



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS

September 2017

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There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
– Albert Einstein



GRAIN-FREE PUMPKIN BARS

Ingredients

- 1/2 cup [pumpkin puree](#)
- 1/2 cup [almond butter](#)
- 1/3 cup honey
- 2 eggs
- 2 teaspoons pumpkin pie spice*
- 1 teaspoon [vanilla extract](#)
- 1/4 teaspoon [sea salt](#)
- 1/2 teaspoon [baking soda](#)

Instructions

Preheat oven to 350F and grease an 8" x 8" pan
Combine all of the ingredients in a medium bowl, and mix well until a smooth batter forms.
Transfer the batter to the greased pan, and bake at 350F for about 30 minutes, until the edges are golden brown and the center is firm.
Allow to cool completely in the pan, then cut and serve!

Maple Pecan Glaze (Dairy-free)

Ingredients:

- 3/4 cup pecans
- 1/4 cup pure maple syrup
- 2 Tablespoons coconut oil
- 1/4 cup water
- 1 teaspoon vanilla extract
- Pinch of sea salt

Directions:

Combine all of the ingredients in a high-speed blender, and blend until smooth and creamy.

Reference: <https://detoxinista.com/grain-free-pumpkin-bars/>

The Maple Center's 6th Annual Golf Scramble Sponsors

GOLF SCRAMBLE WINNERS:



1ST Place with a Gross of 56 was Dale Long, Dave Collins, Rick Petty, and Rick Langdon



2nd Place was team Jones & Sons with a 59. Players included Kurt Jones, , Mike Weir, Aaron Armes, Brian Cottom



3rd Place was team Schoffstall with a 61. Players included Steve Enochs, Jason Walters, Scott Schoffstall and Todd Schoffstall

CONTEST WINNERS:

LONGEST DRIVE sponsored by Overhead Door Co. of Terre Haute was Dale Long
CLOSEST TO THE PIN sponsored by Sackrider & Company was Rick Langdon

The Maple Center's
6th Annual Golf Scramble Sponsors



First Financial Bank

Always Close To Home



APPRAISALWORKS

The Genuine. The Original.



Overhead Door Company
of Terre Haute, Inc.



Sackrider & Company
812-232-9492



CENTRAL INDIANA ASPHALT



The HSC Group at Morgan Stanley

Terry L Hogan
812) 232-1144



Thompson's

Honda

State Farm



Phil Gauer

Mike's
Technology Group

Bart Mooney



Dave Collins

Join The Maple Center Team

for the

2017 Komen Wabash Valley Race for the Cure®

Saturday, October 7, 2017

Registration at 7:30 am

Kid's Dash at 8:45 am

Celebration Ceremony/Pink Parade at 9:00 am

Race begins at 9:30am

Race Starting Point: Meadows Shopping Center
25th & Poplar
Terre Haute, IN 47803

Contact our Team Captain Debbie Stevens

at debbiestevens53@gmail.com to get signed up



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



OLLI Series at Landsbaum from 1:30 - 3:00 pm
Cost: No charge and no OLLI membership needed

**“It’s all about Eating – Does it matter
what I put in my Mouth?”**

Wednesday, Sept 13, 2017 Being a Nutritarian by Sylvia Middaugh, MS, RDN, CD

How to get the best nutritional quality from your food so that you can achieve the best mental, physical and emotional health.

Sylvia Middaugh, MS, RDN, CD is a registered dietitian nutritionist with her own nutrition counseling and education practice called Nutrition for Healing which operates under the umbrella of the Maple Center in Terre Haute. Her focus is the many ways that food can be used to help in the healing process from digestive issues and chronic disease to food allergies and sensitivities.

Wednesday, November 8, 2017 Breaking The Food Seduction by Miren Beristain

Today more and more people are falling prey to various lifestyle diseases like obesity, heart attacks, diabetes, hypertension, depression and even cancer. Lifestyle diseases, are often caused by lifestyle habits and hence they can be prevented by following simple changes in day to day life.

This presentation by Miren Beristain, member of the Maple Center LEAF (Lifestyle Education and Food) Leadership team will discuss the hidden reasons behind food cravings and ways to control and eliminate those cravings. This discussion will be based on the book BREAKING THE FOOD SEDUCTION by Neal Barnard, MD.

Wednesday, December 13, 2017 Mindful Eating: Joyful Eating, Balanced Eating by Jean Kristeller, ISU Professor Emerita

Mindful eating helps us connect our eating with the needs of our body and mind. This program will introduce the basic concepts of mindful eating: learning to become more aware of our experiences of hunger, fullness and taste, to create a better relationship with food and with our bodies. The program will include experiences in mindfulness practice and in mindful eating. You'll learn how to eat less -- and enjoy it more!

Jean Kristeller is Professor Emerita in the Dept. of Psychology, Indiana State University, and has received multiple NIH-funded grants to study mindful eating. She lectures and teaches nationally and internationally about her work. She is the author of the book "The Joy of Half a Cookie: Using Mindfulness to Lose Weight and End the Struggle with Food." Perigree/Random House, 2015.



Presented by:
The Maple Center for Integrative Health

*Larry P. Fleischer
Charitable Foundation*



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