



The Maple Center

For Integrative Health

www.maplecenter.org

Nonprofit: 812-234-8733

E-mail: info@maplecenter.org



[@themaplecenternonprofit](https://www.facebook.com/@themaplecenternonprofit)

November 2020

NATIONAL GRATITUDE MONTH

"The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power."

- Source- Harvard Health Publishing

GIVINGTUESDAY

December 1, 2020

GLUTEN-FREE DIET AWARENESS MONTH

The holidays bring an extra-burden to those who have celiac disease. That's why November is Gluten-Free Diet Awareness Month. We celebrate with food. When we do, let's remember to prepare some gluten-free items as part of Gluten-Free Diet Awareness Month. That way our friends and family with celiac can join in the celebrations with us.

It's not just a diet. The inflammation caused by gluten in wheat, grains, barley and rye damages the villi in the intestines. Over time, the loss leads to more severe health problems. Eating gluten-free prevents the inflammation and further damage.

However, even the most diligent lifestyle changes aren't perfect. Consumers are at the mercy of the industry. If cross-contamination occurs, even the slightest amount of gluten will make a celiac sufferer ill. So, education in the food industry has been increasing. Improved approaches to training and product development create safer products for consumers.

Those with celiac disease learn to advocate for themselves. Through trial and error, recipes become gluten-free and delicious, too!

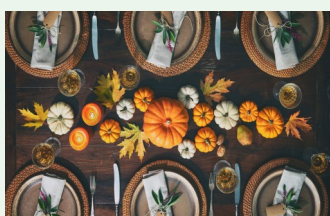
HOW TO OBSERVE

Share your gluten-free recipes and make something to share for the holidays.
Use #Gluten-FreeDietAwarenessMonth to post on social media.

HISTORY

The National Foundation for Celiac Awareness founded Gluten-Free Diet Awareness Month to increase support for those with celiac disease and gluten intolerance.

Lots of gluten-free options within our recipes this month!



Monthly Quote:

I thank
everything
because
everything
teaches me
something.

- Maxime Lagacé

Events this Month:

November 19—7pm
**Plant-Powered
Community Meeting**

November 14-15
**Mind Body Skills
Weekend Workshop**

Mondays 3-6pm
Auricular Acupuncture

Thursdays—10am
Chair Yoga

More info inside or
contact our office.

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

Whole-Food Plant-Based Recipes

Recipe ideas to try at home for nutrient-filled snacks and meals.



Fluffy Cornmeal Pancakes

Gluten Free!

Instructions:

- Add cornmeal, oat flour, cane sugar, baking powder and sea salt to a medium to large mixing bowl and whisk to combine.
 - Measure out almond milk in a large liquid measuring cup, then add melted butter (or oil) and whisk to combine.
 - Add wet ingredients a little at a time to the dry ingredients and gently, slowly stir until just combined. You may not use all of the liquid - you're looking for a semi-thick batter. Small lumps are fine - try not to overmix. Let set for 10 minutes.
 - Preheat your griddle or cast iron skillet over medium/medium-low heat. You want it warm but not screaming hot. Oil should not smoke when added to the pan.
 - Once hot, drizzle the surface with oil or vegan butter and use a paper towel to wipe away excess - you don't want any pools of oil/butter. Then scoop scant 1/4 cup measurements onto the griddle or pan. Cook until bubbles appear and the sides are beginning to dry - about 3-4 minutes. Cook for another 2-4 more minutes on the other side. Place pancakes on a large plate and keep warm in a 200 degree F oven until ready for serving - you should have 6 pancakes total as original recipe is written. Top as desired, cranberry compote is a delicious option!
 - Store leftovers in an airtight container or bag in the fridge to keep fresh, or the freezer for longer term storage. Best when fresh.
- 2/3 cup fine yellow cornmeal
 - 1/3 cup oat flour (or whole-wheat pastry flour if not GF)
 - 1 Tbsp organic cane sugar (sub stevia or maple syrup* to taste)
 - 1 Tbsp baking powder
 - 1 pinch sea salt
 - 1 scant cup unsweetened almond milk
 - 2 Tbsp melted vegan butter (or sub avocado or grapeseed oil)

Ingredients:

Sourced from: <https://minimalistbaker.com/fluffy-cornmeal-pancakes-7-ingredients/>



Sugar-Free Cranberry Sauce With Sweet Cherries

Instructions:

- Simply cover your dates with hot water and allow them to soak until softened, at least an hour or so. Rinse and drain your cranberries and then add them to a large soup pan
 - Add the dark cherries, orange zest, and spices
 - Finally, blend the dates with the 1 cup of orange juice until smooth and pour into the pan
 - Adjust the heat to med-high until the cranberries begin to pop, then reduce the heat to a slow simmer for 10 minutes, stirring occasionally. Remove from heat and allow to cool. The sauce will thicken as it cools.
 - Adjust seasoning to taste. If you like it sweeter you can add a few more cherries or blend another date.
- 12 oz cranberries
 - 1 cup frozen dark sweet cherries
 - 6 medjool dates
 - 1 cup orange juice
 - 1 Tbs orange zest
 - 1 cinnamon stick
 - 1/4 tsp ground ginger
 - 1/4 tsp nutmeg
 - 1/4 tsp allspice

Sourced from: <https://www.brandnewvegan.com/recipes/sugar-free-cranberry-sauce-recipe-with-sweet-cherries>

Butter Bean Mashed Potatoes



Ingredients:

- 4 large Baking Potatoes peeled and cut into equal sized chunks
- 2 15 ounce cans, drained Butter Beans
- 1 cup Organic Vegetable Broth
- 1/2 cup Unsweetened, Plant Milk
- 2 teaspoons Fresh Ground Pepper

Instructions:

- Wash, peel and cut potatoes into large chunks
- Place in a pot, and cover with water with a little salt
- Bring to a boil.
- Reduce to medium-low and boil uncovered for 30 minutes or until potatoes are soft when pierced with a fork
- Drain two cans of butter beans
- In a small pan, heat beans through (you may also microwave to speed up the process) *It is important to heat the beans, so when you combine the potatoes and beans, everything is hot and ready to be whipped together.
- Drain potatoes and return to pan.
- Add hot butter beans to potatoes.
- Add 1 cup vegetable broth and mash on high using an electric mixer.
- Add 1/2 cup unsweetened plant milk and continue mixing on high.
- Add ground pepper.

Sourced from: <https://www.kathysvegankitchen.com/butter-bean-mash-with-easy-no-chicken-gravy/>



Easy 'No-Chicken' Gravy

Gluten - Free Option!

Ingredients:

- 3 cups Organic Vegetable Broth
- 1/4 cup Flour of Choice (*gluten-free works well*)
- 1 cube Vegetable Bouillon Cube or 2 teaspoons Gravy Master
- 2 teaspoons Garlic Powder
- 2 teaspoons Fresh Ground Pepper

Instructions:

- Add two cups of vegetable broth to a medium saucepan.
- In a one-cup blender measuring cup, add 1 cup vegetable broth and 1/4 cup flour.
- Blend until mixed well. Set aside.
- Add 1 vegetable bouillon cube into boiling vegetable broth until disintegrated.
- Add garlic powder.
- Add Freshly ground pepper.
- Slowly add flour/vegetable broth mixture and whisk.
- Continue to stir over medium-high, until it begins to thicken.
- Reduce to simmer.

Sourced from: <https://www.kathysvegankitchen.com/butter-bean-mash-with-easy-no-chicken-gravy/>



Vegan Green Bean Casserole

Gluten Free Options!

Fun Tip: Leave out the green beans, french fried onions and baking for a delicious creamy mushroom soup!

Ingredients:

- 8 oz Crimini Mushrooms (diced)
- 1/2 large Onion (diced)
- 3-4 cloves Garlic (minced)
- 1/3 cup Vegetable Broth (low sodium)
- 2 Tbs Flour (*sub 1 1/2 Tbs Cornstarch if gluten-free*)
- 3/4 cup Vegetable Broth (low sodium)
- 2 Tbs Soy Sauce (low sodium) (*sub Tamari if gluten-free*)
- 1/4 tsp Salt, Pepper & Onion Powder
- 3/4 cup Almond Milk (unsweetened)
- 2 -15 oz. cans French Style Green Beans (no salt added)
- 2/3 cup French fried onion rings (optional) (*sub air-fried onions if gluten-free*)

Instructions:

- Preheat oven to 350 degrees.
- Wash and slice the mushrooms and add to a large stew pot.
- Chop the onion, mince the garlic, and add both to the pot.
- Stir in 1/3 cup of the veggie broth and simmer until veggies are soft.
- Whisk the flour into the remaining 3/4 cup of veggie broth and add to mix along with the almond milk. Add the soy sauce, seasonings, and onion rings (if using). Note: A healthier alternative would be air fried onions. Simmer on low heat until nice and thick.
- Rinse and drain the green beans and stir them into the soup.
- Simmer for 5 minutes until bubbly.
- Carefully pour mixture into an oven safe casserole dish.
- Bake at 350 for 15 minutes.
- Remove from oven and sprinkle remaining onion rings on top.
- Bake for another 5 minutes until topping is brown and crispy.

Adapted from: <https://www.brandnewvegan.com/recipes/vegan-green-bean-casserole>



Holiday Vegan Dressing

Instructions:

Ingredients:

- 1 cup Onion
- 1 cup Celery
- 1 cup Portabella Mushrooms
- 1/2 Green Bell Pepper
- 1/2 tsp Onion Powder
- 1/2 tsp Marjoram
- 1/2 tsp Oregano
- 1/2 tsp Thyme
- 1/4 tsp Black Pepper
- 2 Tbs Rubbed Sage
- 3 cups Low Sodium Veg Broth
- 1 pkg Dressing Mix (12 oz) OR 12 cups Stale Bread Cubes
- 1/4 cup Italian Parsley

- Preheat Oven to 350 degrees F.
- Dice onion, celery, mushrooms, and pepper and add to a large pot. Saute in a small amount of water/broth until softened.
- Add onion powder, marjoram, oregano, thyme, pepper, and sage and stir until fragrant – about 1-2 minutes. Remove from heat.
- Add a small amount of bread cubes/stuffing mix and broth at a time, mixing well. Alternate bread/broth until all of the cubes and broth have been incorporated and there are no dry pieces of bread anywhere. Use just enough broth to moisten.
- Stir in chopped Parsley and line a 9×13 baking dish with parchment paper.
- Spoon dressing into pan and smash down as necessary to get it all to fit. Cover with additional parchment paper if desired, and aluminum foil to retain the moisture.
- Bake covered for 30 minutes.
- Remove foil/parchment and bake uncovered for an additional 10 minutes.

Sourced from: <https://www.brandnewvegan.com/featured/vegan-dressing>

Pecan Pie with Gluten-Free Crust



Gluten-Free Pie Crust

Ingredients:

- 1 cup and 1 tbsp (160 g) gluten-free flour blend (*see notes)
- 7 tbsp (40 g) almond flour (ground almonds)
- 2 tbsp (26 g) vegan butter softened (or coconut oil)
- 2 flax eggs (2 tbsp ground flax seeds + 1/4 cup water)
- 1 1/2 tbsp (20 g) granulated sugar (*see notes)
- Pinch of sea salt

Instructions:

- To make the flax eggs, simply put 2 tbsp ground flax seeds (or ground chia seeds) to a small bowl, add 1/4 cup of water and mix with a whisk. Set aside for 5 minutes.
- Put all pie crust ingredients into a food processor and blend for some seconds until the dough comes together.
- Press the dough into the bottom of a greased 9-inch pie pan and about 2 inches up the sides.
- Put the pie pan into the fridge and preheat the oven to 350 °F

Pecan Pie Filling

Ingredients:

- 1 1/3 cup (300 g) pumpkin puree or sweet potato puree
- 1/2 cup (120 ml) coconut milk from a can (shaken)
- 3.5 oz (100 g) dates pitted (*see notes)
- 1/4 cup (85 g) maple syrup or any other liquid sweetener
- 3 tbsp (25 g) cornstarch (*see notes)
- 1 1/2 tsp vanilla extract
- 1 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 6 oz (170 g) chopped pecans
- More pecans for decoration

Instructions:

- Process all filling ingredients (except the pecans) in a food processor or blender until completely smooth.
- Add the chopped pecans and stir with a spoon.
- Pour the filling into the uncooked pie crust and spread it with a spatula. Decorate the pecan pie with whole pecans if you wish.
- Bake in the oven for 35 minutes. Then turn off the oven and let the pie in the oven for a further 10 minutes.
- After the pie has cooled on the counter for a while, put it into the fridge to firm up.
- Slice and serve with vegan ice cream or whipped coconut cream. Enjoy!
- Store pie leftovers covered in the fridge for up to 4 days or in the freezer for up to 2 months.

*Notes:

- Pie crust: You can use a store-bought pie crust or make your own favorite pie crust.
- Flour: I used 3/4 cup (120 grams) of rice flour and 5 tbsp (40 grams) of tapioca flour. Regular flour (if not gluten-free) should be fine too. If the dough turns out too dry, simply add a little more vegan butter (or coconut oil).
- Granulated sugar: You can use coconut sugar, date sugar or any other granulated sweetener.
- Canned coconut milk: If you don't want to use canned coconut milk, you can use any other plant-based milk instead with the addition of 2 tablespoons of oil!
- Dates: Use soft and moist dates. If they aren't moist, I would recommend soaking them in hot water until softened.
- Cornstarch: You can use arrowroot flour instead

Sourced from: <https://elavegan.com/vegan-pecan-pie-recipe/>

9 Ways to Deal with Dietary Restrictions at Holiday Meals

The holiday season is here and with that comes fancy dinners, work parties, potlucks and family gatherings. While breaking bread with your favorite people can be one of life's simple joys, anxiety over what to make when feeding those with special dietary needs can make things feel complicated. Here are nine tips and tricks for hosting a holiday dinner that everyone can enjoy.

1. Ask for Advice

Who knows best? The person with special dietary needs! Once you have a menu in mind, discuss it with your guests ahead of time and ask how they can best be accommodated.

2. Read Labels

Dairy, gluten and non-vegetarian ingredients are found in many packaged foods. If you are not sure if an ingredient is safe for your party guests, ask the person you're accommodating or skip it.

3. Don't Cross-Contaminate

Use separate tongs when grilling meat and veggie burgers to spare the vegetarian foods from meat juice. Don't bake a nut-free cookie on the same tray you just roasted almonds. Thoroughly wash the strainer in between draining wheat spaghetti noodles and gluten-free ones. Being mindful of opportunities for cross-contamination can lower the risk of serving foods that your guest might not be able to eat.

4. Make Simple Swaps

Tossing your veggies with olive oil instead of butter means that the vegans and those with dairy allergies can enjoy them too. Use vegetable stock instead of chicken or beef stock and the side dishes so more people can enjoy them.

5. Leave the Toppings on the Side

Sometimes it's just one or two ingredients that rule out a dish for those with dietary issues. If you leave the bacon crumble on the side, those who eat meat can still have it, and the vegetarians can eat the dish too.

6. Build a Bowl

Rather than designing a menu with several parts, build a buffet of toppings and let your guests do the rest. From a yogurt parfait brunch to a smoky burrito bowl, there are many options for having a casual meal that is satisfying for everyone. Having an diverse spread of options will allow your guests to create a meal that fits their needs.

7. Serve Delicious Drinks

Even those not drinking alcohol enjoy fancy mock-tails. Include everyone in the festivities by making a pitcher or two of fruit and herb infused waters or a dry bar with seltzer, juices and herbs.

8. Polish Your Sales Pitch

We tend to be wary of foods we cannot easily identify. To encourage everyone to try different dishes, write the menu on a chalkboard or place a menu card on the table. On your buffet line, label each dish with enticing adjectives and include ingredients. Not only does this encourage a picky eater to try new things, it also helps guests avoid food allergens.

9. Have Fun!

Remember: You don't have to accommodate your guests for every single dish. If your holiday dinner would not be complete without your grandmother's Yorkshire pudding, include it. Missing your personal favorites might lower your own enjoyment at the occasion. With a well-planned dinner, all of your guests can be happy and well fed.

Sourced from: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/9-ways-to-deal-with-dietary-restrictions-at-holiday-meals>

Giving thanks can make you happier

November kicks off the holiday season with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research (and common sense) suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday — expressing gratitude.

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

Research on gratitude

Two psychologists, Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami, have done much of the research on gratitude. In one study, they asked all participants to write a few sentences each week, focusing on particular topics.

One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them, and the third wrote about events that had affected them (with no emphasis on them being positive or negative). After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation.

Another leading researcher in this field, Dr. Martin E. P. Seligman, a psychologist at the University of Pennsylvania, tested the impact of various positive psychology interventions on 411 people, each compared with a control assignment of writing about early memories. When their week's assignment was to write and personally deliver a letter of gratitude to someone who had never been properly thanked for his or her kindness, participants immediately exhibited a huge increase in happiness scores. This impact was greater than that from any other intervention, with benefits lasting for a month.

Of course, studies such as this one cannot prove cause and effect. But most of the studies published on this topic support an association between gratitude and an individual's well-being.

Other studies have looked at how gratitude can improve relationships. For example, a study of couples found that individuals who took time to express gratitude for their partner not only felt more positive toward the other person but also felt more comfortable expressing concerns about their relationship.

Managers who remember to say "thank you" to people who work for them may find that those employees feel motivated to work harder. Researchers at the Wharton School at the University of Pennsylvania randomly divided university fund-raisers into two groups. One group made phone calls to solicit alumni donations in the same way they always had. The second group — assigned to work on a different day — received a pep talk from the director of annual giving, who told the fund-raisers she was grateful for their efforts. During the following week, the university employees who heard her message of gratitude made 50% more fund-raising calls than those who did not.

There are some notable exceptions to the generally positive results in research on gratitude. One study found that middle-aged divorced women who kept gratitude journals were no more satisfied with their lives than those who did not. Another study found that children and adolescents who wrote and delivered a thank-you letter to someone who made a difference in their lives may have made the other person happier — but did not improve their own well-being. This finding suggests that gratitude is an attainment associated with emotional maturity.

Ways to cultivate gratitude

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.

Here are some ways to cultivate gratitude on a regular basis.

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Thank someone mentally. No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray. People who are religious can use prayer to cultivate gratitude.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

Sourced from: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

**For more resources, check out the
Dr. John Black Memorial Library
located in the Maple Center's Nonprofit Office!
More information and online browsing capabilities are
available on our [website](#).**



Benefits of a Whole-Food Plant-Based Diet

lowers your blood sugar levels

improves your kidney functions

reduces your risk of obesity, diabetes, heart disease, dementia, and certain forms of cancer.



Mind-Body Skills



A virtual experiential investigation of the integral relationship
between mind, body, & wellness.

Taught by Suzanne Kunkle, Ph.D., H.S.P.P.

Nov. 14, 9am-12pm &
1-4pm &
Nov. 15, 1-4pm
on Zoom



The workshop is \$5 and
registration is required.

Class size is limited.

Register at
www.maplecenter.org

You will learn and practice the
following mind-body modalities:
" Movement, exercise, and breathing
" Biofeedback and autogenic training
" Meditation
" Guided imagery
" Yoga, Tai Chi or Qi Gong,
" Mindful and healthy eating as a
component of self-awareness
" Relaxation

Plant Powered Community Meeting

November 19 at 7pm
Virtual Meeting via Zoom

Topic of Learning and Discussion:

Plant-Powered Holidays

Will offer an opportunity for connection, growth and support with individuals
living a plant-based lifestyle.

For more information or the link to join, contact our office!





Staying Active for Immunity and Overall Health with Kelsey Terry and Molly Pabst

1:30-3:00 PM on Wednesday, November 11, 2020

Join Kelsey Terry and Molly Pabst, owners of Common Ground CrossFit and Yoga to learn why exercise throughout life, but especially as we age, is so vital to good health. From the physical body, to the mind and soul, exercise seems to be a key to living a long, healthy life. In this session we will not only unpack all the benefits of exercise for health and immunity but also give you guidelines and best practices for introducing exercise into your daily regime no matter what your fitness level.

Coping with Loneliness with Janice Croft, MS, LMHC, NCC

1:30-3:00 PM on Wednesday, December 9, 2020

We are all, at times in our lives, subject to being alone. Whether this is due to a death of a loved one, one's own illness, the threat of COVID, or to the natural tendency for our families to grow up and move away, we are all faced with the possibility of being alone. Being alone does not have to mean being lonely. This presentation will offer ways in which to combat and cope with these times and the emotions we have during them.

How to Register for OLLI Programs:

OLLI is offering their programs online via Zoom at this time. There will be a very limited number of seats available on campus for the live presentation in order to allow for social distancing and you must register. There will be plenty of availability for the virtual registration.

There are three ways you can get and register for OLLI programs:

1. [Instant registration link here.](#) With this version, you will just complete the form, which will be automatically emailed to us and you can either mail in a check to OLLI at ISU or call the OLLI office to pay by credit card over the phone.
2. [OLLI at ISU website link here.](#) and find a printable PDF version of the newsletter with a printable registration form. After printing and completing the form, you can both mail in a check to OLLI at ISU with the registration form or mail in the form and then call the OLLI office to pay by credit card over the phone.
3. Use the online registration software that will allow you to view the programs being offered and then pay on-line with a credit card. [The link is here](#)

Just as a friendly reminder, the OLLI office will have someone in the office to answer phone, take registrations and payments but we will be closed for walk in services.

FREE!

No Sign up or Registration Required
Walk - In Clinic



MONDAYS 3-6PM
ARRIVE BY 5:20, 45 MINUTES
FOR NADA PROTOCOL

AURICULAR ACUPUNCTURE

THE MAPLE CENTER'S FLESCHNER MEMORIAL CLASSROOM
1801 N. 6th St. - Suite 400



FREE

Chair Yoga

Thursdays 10am-11am



Classes will be held virtually,
live and recorded, on
The Maple Center's Facebook Page.
[@themaplecenternonprofit](https://www.facebook.com/themaplecenternonprofit)

Room is available for 8 people to participate in the Fleschner Memorial Classroom with the instructor while social distancing.

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!



The Maple Center
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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.

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You shop. Amazon gives.

- 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



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.