



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS



March 2017

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VOLUNTEERS NEEDED

TOGETHER WE CAN CHANGE LIVES

to help in the Nonprofit office

It is important for the person to have experience with the following:

- Computer skills are required (Microsoft Word, Excel, PowerPoint and Publisher)
- Strong communication skills (written, on phone, and in person)
- Organizational skills: document, file, create reports based on research, revise documents as requested by supervisor
- Basic office skills
- Clean background check required

This would include volunteering a couple of times per week, if you are interested please email Deanna at dferguson@themaplecenter.org

March is National Nutrition Month



PUT YOUR
BEST FORK FORWARD

National Nutrition Month® 2017



Each March, the Academy of Nutrition and Dietetics celebrates **National Nutrition Month®**. This annual event reinforces the importance of developing sound eating and physical activity habits.

"Put Your Best Fork Forward" is the theme for 2017, a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time helps improve health now and into the future.

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, Karen Cunningham, and the LEAF team in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

Class size limited, 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, April 28 Introduction to How Foods Fight Cancer

Friday, May 5 Fueling Up on Low-Fat, High-Fiber Foods

Friday, May 12 Discovering Dairy and Meat Alternatives

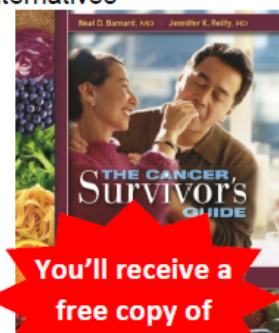
Friday, May 19 Cancer-Fighting Compounds and Healthy Weight Control

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

**REGISTRATION DEADLINE:
Wednesday, April 26, 2017**

**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!**

Sponsored by:

*Larry P. Flechner
Memorial Foundation*

**UNION
HOSPITAL
Hux Cancer Center**



The Maple Center for Integrative Health



PCRM

Physicians
Committee for
Responsible
Medicine



**FOOD FOR LIFE
Cancer Project**

come Join The Fun.....



Exercise



Healthy Habits



Food and Nutrition



**Yoga
Introduction**

Youth LEAF

ages 7-9 years old

March 27 - 31

From 1:00pm -5:30pm

At the Children's Museum included in Museum Admission

Registration is required, class size limited

Exercise, activities, & food samples



The Maple Center
for Integrative Health

*Larry P. Fleschner
Memorial Foundation*





Therapeutic Yoga

stretching • strengthening • relaxation

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

**Saturdays 10-11 AM
April 15 - May 20, 2017
\$60 for six Saturday classes**

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
The Maple Center

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UNION
HOSPITAL
Hux Cancer Center



CARROT DILL SOUP

Sauté low heat in a bit of water in large pot:

1 onion chopped

4 ribs celery chopped

When translucent add:

8 cup vegetable stock (2 boxes)

2-1/2 lbs peeled & cut carrots (bag of precut & cleaned)

1 sweet red pepper chopped

1/4 cup + 2 Tbl fresh cut dill (no stems)

Salt and Pepper

Simmer on medium heat 60 min (do not boil), carrots are tender. Let cool some then puree in blender (cooling protects rubber blender gaskets) or use a stick blender.

If desired garnish with sour cream substitute and small sprig of dill. Freezes well.

Submitted by: Nancy Humphries



Kale Soup

- (1) 8oz package tempeh, broken or chopped into bite sized pieces
- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 3 carrots, peeled and sliced
- 3 garlic cloves, minced
- 2 russet potatoes, peeled chopped
- 1 sweet potato, peeled and chopped
- 4 cups vegetable stock
- 2 cups of water
- 6 cups of kale, stems removed & coarsely chopped
- 1 tsp soy sauce
- (1) 14.5oz can red kidney beans
- pinch crushed red pepper flakes & salt to taste

1. Heat 1 tablespoon of the olive oil in a large soup pot on medium heat. Add the tempeh, and cook for about 5 minutes, stirring occasionally. The tempeh will begin to brown a bit. Remove the tempeh from the pot and set aside.
2. Sauté onions, then add carrots and sauté.
3. Stir in the russet and sweet potatoes, then add the garlic. Cook for a minute or two, then add the stock and water. Bring the liquid to a boil, then reduce to simmer on medium for 20 minutes.
4. After 20 minutes the veggies should be starting to get soft. Use a sturdy spoon to smash some of the potato and butternut against the side of the pot, to thicken the soup. Stir in the kale in a few batches, to allow some to cook down a bit to create more room. Add salt to taste and a pinch of red pepper flakes.
5. Stir in the tempeh and the kidney beans, and add the soy sauce. Cook for at least another 10 minutes.

Adapted from: <http://cookingchatfood.com/vegetarian-kale-soup/>

**How would you like to see your
favorite LEAF congruent recipe here!**

**We would love for you to share one of your
favorite LEAF compatible recipes with the rest of
the community.**

In order for it to be published in our newsletter...

**Please submit your healthy recipe to
info@themaplecenter.org**

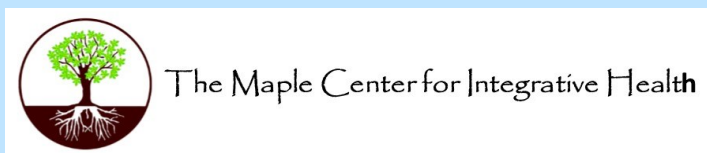
**Please remember to reference any cookbook or
website if it is a borrowed recipe.**

Recipes should be received by April 1, 2017

OLLI Series at Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sponsored by:



March 8, 2017— Aging Gracefully: Steps to promote continued mobility, function, and independence throughout a lifetime presented by Dr. Jennifer Benton

Dr. Jenny Benton DC will discuss tips you can follow to help you enjoy a healthy and pain-free life.

Dr. Benton is a licensed Chiropractic Physician with a background of a B.S. In Human Biology and Chemistry with additional study in the areas of diet, enzyme nutrition, and other forms of natural medicine.

Jennifer received her Chiropractic training Logan College of Chiropractic near Saint Louis, MO. In addition to the Doctor of Chiropractic degree, she has advanced training in several chiropractic techniques, physiotherapy and rehab, pediatrics, conditions of TMJ disorder and scoliosis, soft tissue release techniques, nutrition and is a certified Internal Health Specialist. She currently practices at Anderson Chiropractic .

April 12, 2017—Ayurveda - Wisdom of Life presented by Devaki Lammet

Ayurveda, literally “science of life”, is a holistic medical system from India, that draws back on more than 5.000 years of experience.

It is the sister science of yoga and offers a unique body-mind-spirit approach, based on the five elements earth, water, fire, air and ether, which form the three doshas Vata, Pitta and Kapha.

Learn about the physical, emotional and mental characteristics of each dosha and how they are affected by diet, herbs and a particular lifestyle to help prevent disease and increase an overall well-being.

Devaki is an ayurvedic lifestyle consultant, and an experienced international yoga teacher since 2000. She lived 5 years in retreat centers (US and Germany) and was 5 years staff in a yoga center, where yoga and ayurveda were part of her lifestyle. In 2015 she got certified as an ayurvedic lifestyle consultant in Puerto Rico and is a professional member of NAMA, the National Ayurvedic Medical Association.

May 10, 2017 Heal Your Biochemistry, Heal Your Brain-- Individualized Nutrient Support presented by Dr. Kathleen Stienstra

A summary of Dr William Walsh and Dr Carl Pfeiffer's research about helping depression, anxiety, ADD, behavior disorders, schizophrenia, and even Alzheimer's.

Dr Kathleen Stienstra, local integrative medical doctor has attended 2 physician training workshops by the Walsh Research Institute. She has found their approaches to be excitingly helpful for many of her patients who are facing mental health challenges.

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

Theraplay Counseling

By appointment

Catherine Tucker, PhD, LMHC,
RPT-S

Call 812-230-5126

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
Facebook!



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