

JANUARY 2022

THE MAPLE CENTER

for Integrative Health

@themaplecenternonprofit Nonprofit: 812-234-8733
www.maplecenter.org



January is
Thyroid Awareness Month



Just because no one else
can heal or do your
inner work for you
doesn't mean you can.
should. or need to do it
alone.

-Lisa Olivera

Sourced from: <https://www.livelonglyndhurst.com/thyroid-awareness-month-january-2020.html>

An estimated 20 million Americans have some form of thyroid disease.

Women are 5 to 8 times more likely than men to have thyroid problems.

Thyroid Awareness Month

Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis, and infertility

More than 12% of the U.S population will develop a thyroid condition during their lifetime.

Thyroid Gland and Thyroid Disease Fast Facts

- The thyroid gland is located in the middle of the lower neck.
- Although the thyroid gland is relatively small, produces a hormone that influences every cell, tissue, and organ in the body.
- Hypothyroidism occurs when the thyroid gland does not produce enough thyroid hormone.
- Hyperthyroidism occurs when the gland produces too much thyroid hormone.





Plant-Based Recipes:



Black Bean Soup with Crispy Tortillas

Ingredients

- Three 6-inch corn tortillas, cut into narrow wedges
- Kosher salt
- 1 onion, cut into 1/4 inch dice
- 1 tsp ground cumin
- Two 15-ounce cans black beans
- 2 tbsp chopped cilantro
- Freshly ground pepper



Instructions

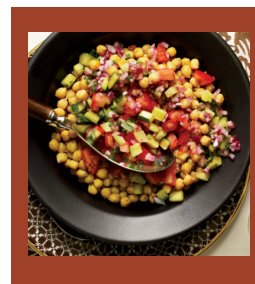
1. In a medium saucepan, heat 1/2 inch of oil over moderately high heat until a deep-fry thermometer reads 350 degrees F. Add tortillas and fry, stirring occasionally, until crisp and lightly golden, about 1 1/2 minutes. Using a slotted spoon, transfer tortillas to paper towels to drain; season with salt.
2. In a medium soup pot, heat 2 tbsp oil. Add onion and cook over moderate heat until softened, about 6 minutes. Add cumin and cook for 1 minute. Add beans and their liquid and 1 1/2 cups of water. Bring to a simmer and cook until slightly thickened, about 15 minutes. Stir in 1 tbsp cilantro and season with salt and pepper. Ladle the soup into bowls and top with a few tortillas. Sprinkle with cilantro and serve.

Sourced from: <https://www.foodandwine.com/recipes/black-bean-soup-crispy-tortillas>

Spicy Chickpea Salad

Ingredients

- 1 cup dried chickpeas (about 5 oz), soaked overnight and drained
- 1 medium tomato, cut into 1/2 inch dice
- 1/2 cup diced cucumber (1/2 inch)
- 1/2 small red onion, finely diced
- 1/2 jalapeno, seeded and minced
- 2 tbsp extra-virgin olive oil
- 1 tbsp vegetable oil
- 2 tbsp fresh lemon juice
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper



Instructions

1. In a large saucepan, cover the chickpeas with 4 inches of water.
2. Bring to a boil and simmer over moderate heat, stirring occasionally, until chickpeas are tender, about 2 hours; drain.
3. In a large bowl, combine the tomato, cucumber, red onion, jalapeno, olive oil, vegetable oil, cumin, and cayenne pepper. Add the chickpeas and season with salt. Serve at room temperature or slightly chilled.

Sourced from: <https://www.foodandwine.com/recipes/spicy-chickpea-salad>

Creamy Vegan Rice Pudding

Ingredients

- 3 cups unsweetened and unflavored non-dairy milk (such as soy or almond)
- 1 cup full-fat coconut milk (from a can)
- 1 cup medium grain white rice
- ½ cup raisins
- ¼ cup maple syrup, plus more to taste
- 1 teaspoon vanilla extract
- 1 teaspoon orange zest
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 tablespoons vegan butter
- ½ teaspoon salt, or to taste



Instructions

1. Place the non-dairy milk, coconut milk, rice, raisins, maple syrup, vanilla, orange zest, cinnamon, and nutmeg into a large pot.
2. Stir the ingredients together and place the pot over medium heat
3. Bring the liquid to a boil.
4. Lower the heat and allow the mixture to cook at a low simmer, stirring occasionally and scraping the bottom of the pot with a spoon to remove any rice that sticks.
5. Allow the mixture to cook for about 20 minutes, or until it reaches your desired thickness.
6. Remove the pot from the heat.
7. Stir in the vegan butter, if using, and salt.
8. Taste test and add more maple syrup if desired. Adjust any other seasonings to your liking.
9. Let the pudding cool for a bit. Chill for later or serve warm.

Sourced from: <https://www.connoisseurveg.com/vegan-rice-pudding/>

5-minute Vegan Hot Cocoa

Ingredients

- 1 cup unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 1 1/2 tbsp dairy-free semisweet chocolate
- Sweetener of choice (recommended 1 tbsp raw sugar or 1/2 packet powdered Stevia per mug)
- 1/8 tsp peppermint extract (optional)
- Coconut whipped cream (optional for topping)



Instructions

1. Add almond milk to large mug and microwave for 1 minute. Alternatively, add to a saucepan over medium heat.
2. Once milk is warm, add cocoa powder, chocolate and sweetener and whisk to combine.
3. Put back in microwave or continue cooking on stovetop until completely combined and has reached your preferred temperature.
4. Taste and adjust sweetness as needed.
5. *Optional: Add extract of choice (peppermint is amazing). Stir and top with coconut whipped cream.

Sourced from: <https://minimalistbaker.com/5-minute-vegan-hot-cocoa/>

Double Your Impact TODAY

when you donate to The Maple Center for
Integrative Health Nonprofit!

A generous donor has offered to match all gifts up to \$10,000!

Every Gift to The Maple Center

helps support the continuation of the following programs:

- Lifestyle Education and Food (LEAF) classes, providing education and support for maintaining a plant-based diet.
- Recovery Support Programs such as Aurricular Acupuncture and Recovery Yoga.
- Mind-Body Wellness classes, such as multiple forms of Yoga, Tai Chi, and MBSR
- Community Collaborations, such as OLLI presentations and CODA workshops

And so much more!

How Do I Donate?

There are 4 ways to donate:

1. [The Maple Center Website](#)
2. [The Maple Center Facebook](#)
3. Use the QR code to the right
4. Send donations by mail



Our Mission

To provide integrative health education and house clinical partners, combining the best of modern medicine and complementary care.

Our Vision

The Maple Center for Integrative Health envisions optimal wellness for the Wabash Valley Community by offering mind-body-spirit education and therapies.

Thank you for your continued support!

Tai Chi

LED BY STEVE WALDEN

Steve has 25 years of experience in the medical field, 2 Master ranks in Martial Arts, and is a teacher of Yang, Sun, and Chen Tai Chi.



Wednesdays from 6-7 PM
FEBRUARY 9 - MARCH 16

In the Fleschner Memorial Classroom
1801 N 6th St , Suite #400
Terre Haute, IN 47804

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

Cost: \$30 for 6 Class Series with scholarships available.

**Register and pay at www.maplecenter.org
or with the QR code to the right.**



Sponsored by:



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1801 N 6th St, Ste 600
Terre Haute, IN 47804
(812) 234-8733
www.themaplecenter.org



Larry P. Fleschner
Memorial Classroom



**FREE and
open to the public!**

MEDITATION TUESDAY

A group led by Meditation Professionals

Join The Maple Center for Meditation
Tuesday, a monthly meditation group

A different topic each month!



The Maple Center, Inc. Nonprofit 501(c)(3)
1801 N 8th St, Ste 600
Tampa, FL 33604
813.224.8733
www.themaplecenter.org

When: The first Tuesday of each
month

Time: 5:30 PM-6:30 PM

Location: Fleschner Memorial
Classroom Suite #400



SAVE THE DATE



Writing Group with Jamie Lee

Looking for others with whom to
write? Want feedback on your writing?
Come join the new writing group with
Jamie Lee!

Note that this is not meant to be
instructional but rather a fun and safe
space in which to write and share
ideas. There is no fee and no need to
sign up, just come when you want!

THURSDAY NIGHTS

6:00 PM - 7:30 PM





THE MAPLE CENTER PRESENTS

CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

SATURDAY, MARCH 19 2022

9:30 AM - 4 PM

ROSE HULMAN INSTITUTE OF TECHNOLOGY
MUSSALLEM UNION

A showcase of integrative health professionals, a variety of topics:

- **Get Your Brain Back Into High Gear** by Dr. Kathleen Stienstra
- **The Power of Your Breath** by Danielle Bryan, founder of Illumination Wellness
- **What is a "Codependent" Relationship?** by Dana Simons, LCSW, LCAC of Next Step
- **Beyond the spa model of massage** & forward to functional movement, posture, pain, & performance by Charlie Peebles, ISU Massage Therapy Coordinator & Program Instructor
- **Making Your Bowel Less Irritable** by Brock Sokolowski, PA-C from Digestive Health Associates
- **Healthy Dining in the Valley** by The Maple Center LEAF Leadership Team
- **Avoiding Toxins: Reduce Your Exposure, Reduce Your Toxic Load** by Dr. Kristen Walton,
- **Plantar Fasciitis Relief** by Nancy Humphries, owner of Blue Dragonfly Massage, LMBT9062, MT21103948IN
- **What is Acudetox and other practices that support a life in recovery** by Lindsey Skelton, BS, ADS, RYT-200
- **Yoga: Learn what science is telling us about the mind body connection & how Yoga can facilitate a healthy, strong connection** by Kelsey Terry, RYT200, owner of Common Ground Yoga
- **Staying Healthy with the Seasons-A Chinese Medicine Perspective** by Dr. Chris Leininger, DACM, L.Ac of Pure Health Acupuncture
- **Partnering with Someone Living with Dementia: Gems for the Journey** by Elizabeth Collins, BSN, MA
- **Employee Wellness** by Marilyn Byrd, MSN, RN, Director of Employee Health at Union Hospital

Sponsored by:



ROSE HULMAN
INSTITUTE OF TECHNOLOGY



To Purchase Tickets, Visit
www.maplecenter.org



OLLI Presentations:

HEALTHY, HAPPY FEET

With Dr. Miranda Goodale, Doctor of Podiatric Medicine

Wednesday, January 12th at 1:30 PM

***No charge**

Dr. Miranda Goodale is a Doctor of Podiatric Medicine (DPM) and has been in private practice for 15 years. Dancing as a child is what got her interested in foot care. She is a wife and mother of three daughters and active in her church and community.

At the Landsbaum Center for Health Education Auditorium.



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**1433 N 6 1/2th Street
Terre Haute, IN 47807**



Larry P. Fleschner
Memorial Foundation



OLLI Presentations:

USING HERBS TO BOOST YOUR HEALTH

With Tammy May, Clinical Holistic Nutrition Coach and Herbalist.

WEDNESDAY, FEBRUARY 9TH
AT 1:30 PM
***NO CHARGE**

Tammy will review different herbs and discuss ways to use herbs in a way to promote your health. You will have time to ask individual questions.

At the Landsbaum Center for Health Education Auditorium.



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Harry P. Fleschner
Memorial Foundation



Chair Yoga

Thursdays at 10am

Classes are ONLY streamed live online via our Facebook page.

Effective January 6 - February 3, 2022

 @themaplecenternonprofit

This class is offered free of charge thanks to our generous sponsor:

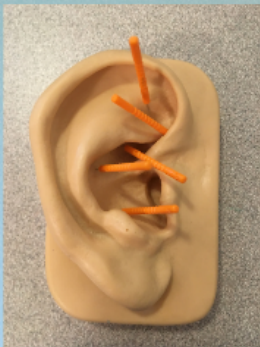


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FREE!

MONDAYS 3-5:15PM

No Sign up or Registration Required
Walk - In Clinic



AURICULAR ACUPUNCTURE

A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at
The Maple Center for Integrative Health Nonprofit
1801 N. 6th St. - Suite 100



Recovery Yoga

at

Next Step Foundation

619 Washington Ave
Terre Haute, IN 47802

Mondays @ 10:30 am

Thursdays @ 4:00 pm

Fridays @ 9:30 am

No Charge - No Registration

Recovery Yoga works with traditional treatment programs to address the physical, mental and spiritual dis-ease of addiction.

Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction,


Recovery Yoga is a powerful tool.



Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. She is a certified RYT 200 Yoga Teacher and certified Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda yoga.

Sponsored By:





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.

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.
- 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.
- **Volunteer** your time or donate supplies
- You can also help by "**Liking**" our **Facebook page** and by spreading the word about our programs!

We appreciate your support!

Monthly Matters from The Maple Center





Partnering Private Practices

**Integrative Medical
Consultation and
Medical Acupuncture**

**Monday through
Thursday
By Appointment**

**Kathleen A. Stienstra,
MD
Clinical Appointments
Call 812-235-4867**

**Therapeutic Massage
Therapy**

**Monday through
Friday
By Appointment**

**Nancy Humphries,
LMBT
Call 812-251-9190**

**Neuromuscular
Re-education**

**Tuesdays ,
Wednesdays, &
Thursdays or
By Appointment**

**Fee: \$60.00: 1hr.
Treatment**

**Penny Money
Call 317-670-3764**

**Mental Health
Counseling**

**By appointment
Fee: \$60 per hour**

**Jan Croft, MS, LMHC,
NCC
Call 812-240-5804**

**Registered Dietitian
Nutritionist**

By appointment

**Sylvia Middaugh,
MS, RDN, CD
Call 812-229-4059**

**Holistic Lifestyle
Consultant**

By appointment

**Devaki H.Lammet,
M.A.,
Call 787-464-5651**



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