

NOVEMBER 2021



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



November is American Diabetes Month

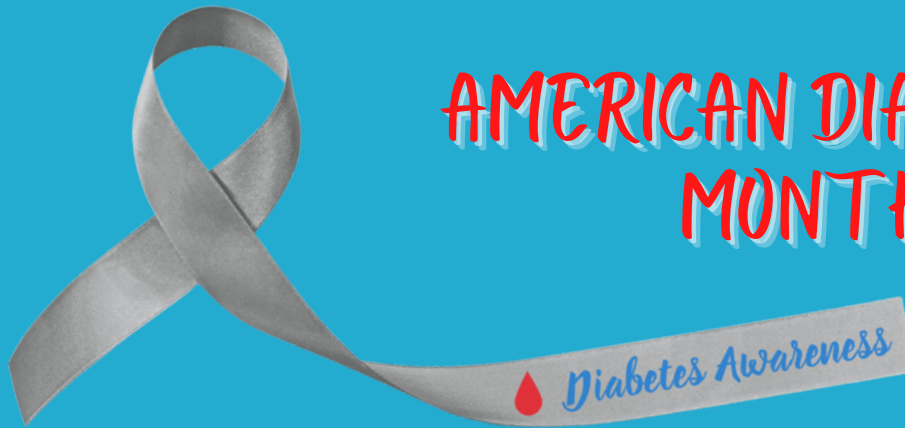
Control the ABC's of
Diabetes

A - A1C Test

B - Blood Pressure

C - Cholesterol

Sourced from: <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Control-the-ABCs-of-Diabetes.pdf>



AMERICAN DIABETES MONTH

DIABETES FAST FACTS

- In November every year, communities come together to bring awareness to diabetes.
- Over 88 million, 1 in 3, American adults have prediabetes and more than 8 in 10 of them don't even know they have it.
- Prediabetes means your blood glucose levels are higher than normal, but not high enough to be diagnosed with diabetes.
- Prediabetes can lead to the most common form of diabetes, type 2.

CONTROL THE ABC'S OF DIABETES

A - A1C Test: This test shows you what your blood glucose has been over the last 3 months and tests if your blood glucose is under control. Get this test at least twice a year.

B - Blood Pressure: The higher your blood pressure, the harder your heart has to work. Get your blood pressure measured at every doctor's visit.

C - Cholesterol: Maintain a normal cholesterol level (under 200 mg/dL). Get your cholesterol tested once per year.

Sourced from: <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Control-the-ABCs-of-Diabetes.pdf>

THE NATIONAL DIABETES PREVENTION PROGRAM

- The National DPP is a partnership of public and private organizations working to prevent or delay type 2 diabetes.
- This program is proven to prevent or delay type 2 diabetes.
- Participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing type 2 diabetes by up to 58% and 71% for people over 60 years old.

Sourced from: <https://www.cdc.gov/diabetes/prevention/about-prediabetes.html>



Plant-Based Recipes:



Festive Vegetable Vegan Pot Pie

Filling Ingredients

- 1/4 tsp ground allspice
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 4 cups frozen vegetable medley
- 1/4 cup nutritional yeast
- 2 tbsp gluten-free oat flour
- 2 tbsp lemon juice
- Sea salt
- 1 medium onion, cut into 1/4 inch dice (2 cups)
- 3 cups button mushrooms cut into 1/4-inch dices
- 1 tbsp fresh garlic, minced (6 cloves)
- 1 can diced tomatoes (1 1/2 cups)

Crust Ingredients

- 2 large potatoes cut into larger pieces
- 1 1/2 cups gluten-free oat flour
- 1/4 cup almond flour
- 1 tbsp ground golden flaxseed
- 1 tbsp fresh rosemary
- 1/2 tsp sea salt
- 1 tsp baking powder

Instructions

1. Preheat oven to 425F. To make crust, place a steamer insert in a saucepan over 1-2 inches of water. Cover pan and bring to boil over medium-high heat. Add potatoes, cover, and steam for 10 min until potatoes are tender when pierced with tip of a sharp knife. Remove pan from heat and transfer potatoes to a large bowl to cool. Mash the potatoes well with a potato masher.
2. Mix together oat and almond flours, flaxseed, rosemary, salt, and baking powder in bowl. Add potatoes and mix well by hand. Add water in 1 tbsp increments up to 3 tbsp to bind the dough if needed. Without kneading, gather dough into a ball.
3. Divide dough into two equal portions. Line a wood cutting board with plastic wrap and lightly dust with oat flour. Place one portion of dough on the plastic, cover it with a second piece of plastic, and roll the dough into a 10 to 11 inch disk. Lay the dough in a dry pie dish, pressing up the sides of the dish. Poke dough with a fork. Bake for 20 minutes.
4. Roll the second portion of dough into a 10 to 11 inch disk and set aside.
5. To make filling, place the onions, mushrooms, and garlic in saucepan. Saute over medium heat, stirring frequently, for 10 min or until the onions turn translucent.
6. Add the tomatoes, allspice, cinamon, nutmeg, pepper, and cloves. Cook mixture for another 5 minutes.
7. Add frozen vegetables, nutritional yeast, oat flour, lemon juice, and salt and pepper to taste. Cook for another 5 minutes.
8. Pour the filling into the pie crust. Lay the top crust over the filling and crimp the dough around the edges.
9. Bake the pie for about 60 min, or until golden brown. Remove from oven and let sit for 10 min before cutting and serving.

Sourced from: <https://www.forksoverknives.com/recipes/vegan-baked-stuffed/festive-vegetable-pot-pie/>

Green Apple Coleslaw



Ingredients

- 1/3 cup unsalted raw cashews
- 1 12oz pack shredded cabbage with carrot
- 3 Granny Smith apples, chopped
- 1 cup seedless red grapes, halved
- 1 stalk celery, thinly sliced
- 1/2 tsp onion powder
- 1/2 tsp dry mustard
- 1/2 cup unsweetened plant milk
- 2 tsp poppy seeds
- sea salt and ground black pepper to taste

Instructions

1. In a small bowl, submerge cashews in hot water, let stand for 15 min, and then drain. Set aside.
2. In a large bowl, combine cabbage, apples, grapes, and celery.
3. For dressing, in a small food processor or blender combine cashews, onion powder, and mustard. With processor running, slowly add milk until mixture is creamy and smooth. Stir in poppy seeds.
4. Pour dressing over cabbage mixture, toss to coat. Season with salt and pepper.

Sourced from: <https://www.forksoverknives.com/recipes/vegan-salads-sides/vegan-green-apple-slaw/>

Almond-Oat Cookie Bars with Pumpkin Frosting

Cookie Bar Ingredients

- 3/4 cup applesauce
- 1/2 cup almond butter
- 1 tbsp pure vanilla extract
- 1 1/2 cups oat flour
- 1/3 cup sorghum flour
- 1/2 cup pure cane sugar
- 2 tbsp ground flaxseed
- 1 tbsp pumpkin pie spice
- 1 tsp baking powder
- 1/2 tsp sea salt



Frosting Ingredients

- 2 cans pumpkin puree (3 cups)
- 2 tbsp arrowroot powder
- 3/4 cup applesauce
- 2 tbsp pure vanilla extract
- 1 1/2 tbsp pure cane sugar
- 1/2 cup dried cranberries, chopped
- 1/4 cup pecans, chopped

Instructions

1. Preheat oven to 350F. Line a 9x13-inch sheet pan with a silicone baking mat.
2. In a bowl, mix 3/4 cup of the applesauce, almond butter, and 1 tbsp vanilla
3. In separate large bowl, mix flours, sugar, flaxseed, pumpkin pie spice, baking soda, and salt.
4. Add the wet mixture to the dry mixture. Mix to combine. (Do not overmix.)
5. Spread batter evenly on prepared sheet pan. Use a spatula to tidy the edges to form a rectangle. With the help of a bench scraper or blunt knife, score the dough to make 16 bars.
6. Bake 30 to 35 minutes, until the top appears dry and lightly browned. Remove from oven and let cool.
7. Meanwhile, place 2 tbsp of pumpkin puree in small bowl. Add arrowroot powder and mix well. Set aside.
8. For frosting, in a small pan combine the remaining pumpkin puree, 3/4 cup applesauce, and 2 tbsp vanilla. Cook over medium-low 20-30 min, stirring occasionally, until mixture starts to thicken. Stir in arrowroot-pumpkin paste. The paste will turn the mixture a creamy hue; continue cooking over medium-low for 5 to 7 minutes, or until it becomes more translucent and texture is smooth. Remove from heat and let cool for 10-15 minutes.
9. Spread an even layer of frosting onto bars. Generously sprinkle the cranberries and pecans, if desired. Cut bars along score marks.

Sourced from: <https://www.forksoverknives.com/recipes/vegan-desserts/almond-oat-cookie-bars-with-pumpkin-frosting/>

Mind-Body Skills Group

Taught by Suzanne Kunkle, Ph.D., H.S.P.P.

A virtual experiential investigation of the integral relationship between mind, body, & wellness.

The workshop is \$10 and registration is required.

Class size is limited.

Register at www.maplecenter.org

Via Zoom

Nov. 13th:
9:00 AM-5:00 PM with
45 min lunch break

Nov. 14th:
1:00 PM-4:00 PM



You will learn and practice the following mind-body modalities:

- Movement, exercise, and breathing
- Biofeedback and autogenic training
- Meditation
- Guided imagery
- Yoga, Tai Chi or Qi Gong
- Mindful and healthy eating as a component of self-awareness
- Relaxation



The Maple Center, Inc. Nonprofit 501(c)(2)
1801 N 6th St, Ste 600
Terre Haute, IN 47804
(812) 234-6733
www.themaplecenter.org



Larry P. Fleschner
Memorial Foundation

FAMILY YOGA

with Ellie Templeton

**Join The Maple Center for a one-hour
Family Yoga class this fall!**

Open to families of all ages and stages! Content is ideal for children ages 5-12. We will learn about stretching, movement, and breath using games and music. No experience needed and mats are available.

**Sundays at 2:00 PM
October 17th, October 24th
October 31st, November 7th**

**The Red Barn Lawn: 5001 Poplar St
Terre Haute, IN 47803***

**Please register
and pay at
www.maplecenter.org**

**Price: \$5 per person
or \$20 per family**

***Weather permitting. In the event of undesirable weather, we will meet at The Maple Center in the Fleschner Classroom, Suite #400. Location changes will be announced by 10:00 AM Sunday. Masks required indoors.**



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**Larry P. Fleschner
Memorial Classroom**

GENTLE YOGA



with Allison Wood at The Maple Center

Gentle Yoga is a gentler form of traditional yoga that goes at a slower pace, focusing on breathing and stretching rather than strength and flexibility.

Tuesdays at 4:00 PM

\$5 per session

**starting November 16th
in the Fleschner Memorial
Classroom, Suite #400**

**Please sign up prior to each
class at www.maplecenter.org**



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Memorial Foundation



MEDITATION TUESDAY

Group led by Meditation Professionals

Join The Maple Center for Meditation
Tuesday, a monthly meditation group!

This month's topic is
Mindfulness: Breath, Being, and Eating
Instructed by Jean Kristeller

Jean will introduce the framework for
bringing mindful awareness to all parts of
who we are.

Included in the practice will be core
breath-related meditation along with a
simple introductory eating awareness
practice.



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**Second Group
Meeting: Tuesday,
November 2nd, 2021**

**Time:
5:30 PM-6:30 PM**

**Location: Fleschner
Memorial Classroom
Suite #400**

**FREE and
open to the public!**



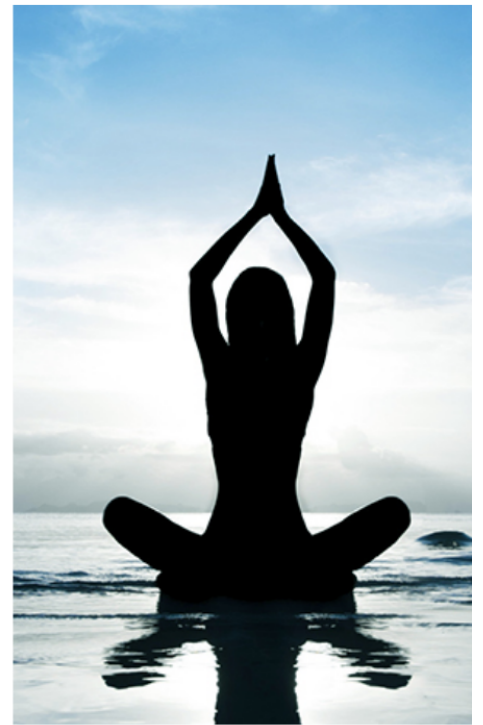
SAVE THE DATE



Looking for others with whom to
write? Want feedback on your writing?
Come join the new writing group with
Jamie Lee!

Note that this is not meant to be
instructional but rather a fun and safe
space in which to write and share
ideas. There is no fee and no need to
sign up, just come when you want!

**THURSDAY NIGHTS
6 TO 7:30 PM • FREE, JUST SIGN UP
THE MAPLE CENTER IN THE FLESCHNER CLASSROOM**



OLLI PRESENTATIONS



Know Your Mind, Know Your Body:

An Introduction to Mindfulness Meditation and Mindful Eating

Wednesday November 10, 2021

1:30 PM

WITH JEAN KRISTELLER
PH.D., PROFESSOR EMERITUS, DEPT. OF
PSYCHOLOGY, ISU, AND AUTHOR OF
"THE JOY OF HALF A COOKIE."



**WE ALL EAT
MINDLESSLY
AT TIMES!**

This workshop will provide an introduction to meditation practice and how to use it, both across many areas of your life and in learning how to use your mind to eat less – and enjoy it more.

**LOCATED AT THE
LANDSBAUM CENTER FOR
HEALTH EDUCATION
AUDITORIUM
1433 N 6TH 1/2 ST, TERR
HAUTE, IN 4780**



OLLI PRESENTATIONS

MINDING *your* BRAIN

WAYS TO PREVENT AND
REVERSE COGNITIVE DECLINE

DR. STIENSTRA WILL REVIEW THE
RESEARCHED AND PUBLISHED APPROACHES
TAUGHT BY DR. DALE BREDESM WHO WROTE
"AN END TO ALZHEIMER'S."

WEDNESDAY DECEMBER 8, 2021



The Maple Center
For Integrative Health

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



Larry P. Fleschner
Memorial Foundation



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

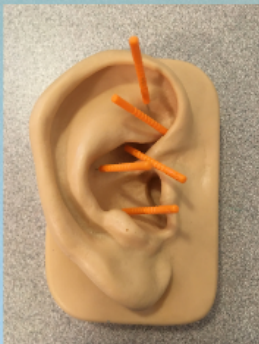


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FREE!

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!

Monthly Matters from The Maple Center



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