



Monthly Quote:

*Happiness is the
highest form of
health.*

-Dalai Lama

Monthly Vegetarian/ Vegan Dinner

Bring a vegetarian/
vegan dish and recipe to
share,
For potluck dates and
more information
contact
Debbie Stevens at
debbiestevens53@gmail.com



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
@TheMapleCenter

June 2019

Recently, the Maple Center for Integrative Health was fortunate to receive a grant from the Wabash Valley Community Foundation. With this grant we are able to continue two of our programs: Auricular (Ear) Acupuncture and Yoga for Addiction Recovery & Relapse Prevention.



Each program is a free service, in thanks of the grant received, and the programs are focused on continuing recovery support for those we serve around the Wabash Valley.

The **Auricular (Ear) Acupuncture** has been facilitated by Debbie Stevens on Tuesdays from 4-7pm. We have had a great response and turn out to these sessions!

Lindsey Skelton teaches our **Yoga for Addiction Recovery & Relapse Prevention** at Next Step Foundation, Inc. here in town. Lindsey has become a certified RYS 200 Yoga Teacher and Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda physical practices. For more information, you can turn to *page 4* in the newsletter.



YOGA OF 12-STEP RECOVERY

Y12SR

Want an easy way to help The Maple Center?



Register your Kroger Plus Card online using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter!

<https://www.kroger.com/account/enrollCommunityRewardsNow/>

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



Southwestern Pasta Salad

Ingredients for the pasta salad:

- 12 oz farfalle pasta
- 1 heaped cup black beans (canned)
- 1 1/2 cups corn
- 2 cups cherry tomatoes, cut into halves
- 1 orange bell pepper, cut into stripes
- 1 avocado, cut into medium-sized chunks
- 3 green onions, cut into rings
- 1/2 cup fresh cilantro, chopped (optional)

Ingredients for lime dressing:

- 1 tablespoon fresh lime juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- 1 teaspoon paprika powder
- 1 tablespoon white wine vinegar
- 1 splash agave
- 1 tablespoon water
- 1-2 cloves of garlic, minced
- Salt and pepper

Instructions:

- Cook the pasta according to package. Once cooked, rinse with cold water, drain, and set aside.
- In a large bowl, combine all ingredients for dressing. Add the ingredients for the pasta salad and stir well. Let the salad set in the fridge for a couple hours and enjoy! Serves 4

Recipe and photo from: <https://veganheaven.org/recipe/southwestern-pasta-salad-vegan/>



Quinoa Power Salad with Lemon Vinaigrette

Ingredients: for the salad:

- 1 1/2 cup of quinoa
- 1 tbsp. olive oil
- 1 large onion, diced
- 1 red pepper, diced
- 1 large or 2 small zucchini, diced
- 1 1/2 cups cooked chickpeas

For the Lemon Vinaigrette:

- 1/4 cup extra virgin olive oil
- 3 tbsp. freshly squeezed lemon juice
- 2 cloves garlic, minced
- 1/2 tsp sea salt

Serves: 6

Instructions:

1. Place quinoa in medium saucepan with 3 cups of water and bring to a boil. Reduce heat to a simmer, cover with a lid, and cook for 15 minutes, until the water is absorbed. Remove from heat and allow quinoa to sit with the lid on for 5 minutes. Uncover and fluff with a fork.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add onion, and saute' for 5 minutes, until translucent. Add red pepper and zucchini and continue to cook for 5 to 10 minutes. Remove from heat.
3. For the vinaigrette, combine all ingredients in a small bowl and whisk together until well-combined.
4. Combine quinoa, vegetables, chickpeas, and parsley in a large bowl. Stir in vinaigrette, then allow the dish to sit for 5-10 minutes for all the flavors to melt together! Garnish with more parsley. Serve immediately or allow to cool them refrigerate to serve chilled.

Monthly Matters from The Maple Center

Recipes and picture from: <https://www.onegreenplanet.org/vegan-recipe/quinoa-power-salad-with-lemon-vinaigrette/>

Community Collaborations for June

Every month, The Maple Center for Integrative Health, collaborates with CODA in Terre Haute, IN. For those who do not know what CODA is, CODA stands for Council On Domestic Abuse. Their mission is the elimination of domestic violence and sexual assault through societal change and the empowerment of abused individuals and their minor children. The Maple Center provides monthly programs on integrative health initiatives that these individuals and their children might be interested in. In the past, we have held "Ask the Doc", "Yoga by Devaki", "Cooking demonstrations", and "Therapeutic writing". This month CODA asked if we could bring back our demonstration on essential oils since in the past it was a big hit! Our own, Nancy Humphries, will be going on June 11th to provide an excellent program to the wonderful individuals at CODA. Thank you, Nancy, for your continued excellence and support of integrative health methods and The Maple Center!



CODA



blue
DRAGONFLY
massage

TOTS & teaspoons



Hands on cooking class to teach Tots (ages 2-5) how to make fun, nutritious snacks with a caregiver. Nutritional information will be provided by a nutritionist during the making of the snack by Tot and caregiver. Food samples and take home nutritional information will be supplied.

10:00 am –11:00am

June 11th is "The Tiny Seed"

Activity is Healthy Fruit Popsicles

**Included with Museum Admission
at the Children's Museum of Terre Haute**



**Registration for each individual is required to ensure that adequate supplies are prepped. Class size limited.
Register with the Terre Haute Children's Museum**

Class Sponsored by:



The Maple Center for Integrative Health



Larry P. Fleschner
Memorial Foundation

Community Collaborations for June



Yoga for Addiction Recovery & Relapse Prevention

Y12SR Yoga works with traditional treatment programs to address the physical, mental and spiritual disease of addiction. Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction, Y12SR Yoga can aid in your recovery.

2019 Mondays
May 20, June 3 & 17, and July 1, 15, & 29
from 7:30 pm- 9 pm

At Next Step Foundation, Inc.
619 Washington Ave.
Terre Haute, IN 47802

Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. Through the practice and study of Yoga and the 12-steps, Lindsey has been able to find and keep herself in recovery from addiction. She has since become a certified RYS 200 Yoga Teacher and Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda physical practices.

Sponsored by



The Maple Center
for Integrative Health



YOGA OF 12-STEP RECOVERY

Y12SR

Monthly Matters from The Maple Center

The Maple Center and *PlantPure*

“The Maple Center in Terre Haute, IN gets on board with PlantPure Jumpstarts”

For the past decade, the Maple Center in Terre Haute, Indiana has been inspiring their community to make healthier lifestyle choices. The Maple Center is a nonprofit integrative health education center that offers classes and workshops in mind, body, and spirit to optimize wellness. The Center is fueled by 12 highly motivated volunteers with a mission to improve the health of people living in the area.



The story begins in 2009, when the Maple Center’s medical director, Dr. Kathleen Stienstra, learned about Dean Ornish’s work in reversing heart disease. She was so compelled by the data coming from Ornish’s work that she decided to train a team of volunteers to become “train-the-trainers” in Dr. Hans Diehl’s original Coronary Health Improvement Program (CHIP), which was an intensive eight-week program that met two times per week.

During the next three and a half years, the Maple Center touched the lives of over 300 people by exposing them to the concept of plant-based nutrition. Unfortunately, CHIP was too labor intensive and expensive for most participants, so the Maple Center developed their own lifestyle intervention program, LEAF (Lifestyle, Education, and Food). LEAF was also an eight-week program, but only met once a week. The Center was able to secure community support through grants to provide scholarships for qualifying participants, but this program still required a sizable volunteer team and extensive funding to run.

In 2015, six of the leadership team volunteers went to Indianapolis to see the documentary film *PlantPure Nation*. Not only did they get to meet Nelson and Kim Campbell, but they were convinced that the Jumpstarts demonstrated in the film would be a perfect fit for the Maple Center. The team decided to bring *PlantPure Nation* to Terre Haute, where it was viewed by over 300 people in a historic theater.

The team was hopeful that the Jumpstart program would attract a different demographic due to its 10-day length and programming. They liked the concept of having meals provided, as food preparation was the main stumbling block for most participants. Participants enjoyed the short daily videos sent via email and found them motivating and easy to watch. The Maple Center also added an important twist by including a 90-minute kick-off with Dr. Stienstra and the team at the start of the Jumpstart and then a celebratory dinner on the last day. The goal was to create a sense of community during the Jumpstart that would assist participants in making this new way of eating a lifestyle.

To date, the Maple Center has run three Jumpstarts with amazing success. One participant dropped their total cholesterol by 59 points, LDL by 41 points, and triglycerides by 74 points. Another participant lost 13 lbs. The Maple Center’s next Jumpstart is planned for June of this year. The effect this organization has had on their community is very motivating because it helps all of us realize the power we have to positively affect our own communities.

This article was done by Jason Boyer at *PlantPure* as a part of their Newsletter



4 Simple Summer Tips

#1- Color your Life!

By this we mean your plate! Summer is the PERFECT time to check out the local Farmer's Market and stock up on all the delicious fruit and vegetables they have to offer! The more color the better! Plus, since fruits and vegetables will be in season it will cost you less too, so stock up and freeze it for later in the year as well!



#2- Be smart in the sun!

Did you know damage to your skin can start in as little as 15 minutes? Simple tips: stay in the shade when you can, cover up with loose clothing or sunscreen use broad spectrum sunscreen that blocks UVA and UVB rays and get one that is higher than 15 SPF!

#3- Be a good sport!

Stay active this summer! Your body needs at least 30 minutes of aerobic activity a day or 150 minutes a week! Summer is an exciting time for paddle boarding, kayaking, hiking, biking, and even walking! Remember exercise and keeping your body moving has shown to improve sleep, mood, and help individuals lose weight.



#4- Drink up!

We are talking about H₂O! In the summer, individuals can easily become dehydrated and get disoriented. Skip the booze and the sugary drinks and get creative with some mocktails and summer slushes! Unsweetened iced tea, cucumber mocktails, watermelon slushes, doesn't that sound good?

Article modified and brought to you by: <https://www.fredhutch.org/en/news/center-news/2018/06/tips-for-healthy-summer-cancer-disease-prevention.html>

Mark Your Calendars

Upcoming LEAF Alumni Meetings

6:30pm-8:30pm at Union Hospital East- Conference Room-Next to Gift Shop

June 25th- "The Importance of Sleep and Healthy Eating"

***July 14th- at 5pm at Sylvia Oster's house- LEAF Picnic**

August 27th- "An Intro to Ayurveda- Wisdom of Life"

September 24th- "Organic vs. Non- Organic Foods"



Chair Yoga



Thursdays, July 11th- August 15th

10 am-11 am

Larry P. Fleschner Memorial Classroom

The Maple Center, Suite 400

1801 N 6th Street

Terre Haute, Indiana

FREE!

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! This is a drop-in class.

Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. Through the practice and study of Yoga and the 12-steps, Lindsey has been able to find and keep herself in recovery from addiction. She has since become a certified RYS 200 Yoga Teacher and Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda physical practices.



The Maple Center for Integrative Health



**Larry P. Fleschner
Memorial Foundation**



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.