

# Happy Thanksgiving!



## MONTHLY MATTERS

THE MAPLE CENTER FOR INTEGRATIVE HEALTH

November 2016

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### THE MAPLE CENTER UPDATE

Commencement for our LEAF 7 class took place this month. Congratulations to all of you who completed the class and we wish you good luck on your new lifestyle journey.

We have started our Annual Fundraising Event this month and we ask that each of you to help support the Maple Center in anyway that you can. Here are ways that you can help the Nonprofit office continue with their successes:

- 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](http://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.



Funds raised during our Annual Fundraising Event help support our programing costs and give scholarships to those less fortune to attend programs that change their lives.





## Holiday Soup For The Soul

### Ingredients:

- 1 large carrot, peeled and chopped
- 1/2 cup red quinoa, uncooked
- Water to sauté onions
- 1 medium sweet onion, finely chopped
- 1 medium zucchini, chopped
- 3 cloves garlic, minced
- 1 vegetable bouillon cube
- 6 cups water, boiled
- One 15-ounce can diced tomatoes
- 1.5-2 cups cooked black beans (about one 15oz can)
- 1 tsp good-quality curry powder
- Pinch or two of cinnamon
- Pinch of ground nutmeg
- 2 cups baby spinach leaves, well rinsed and roughly chopped
- 1/2 tsp kosher salt, to taste
- Freshly ground black pepper, to taste
- Pinch of saffron threads (optional, but tasted amazing)

**Directions:** Sauté the chopped sweet onions with water until translucent. Add the chopped carrots, chopped zucchini, and minced garlic, and continue to sauté for about 5-7 minutes.

Place your bouillon cube into a medium sized bowl. Boil 6 cups of water and pour over the bouillon cube. Stir well to dissolve. Add bouillon mixture, tomatoes, red quinoa, black beans, and spices + seasonings. Bring to a boil and then simmer gently for 15 to 20 minutes.

Add the roughly chopped spinach, stir well, and cover. Simmer on low for about 15-35 minutes. The longer you cook it the more the flavors will develop. Taste test and adjust seasonings if necessary. Garnish with nuts of choice if preferred.

Makes about 8-10 cups.

Adapted from: <http://ohsheglows.com/2010/11/16/holiday-soup-for-the-soul/>

## “O Tannenbaum, O Tannenbaum”



And you thought this column would be about food! Well it is, about nourishment at least. In thinking about Christmas coming up I was reminded that we who live in northern climes like to have evergreens in our houses at Christmas time. More and more we are using artificial ones but I would like you to consider bringing fresh evergreen boughs into your home in some way or another whether it be in the form of a tree, a mantel swag, a centerpiece or a wreath.

In the German carol “O Tannenbaum, O Tannenbaum” tribute is paid to the fir tree for its qualities of constancy and faithfulness because it is green all year round. Being green is not its only benefit however. Evergreens have oils that are very pungent. When we breathe these in they help to open up our respiratory tracts making it easier to breathe. These oils are also known for calming the Inflammatory response. So give yourself the gift of a breath of fresh air this holiday season and bring in some live evergreens.

For those of you who love recipes here is one using eucalyptus oil (which is an evergreen).

1 Tbsp raw honey  
2 Tbsp fresh lemon juice  
1-2 drops of eucalyptus oil  
10 oz of very hot or boiling water

Drink when mixture cools enough to sip. Good for relieving chest congestion.

Merry Christmas and Best Wishes for a healthy New Year!

Sylvia Middaugh, RDN, CD  
Nutrition for Healing, P.C.  
812-229-4059





# Lifestyle Education And Food

We would like to thank all of the wonderful volunteers who helped with the LEAF 7 class. The class could not have been held without your assistance.

Also thank you to the International Union of Operating Engineers for allowing us to use their facility.

Again,

*Thank  
You*



# New Year, New You

Are you ready to expand your healthy eating habits?  
Kickstart your health? Lose Weight?

**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, Jan. 26** Power of Your Plate  
**Thursday, Feb. 2** Let's Go! Getting in Gear  
**Thursday, Feb. 9** Breaking the Food Seduction  
**Thursday, Feb. 16** Keys for Natural Appetite Control  
**Thursday, Feb. 23** Digestive Health

**TIME: 6:00-8:00 PM**

**LOCATION: Wabash Activity Center, 300 S 5th St, Terre Haute, IN 47807**

**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. Fleschner Memorial Foundation*

**Round up your family and friends and get started today!**

**REGISTER AT [www.themaplecenter.org](http://www.themaplecenter.org) or call 812-234-8733**



The Maple Center for Integrative Health







The Maple Center, Inc.  
Nonprofit 501(c)3



Dear Friend and Supporter of The Maple Center for Integrative Health,

**Thank you for your involvement and support.**

As unique as a snowflake, the Maple Center's Nonprofit serves our community by offering health education and clinical services which combine the best of modern medicine with the best of complementary approaches. We are here to help you and your loved ones live a full and healthy life.

**What have you helped us to accomplish in 2016?**

- Lives have been changed and saved by learning how to embrace a healthier lifestyle. Knowledge, experience and support are critical elements in making changes that challenge the standard American culture. We offered two 9 week adult Wabash Valley LEAF (Lifestyle Education and Food) Classes and a series of 4 week classes that focused on Cancer or Diabetes (see the back of this sheet for details). An active free monthly alumni program provides ongoing support.

***"I am off my blood pressure meds and my gout is gone. YEA! I am 20 lbs. less than I was when I started the program." ~Anonymous***

***"My angina is completely gone and my diabetes is in much better control!" ~ Anonymous***

- In collaboration with OLLI (Osher Lifelong Learning Institute), we offer a monthly health-related free presentation. Themes this year were "The New Frontier: The World of Genetics" and "Healthy Digestion-Body, Mind and Spirit."
- We offered ongoing Therapeutic Yoga Classes and a low cost Saturday workshop, -"Healing Practices for Self Care with The Maple Center".

***"The workshop was very eye opening and there were great suggestions for me to implement in my life." ~ Anonymous***

- Our free electronic "Monthly Matters" newsletter and updates to the Facebook page and website keep us electronically connected with you.
- The nonprofit Maple Center provides a physical space for credentialed integrative practitioners in private practice to offer services to you. New part time practitioners this year include Kristen Walton, DC, CAC-functional health and acupuncture; Devaki Lammert, MA -Ayurvedic counseling; Catherine Tucker, PhD, LMHC, RPTS-Theraplay and Counseling; Sylvia Middaugh, MS, RDN, CD-Nutritional Counseling; Liz Samsell, MS, LCSW, HTP and Sharon Samsell, MDiv, LMHC, CHTP/I-Healing Touch, Cranial Sacral Therapy and Shamanic Healing. Our community is richer for having these services available.
- The John Black Memorial Library has become a lending library. Patrons can now search the availability of titles online (<https://www.librarycat.org/lib/JBlack1801>) and then come into the center to check out the materials.

***Please support our cause and impact a life by completing the enclosed form and giving generously to the Nonprofit. Your donation allows us to continue educating the Wabash Valley, to keep our programming at a low cost, and to provide scholarships for low income individuals.***

Happy Healthy Holidays,  
The Board, Staff and Clinicians of the Maple Center



# The Maple Center for Integrative Health's Nonprofit Resources & Activities

*Thanks to our volunteers, instructors, clinicians and supporters!!!*



**Monthly Matters Newsletter**, free E-Newsletter with health update articles. Past newsletters are now indexed on our website.

**Wabash Valley LEAF (Lifestyle Education & Food) Program** - 9 week life style changing program offered 2 times per year

**LEAF Applied Nutrition Workshops and Grocery Store Tours** - offered 2 times per year

**LEAF Alumni Meetings** - free monthly gatherings for support, food and education

**The Power of Food for Cancer Prevention & Survival** - 4 week program offered 2 times at HUX Cancer Center and Maryvale Low Income Housing Center

**The Power of Food for Diabetes Prevention & Treatment** - 4 week program offered at Maryvale Low Income Housing Center.

**OLLI (Osher Lifelong Learning Institute) Health Series presentations** - free presentations 9 times per year on topics such as Chronic Pain Series, The New Frontier: The World of Genetics Series, Nutrition in Cancer Prevention, Brain Inflammation, Stress Reduction, and Mind, Body & Spirit Wellness.

**Dr. John Black Memorial Library** (onsite at Maple Center and online at [www.themaplecenter.org](http://www.themaplecenter.org))

**Therapeutic Yoga Classes** - six week class series tailored to each individual's health needs

**Community Health Awareness Events** (participation in several community Health Fairs, etc.)

**The Breastfeeding Coalition** - housed under The Maple Center umbrella.

**Lactation Station** at the Vigo County, Parke County Fairs, Earth Day at SMWC and many other events. The **Breastfeeding Works Award** presented each year to an individual business for workplace support of breastfeeding.

**The Coleman Cancer Foundation** - a collaboration with Dr. Sang Huh to provide integrative health services to his patients.

## **Clinical Services:**

Kathleen Stienstra, MD-Integrative Medicine and Medical Acupuncture

Jennifer Brooks, PA-C-Integrative Medicine

Karla Zody, MD (now retired);-Family Medicine

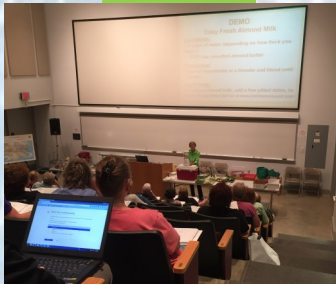
Nancy Humphreys, LMT;-Massage Therapy

Penny Money-Neuromuscular Reintegration

Jan Croft, MS, LMHT-Mental Health Counseling

Tracy Richardson, MT-Music Therapy

Plus the new practitioners listed on the front page.



*We gratefully acknowledge support from First Financial Bank, The AmeriCorps Program, The Larry Paul Foundation, The Gibson family, The Pomeroy Wellness Program supported by a grant from Better Health Wabash Valley, Terre Haute Chamber of Commerce, Union Hospital, and many individual and business donors of time, treasure and talent.*



## Topics on which to Chew: Digesting your Food, Mood, Words, and Energy

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

Sponsored by:



The Maple Center for Integrative Health



**December 14, 2016 - What's Eating You?: a look at how energy around and in you affects your overall health.**

Presented by Sharon Samsell, LMHC, CHTP/I Liz Samsell, LCSW

This presentation will introduce you to the body's energy field and how its digestive system works. Basic self-care will be taught to aid your system to keep your energy flowing.

Sharon and Liz are mental health professionals offering a variety of integrative modalities including Healing Touch, Craniosacral therapy, and Shamanic Healing. Together they have over 35 years of experience in the healing arts.



# 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**

## **Functional Health & Professional Acupuncture**

Tuesday & Thursday

By Appointment

***Kristen C. Walton, DC, CAC***  
**Clinical Appointments**  
**Call 812-235-4867**

## **Integrative Medical Consultation**

Wednesday & Friday

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](http://www.themaplecenter.org)

**Newsletter article submission due by the 22nd of each month for the following month.**  
**Email article to: [dferguson@themaplecenter.org](mailto:dferguson@themaplecenter.org)**



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**E-mail: [info@themaplecenter.org](mailto: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](http://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](http://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](mailto:debbiestevens53@gmail.com)**

**Check us out at:**

**[www.themaplecenter.org](http://www.themaplecenter.org)**