class offered.

Start signing up now for the "**Yoga for Peace of Mind & Healing Touch-Mind Clearing**" workshop held on Thursday, December 7 from 6:30pm—8:00 pm at the United Campus Ministries. The cost is \$10 per person. Go to www.themaplecenter.org to get more information or sign up. This will be a great workshop to take a break and relax during all the hustle and bustle of the holiday season.

“Pain in the App”?

Excerpts from article by Joseph Hunton, in Body Sense magazine, Summer 2011

The Smartphone and its wonderful apps has changed our lives forever. Instant access and an endless resource of information, entertainment, and communication has made the devices indispensable. But all of this happy screen time is causing health issues.

Eye care specialists are noticing a higher percentage of children are nearsighted than 10 years ago. Is this because our society has become more urban and less rural which does not need as much distant vision? Or is it because most of our daily activities require a shorter eye focus distance, such as phones and tablets? Observations and studies are ongoing.

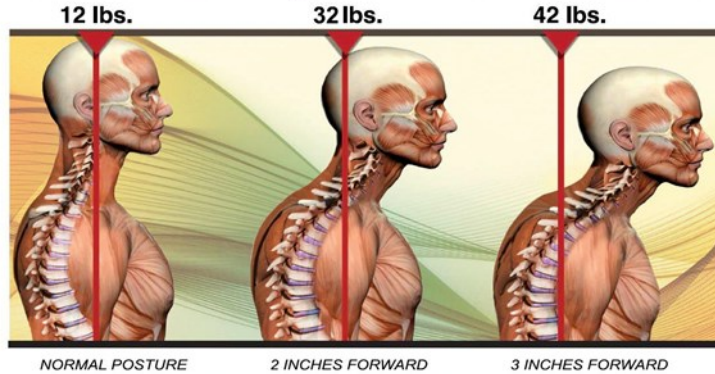
Physical conditions caused by overuse of devices are much more obvious and are being addressed more frequently by massage therapists, chiropractors, and health care providers. Do you suffer from Smartphone Neck Syndrome? Optimal posture 100% of the time is not possible, however, we need to become more aware and protect ourselves from repetitive use injuries. The neck tilted down causes strain on the back of neck and shoulders. The head weighs 9 to 12 pounds and a forward position pulls body out of alignment, causing the short muscles to start doing the work of the longer fatigued muscles. Imagine both hands holding a 9 pound bowling ball close to the chest. As you slowly extend your arms forward notice how much heavier and difficult it becomes. The muscles on the front of neck and chest become shorter and tighter because they are not engaged, resulting in extended chin and rounded shoulder postures – formerly associated more with the aging process. The forearms, wrists, and thumbs may be affected as well.

Tips for better ergonomics and avoiding strains:

- Straighten head and bring arms up.
 - Use head rest – it reminds you to keep head up.
 - Use speaker or headset.
 - Take breaks every 15 minutes. (Candy Crush isn't going anywhere).
 - Instead of phone, use your computer (which you have adjusted for good posture) for longer sessions of reading, productivity, or gaming.
 - Stretch and flex neck, pecs, hands, thumbs and forearm muscles frequently.
- And of course, regular visits to your massage therapist are very beneficial J

Some individuals are designating certain times or activities as “no screen” zones. Some chronic phone users have been given timers by their friends in hopes they will be more mindful. Whatever will help you take care of your body – do it! For me, it's the pictures on the next page.

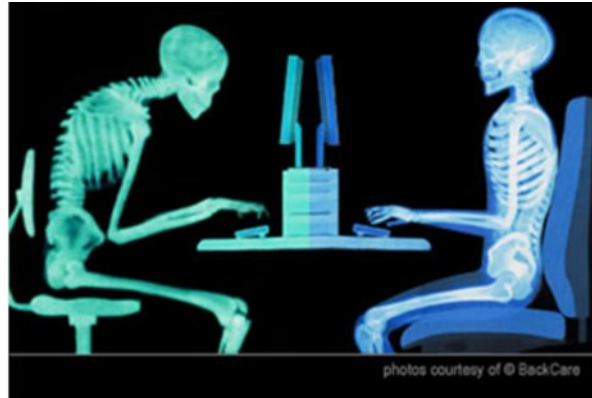
How Heavy is Your Head?



42 Pound Head

"For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds."

Kapandji, Physiology of Joints, Vol. 3



A decorative border of orange pumpkin icons surrounds the page. The pumpkins are arranged in a grid-like pattern, with some larger pumpkins at the corners and smaller ones filling the rest of the border.

Pumpkin Pie Chia Pudding

- 1/4 cup chia seeds
- 1 cup pumpkin puree (not pumpkin pie mix)
- 1 1/2 cups unsweetened almond milk
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla
- 1/2 to 1 teaspoon pumpkin pie spice

DIRECTIONS

1. You will make this in 2 separate mason jars, so divide all of the ingredients in half.
2. Combine half of the chia seeds, pumpkin, milk, syrup, vanilla, and pumpkin spice in one of the jars, then repeat with the rest of the ingredients in the second jar.
3. Tightly close each jar and give them a good shake until everything is well combined.
4. Set them in the fridge for at least 2 hours but preferably overnight.
5. The pudding is ready to eat when you take it out of the fridge. Top it with pecans, more pumpkin spice, or whipped cream if desired.

This recipe was submitted to our newsletter by Kathy Porter. I put it all in a canning jar and shake to combine well, then refrigerate overnight.

Reference: <https://www.popsugar.com/fitness/Pumpkin-Chia-Pudding-38923604>



ROASTED BUTTERNUT SQUASH SOUP

- 1 medium butternut squash (about 3 pounds)
- ½ cup chopped shallots (about one large bulb)
- 1 teaspoon salt (optional - I used it)
- 4 cloves garlic
- 1 teaspoon maple syrup
- 1/8 teaspoon ground nutmeg
- Ground pepper to taste – start with a few twists of fresh ground pepper
- Up to 4 cups low/no salt veggie broth (start with 3 cups)
- 1 – 3 teaspoons Earth Balance buttery spread

Cut squash in half longwise. Scoop out seeds. Rub or spray a tiny amount of olive oil on the surface, sprinkle with pepper and a little salt. Place squash, cut side down, on a parchment paper covered roasting pan with sides. Roast squash at 425 degrees F for 45-50 minutes until soft. Set aside to cool, about 10 minutes. Scoop out flesh – discard the tough skin.

While squash is roasting, sauté shallots and salt in a bit of water or veggie broth until soft (about 3-4 minutes). Add diced garlic, cook until fragrant – about 30 seconds.

Add shallot/garlic mixture, cooked squash, maple syrup, nutmeg, three cups of veggie broth, and a couple twists of fresh ground pepper to the container of a high-speed blender (e.g., Vitamix) and blend until smooth. Use soup setting or blend about 5 minutes. Add 1-3 teaspoons Earth Balance, to taste, blend again. Taste and add pepper, as desired. Depending on consistency, add the 4th cup of broth and briefly blend again. Soup is ready to eat!

Soup can also be made with an immersion blender: Simmer all ingredients, except the Earth Balance, about 15-20 minutes. Use immersion blender to carefully blend soup completely. Add 1-3 teaspoons Earth Balance and blend again. Add pepper to taste, if desired. Add the 4th cup of broth, depending on desired consistency. Enjoy!

Prep time ~10 minutes. Roasting time 45-50 minutes. Cook time with high-speed blender ~5 minutes. Cook time on stove ~20 minutes + immersion blending time. Makes about 4 servings or 6 cups.

(adapted from <https://cookieandkate.com/2015/roasted-butternut-squash-soup/> by Michele Boyer)



OLLI Series at Landsbaum from 1:30 - 3:00 pm
Cost: No charge and no OLLI membership needed

“It’s all about Eating – Does it matter what I put in my Mouth?”

Wednesday, Sept 13, 2017 Being a Nutritarian by Sylvia Middaugh, MS, RDN, CD

How to get the best nutritional quality from your food so that you can achieve the best mental, physical and emotional health.

Sylvia Middaugh, MS, RDN, CD is a registered dietitian nutritionist with her own nutrition counseling and education practice called Nutrition for Healing which operates under the umbrella of the Maple Center in Terre Haute. Her focus is the many ways that food can be used to help in the healing process from digestive issues and chronic disease to food allergies and sensitivities.

Wednesday, November 8, 2017 Breaking The Food Seduction by Miren Beristain

Today more and more people are falling prey to various lifestyle diseases like obesity, heart attacks, diabetes, hypertension, depression and even cancer. Lifestyle diseases, are often caused by lifestyle habits and hence they can be prevented by following simple changes in day to day life.

This presentation by Miren Beristain, member of the Maple Center LEAF (Lifestyle Education and Food) Leadership team will discuss the hidden reasons behind food cravings and ways to control and eliminate those cravings. This discussion will be based on the book BREAKING THE FOOD SEDUCTION by Neal Barnard, MD.

Wednesday, December 13, 2017 Mindful Eating: Joyful Eating, Balanced Eating by Jean Kristeller, ISU Professor Emerita

Mindful eating helps us connect our eating with the needs of our body and mind. This program will introduce the basic concepts of mindful eating: learning to become more aware of our experiences of hunger, fullness and taste, to create a better relationship with food and with our bodies. The program will include experiences in mindfulness practice and in mindful eating. You'll learn how to eat less -- and enjoy it more!

Jean Kristeller is Professor Emerita in the Dept. of Psychology, Indiana State University, and has received multiple NIH-funded grants to study mindful eating. She lectures and teaches nationally and internationally about her work. She is the author of the book "The Joy of Half a Cookie: Using Mindfulness to Lose Weight and End the Struggle with Food." Perigree/Random House, 2015.

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Registered Dietitian Nutritionist

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Sylvia Middaugh, MS, RDN,
CD

Call 812-229-4059

Contact Us

Give us a call for more information about our services or go to our website:
www.themaplecenter.org

Newsletter article submission due by the 22nd of each month for the following month.

Email article to: dferguson@themaplecenter.org



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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

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Dr. John Black Memorial Library

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Monthly Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,

Contact Debbie Stevens at
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