



Monthly Quote:

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”

-Joseph Addison

Calendar of Events:

Sept 9– Prenatal Yoga
Sept 10—Yoga Class
Auricular acupuncture

Sept 11– Mind Body
Skills Training

Sept 12—Olli
12 Step Yoga Class

Sept 22—Yoga Retreat

Sept 27—Kickstart
Class



The Maple Center

For Integrative Health

www.themaplecenter.org Nonprofit: 812-234-8733

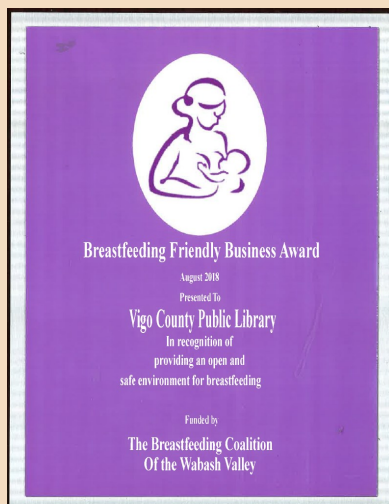
E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

AUGUST 2018

VIGO COUNTY LIBRARY CHOSEN FOR AWARD



In recognition of August being National Breastfeeding Month, the Maple Center asked local breastfeeding mothers to nominate the business they felt was most welcoming to breastfeeding mothers and their children. We received a lot of great responses but the Vigo County Library was the clear winner of this award. The award was made possible by funds from the Wabash Valley Breastfeeding Coalition.

WHAT LOCAL MOMS HAD TO SAY ABOUT THE LIBRARY'S BREASTFEEDING FRIENDLY ATMOSPHERE:

“They have a lovely and comfortable room for nursing/pumping.”

“When they redesigned the Youth Services space, they included a public mommy room that has comfortable seating for mother's who do not wish to feed in public as well as a full size changing table with back up supplies in case you forget wipes or a diaper”

“I have nursed here as both a staff member and patron, and I can say that they go above and beyond to make nursing mothers feel welcome and appreciated.”

“I felt comfortable here as a new nursing mother. I never felt judged or stared at.”



VEGETARIAN/VEGAN POTLUCK Saturday, September 8 @ 6pm

UNITARIAN CHURCH 1875 S FRUITRIDGE AVE, TERRE HAUTE

Please bring a vegan/vegetarian dish to share and \$5 per adult to cover rental cost. For questions, contact Debbie Stevens at dbiestevens53@gmail.com

“Optimizing individual health thru community education and clinical services.”

Yoga for Expecting Mothers

Sundays at 2:00-3:15 pm

**On September 9th & 23rd, October 7th & 21th,
November 4th & 18th, December 2nd & 16th**



The Maple Center

**Larry P. Fleschner Memorial Classroom,
1801 N 6th Street Suite 400, Terre Haute, IN
(812) 234-8733**

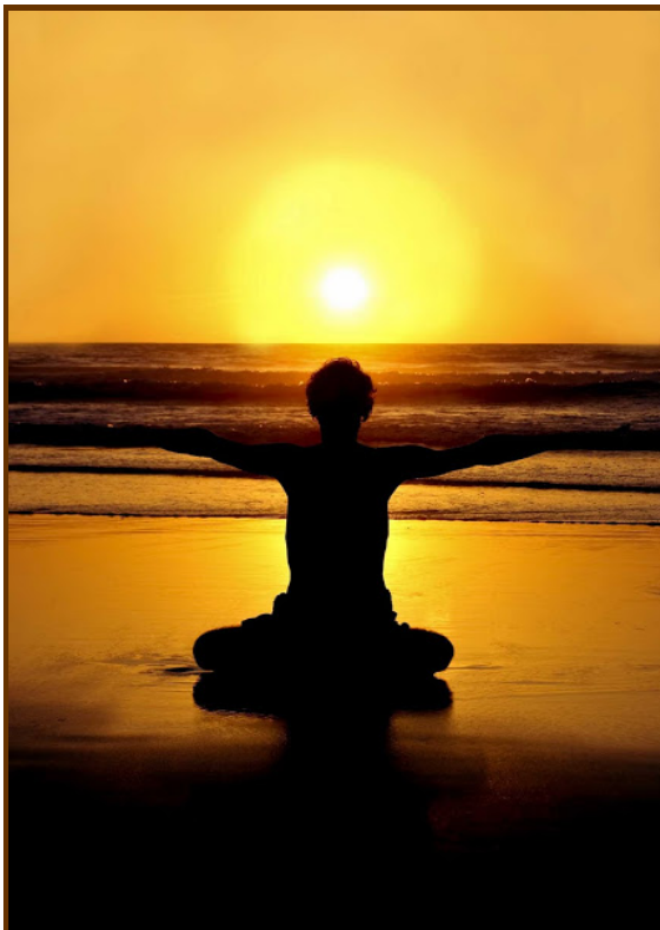
www.themaplecenter.org

No cost or registration, donations welcome



This class, led by Emily Brana, will take into consideration both the mental and physical well-being of the mother while, providing participants a safe space to talk and build community with those in a similar life-stage.

Emily is a mom and certified yoga instructor (RYT-200).



Yoga for Stress Management

stretching • strengthening • relaxation

at

The Maple Center
1801 N 6th St, Suite 400

Mondays 6:30pm - 8:00pm

Class Dates:

Sept. 10—Oct 22, 2018

\$70 for all seven classes

The goal of this yoga class is to provide you with valuable tools to embrace the challenges of life. We will explore different yoga postures, breathing and relaxation techniques in theory and practice to cope with life's stresses.



The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified

Class size is limited, so reserve your spot today!

Go to www.themaplecenter.org for registration.

Sponsored by



The Maple Center
for Integrative Health



Larry P. Fleschner
Memorial Classroom



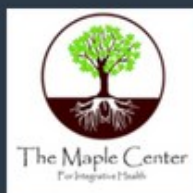
SUPPORT YOUR ADDICTION RECOVERY

WITH AURICULAR (EAR) ACUPUNCTURE & Y12SR RECOVERY YOGA

Whether you are recovering from an addiction to drugs, smoking, alcohol, gambling, food or any other type of addiction, acupuncture and yoga can aid in your recovery.

Acupuncture begins Monday, September 10, 2018
and held each Monday from 12-3pm
and Wednesday from 4-7pm in Suite 100

Y12SR Yoga begins Wednesday, September 12 and
held each Wednesday from 6-7pm in Suite 400



The Maple Center, Inc.
1801 N 6th St., Terre Haute, IN
(812) 234-8733
For more information visit
www.themaplecenter.org



No cost, no registration needed, donations are appreciated



ACUPUNCTURE PERFORMED BY DEBBIE STEVENS,
ACUPUNCTURE DETOXIFICATION SPECIALIST,
Y12SR YOGA LED BY LINDSEY SKELTON





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 their 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, Sept 27, 2018** **Power of Your Plate**
 Thursday, Oct 4, 2018 **Let's Go! Getting in Gear**
 Thursday, Oct 11, 2018 **Breaking the Food Seduction**
 Thursday, Oct 18, 2018 **Keys for Natural Appetite Control**
 Thursday, Oct 25, 2018 **Digestive Health**

TIME: 6:30-8:30 PM

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

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.

REGISTER AT www.themaplecenter.org or call 812-234-8733

Registration Deadline is Thursday, September 20, 2018



The Maple Center for Integrative Health



FOOD FOR LIFE
Kickstart Your Health

PCRM Physicians
Committee for
Responsible
Medicine



SUN DRIED TOMATO & BASIL PASTA

Ingredients

- | | |
|---|---------------------------------------|
| 1 lb. pasta, cooked (your choice) | 4 T nutritional yeast |
| 1 7oz. jar of sun dried tomatoes, drained and roughly chopped | 1 tsp onion powder |
| 1 T garlic, minced | 1/2 tsp cracked red pepper |
| 3 cups vegetable broth or stock, 1/4 cup reserved | 1 tsp seasoned salt |
| 1/2 cup vegan sour cream (I use Tofutti brand) | 1-2 cups fresh basil, roughly chopped |
| 3 T garlic powder | 2 T flour |

Instructions

In a heavy saucepan over medium-low heat, sauté the sun dried tomatoes for 3-5 minutes
Add the minced garlic and continue to sauté for 2-4 minutes
Set aside 1/4 cup of the vegetable stock (will be used with flour to thicken the sauce)
Add the remaining vegetable broth and sour cream to the pan and stir over medium heat until blended well
Combine the reserved vegetable stock and 2 T of flour in a small bowl. Stir until there are no lumps
Pour the flour mixture into the pan and stir until blended, the sauce will begin to thicken
Add the garlic powder, nutritional yeast, onion powder, cracked red pepper and seasoned salt and cook for 5-6 minutes, stirring occasionally
Stir in the basil and pasta and cook until heated through

Reference: <https://bitesofwellness.com/best-ever-mushroom-soup/>



Spinach and mushroom quinoa

Yield: 4 servings

Ingredients

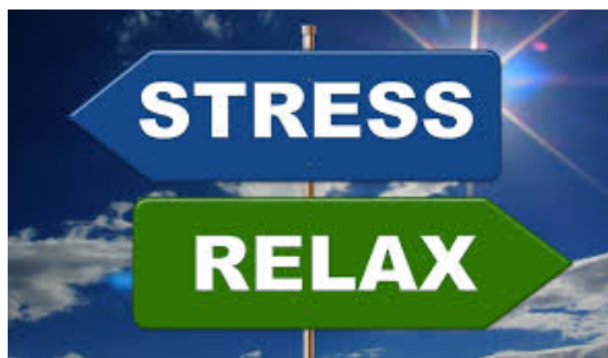
- | | |
|--|-------------------------|
| 1 pound mushrooms (white or cremini), sliced thinly | 5 green onions, chopped |
| 3 garlic cloves, minced | 2 cups cooked quinoa |
| 1 tablespoon unsalted butter (omit butter for vegan version) | salt |

Instructions

Heat butter and olive oil in a large skillet over medium-high heat. Add mushrooms and garlic and sauté over medium-high heat for about 5 minutes until mushrooms get soft and acquire a nice, golden-brown color. Add chopped green onions and mix. Season with salt.

Add fresh spinach to the skillet, reduce heat to low, cover the skillet with the lid and let mushrooms and spinach cook for about 1 minute or less, just until spinach begins to wilt. Add 2 cups of cooked quinoa to the skillet and cook on low heat for another minute until spinach wilts even more and quinoa warms up. Season with salt, if needed. Add another tablespoon of olive oil, if desired.

Reference: <http://juliassalbum.com/2014/06/spinach-and-mushroom-quinoa-recipe/>



Take Control: Stress Reduction Techniques, Part 1

OLLI Series held at Landsbaum Center,
1433 N 6th 1/2 St, Terre Haute, IN
from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sept 12, 2018— “Integrative and Natural

Medicine Approaches for a Healthy Emotional Life” by Kathleen Stienstra, MD

Kathleen Stienstra, MD, board certified integrative medicine physician with The Maple Center for Integrative Health, will discuss mind body techniques (heart math and tapping) plus herbal and natural medicine options to support a healthy mind and emotional life.

Oct 10, 2018 - “Sprout Your Stress Away” by Danille Tews

Microgreens are one of the newest crazes in the health-food world -- and for good reason. They pack one of the highest punches of all the vegetables in terms of vitamins and minerals. They are one of the most complete plant-protein sources, and to top it off, they taste wonderful!

I will share with you, not only some of the benefits of these small but mighty plants, both for your body and for your mind, but also some ways that you can grow microgreens in your own kitchen. Like many of you, I find that one of the best stress relief activities anywhere is to get your hands into the dirt and making that connection with the land that countless generations have done before. It isn't hard, it's healthy, and I think you'll enjoy it!

Danille is the owner of Humble Acorn Gardens and is an urban farmer. He grows microgreens for farmer's markets and restaurants.

Nov 14, 2018—“Mind your Mind - An Introduction to Meditation” by Devaki Lammet, M.A.

Explore your most powerful tool—the mind— and enjoy different approaches towards mediation in order to reduce stress.

Devaki is an international Yoga Teacher (E-RYT 500+) since 2000, holds an M.A. in psychology from the University of Cologne, Germany, is a certified Ayurvedic health counselor and a licensed massage therapist (MT # 21706230) in Indiana. She lived many years in ashrams (US, Germany) and as staff in a yoga and healing center.

Dec 12, 2018— “Art for Stress Relief” by Kathy Gotshall, ATR, BC, LCSW

In this fast paced world, daily life events can cause us stress. How do you create a sense of balance? Explore the life enriching benefit of relaxation and distraction through art making.

Kathy Gotshall, ATR-BC, LCSW is a registered board certified art therapist and Licensed Clinical Social Worker. She is an adjunct professor of graduate art therapy at Saint Mary-of-the-Woods College.

Presented by:



The Maple Center for Integrative Health



The Maple Center Connection

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.

amazonsmile

You shop. Amazon gives.

- 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.



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.