



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS

August 2017

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Maple Center Update

A healing touch class is being offered on September 9 & 10 at United Campus Ministries by Sharon Samsell. More information is included in this newsletter and on the website. Remember to sign up soon!

Sept 16 the center will be providing breakfast for cancer survivors in collaboration with Susan G. Komen.

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. Some of the topics covered in the class are Power of Your Plate, breaking food seduction, appetite control and digestive health. Cooking demonstrations, recipe handouts, and food samples are all part of this class.

October 7 come be part of the Maple Center team and participate in the Race for the Cure.

On November 5 we will offer a "Make & Take" class where participants will make several dishes and then be able to take a portion of the food home to be eaten or frozen to use at a later time.

Lastly, prepare yourself for the holidays by signing up for the "Yoga for Peace of Mind & Healing Touch-Mind Clearing" workshop. Date to be announced at a later time.

The only normal people are the ones you don't know very well. – Alfred Adler

Myers-Briggs Personality Types

Ever wonder why someone did or said something that made no sense to you? Ever questioned why you prefer to do things a certain way even if it doesn't make sense to other people? Myers-Briggs is a method for describing personalities. It is based on Jung's theory of types and was further developed by the mother-daughter team of Isabel Myers and Katharine Briggs. The test looks at personality based on four pairs of functions which are described below. Finding your Myers-Briggs personality type may help you understand yourself a little better and how you function best in the world. If nothing else, though, you might at least learn that when people do things in a way that seems strange, they're probably not just doing it to annoy you!

Of the following sets of pairs, you are more likely to be one more often than the other. For example, you may be predominantly introverted. That doesn't mean you're always introverted, it just means you are more comfortable as an introvert. And, of course, there are no right or wrong choices amongst the pairs.

Introvert (I) and Extrovert (E)

The Introvert:

- Gains energy by spending time alone
- Prefers one-on-one interactions or working alone
- Avoids crowds, which can be too loud and stimulating

The Extrovert:

- Gains energy by spending time with other people
- Is more motivated to do things with other people than alone
- Avoids being alone, which can be too quiet and unstimulating

Note that these definitions have nothing to do with being shy or outgoing, with liking people or being a curmudgeon.

Intuition (N) and Sensing (S)

This pair is known as the perception pair and describes how one perceives or learns.

A person who uses Intuition:

- Gains knowledge by using the unconscious and pattern recognition
- Tends to see the big picture
- Likes to look at future possibilities

- Can be dreamy

A person who uses Sensing:

- Gains knowledge by using senses and experience
- Looks at details
- Lives in the moment
- Tends to be practical

Feeling (F) and Thinking (T)

This pair is also known as the judgment pair and relates to how a person makes decisions.

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|---|--|
| <ul style="list-style-type: none"> • A person who uses Feelings: • Wants to maintain harmony • Makes subjective decisions • Is concerned with human needs | <ul style="list-style-type: none"> • A person who uses Thinking: • Wants to maintain order • Makes objective decisions • Is concerned with technical aspects |
|---|--|

Judgment (J) and Perception (P)

The final pair concerns how a person relates to the outside world, not how one feels on the inside. For example, you may feel open to possibilities on the inside, but when dealing with others you are a decision maker. (Note that judgment here does not mean judgmental.)

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|---|---|
| <ul style="list-style-type: none"> • A person who uses Judgment: • Likes closure • Makes decisions and then moves on • Organizes activities | <ul style="list-style-type: none"> • A person who uses Perception: • Likes obtaining information • Prefers staying open to possibilities rather than making a decision • Is spontaneous and adaptable |
|---|---|

There are 16 possibilities with this personality indicator. Pick one choice from each pair to get the personality type that best describes you, say INFJ. Next month we'll look at characteristics of each personality type and show how they can each relate to the world differently.

Have fun! Remember that the point of a personality test like this is not to box you in or make you think you can't do something because it's not your personality. Hopefully you will recognize some of your greatest assets and learn how to use them.

Bibliography

1. Myers, Isabel Briggs and McCaulley, Mary H. *Manual: A Guide to the Development and Use of the Myers-Briggs Type Indicator*. Consulting Psychologists Press, Palo Alto, 1985.
2. Myers, Isabel Briggs and Myers, Peter B. *Gifts Differing: Understanding Personality Type*. Mountain View, 1995.
3. Quenk, Naomi L. *Essentials of Myers-Briggs Type Indicator Assessment*. John Wiley & Sons, Inc., New York, 2000.

SNAPPY ITALIAN SWEET POTATO SPAGHETTI BOWLS

INGREDIENTS

- 2 sweet potatoes (peeled)
- 1 tsp minced garlic
- 1/4 cup chopped onion
- 1 tbsp. vegan butter or avocado oil, water may be substituted for sautéing
- 1/2 tsp pepper
- dash of sea salt
- 1 tsp red chili pepper flakes
- 1/2 cup fresh kale or spinach

FOR THE ZESTY RED TOMATO SAUCE

- 14.5 Ounce can Red Gold's Garlic and Olive Oil Crushed Tomatoes (drained)
- 2 garlic cloves peeled
- 3 marinated artichoke hearts
- salt/pepper to taste

TOPPINGS

- handful of black olives
- 1-2 tbsp. capers
- handful of fresh herbs like basil or oregano

INSTRUCTIONS

For Noodles: Peel & spiralizer (or julienne) the sweet potatoes. Microwave your noodles with 1 Tbsp. of water for 30-40 seconds.

For the sauce: drain tomatoes and blend together with the garlic, artichoke hearts, salt & pepper. In blender until smooth. Sauté garlic and onions. Mix tomato mixture and cook on medium heat.

When ready to assemble add noodles, kale or spinach to sauce pan. Cook for 8-10 mins over medium heat tossing every few minutes.



Before serving add olives and capers and toss. Garnish with fresh basil or oregano

Reference: <http://www.cottercrunch.com/italian-sweet-potato-spaghetti-bowls/>

ROASTED GARLIC ASPARAGUS AND MUSHROOMS



INGREDIENTS

- 1 bunch of asparagus
- 5 large white mushrooms, sliced
- 1 tablespoon olive oil
- 1 clove of garlic, minced
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 F.
2. Wash and prepare the vegetables. Cut off woody ends of the asparagus and cut into 2 inch pieces. Add to a medium-sized roasting pan.
3. Slice mushrooms and add to pan.
4. Add garlic, salt and pepper. Lightly spritz with olive oil and toss to coat.
5. Roast for 35 minutes.

Reference: <http://www.aheadofthyme.com/2015/12/roasted-garlic-asparagus-and-mushrooms/>

Massage Moment

Prenatal Massage benefits Mom & Little One

Nancy Humphries LBMT 9602, MT 21103849

One mother-to-be (and her developing little one) cherished massage time and went to great lengths to insure her scheduled massage would happen...no matter what! She found it well worth the effort to make sure she had a sitter for her toddler so she could relax and reset her body and mind. She, like many others, enjoyed being relieved of the neck tension, low back pain, and swollen ankles. But more was happening than she realized.

The following are brief excerpts taken from an article "Massage for Moms-to-Be" by Elaine Stillman, in the Nov/Dec 2015 issue of Massage & Bodywork magazine. She explains in detail what is occurring in each system of the body, but we will only look at a few.

A massage from a therapist who is trained or certified in prenatal massage does even more than relieve the obvious physical discomforts. In addition to supporting a healthy in utero environment, many significant conditions are altered such as normalized joint range of motion function, improved posture, mood lifting, reduced nausea, and increased venous and lymph circulation.

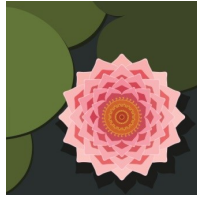
Massage and bodywork, when appropriately administered during pregnancy, can have a powerful influence in mitigating the effects of stress. Massage sedates and restores the nervous system. Touch affects the central nervous system which causes muscles to relax, blood pressure to lower, and restores balance to the sympathetic and parasympathetic systems (fight or flight and rest & digest). Blood vessels dilate, waste products get absorbed and excreted, tissues become oxygenated, and pain is diminished. Beta-endorphins and serotonin are secreted during massage and work together to inhibit the central nervous system and produce that "feel-good" response.

As the pregnancy progresses the mother's structural integrity is compromised. Organs are shifted and compressed, center of gravity changes, and the hormone relaxin softens the connective tissues. By the end of pregnancy the heart pumps 30-50% more blood, most of which is directed to the uterus and 20% to her breasts. This explains why pregnant women feel hot! Massage can help the tight muscles to release and lower the blood pressure.

In addition to all of the changes occurring in the woman's body she is probably still trying to manage everything she was doing before she became pregnant – the home, the children, a job, life's unexpected ups and downs – while dealing with morning sickness, needing extra rest, inability to find physical comfort, clothing, and keeping up the pace of a busy life. Face it – she needs some special attention. Encourage these amazing women to get a massage – they deserve it.

Nancy Humphries is certified in Prenatal and Fertility Massage thru the Claire Marie Miller "Nurturing the Mother" program, an approved NCBTMB provider.

To Make an appointment with Nancy contact her at 812-251-9190



Healing Beyond Borders

Presents

HTI Healing Touch Certificate Program

Nurturing Energy Therapy

for

Health Care Professionals and Persons Committed to Healing

Level 1

Schedule: Saturday, Sept. 9: 9 am - 6:30 pm
Sunday, Sept 10: 9 am - 6:30 pm

Location: United Campus Ministries
321 N 7th Street Terre Haute IN

Tuition Amount: \$290.00 (includes \$15 workbook)
Full time student with ID - \$190

Purpose: The purpose of this Level 1 Workshop is to enable the learners to be able to practice Healing Touch techniques and self care from a holistic approach in their development as Healing Touch practitioners

Requirement for class completion and CE Credit: Participate in entire class, and supervision. Completion of Evaluation

You will be Learning

- Explore qualities and self-care needs of a Healing Touch Practitioner.
- Discuss the facets of Healing Touch and correlate techniques that support physical, mental, emotional, and/or spiritual healing.
- Demonstrate Healing Presence: the ability to remain grounded, present, and heart-centered.
- Describe personal perceptions of subtle energy/heart-centeredness.
- Apply the Healing Touch Framework to a variety of energy interventions.
- Evaluate the seven energy centers (chakras) and related energy layers that surround the body.
- Describe rationale with use of specific Healing Touch techniques.
- Discuss the Healing Beyond Borders Code of Ethics, Standards of Practice and Scope of Practice required of a beginning Healing Touch student.

For more information or to register go to
www.themaplecenter.org



The Maple Center for Integrative Health

Join us for a
survivor breakfast in Terre Haute!

Hosted by Komen Central Indiana, with breakfast provided by The Maple Center

Saturday, September 16
Breakfast begins at 9am
215 North 7th Street, Terre Haute 47807

Breast cancer survivors are welcome (feel free to bring a guest).

There is no cost to attend, but **RSVP's are required.**



Call 812-917-5047 or email info@komencentralindiana.org to RSVP

By Friday, September 8.



Are you ready to expand your healthy eating habits? Kickstart your health? Lose Weight? Feel Better?

Join us in the kitchen for the power of food **HEALTHY WEIGHT MANAGEMENT - NUTRITION & COOKING CLASSES**

Based on PCRM's award-winning Food for Life program, **The Maple Center** is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Join Food for Life Educational Alliance Program Partner The Maple Center and educator, Karen Cunningham and the LEAF Leadership Team. Explore how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

LEARN the latest health and nutrition information
ENJOY cooking demonstrations
TASTE healthy, delicious dishes
SHARE your experiences in a supportive group setting

CLASS DATES:

Thursday, Oct. 19, 2017 Power of Your Plate

Thursday, Oct. 26, 2017 Let's Go! Getting in Gear

Thursday, Nov. 2, 2017 Breaking the Food Seduction

Thursday, Nov. 9, 2017 Keys for Natural Appetite Control

Thursday, Nov. 16, 2017 Digestive Health

TIME: 6:30-8:30 PM

LOCATION: Maryvale Apartments, 3461 St Marys Rd, West Terre Haute, IN 47885

COST: \$85 for the five classes

Funding through Private donations allows **Individuals meeting the Federal Poverty Guidelines to take this class at no charge.** Additional Sliding Scale Scholarships are available, through private donations, for individuals needing some assistance with the class cost.

Larry P. Fleischer Memorial Foundation

REGISTER AT www.themaplecenter.org or call 812-234-8733



The Maple Center for Integrative Health



PCRM Physicians
Committee for
Responsible
Medicine

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

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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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