



Monthly Quote:

"To keep the body in good health is a duty otherwise we shall not be able to keep our mind strong and clear."

-Buddha

Calendar of Events:

**August 24-
Annual Golf
Scramble**

**August 28-
Alumni Meeting**



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

July 2018



**Congrats
to our
June
Jumpstart
Graduates!**

Monthly Vegetarian / Vegan Dinner

Bring a vegetarian or vegan dish and recipe to share, Contact Debbie Stevens at debbiestevens53@gmail.com

Welcome Our New Program Coordinator



We have hired Samantha Brown as our program coordinator for the nonprofit office. She will be working closely with Deanna to develop and promote our programs. Samantha, an Indiana State University alumna, is excited to use her knowledge of marketing and event planning to help further The Maple Center's mission. When she isn't chasing her 3 kids around, Samantha enjoys long distance running and is in training for her second marathon this fall. Samantha follows a plant-based lifestyle and enjoys telling people about her plant-based journey on her personal blog.

Accepting Nominations for the Breastfeeding Friendly Business Award

Have you visited a business in the Wabash Valley that was exceptionally accommodating to breastfeeding mothers? We want to hear about your experience! We are currently accepting nominations for businesses and will close nominations on August 17. The winning business will be presented a plaque and announced in our August Newsletter, in celebration of National Breastfeeding Month and World Breastfeeding Week. To nominate a business, simply fill out a ballot at this link.

<https://www.surveymonkey.com/r/VBRZPBC>

Information can also be found on our Facebook page and website.



World Breastfeeding
Week
&
National Breastfeeding
Month

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

Letter of Gratitude from Karen Cunningham

Many of you reading this letter already know I have changed my position at The Maple Center. Since 2009 I have been the coordinator for our healthy lifestyle classes. This has been a marvelous experience in so many ways! I have met literally hundreds of people of all ages and in various capacities. I have learned way more than I can ever express. I could go on and on but my main message here is that I have had LOTS OF FUN and I have been VERY BLESSED to have done all I have done and to have such great interaction with so many nice people. I wish I could list each of you by individual name but I am sure I would unintentionally leave more than one person out.

I do want to give special thanks and recognition to all of the LEAF Leadership team (past and present), AmeriCorps members, tons of wonderful alumni, Dr. Stienstra and clinical staff, Deanna Ferguson, executive director, and all the healing practitioners at The Maple Center. On, often a daily basis, you have helped me learn and grow while at the same time you so nicely tolerated my periods of “dictatorship.”

Lastly I would like to express a HUGE THANKS to the VERY SPECIAL activities included in our recent annual dinner on my behalf. I was overwhelmed with the kindness, generosity, fun, compassion, laughter and more that was provided!! I loved the song (AND HAVING IT SUNG TO ME), the very kind words expressed (there was not even one word about

being a dictator!) The rocks and crystals were/are inspiring. Oh yes, I have been doing lots of research and am REALLY EXCITED about purchasing a new laptop with the help of an anonymous gift.

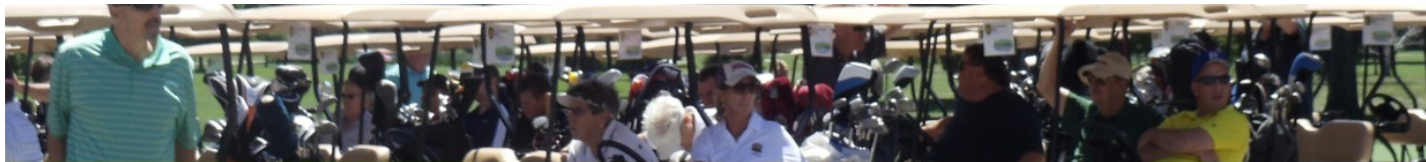
I would also like to make a personal apology for a BIG oversight I made at the annual dinner. When I announced the names of the LEAF leadership team and had those present come to the front of the room I inadvertently left out Jamie Oberste-Vorth. Jamie has and continues to be a very integral part of our leadership team and active volunteer in many ways at the Maple Center. Jamie has been a personal help to me with many activities also. Jamie, I hope this public apology and recognition somewhat counters my unintentional mishap.

So, I will not be the overall coordinator any longer but I most definitely will continue with the leadership team and stay an active volunteer with the Maple Center. You will hear and see less of me with the microphone in hand and get fewer (maybe not briefer emails but I WILL STILL BE INVOLVED.)

THANK YOU EACH AND EVERY ONE SO VERY MUCH!!

Karen Cunningham





Sponsored by:



Deadline: Registrations are due by Friday, **Aug 17th**. Registrations accepted after this deadline is based on space availability.

**\$50,000
Hole-in-One
Prize!**
(half goes to nonprofit)

The Maple Center's 7th Annual Golf Scramble

Friday, August 24, 2018

Rea Park Golf Course, Terre Haute, IN

Registration begins at 8:00 am (Breakfast Served at 8:30 am)

Fee includes Breakfast, Lunch, Golf Cart, Green Fees, Beer & Soft Drinks

TEE OFF at 9:00am

Lunch & Prize Awards at approximately 1:00

Prizes:

- 1st & 2nd place team prizes
- Longest drive
- Closest to the Pin
- Additional Hole-in-One Prize
- Plus many more chances to win

Why play in this golf scramble?

By participating in the 7th Annual Maple Center Golf Scramble, you will help support healthy living in the Wabash Valley. This event allows us to educate others on how to prevent and survive chronic disease and improve their health. This is accomplished by offering workshops and classes that are free or have a very minimal charge to the individuals of the Wabash Valley.

Rain policy- don't get teed off! In the event of a rainout, breakfast will still be served as planned. Drawings for prizes will still be awarded. Paid participants receive one round of golf (cart and greens) at Rea Park for future use.

Registration Form

SPONSORSHIP

- ☐ \$500 Gold Sponsor
(Team & Hole Sponsor)
- ☐ \$400 Silver Sponsor
(Team Sponsor)
- ☐ \$120 Individual Golfer
- ☐ \$500 Scoreboard Sponsor
- ☐ \$100 Hole Sponsor
- ☐ \$25 Cart Sponsor
- ☐ Donation Amount: _____

Company Name: _____

TEAM INFORMATION

Sponsor /Team Name: _____

Golfer One Name: _____

Golfer Two Name: _____

Golfer Three Name: _____

Golfer Four Name: _____



The Maple Center for Integrative Health 501(c)3 Nonprofit

1801 N 6th St., Suite 600, Terre Haute, IN 47804

(812) 234-8733 or www.themaplecenter.org



OUTLOOK Yoga Fall Retreat

September 22nd



Enjoy an Introduction to Mantra Yoga

I was first introduced to yoga, meditation, mantras, and kirtan (singing) in 1999 at an ashram (a retreat center) in Germany (Yoga, Vidya) during a weekend retreat “introduction to yoga and meditation.” This weekend was instrumental in kindling my passion for yoga and meditation. Even though I did not understand the words recited each time before the yoga sessions or while singing during kirtan I felt very happy and peaceful. The sound and vibrations of the kirtans and mantras followed me beyond the weekend to my home and everyday life.

At that time, I was still studying psychology. When you study clinical psychology, it is necessary, that you learn and know about the diversity of mental disorders. Inevitably, I suddenly started identifying myself with the disorders and diagnoses that I was studying and thought that I became depressed, schizophrenic, or paranoid at times myself.

A very efficient remedy for these anxieties and depressions was going to satsangs at a yoga studio. Satsang is a term in Sanskrit that means gathering of truth seekers, where meditation, mantra recitation, and kirtan, are part of the practices. Each time when leaving, life seemed easier and brighter. I felt uplifted and happy, without exception.

Having had this great experience with mantras, it inspired me to write my master thesis on the topic. I wanted to explore whether the recitation of mantras had an impact on the psyche and the behavior in every day life as well. I interviewed 20 Germans: 10 women and 10 men, who were regularly (daily) practicing mantra meditation for at least one year.

The results of this pilot study were encouraging. It showed that all subjects benefited from mantra recitation in their daily life. It made them centered, peaceful, and empowered them to deal with the challenges of life. It was a shield and tool to navigate easier through stressful situations. Many told me that it helped them feel more self-confident and happy (“as a foundation of happiness”).

I recently attended an inspiring continuing education workshop on yoga therapy for mental health. We learned that mantras are commonly recommended and highly beneficial for mental health.

I hope you are curious to learn more about mantras and join me in our fall retreat at the Maple Center on Saturday, September 22nd from 10 am-3pm. Besides a gentle hatha yoga class you will receive an introduction to meditation, mantras, and kirtan.

I am looking forward to meeting you.

Devaki



CROCKPOT POTATO SOUP

4 cups of water
2 carrots, sliced
salt and pepper to taste
6 medium potatoes washed and cut into bite sized chunks

1 onion, diced
1/2 tsp garlic powder
1/8 cup nutritional yeast

Yield: about 4 servings

1. Place all ingredients into a Crock Pot.
2. Set to low for about 6 hours, or high for 4 hours.
3. Once everything is soft you can enjoy as is with a little salt and pepper or mash with a potato masher until it reaches a smooth consistency for a creamy soup. An immersion blender will do the job even faster.

Reference: <http://myplantbasedfamily.com/2012/11/08/slow-cooker-potato-soup-a-bowl-full-of-comfort/>

RAW CHOCOLATE BROWNIES



1/2 cup almonds
1/2 cup walnuts
1/4 cup cocoa powder
1 cup dates
Water

Yields about 2 servings

Soak dates in water for 5 minutes. Pulse nuts in a food processor until a meal-like consistency is reached. Drain water from dates, and squeeze out excess water. Add dates and cocoa powder to the food processor, and blend until the mixture is smooth and thick. Remove and roll out on a sheet of parchment paper into a 1 inch diameter tube. Then, flatten into a long rectangle, wrap in parchment paper, and allow to chill in refrigerator for 10 minutes. Slice into brownie squares with a sharp knife and serve!

Reference: <https://www.purplecarrot.com/plant-based-recipes/raw-chocolate-brownies>

RED LENTIL RAGU WITH ZUCCHINI AND FRESH BASIL



- 2 cup red lentils, rinsed
- 3/4 tsp sea/kosher salt, divided
- 3 1/4 cups water
- 1 cup fresh basil
- 1/2 cup chopped scallions
- 3 cups small diced zucchini
- 1/2 tbsp garlic (2-3 cloves)
- zest of a lemon (about 1/2 tbsp)
- 1-2 tbsp fresh juice, to taste (I used 1 tbsp)

Place water and red lentils into a saucepan and bring to a boil, reduce heat to low and simmer until lentils have softened, but don't let them get mushy, about 15 minutes. If lentils aren't finished and there's no more water, add additional water, about 1/2 cup. If too much liquid remains, and lentils are finished cooking, drain remaining water and return to pan. Add in 1/4 tsp salt.

1. Add in zucchini, garlic, scallions, stir and cook for about 3-4 minutes. Add additional 1/4 tsp of salt.
2. Remove from heat. Add in fresh basil, lemon zest and fresh juice. Season with remaining salt (if desired) and pepper.

Serve atop raw zucchini noodles, or slightly sautéed in water. Dress raw noodles with fresh [pesto](#), and then top with the ragu. Add additional fresh basil to garnish and sprinkle with pistachios. Alternatively, serve this with brown rice or on its own.

Reference: <http://www.gardenfreshfoodie.com/soups-stews/red-lentil-ragu-with-zucchini-and-fresh->

QUICK AVOCADO PASTA



450 g / 1 pound of pasta of your choice

Serves 4-6

- 2 avocados
- 1 lemon, juice+zest
- 1 lime, juice
- 2 cloves of garlic
- bunch of basil
- cherry tomatoes
- salt, pepper

Prepare your pasta according to package instructions (or spiralize 3 zucchinis).

Meanwhile add avocados, lime and lemon juice, garlic, fresh basil, salt and pepper to a food processor and blend until smooth.

Combine avocado sauce with the pasta. Serve warm or cold with lemon zest, more fresh basil and cherry tomatoes on top. Enjoy!

Reference: <http://greenevi.com/quick-avocado-pasta/>

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.krogercommunityrewards.com, using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.



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.