



Monthly Quote:

“People don’t
dislike change,
they dislike being
changed.”
— Dean Ornish

Calendar of Events:

Oct 21-Prenatal Yoga
Oct 22-Ear Acupuncture
Oct 23-Alumni Meeting
Oct 23-Chronic Pain
Oct 25-Kickstart Class
Oct 29-Yoga Series Begins

Nov 4-Make & Take
Nov 10-Celebration of Life



The Maple Center

For Integrative Health

www.themaplecenter.org Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

October 2018

Cancer Celebration of Life

Saturday, November 10
10 am-2 pm

Larry P. Fleschner Memorial Classroom,
1801 N 6th Street, Suite 400
Terre Haute



Cancer Celebration of Life planned for Nov. 10

The Maple Center is hosting a cancer celebration of life event for anyone affected by cancer. The event will celebrate the richness of life through a natural medicine presentation by Dr. Kathleen Stienstra, yoga by Devaki Lammet, mindful eating by Dr. Jean Kristeller, and personal journal creation with Deanna Ferguson. Lunch will be provided. This is a free event but space is limited and registration is required. Register on our website at www.themaplecenter.org. The Cancer Celebration of Life will be held in the Larry P. Fleschner Classroom and is made possible by a generous grant from the Larry P. Fleschner Fund.

**Do you have an idea for a new program or class offering
through the Maple Center?
We would love to hear your idea!**

Email Samantha@themaplecenter.org



VEGETARIAN/VEGAN POTLUCK

Saturday, November 10 @ 6 pm

UNITARIAN CHURCH 1875 S FRUITRIDGE AVE, TERRE HAUTE

Please bring a vegan/vegetarian dish to share

For questions, contact Debbie Stevens at
dbiestevens53@gmail.com

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



Vegan Pumpkin Cookies with Chocolate Chunks

Servings: 12

Ingredients

- 1/2 cup pumpkin puree
- 1/2 cup brown sugar
- 1 cup all-purpose flour
- 2 teaspoons pumpkin spice
- 1 flax egg (1 tablespoon of ground flaxseeds soaked in 3 tablespoons of water for 5 minutes)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon natural vanilla extract
- 2 tablespoons oil
- 3 tablespoons almond milk
- 3/4 cup chopped vegan chocolate I used dark and white chocolate

Preheat oven to 350 degrees. Combine all ingredients in a large bowl and stir. Spoon out 12 normal sized cookies or 6 large cookies on a parchment lined cookie sheet and bake for 10 - 12 minutes. Remove from oven, allow cookies to cool and enjoy.



Pumpkin Pie Smoothie

- 1/2 cup pumpkin puree
- 1 large banana
- 1 cup almond milk
- 3 dates
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 1 pinch ground ginger
- 1 pinch ground cloves
- 6 ice cubes

Put all ingredients into a blender and process until smooth.

Reference: <https://veganheaven.org/recipe/pumpkin-pie-smoothie/>

Monthly Matters from The Maple Center



Make & Take for Plant Strong Meals

Join us in making traditional Thanksgiving menu items
with a plant-based twist.

During the class, you will make the following recipes

Tom Tofu	Pumpkin pudding with whipped topping
Cranberry Relish	Spinach artichoke dip
Green bean casserole	Mashed cauliflower potatoes
Sweet potatoes with orange glaze	Mushroom gravy

Sunday, Nov. 4, 2018

2 pm – 5pm

At ISU Food Lab

4th & Chestnut St Entrance

Cost: \$ 40 per person

Registration Required, Class size is limited

Register by making payment at www.themaplecenter.org or calling

812-234-8733 by Oct. 26, 2018

Led by: Sylvia Middaugh and the Leadership volunteers



The Maple Center
for Integrative Health



Larry P. Fleschner
Memorial Classroom



Yoga for Stress Management

stretching • strengthening • relaxation

Mondays 6:30pm - 8:00pm

Oct. 29—Dec. 10, 2018

\$70 for all seven classes



The goal of this yoga class is to provide you with valuable tools to embrace the challenges of life. We will explore different yoga postures, breathing and relaxation techniques in theory and practice to cope with life's stresses.

The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

Class size is limited, so reserve your spot today!

Go to www.themaplecenter.org for registration.

Sponsored by



The Maple Center
for Integrative Health



Larry P. Fleschner
Memorial Classroom

SIGNS AND SYMPTOMS OF

BREAST CANCER

Approximately 1 in 8 women in the United States will develop breast cancer.

A key warning sign is finding a lump in the breast, yet there are other red flags. While some common symptoms of breast cancer may be signs of other conditions, please see your doctor if you notice any of the following.

10 WARNING SIGNS OF BREAST CANCER

CHANGES IN BREAST TEXTURE

1. Detecting a lump, hard knot, or area of thickened tissue in the breast or underarm area
2. Dimpled or puckered skin develops on the breast (resembling the skin of an orange)
3. Skin on the breast, nipple, or areola becomes scaly, red (or darkened), and feels warm

CHANGES IN BREAST SHAPE OR SIZE

4. Unexplained swelling of the breast
5. Unexplained shrinkage of the breast
6. Breast pain, with or without swelling
7. Recent asymmetry of the breasts (in non-breastfeeding women). Many women have one breast that is slightly larger than the other; if asymmetry is recent, it should be checked

NIPPLE-RELATED CHANGES

8. Nipple tenderness (especially if in one breast only)
9. One or both nipples have turned slightly inward or inverted
10. Nipple discharge of clear fluid or blood that occurs without squeezing the nipple

For more information, visit eHow.com at
<http://tinyurl.com/breast-cancer-symptoms>

eHow

Cancer Celebration of Life

Saturday, November 10th
10am - 2 pm

Larry P. Fleschner Memorial Classroom, Suite 400
1801 N 6th Street, Terre Haute
812-234-8733



*"You are an inspiration to those who
know you...
a wonderful example of perseverance.
May the fullness of life be yours
in the days ahead."*

Lunch will be provided. This is a free event but
registration is required and space is limited.
Register at www.themaplecenter.org

Come together with fellow survivors and celebrate the
richness of life with a presentation on natural medicine by
Dr. Kathleen Stienstra, yoga by Devaki Lammet,
mindful eating by Dr. Jean Kristeller,
and creation of a personal journal with
Deanna Ferguson.



Yoga for Expecting Mothers

Sundays at 2:00-3:15 pm

**On September 9th & 23rd, October 7th & 21th,
November 4th & 18th, December 2nd & 16th**



The Maple Center

**Larry P. Fleschner Memorial Classroom,
1801 N 6th Street Suite 400, Terre Haute, IN
(812) 234-8733**

www.themaplecenter.org

No cost or registration, donations welcome



The Maple Center
For Integrative Health

This class, led by Emily Brana, will take into consideration both the mental and physical well-being of the mother while, providing participants a safe space to talk and build community with those in a similar life-stage.

Emily is a mom and certified yoga instructor (RYT-200).



Take Control: Stress Reduction Techniques, Part 1

OLLI Series held at Landsbaum Center,
1433 N 6th 1/2 St, Terre Haute, IN
from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sept 12, 2018— “Integrative and Natural Medicine Approaches for a Healthy Emotional Life” by Kathleen Stienstra, MD

Kathleen Stienstra, MD, board certified integrative medicine physician with The Maple Center for Integrative Health, will discuss mind body techniques (heart math and tapping) plus herbal and natural medicine options to support a healthy mind and emotional life.

Oct 10, 2018 - “Sprout Your Stress Away” by Danille Tews

Microgreens are one of the newest crazes in the health-food world -- and for good reason. They pack one of the highest punches of all the vegetables in terms of vitamins and minerals. They are one of the most complete plant-protein sources, and to top it off, they taste wonderful!

I will share with you, not only some of the benefits of these small but mighty plants, both for your body and for your mind, but also some ways that you can grow microgreens in your own kitchen. Like many of you, I find that one of the best stress relief activities anywhere is to get your hands into the dirt and making that connection with the land that countless generations have done before. It isn't hard, it's healthy, and I think you'll enjoy it!

Danille is the owner of Humble Acorn Gardens and is an urban farmer. He grows microgreens for farmer's markets and restaurants.

Nov 14, 2018—“Mind your Mind - An Introduction to Meditation” by Devaki Lammet, M.A.

Explore your most powerful tool—the mind— and enjoy different approaches towards mediation in order to reduce stress.

Devaki is an international Yoga Teacher (E-RYT 500+) since 2000, holds an M.A. in psychology from the University of Cologne, Germany, is a certified Ayurvedic health counselor and a licensed massage therapist (MT # 21706230) in Indiana. She lived many years in ashrams (US, Germany) and as staff in a yoga and healing center.

Dec 12, 2018— “Art for Stress Relief” by Kathy Gotshall, ATR, BC, LCSW

In this fast paced world, daily life events can cause us stress. How do you create a sense of balance? Explore the life enriching benefit of relaxation and distraction through art making.

Kathy Gotshall, ATR-BC, LCSW is a registered board certified art therapist and Licensed Clinical Social Worker. She is an adjunct professor of graduate art therapy at Saint Mary-of-the-Woods College.

Presented by:



The Maple Center for Integrative Health



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.



- 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.



- 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

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

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.