

SEPTEMBER 2021



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



Plant Powered Community Meeting

September 8, 2021
Held the second
Wednesday of the
month

at 7:00 PM

Each month is a different topic
This month's topic is
Breathing

Contact
programs.maplecenter@gmail.com
for the link to the meeting

*"It's not one giant step
that does it.
It's lots of little steps."*

-Live Better

**September is
National
Recovery
Month!**

**To further support the community,
learn more about the Blackout
Addiction 5k: Glow Run, visit
<http://blackoutaddiction5k>**



National Recovery Month is a national observance each September to educate Americans on substance use treatment and mental health services. With these treatments and services, those with mental and substance use disorders can live healthy, rewarding lives. The 2021 National Recovery Month theme is "Recovery is For Everyone: Every Person, Every Family, Every Community."

5 Tips for Managing the Stress of Recovery:

- 1. Stay connected with friends and family.**
- 2. Physical activity is a mood booster!**
- 3. Have compassion for yourself and those around you.**
- 4. Recognize and observe your use of substances.**
- 5. It is OK to ask for help!**

**National Suicide Prevention
Lifeline**

1-800-273-8255

National Helpline:

1-800-662-4357

Sourced from: <https://www.naadac.org/national-recovery-month>



Plant-Based Recipes:



Vegan Butternut Squash Chili

Prep: 30 min Cook: 30 min

Servings: 5

Ingredients

- 2 lbs of butternut squash, peeled and diced into 1/2 inch chunks
- 28 oz can diced tomatoes
- 15 oz can black beans drained
- 15 oz can pinto beans drained
- 1 1/2 cups vegetable broth
- 1 cup cooked quinoa
- 1 yellow bell pepper diced
- 2 chipotle peppers in adobo chopped
- 5 garlic cloves minced
- 1.5 tsp paprika
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/4 tsp pepper
- cilantro for garnish

Instructions

1. Heat 2 tbsp of vegetable broth in a 5-quart dutch oven over medium heat
2. Add garlic, chipotles, and butternut squash to the pot, cooking for about 10 minutes and stirring occasionally. Add more vegetable broth if the pot gets dry.
3. Add the bell pepper and cook for about 5 minutes.
4. Add black beans, pinto beans, diced tomatoes, 1 1/2 cups vegetable broth, quinoa, and all of the spices (paprika, cinnamon, salt, and pepper). Mix well.
5. Bring to a simmer and let simmer for 10 minutes. Check that the butternut squash is cooked. If not, simmer for longer.
6. Serve in a bowl and garnish with cilantro!
7. Add toppings as desired - avocado chunks, tortilla chips, and cheese are all ideas!

Sourced from: <https://www.savorytooth.com/butternut-squash-chili/>

Vegan Cornbread



Cook: 25 min
Servings: 9 slices

Ingredients

- 1 1/2 batches flax egg (1 1/2 tbsp flaxseed meal + 4 tbsp water)
- 3/4 cup unsweetened plain almond milk
- 1 tsp lemon juice or apple cider vinegar
- 1/2 tsp baking soda
- 1/3 cup vegan butter, melted
- 1/2 cup organic cane or granulated sugar
- 2 tbsp unsweetened applesauce
- 1/2 tsp sea salt
- 3/4 cup fine yellow cornmeal
- 3/4 cup unbleached all-purpose flour

Instructions

1. Preheat oven to 350 degrees F and grease an 8x8 inch baking dish
2. Prepare flax egg in a small bowl. Let sit for a few minutes to achieve the "egg" texture. Set aside.
3. Add almond milk, then lemon juice, and let curdle for a few minutes. Add baking soda and stir. Set aside.
4. Add melted butter and sugar to a large mixing bowl and whisk to combine. Add applesauce and flax egg, whisk again. Add almond milk mixture and mix again to combine.
5. Add salt, cornmeal, and flour and stir until it looks thin and somewhat lumpy.
6. Add batter to prepared dish and bake for 28-37 minutes until the edges are golden brown.
7. Let rest in the baking dish for a few minutes before serving.

Sourced from: <https://minimalistbaker.com/perfect-vegan-cornbread/>



Prep: 10 min Cook: 32 min
Servings: 4

Vegan Peach Baked Oatmeal

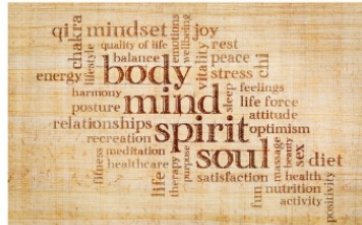
Ingredients

- 2 cups old fashioned oats
- 1 tbsp cinnamon
- 1/2 tsp pumpkin pie spice
- 1/2 tsp baking powder
- Pinch of salt
- 2 tbsp coconut oil, melted
- 1 1/2 cups almondmilk
- 1 mashed banana
- 1 tsp vanilla
- 2 large peaches, pitted/sliced
- 1/2 lemon juice
- 1/4 cup brown sugar

Instructions

1. Preheat oven to 300 degrees F, spray a 9x13 baking dish.
2. In a large bowl, whisk oats, cinnamon, pumpkin pie spice, salt, and baking powder to combine.
3. Stir in the almond milk, banana, vanilla, and coconut oil
4. Pour the oat mixture into a baking dish and spread evenly.
5. Toss peaches in a bowl with lemon juice and brown sugar until coated.
6. Place peaches on top of the mixture, drizzle leftover brown sugar/lemon juice mixture on top.
7. Bake for 20-25 minutes, until set and the oats are fluffy.
8. Cool slightly before serving.

Sourced from: <https://www.bluediamond.com/recipes/vegan-peach-baked-oatmeal>



HEALTH IS WEALTH

BE ABUNDANT IN HEALTH

Learn the ins and outs of healthy living from a multitude of professionals. Discover all the options available to you as you walk the path to a healthier and happier lifestyle.

**20 Speakers
&
26 Exhibitors**



THE MAPLE CENTER FOR INTEGRATIVE HEALTH
PRESENTS

CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

SATURDAY, SEPT 18, 2021

9:30 AM - 4 PM

ROSE HULMAN INSTITUTE OF TECHNOLOGY MUSSALLEM UNION

\$5 per adult, kids free

A showcase of integrative health professionals, a variety of topics:

- **Get Your Brain Back in High Gear** by Dr. Kathleen Stienstra
- **The Power of Your Breath** by Danielle Bryan, founder of Illumination Wellness
- **What is a "Codependent Relationship?"** by Dana Simons, LCSW, LCAC of Next Step
- **Beyond the spa model of massage** & forward to functional movement, posture, pain, & self-care by Charlie Penick, Massage Therapy Coordinator & Program Instructor
- **Why Your Bowel Less** by Brock Sokolowski, PA-C from Digestive Health Associates
- **Healthy Dining in the Valley** by The Maple Center LEAF Leadership Team
- **Acid Reflux: Reduce Your Toxins, Reduce Your Toxic Load** by Dr. Kristen Walton,
- **Plant-Based Diet Relief** by Nancy, owner of Blue Dragonfly Massage, LMBT9062, MT211
- **What is Yoga and other practices that support a life in recovery** by Lindsey Skelton, BS, ADS, RYT
- **Yoga: Learn what yoga is telling us about the mind body connection & how Yoga can facilitate a healthy strong connection** by Nancy, RYT200, owner of Common Ground Yoga
- **Staying Healthy with the Chinese Medicine Perspective** by Dr. Chris Leininger, DACM, L.Ac of Pure Health Acupuncture
- **Partnering with Someone Living with Dementia: Gentle Journey** by Elizabeth Collins, BSN, MA
- **Employee Wellness** by Marilyn Byrd, RN, Director of Employee Health at Union Hospital
- Plus many more, to see a full list go to www.maplecenter.org



ROSE-HULMAN
INSTITUTE OF TECHNOLOGY



Visit www.maplecenter.org for more information about the event.
For inquiries call (812) 234-8733 or email info@maplecenter.org

Monthly Matters from The Maple Center



Turn Over a New LEAF

with the Lifestyle Education and Food Team!

Expand your healthy eating habits! Lose weight! Feel better!

Join The Maple Center in the kitchen to learn about
HEALTHY WEIGHT MANAGEMENT
NUTRITION EDUCATION & COOKING DEMONSTRATIONS

You will learn lifesaving nutrition information.
Explore how a whole food plant-based diet rich in vegetables, fruits, grains, and legumes
can enhance your health and support your wellness goals.

Class topics include Starting Your Journey, Powerful Proteins, Your Plate & Your Illness, Breaking
the Food Seduction, Digestive Health and Staying on Track.

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

4 Thursdays,
October 14 - November 4, 2020
6:00-8:00 PM

.....

The Maple Center
1801 N 6th St.
Terre Haute, IN 47804
in the Larry P. Fleschner
Classroom - Suite 400



\$50 for
four (4) Face-to-face
in classroom instructional
sessions
(Price includes printed
materials, food samples
and recipes)

REGISTER at www.maplecenter.org or call 812-234-8733
Registration Deadline is Monday, October 4, 2021



EAT HEALTHY

simple and delicious



Cooking workshops
focused on healthy
eating.

Located at the Next
Step Foundation, Inc.
619 Washington Ave,
Terre Haute, IN
47802

Class 2 - Thursday, Sept 2, 2021

Balanced Meals & Eat the Rainbow
Meal Plan

Packing Lunch

Left over-Make over

Guacamole & Chips

Texas Caviar

Smoothie

Class 3 - Thursday, Oct 7, 2021

Quick Healthy Meals

Dinner on a Budget

Stir Fry with Rice

Fruit Crisp



OLLI PRESENTATIONS

CHANGING AND BREAKING HABITS



With Andy Smith, MS, LAC

Wednesday October 13, 2021 | 1:30 PM

Change is simple, but not always easy. Change is simple in the sense that there are particular parameters in the change process. We call them stages. Also, it is encouraging to understand that habit formation can be mastered and manipulated in order to see a difference in our lives and relationships. In our time together on October 13, we will consider these paths of change and how they may influence our future health and wellbeing.

Andy serves Next Step as an addiction educator and licensed addiction counselor. Although an Illinois native, Andy earned degrees from the U.S. Naval Academy and the University of Maryland. During the past 30 years, he has served at-risk populations, military families, and congregations across the East Coast. Andy has been the lead pastor at Christway Church in Terre Haute since 2015.



**LOCATED AT THE LANDSBAUM CENTER FOR
HEALTH EDUCATION AUDITORIUM
1433 N 6TH 1/2 ST, TERRE HAUTE, IN 47807**





Chair Yoga

Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial Classroom Classroom and are streamed live online via our Facebook page.

 @themaplecenternonprofit

This class is offered free of charge thanks to our generous sponsor:



SPACE is limited on site



The Maple Center
for Integrative Health Nonprofit 501 (c)3
1801 North 6th Street, Suite 600
Terre Haute, IN 47804
812-234-8733
www.maplecenter.org

FREE!

MONDAYS 3-5:15PM

No Sign up or Registration Required

Walk - In Clinic



AURICULAR ACUPUNCTURE

A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at
The Maple Center for Integrative Health Nonprofit
1801 N. 6th St. - Suite 100



Recovery Yoga

at

Next Step Foundation

619 Washington Ave
Terre Haute, IN 47802

Sundays* @ 5:00 pm *(starts July 11th)

Mondays @ 10:30 am

Thursdays @ 4:00 pm

Fridays @ 9:30 am

No Charge - No Registration

Recovery Yoga works with traditional treatment programs to address the physical, mental and spiritual dis-ease of addiction.

Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction,

Recovery Yoga is a powerful tool.



Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. She is a certified RYT 200 Yoga Teacher and certified Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda yoga.

Sponsored By:



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.

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.
- 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.
- **Volunteer** your time or donate supplies
- You can also help by "**Liking**" our **Facebook page** and by spreading the word about our programs!

We appreciate your support!



Partnering Private Practices

**Integrative Medical
Consultation and
Medical Acupuncture**

**Monday through
Thursday
By Appointment**

**Kathleen A. Stienstra,
MD
Clinical Appointments
Call 812-235-4867**

**Therapeutic Massage
Therapy**

**Fridays & Saturdays
By Appointment**

**Nancy Humphries,
LMBT
Call 812-251-9190**

**Neuromuscular
Re-education**

**Tuesdays ,
Wednesdays, &
Thursdays or
By Appointment**

**Fee: \$60.00: 1hr.
Treatment**

**Penny Money
Call 317-670-3764**

**Mental Health
Counseling**

**By appointment
Fee: \$60 per hour**

**Jan Croft, MS, LMHC,
NCC
Call 812-240-5804**

**Registered Dietitian
Nutritionist**

By appointment

**Sylvia Middaugh,
MS, RDN, CD
Call 812-229-4059**

**Holistic Lifestyle
Consultant**

By appointment

**Devaki H.Lammet,
M.A,
Call 787-464-5651**



www.maplecenter.org