



Monthly Quote:
 “Our bodies are our gardens- our wills are our gardeners.”
 William Shakespeare

**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



July 2019

Come rain or shine!

**July 14, 2019
 5pm
 Sylvia Oster & Doddie Stone's
 house
 1101 E. Royse Drive
 Terre Haute, Indiana 47802**



LEAF SUMMER PICNIC

As always, we encourage everyone to bring a vegan/vegetarian friendly dish to share for our potluck! Please remember to bring your own plate, utensils, & napkins!

We hope to see you there!




Want an easy way to help The Maple Center?

Register your Kroger Plus Card online using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter!



<https://www.kroger.com/account/enrollCommunityRewardsNow/>

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



Watermelon Fennel Gazpacho

Ingredients:

- 1 red pepper seeded and chopped
- 2 cups watermelon seeded and coarsely chopped
- 1 tablespoon balsamic vinegar
- 1/4 cup olive oil
- 1 small cucumber chopped (about 1 1/2 cups)
- 1/4 cup chopped fennel bulb
- 2 tablespoons fennel leaves
- 1/4 cup chopped sweet onion
- Salt and pepper to taste

Instructions:

Serves 6

- Toss all ingredients, except salt and pepper, into the blender and pulse to blend, taking care not to over blend. You're going for a chunky mix, not a juice consistency, and even some large chunks are okay. If you have an immersion blender, this is the perfect opportunity to use it!
- Season with the salt and pepper, then chill for at least 20 minutes or until you are ready to serve. Garnish with some extra fennel, watermelon, and cucumber, if you want!

Recipe and photo from: <https://www.glueandglitter.com/watermelon-fennel-gazpacho/>



Heart Healthy Chocolate Hummus

Ingredients:

- 1 (15 oz) can unsalted chickpeas, drained and rinsed
- 1/4 cup cacao powder or cocoa
- 1/4 cup maple syrup
- 1 tsp vanilla extract or almond extract
- 3-4 tbsp unsweetened non-dairy milk
- 2 tbsp Tahini (optional)
- 1/4 tsp sea salt (optional)

Serves: 6

Instructions:

- Place drained chickpeas in the bowl of a food processor.
- Add the cacao powder, maple syrup, salt, vanilla, and 2 tablespoons of the non-dairy milk.
- Process for a few seconds and then scrape down the sides with a spatula. Add a few more tablespoons of the non-dairy milk until it reaches the consistency that's good for dipping fruit.
- Serve in a shallow bowl.

Recipe and photo from: <https://www.plantbasedcooking.com/recipe/heart-healthy-chocolate-hummus/>

What's the Buzz?



On June 11, 2019,

the Maple Center were busy bees at the Children's Museum for Tots & Teaspoons

The theme was "Power Pollinators" Deanna and Madison had the children try their hand in making seed bombs.

The goal is to grow more flowers for the bees to pollenate! Madison read the story, *Bee & Me* by Elle J. McGuinness.

The story was designed to inspire young kids to not be afraid of bees, but also show them why bees are important to our lives.

After the story, Deanna invited the children to try our homemade popsicles that used honey instead of sugar!

Tying in how bees need to pollenate the flowers and drink the nectar to make honey. All in all a great time!

Maple Center will be back on September 10 and "We're Going on a Bear Hunt!"

Thank you!

Did you know?

Bees do not just pollenate flowers, they also pollenate fruits, vegetables, and nuts!



July is Juvenile Arthritis Awareness Month

An autoimmune disorder that has no specific cause nor a cure. It affects as many as 300,000 children (ages 0-16) in the United States. Common symptoms associated with Juvenile Arthritis (JA) are pain, swelling in the joints, redness and warmth at the joints. It is not just musculoskeletal either it can affect children's eyes, skin, muscles, and gastrointestinal tract.

The goal with the treatments since there is no cure is to diagnosis the specific JA the child has to treat it effectively. Early diagnosis is key, relieving inflammation is top on the list, controlling the child's pain, and improving the quality of life.

Treatment plans usually focus around a combination of different medications, physical activity, eye care, and healthy eating. Exercising and maintaining a healthful diet are extremely important in children with JA.

Why you might ask? In children their weight is always fluctuating and the medication that they are on might interfere as well. Making sure they're eating well and eating the right amount of calories will help them maintain the weight they need. In terms on exercising, keeping their joints active will strengthen their muscles and improve flexibility. Completing low impact exercises like swimming or walking have shown to help!

Want to learn more? <https://www.arthritis.org/about-arthritis/types/juvenile-arthritis/>



Mark Your Calendars

Upcoming LEAF Alumni Meetings

6:30pm-8:30pm at Union Hospital East- Conference Room-Next to Gift Shop

*July 14th- LEAF Picnic 5 pm (Sylvia Oster & Doddie Stone's House)

August 27th- "An Intro to Ayurveda- Wisdom of Life"

September 24th- "Organic vs. Non- Organic Foods"

All are welcome to attend. Those attending are asked to bring a plant-based dish to share. Bring your own reusable plate and silverware is encouraged as well.



Yoga for Addiction Recovery & Relapse Prevention

June 24th, July 8th, July 22nd, August 5th, & August 19th

From 1:00pm-2:00pm

At Hamilton Center, In the Meeting Room,

66 Wabash Court, Terre Haute, IN 47807

FREE to the public



Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. Through the practice and study of Yoga and the 12-steps, Lindsey has been able to find and keep herself in recovery from addiction. She has since become a certified RYS 200 Yoga Teacher and Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda physical practices.



Chair Yoga



**Thursdays, July 11th- August 15th
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 a series of 5 classes

FREE

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 drop-in class.

Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. Through the practice and study of Yoga and the 12-steps, Lindsey has been able to find and keep herself in recovery from addiction. She has since become a certified RYS 200 Yoga Teacher and Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda physical practices.

Sponsored by



The Maple Center
for Integrative Health



**Larry P. Fleschner
Memorial Foundation**



Yoga for Stress Management

Mondays from 6:00 pm- 7:30pm

Classes start: August 5, 2019- September 16, 2019

\$70 for all seven classes

At The Maple Center in the Larry P. Fleschner Memorial Classroom

1801 N. 6th Street, Suite 400



The goal of this yoga class is to provide you with valuable tools to embrace the challenges of life. We will explore different yoga postures, breathing and relaxation techniques in theory and practice to cope with life's stresses.

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.

Class size is limited, to register visit: www.themaplecenter.org

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.



- 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.