

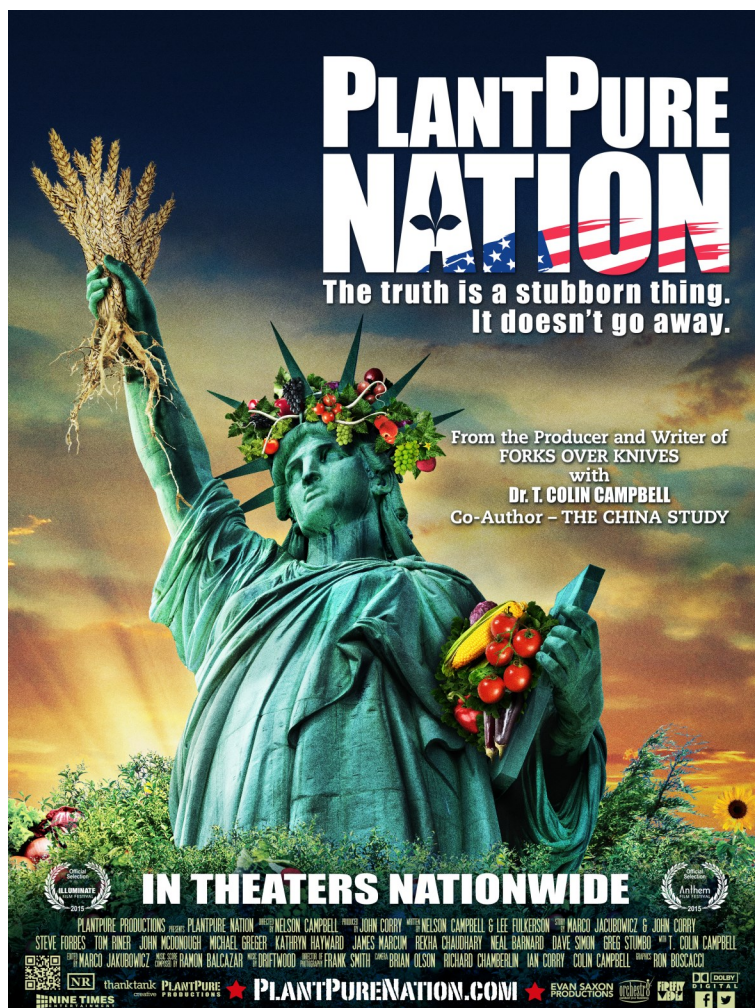
THE MAPLE CENTER

NEWSLETTER

MONTHLY MATTERS



January 2016



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- PlantPure Nation Movie Screening
- Cancer Class
- Notes from Chef Susan
- LEAF Chats
- Healthy Snack Recipes
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FREE MOVIE - NO TICKETS OR REGISTRATION REQUIRED!

DATE/TIME: February 6, 2016 at 1:30 PM

LOCATION: The Indiana Theatre, 683 Ohio St., Terre Haute, IN 47807

HOST: The Maple Center for Integrative Health

For more information go to www.themaplecenter.org or call 812-241-0149

The Power of Food for Cancer Prevention and Survival

Wabash Valley LEAF (Lifestyle Education and Food) Cancer Focused Classes Based on the award-winning Food for Life Program

Based on PCRM's award-winning Food for Life program, **The Maple Center for Integrative Health** is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



Join Food for Life Educational Alliance Program Partner **The Maple Center for Integrative Health's** educators, **Kathleen Stienstra, MD, Julie Fine, PhD, FNP** and **Karen Cunningham**, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

REGISTER TODAY!

Classes every Friday, 2:30 – 4:30 p.m.

Cost: \$70 for the 4-class series Individuals meeting the Federal Poverty Guidelines will be able to take this class at no charge. Thanks to private donations, additional Sliding Scale Scholarships are available.

Friday, February 5 Introduction to How Foods Fight Cancer

Friday, February 12 Fueling Up on Low-Fat, High-Fiber Foods

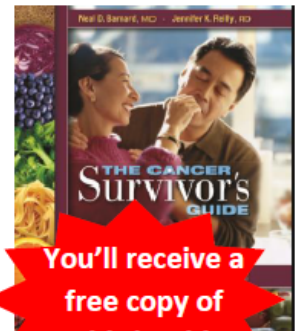
Friday, February 19 Discovering Dairy and Meat Alternatives

Friday, February 26 Cancer-Fighting Compounds and Healthy Weight Control

To register, call 812-234-8733
or go to www.themaplecenter.org

LOCATION

Hux Cancer Center – Lower Level
1711 N. 6 1/2 Street, Terre Haute, IN 47804



You'll receive a
free copy of
this book!



The Food for Life Program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501c3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research. The Maple Center is an Educational Alliance Partner with PCRM.



This initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit www.smw.edu/wellness

Chef Susan Outlaw Stallings

Susan completed training at Natural Gourmet Institute for Health and Culinary Arts in NYC. She is a Chef at Baesler's Market Deli for all plant-based culinary creations. Her primary culinary interest is in preparing healthy, nourishing food from whole and wholesome ingredients in addition to connecting warm hospitality to a delicious, beautiful, healthy meal.

NOTES from Chef Susan



Dear Friends of The Maple Center:

While I send out the Baesler's plant-based menu each week, I have not had the opportunity to communicate several details about my culinary focus and commitment to preparing healthy and healthful foods that are appealing to the eyes as well as the taste buds and sometimes, simply fun to eat.

Some will disagree and be disappointed; to you I offer my apologies; however, I am feeling guilty for using the amount of seasoning (kosher/sea salt) that I do. I have tried to provide a somewhat generic amount of seasoning for the foods I prepare at Baesler's although I learned very quickly from some customers that I did not season enough while others felt my offerings were so powerfully seasoned as to be inedible. It seems to me, especially when someone is trying a new dish, the initial tasting is vitally important for that moment sets the stage for future expectations and comparisons for that same dish. With that thought in mind, as I add new recipes to my culinary repertoire for Baesler's, I will reduce the amount of Kosher/sea salt and use more herbs and blends such as Mrs. Dash. When you try one of my dishes, I encourage you to focus on which herbs you might be able to identify in the dish and how they relate to the fundamental ingredients rather than noting the absence of the culinary standard salt measure.

While I feel certain none of you frequent Baesler's breakfast bar, I want you to know that I've been thinking of you in regard to breakfast time; of course there is nothing on the breakfast bar for you to eat so you wouldn't think of trying. But, what if there were steel cut oats and/or regular, old-fashioned oatmeal offered. You could dip yourself a cup full of oats, go over to the salad bar and pick up a few pieces of fruit/berries and have a fairly decent, Baesler's Deli breakfast on the go. I am pleased to report that we are headed in that direction, perhaps with an early February starting date. Of course, long-term availability will be dependent on customer interest and satisfaction.

I hope you will always feel free to give me your critical comments, ask for recipes, recommend new dishes, consider our plant-based menu possibilities for your catering needs, and, keep the Baesler's informed of your appreciation for all the items Baesler's Market offers to help you meet your healthy/healthful plant-based eating goals.

Now, when should I make a big batch of Peanut Butter Buckeyes???



Wabash Valley LEAF/CHIP Chats

Well, Father Time has presented us with yet another chance to get it right. Funny how that works. It isn't often in life we get 'do overs' but each January 1st we get to start over. Not sure why new resolutions only get made in January. Who says we can't start something new in March or August? I, for one, believe we have unlimited new starts, unlimited chances to get it right. No three strikes and you're out. This can apply to most parts of our lives, especially to our diets and exercise. I will admit that I have fallen off the CHIP/LEAF wagon a time or two, but I'm climbing back on. Hopefully, on to stay for the long haul. With our resident teenager going vegetarian it's easier to plan family meals now. The dog and cats are happy to help get rid of the unhealthy 'products' in the house she used to eat. We are even going as a family to the new exercise facility opening soon. I'm relying on all of you to help keep me honest and on track. If you see me out somewhere, ask if I'm sticking to my new year's resolutions. I can let myself down, but I sure don't like to disappoint other people.

I hope you are all going to attend the Plant Pure Nation film at the historic Indiana Theater on February 6th at 1:30 PM. This is such a wonderful opportunity for the Maple Center to get their name out there and let those who don't know, know who we are. We have had a small group of volunteers, affectionately known as, "the dream team", who have been the ongoing force in making this film event a reality. A group of volunteers also took flyers all over Terre Haute helping to spread the word. We really appreciate ALL this help and enthusiasm! If you know of any place who will let us put up a flyer, let Karen (812-241-0149), or I (812-243-2532), know and we will get one to them. (Thank you, in advance!) We will be part of the grassroots movement spreading across the US and it is so exciting. Bring your family, friends, neighbors and co-workers and join us. (I'll let you in on a secret....if Karen had gotten paid for the hours she has spent helping to put this all together, the new multi-millionaires wouldn't have much on her!) Honestly don't think I have ever met anyone who is so dedicated or perseverant. Thanks, Karen!

I'm sorry I missed it, but did you know that January 6th is National Bean Day? Who knew! A holiday for our favorite food staple, go figure. Did you know that legumes are a "fruit that opens along both sides" and the dried seeds, or beans, are pulses? Green beans, fresh peas, soybeans and peanuts are legumes, lentils and chickpeas are pulses. We all know that the lowly bean is good for us but did you know that a daily serving of beans can reduce the risk of type 2 diabetes, improve your heart health and lower your cholesterol? Try to avoid the canned variety.

You can drain and rinse but you still have a lot of sodium left, plus you get rid of some of the nutrients too. Look for the 'no-salt added' ones, but better yet cook a pound or two at home. If you are worried about them being the 'musical fruit', you can alleviate that issue by eating them on a **regular** basis. This allows your gut flora to adjust to the added fiber (it might take about a week). If you fix beans at home, the process of thoroughly soaking and rinsing before cooking greatly helps. I cover with water, bring to a boil, boil 5 minutes, remove from the heat, cover and let sit 1 hour, drain, rinse, cover with water and put back on the stove over medium heat until softened. This shortens the required cooking time too. One half cup of beans a day is an excellent source of protein and fiber, is high in iron, Vitamin B1, magnesium, phosphorus, potassium and copper, and is naturally low in sodium.

The recipes (2) this month are quick and easy, less than 10 minutes start to finish. Karen found the chocolate one and I found the other. Hope you enjoy them.

Chocolate Cake – in a mug

¼ cup flour (WW pastry flour)	2 Tbsp. unsweetened cocoa powder
¼ tsp baking powder	2 Tbsp. sugar (date sugar-3Tbsp)
5 Tbsp. milk (non-dairy milk)	2 Tbsp. veg oil (3-4 Tbsp applesauce or mashed banana)
1 tsp vanilla	1/8 tsp salt

In a medium bowl or mug, whisk together all dry ingredients. Whisk in the milk, oil and vanilla until combined and batter is smooth. Pour into a 14 oz. mug. Place a paper towel over the mug and microwave on high for 60-70 seconds, add more time if needed. You can add a handful of nut to the batter before baking if desired. **Karen modified the recipe with substitutions in bold.**

Healthy Whole Wheat Muffins – in a mug

3 Tbsp. WW flour (use plain if desired)	½ tsp. baking powder	¼ tsp cinnamon
Pinch of salt	2 inch piece of banana	2 tsp maple syrup, honey or agave
2 ½ Tbsp. non-dairy milk	1 Tbsp. raisins	

In microwavable bowl/mug, mash the banana with a fork. Add the rest of the ingredients and mix together until blended. Stir in the raisins. Microwave 45 – 60 seconds. Enjoy!

These are both simple, fast and good!

Blessings!

Ruth Pleus
Leadership Team member

HEALTHY SNACK RECIPES

Here are a few recipes for healthier snack options.



Roasted Chickpeas

These guilt-free snacks are full of flavor and satisfying. They take some time to bake but require almost no labor. These are great for a mid-afternoon snack.

Prep Time: 10 minutes **Cook Time:** 45 minutes **Yield:** 6 servings

INGREDIENTS

- **2** 15-ounce cans chickpeas, rinsed and drained
- **2 tsp** chili powder
- **2 Tbsp** lime juice
- **1 tsp** garlic powder
- **½ tsp** sea salt

PREPARATION

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper and set aside.
2. Place the chickpeas in a gallon-size resealable plastic bag and add the seasonings. Shake well until completely coated.
3. Spread the seasoned chickpeas evenly on the prepared baking sheet.
4. Bake for 45–55 minutes, stirring every 15–20 minutes so the chickpeas cook evenly, until golden brown.
5. Serve warm or cold for an anytime snack.

Reference: <http://nutritionstudies.org/recipes/appetizer/>



Creamy Cucumber Dip

INGREDIENTS

- 2 small cucumbers
- 1 lb firm tofu
- 2 garlic cloves, peeled
- Pinch of cayenne
- ¼ cup finely sliced red onion
- 3½ Tbsp lemon juice
- ¼ tsp coriander
- Salt/pepper to taste (optional)

PREPARATION

1. Peel, seed, and grate the cucumbers. Let stand 10 minutes.
 2. In a blender, combine the tofu, lemon juice, garlic, salt, coriander, cumin, and cayenne. Blend until completely smooth.
 3. Squeeze cucumbers to remove excess moisture then place them in a serving bowl with the red onion.
 4. Stir in the tofu mixture.
- Chill 2 to 3 hours and serve.

Reference: <http://nutritionstudies.org/recipes/appetizer/creamy-cucumber-dip/>



Baked Corn Tortilla

- 5 [corn tortillas](#) (Misson brand is Gluten Free) Salt (optional, additional spice options listed in directions)

Directions

1. Preheat oven to 400 degrees.
2. Stack tortillas one on top of the other and use kitchen scissors to cut them into 4 slices like you would cut up a pizza.
3. Spread them out in a single layer on a cookie sheet (not air-bake) , spacing them at least 1/4" apart (they will be chewy instead of crispy if not spaced properly). (NOTE: If you must use an air-bake pan, try 350 degrees for 20 minutes.).
4. Shake salt and desired toppings over tortillas.
5. Bake 8-12 mins or until chips are starting to get crispy and slightly golden brown at the edges (check every 1-2 minutes after 8 mins).
6. Remove from oven and let cool 5-10 mins before serving in order to let them fully crisp. Extra Crispy: put back in turned off oven at least 10 mins or until ready to serve for extra crispy and warm chips (watch them, you may need to leave oven door cracked to prevent over browning).

Reference: <http://www.food.com/recipe/healthy-baked-corn-tortilla-chips-homemade-263512>



Chronic Health Challenges: “Do I really have to live with this?”



At Landsbaum Center from 1:30 - 3:00 pm

Cost: No Charge

January 13, 2016 – Do you suffer from facial pain, pain in your jaw, have headaches that feel like a migraine and ears that hurt? by Penny Money, NMT, Neuromuscular Re-Education

There are many signs and symptoms of (TMJ) the joint that connects the jaw to the temporal bones of the skull. Penny has successfully worked with many (TMJ) sufferers to ease their pain and be able to function. She will be sharing different treatments to calm the storm and get relief.

February 10, 2016 – Living! With Cancer by Karen Cunningham, PT & Julie Fine, RN, PhD, FNP-C

Cancer is no longer a death sentence. Lifestyle choices will be discussed that have been shown to support recovery, prevent recurrence and help you thrive.

March 9, 2016– Why is my Thyroid Putting on the Brakes! by Jennifer Brooks, PAC

Jennifer will discuss how the thyroid works, what happens when it does not work and ways to help it work better.

April 13, 2016– Understanding and Coping with Anxiety by Jan Croft, MS, LMHC, NCC & Jean Kristeller, PhD

Anxiety is one of the most commonly occurring challenges people face. Statistics demonstrate that anxiety disorders are increasing in frequency in the United States. This course will examine some of the causes and types of anxiety, its symptoms, and how it is diagnosed, as well as some of the common treatments. You will be introduced to the practice of mind-body techniques that have been proven effective in reducing anxiety. These include a variety of meditations, guided imagery, deep breathing, and gentle yoga. Comfortable clothes are recommended.

May 11, 2016- Fibromyalgia: Symptoms, Causes & Options for Optimal Health by Kristen Waldon, DC, Cac

Dr. Walton will talk about this diagnosis of exclusion and will explore risk factors, possible causes, and treatment strategies for better health.

The Maple Center Connection

Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday

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

Functional Health & Professional Acupuncture

Tuesday & Thursday

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Kristen C. Walton, DC, CAC
Clinical Appointments
Call 812-235-4867

Integrative Medical Consultation

Wednesday & Friday

By Appointment

Jennifer Brooks, PA-C
Clinical Appointments
Call 812-235-4867

Neuromuscular Re-education

Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

Newsletter article submission due by the 22nd of each month for the following month.
Email article to:
dferguson@themaplecenter.org

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



Contact Us

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

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



Dr. John Black Memorial Library

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Click on the link available on the home page for the John Black Memorial Library's page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of searching within The Maple Center's collection, or the entire world of Google Books.

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Monthly Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,

Contact Debbie Stevens at
debbiestevens53@gmail.com

Check us out at:
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