

### Monthly Quote:

"Fall in love with  
taking care of your-  
self. Mind. Body.  
Spirit."

— Unknown

### Monthly Vegetarian/ Vegan Dinner

Bring a vegetarian/  
vegan dish and recipe to  
share,  
For potluck dates and  
more information  
contact  
Debbie Stevens at  
debbiestevens53@gmail.com



# The Maple Center

For Integrative Health

[www.themaplecenter.org](http://www.themaplecenter.org) Nonprofit: 812-234-8733

E-mail: [info@themaplecenter.org](mailto:info@themaplecenter.org) Clinical: 812-235-4867



THE MAPLE CENTER FOR  
INTEGRATIVE HEALTH

## March 2019

### Here's a look at what is coming up!

- **NEW CLASS:** Tai Chi will meet Wednesdays from 6 pm-7 pm March 27-May 1. Cost is \$30 for the 6 class series. Register at [www.themaplecenter.org](http://www.themaplecenter.org)
- Annual Dinner is March 20. Tickets on sale through March 15th.
- Mind-Body Skills begins April 9th. Class meets Tuesdays from 6:30p-8pm in the Maple Center Classroom April 9th-May 14th. This is a free class with limited spots and it filled up fast last time. If interested, register today by going to [www.themaplecenter.org](http://www.themaplecenter.org).
- **NEW CLASS:** Family Yoga will meet on Saturdays from 10 am-11 am beginning April 13. Cost is \$5 per person or \$20 per family. Class will meet in the Larry P. Fleschner Classroom.
- Registration is open for the Power of Food for Cancer Prevention & Survival Class. Class meets Thursdays from April 18-May 9th 6:30 pm-8:30 pm. Cost is \$70 (scholarships available) and includes a free copy of The Cancer Survivor's Guide. Register at [www.themaplecenter.org](http://www.themaplecenter.org).
- OLLI March 13th at 1:30 pm "The Space Diet" discussion about decluttering and on April 10 at 1:30 pm "WHY rethink?" presentation about recycling. Both are held at the ISU Landsbaum Center.
- Tots & Teaspoons April 9th from 9:30 am-11 am at the Terre Haute Children's Museum will focus on teaching preschool age children about yoga and mindfulness. Registration through the Children's Museum is required. Go to <https://thchildrensmuseum.com/> and click on "Programs/Events" and then "Tot Time."

### Want an easy way to help The Maple Center?



Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Maple Center Inc whenever you shop on AmazonSmile.

<https://www.amazonsmile.com>

*"Optimizing individual health thru community education and clinical services."*

# Fiber key to longer, happier life

Why is fiber necessary and how to do you include more in your diet?

Recommended dietary fiber intake for women is 25 grams a day or 21 grams if over 50 years old and 38 grams for men, or 30 if over 50. However, most Americans do not get near this amount. In recent studies, fiber has been linked to fending off disease and reducing the risk of type 2 diabetes, food allergies, and even knee arthritis as well as other conditions. Not eating enough fiber affects how the gut functions. A 2017 study found that fiber is linked to the microbes in our intestines and is key for a diverse gut biome. It is best to get plenty of both types of fiber: soluble and insoluble.



## Easy ways to add good fiber to your diet

Eat more fruits and vegetables

Eat what is in season

Avoid processed foods, they have less fiber

At restaurants, pick something rich in fruit and veggies and/or beans and legumes

Add a high-fiber component, preferably at the beginning of your meal

Don't forget beans, peas, and lentils

Start with fiber at breakfast

Explore whole grains such as quinoa, bulgur, or amaranth

Skip fiber supplements, focus on whole foods

Information sourced from <https://www.healthline.com/health/food-nutrition/fiber-diet-good-for-gut-and-health>



## BBQ bean tacos with pineapple salsa

- 2 15-ounce cans pinto beans
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- 3/4 cup organic ketchup (or with natural sugars)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 3/4 teaspoon kosher salt, divided
- 20-ounce can (11/2 cups) pineapple chunks packed in juice\*
- 1/4 cup minced red onion
- 1/4 cup finely chopped cilantro, plus additional for garnish
- 1 small green cabbage
- 3 radishes
- 1 lime (wedges for squeezing)
- Tortillas, for serving

Instructions:

Serves 4

Drain both cans of beans (no need to rinse). In a large skillet, place the beans, mustard, maple syrup, ketchup, garlic powder, chili powder, and 1/2 teaspoon kosher salt. Heat on low until thickened and warm, while making the remainder of the recipe.

Drain the pineapple and finely chop it. Mince the red onion, and chop the cilantro. Mix the pineapple, red onion and cilantro together with 1/4 teaspoon kosher salt. Thinly slice the green cabbage and radishes. Slice the lime into wedges. If desired, char the tortillas by placing them on an open gas flame on medium for a few seconds per side, flipping with tongs, until they are slightly blackened and warm. To serve, place the beans in a tortilla, then add cabbage, radishes and a squeeze of lime (important, do not omit!). Top with pineapple salsa and additional cilantro if desired. \*Note: For the pineapple, we found that canned worked best. We tried with cored and peeled whole pineapple that is sold packaged in some groceries, and it was a bit too sweet for our taste; the canned pineapple has a sour edge that is a nice contrast in the salsa. We have not tried with fresh pineapple.

Recipe from: <https://www.acouplecooks.com/bbq-bean-tacos-with-pineapple-salsa/>



## 3 Ingredient Berry Soft Serve

Ingredients:

Serves: 2

- 1 banana
- 3/4 cup frozen mixed berries
- 1/2 cup nondairy milk (you may need a little more or less depending on your blender and size of bananas)

Instructions:

1. Night before: peel banana, break into chunks, and freeze
2. Combine frozen banana, berries and milk in blender and blend until creamy and thick. If your blender has difficulty blending smoothly, add a splash more milk.

Recipe from: <http://www.planteatersmanifesto.com/berry-soft-serve/>



# Mark Your Calendars

## Upcoming Alumni Meetings

6:30 pm-8:30 pm at Union Hospital East – Conference Room- next to the Gift Shop

February 26

“Mind Your Mind—An Introduction to Meditation”

March 26

“Protein Myths”

April 23

“Legumes and Grains, Indian Style”

May 28

Movie Night

All are welcome to attend. Those attending are asked to bring a plant-based dish to share. Bringing your own reusable plate and silverware is encouraged as well.



## *The Maple Center Annual Dinner*

*Wednesday, March 20, 2019 at 6:30 pm  
Larry P. Fleschner Memorial Classroom, Suite 400*

*Cost \$30 per guest  
Payable at The Maple Center or  
at [www.themaplecenter.org](http://www.themaplecenter.org)  
Paid reservations by March 15th*



# Family Yoga

Saturdays from 10 am-11 am beginning April 13  
in the Larry P. Fleschner Memorial Classroom at  
The Maple Center 1801 N 6th Street, Terre Haute  
Cost \$5 per person or \$20 per family, scholarships available

Parents and their children are invited to join this special yoga series designed for yogis of all ages. Instructor Ellie Templeton will be leading parents and kids through basic yoga poses, breathing techniques, simple meditation and relaxation. Games, music, props and partner poses will make the class engaging for all students. No prior yoga experience needed. Mats and other equipment will be provided.

Parent participation is required. Parents may attend with multiple children.

A 1:3 parent child ratio or less is recommended.



Ellie has been practicing yoga since 2002 and became a certified yoga teacher (RYT 200) while living in Chicago in 2011. She has been fortunate to practice and teach a variety of yoga styles throughout the Midwest. Ellie is a mother of three and began leading children's yoga classes in Terre Haute in 2014. She has experience teaching "parent and me" classes as well as children's classes for preschool and elementary students.



**Visit [www.themaplecenter.org](http://www.themaplecenter.org) to register**  
**The Maple Center**  
**1801 N 6th Street, Suite 600**  
**Terre Haute, Indiana**



# Mind-Body Skills Training

Six Tuesdays 6:30pm-8:00pm,

April 9-May 14

The Maple Center Classroom, 1801 N 6th Street, Suite 100

Terre Haute, IN (812) 234-8733

*An experiential investigation of the integral relationship between mind, body, & wellness.*



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 workshop is free but registration is required, class size limited.**

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



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





# The Power of Food for Cancer Prevention & Survival

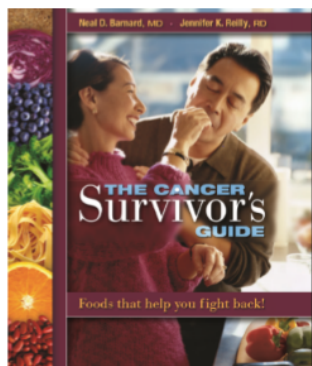
**Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.**



The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Educators include Kathleen Stienstra, MD, Karen Cunningham, and the LEAF team.

**Thursdays, April 18- May 9, 2019 from 6:30 – 8:30 p.m.**

Thursday, April 18 Introduction to How Foods Fight Cancer  
Thursday, April 25 Fueling Up on Low-Fat, High-Fiber Foods  
Thursday, May 2 Discovering Dairy and Meat Alternatives  
Thursday, May 9 Cancer-Fighting Compounds and Healthy Weight Control



## EACH CLASS INCLUDES:

- 15-20 minute DVD lecture by Dr. Neal Barnard
- Live presentation with questions and answers
- Live cooking demos for 3 healthy recipes
- Food tasting for all demo recipes

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

**REGISTER AT:** [www.themaplecenter.org](http://www.themaplecenter.org) - **DEADLINE is Wed. April 10, 2019**

**COST:** \$70\* for the 4 class series - includes a **FREE** copy  
of The Cancer Survivor's Guide

\*Thanks to private donations, limited sliding scale scholarships are available

**For more information go to our website or call 812-234-8733**

Sponsored by:



The Maple Center  
for Integrative Health



The Maple Center also offers other services both online and locally such as online plant-based nutrition classes, public speaking, and group grocery store tours. Fully licensed, certified, and insured. Go to [www.themaplecenter.org](http://www.themaplecenter.org) to see upcoming classes and events.

# Take Control: Stress Reduction Techniques, Part 2

Osher Lifelong Learning Institute Speaker 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

## **January 9, 2019 – “Mindfulness and Mindful Eating” by Jean Kristeller, Ph.D.**

Practicing mindfulness, both as part of daily meditation and throughout the day, can help us manage our stress levels in many situations. Bringing it to our choices and experiences of food and eating can be particularly valuable. This presentation will introduce mindfulness practice and provide you an experience with mindful eating.

Jean Kristeller, Ph.D., is a clinical psychologist and Emeritus Faculty at ISU. She has spent many years both researching and teaching mindfulness meditation and approaches to mindful eating, as reflected in her book “The Joy of Half a Cookie”.

## **February 13, 2019: “Stress relief and Gardening” by Patti Weaver, Master Gardener, Manager of ISU Community Gardens**

Planning, planting and working a garden can be a great way to relieve stress. Whether you have a small patio to decorate or a vast amount of space to tend, the act of making your particular stretch of nature into a haven can be a stress reliever in itself, and the garden that you create can bring you even more peace and wellbeing.

## **Mar 13, 2019 - “The Space Diet™” by John Morris, RN, CRRN, MS, CRTS**

This presentation covers the basic process of organizing & downsizing: how to sort, organize, arrange, allocate and purge. Includes a step by step “diet” plan for the home.

Prior to launching Caring Transitions of the Wabash Valley, John who lives in Terre Haute, worked in healthcare for 30 years. His most recent position was as the program director for a rehabilitation hospital in Indianapolis and, before that, he spent a majority of his career as a staff nurse and then the manager of the rehab unit at Union Hospital.

## **April 10, 2019: “WHY reTHink?” by Dr. Shikha Bhattacharyya, President of reTHink**

How much trash we create? How does this trash impact our lives? Learn how making small CHANGES make a big difference!

The mission of reTHink Inc. is to provide awareness, education, tools and incentives to local food industry and general public, relating to sustainability, trash, composting, and pressing environmental issues. reTHink Inc. encourages sustainability through small changes in behavior to create a world that is well taken care of for future generations.

Presented by:







# **SUPPORT YOUR ADDICTION RECOVERY**

**WITH AURICULAR (EAR) ACUPUNCTURE**

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

Held each Tuesday from 4-7pm  
beginning January 8th  
in the Larry P. Fleschner Memorial Classroom



The Maple Center, Inc.  
1801 N 6th St., Suite 400  
Terre Haute, IN  
(812) 234-8733

For more information visit  
[www.themaplecenter.org](http://www.themaplecenter.org)

No cost, no registration needed, donations are appreciated



ACUPUNCTURE PERFORMED BY DEBBIE STEVENS,  
ACUPUNCTURE DETOXIFICATION SPECIALIST





## 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.



- 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.



- You can also help by "Liking" our Facebook page and by spreading the word about our programs!

We appreciate your support!

# 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

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.