



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS

June 2017

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THE MAPLE CENTER UPDATE

We have provided several classes/ workshops already this year, everything from Tots & Teaspoons, to Youth Spring Break LEAF, Jumpstart programing with high school teachers, adult classes on Cancer prevention and survival and several yoga classes, just to name a few.

We are now finalizing plans for several more programs this year. Here are just a few things we have planned.

Janice Croft will be leading a yoga class on Saturday mornings starting on July 8th.

On Aug 4th we will hold our annual fundraising event at Rea Park for our 6th Annual Golf Scramble.

In September, November and December there will be OLLI talks on "It's all about Eating: Does it matter what I put in my mouth?"

Next, LEAF will provide a Kickstart Class October 19 - November 16

A few other workshops will also be offered this fall so stay tuned for more information in the upcoming months.

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within." — Elisabeth Kubler-Ross

Depression and Chronic Inflammation Connection

Is there a connection between depression and chronic inflammation?

Some studies show that there is a connection between the two.

One study showed that individuals with depression had 46% higher levels of CRP (C-reactive protein) which is a marker for inflammatory disease.

So if you need to lighten your mood or are feeling depressed here are some tips that may help. Of course, always seek professional help when needed.

How can inflammation start?

- **Sugars** - spikes insulin and triggers release of inflammatory cytokines
- **Pathogens** - herbicides, gluten grains, and genetically modified foods that can change the flora in our intestinal tract that facilitate growth of pathogenic bacteria, yeast, and fungus
- **Chemicals** - Pesticides, environmental pollution, and some cosmetic additives can stimulate the immune system and disrupt optimal production of energy on a cellular level
- **Stress** - triggers the release of cortisol

The stress response twins are cortisol and insulin. High cortisol will contribute to insulin resistance, or high insulin and high sugar yet cells may be starving. Lifestyle choices can help control this situation.

Here some anti-inflammatory lifestyle tips:

Reduce Stress - Have a regular stress management routine such as yoga and meditation.
Get an adequate amount of sleep.

Eat an anti-inflammatory diet.

Avoid the following things:

refined carbohydrates, such as white bread and pastries
French fries and other fried foods
soda and other sugar-sweetened beverages
red meat (burgers, steaks) and processed meat (hot dogs, sausage)
margarine, shortening, and lard

Foods that fight inflammation: Tomatoes, green leafy vegetables (kale, bok choy, and broccoli), nuts (walnuts, almonds, and hazelnuts) and fruits (strawberries, blueberries, cherries, and oranges)

Exercise 2-3 times per week- Go for a 30 minute brisk walk. Moderate exercise is actually better than strenuous exercise which can increase inflammation.

References: https://www.ornish.com/zine/the-new-connection-between-depression-and-chronic-inflammation/?utm_medium=email&utm_campaign=Ornish%20Living%20Newsletter%20682017&utm_content=Ornish%20Living%20Newsletter%20682017+CID_62495d7c7a237844a278cd1cbdfaadd3&utm_source=Email%20marketing%20software%20CM&utm_term=The%20New%20Connection%20Between%20Depression%20and%20Chronic%20Inflammation

<https://www.psychologytoday.com/blog/urban-survival/201701/new-research-shows-depression-linked-inflammation>



VITAMIN SUNSHINE!

The end of June brings with it the vernal equinox and the beginning of summer. This is the season of sunshine for those of us who live in central Indiana.

For years now we have been cautioned to not go out in the sun without slathering ourselves with sunscreen for fear of skin cancer. That is one of the downsides of too much sun. However, sunshine can be very beneficial. Let's look at a few of those benefits.

According to Sachin Patel of the Living Proof Institute in Toronto we should get as much sun exposure as possible on our skin first thing in the morning. This will help to set a good waking and sleeping cycle.

Sunlight cues certain triggers on the retina, which releases serotonin, a hormone that lifts mood and leaves a person feeling more calm and focused. Persons who live where there is limited sunlight during the winter often experience SAD or Seasonal Affective Disorders, a type of short-term depression brought on by low serotonin levels.

Getting 5-15 minutes of direct sunlight on the face, hands and arms sometime during the day is beneficial in the body's production of Vitamin D which is necessary for the absorption of calcium. This is good for bone health. The use of sunscreen blocks this as the benefit comes from the UV-B radiation of the sun.

The lack of sunshine has also been correlated with an increased risk for multiple sclerosis and certain cancers such as prostate, ovarian, colon, and pancreatic cancer.

Probably because of the heat present in bright sunlight it can also act as a microbial agent.

So open your blinds and let the sunshine in. This will help lift your mood. Getting outdoors in the sunlight will raise both your Vitamin D and serotonin levels. All of this for no extra charge as sunshine is free to all! One of the ways I do this is to use my high tech solar dryer (clothesline) and hang my clothes out. It saves on electricity and water, gets me and my clothes a good dose of sunshine and leaves them smelling fresh and clean without added chemicals. Then of course there is gardening which besides hours in the sunshine will result in fresh veggies to enjoy with all of their beneficial nutrients.

Nutrition for Healing, P.C.

Sylvia Middaugh, MS, RDN, CD
(812) 229-4059

Healthy Popsicles with Kiwi & Pineapple



Ingredients:

2 bananas
2 handful spinach
1 cup pineapple
3 dates
1 kiwi
2 peaches
1 1/2 cups water

Makes: 12

Additional : 1 kiwi cut into thin slices

Slice one kiwi into thin slices and place slices into popsicle mold.
Put rest of ingredients into a food processor or blender and blend until smooth.
Pour into mold over kiwi slice and freeze for approximately 12 hours.
Pop out of mold and enjoy on a hot summer day.

This recipe can be made utilizing different fruits.

Reference: <https://veganheaven.org/recipe/healthy-popsicles-with-kiwi-pineapple/>

Thai Pineapple Fried Rice



Makes: 3 Servings

1 cup Basmati rice (equals 3 cups cooked rice)
1 onion, chopped
3 cloves of garlic, chopped
1 tablespoon oil
2 carrots, cut into thin sticks
1/2 red bell pepper, cut into thin sticks
1/2 cup frozen peas
1/2 cup cashews

1 tablespoon soy sauce
1 tablespoon curry powder
1 cup pineapple, cut into small pieces
2 green onions, cut into rings
salt, to taste
black pepper, to taste
red pepper flakes (optional)
fresh cilantro (optional)

Cook the rice according to the instructions on the package and store it in an air-tight container in the fridge until you use it. Cook the frozen peas for about 7 minutes.

In a large pan, heat the oil and sauté the onion for about 3 minutes. Then add the garlic, the carrots, and the bell pepper. Cook for 3 minutes.

Then stir in the cooked rice and season with the curry powder and the soy sauce. Next, add the pineapple, the peas, the green onion, and the cashews. Season with salt, black pepper, and if using red pepper flakes. Stir until well combined. Serve with fresh cilantro.

Reference: <https://veganheaven.org/recipe/easy-pineapple-fried-rice-recipe-vegan/>



Therapeutic Yoga

stretching • strengthening • relaxation

**Hux Cancer Center
1711 N. 6 1/2 St
North of Union Hospital
Lower Level**

**Saturdays 10-11 AM
July 8 - Aug. 12, 2017
\$60 for six Saturday classes**

Sign Up Today at www.themaplecenter.org

Registration is limited to 20 people

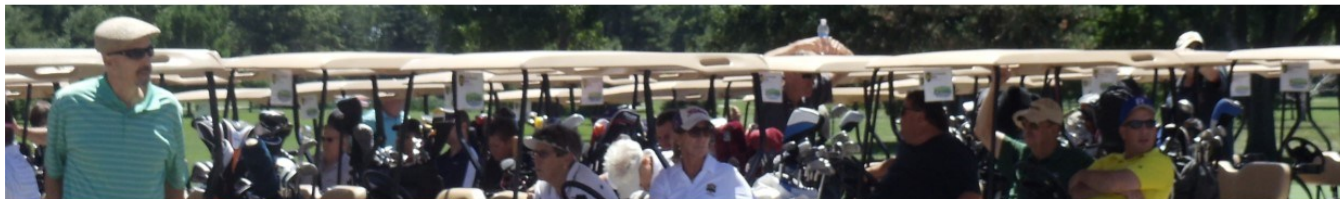
Yoga is taught by Jan Croft, MS, LPT. These 6 weekly 1-hour sessions provide a gentle approach to improve your physical conditioning, flexibility and relaxation skills. This program can be started by anyone. Research has shown that the benefits of yoga include: increased flexibility of the neck, back, chest, and shoulders; improved physical strength and function; improved quality of life and inner peace; and decreased side effects from chemotherapy.



Presented by
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Hux Cancer Center

Monthly Matters from The Maple Center



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Deadline: Registrations are due by Friday, **July 28th**. Registrations accepted after this deadline is based on space availability.



The Maple Center's 6th Annual Golf Scramble

Friday, August 4, 2017

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 1:15

Prizes:

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

Why play in this golf scramble?

By participating in the 6th 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	
<input type="checkbox"/>	\$500 Team & Hole Sponsor
<input type="checkbox"/>	\$400 Team Sponsor
<input type="checkbox"/>	\$100 Hole Sponsor
<input type="checkbox"/>	\$25 Cart Sponsor
<input type="checkbox"/>	\$120 Individual Golfer
<input type="checkbox"/>	Other: _____
Company Name: _____	

TEAM INFORMATION
Team Name: _____
Golfer One Name: _____
Golfer Two Name: _____
Golfer Three Name: _____
Golfer Four Name: _____

Make checks payable to :



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





According to the US Consumer Product Safety Commission, in 2013, 8 people died and approximately 11,400 required medical treatment from firework injuries. Fireworks are also responsible for several home fires each year.

- **Do not allow young children to handle fireworks and older children only with adult supervision**
- **Light them away from flammable materials and people**
- **Light them once, keep a safe distance, and DO NOT try to re-light them**
- **Always have a bucket of water near in order to fully extinguish fireworks**
- **Remember alcohol and fireworks don't mix**

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



Integrative Medical Consultation

Wednesdays

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

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

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

Contact Us

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

Newsletter article submission due by the 22nd of each month for the following month.

Email article to: dferguson@themaplecenter.org



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Website: themaplecenter.org
E-mail: info@themaplecenter.org

For updates on
programs “like” us on
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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

How do I find the book from
The Maple Center library collection online?
Go to www.themaplecenter.org and

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.

Sponsored by:



Monthly Vegetarian Dinner

Bring a vegetarian dish

and recipe to share,

Contact Debbie Stevens at

debbiestevens53@gmail.com

Check us out at:

www.themaplecenter.org