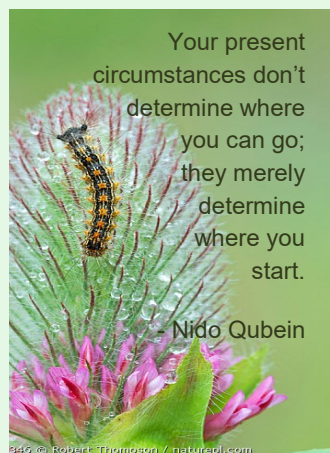




Monthly Quote:



Your present
circumstances don't
determine where
you can go;
they merely
determine
where you
start.

- Nido Qubein

PHOTO © ROBERTS THOMPSON / NATUREPIX.COM

**LEAF's
Monthly
Plant-Based
Potluck
Sponsored by
The Maple Center
has been
cancelled until
further notice.**



The Maple Center

For Integrative Health

www.themaplecenter.org

Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org



[@themaplecenternonprofit](https://www.facebook.com/themaplecenternonprofit)

May 2020



Mental Health Awareness Month

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay
connected with our community. No one should feel alone
or without the information, support and help they need.

In response to COVID-19:

As a precaution, The Maple Center has temporarily suspended programming until further notice. This is to ensure the health and safety of all of our clients and participants as advised by local and national authorities at this time. Please keep an eye on our website and Facebook pages while we attempt to keep you all as updated as possible on the status of our programs. You are welcome to call our office for updates if you do not have access to the internet. We thank you for your continued support through this difficult and uncertain time. Keep an eye on our Facebook for video uploads, including yoga, breathwork, meditation, healthy food ideas and practices to support you and your health at home. We will do our best to respond to any emails and voicemails as we are able throughout this time while our physical offices are closed. Thank you for your support and understanding.

Stay well friends,

Deanna Ferguson, Executive Director
Lindsey Skelton, Program Coordinator
The Maple Center Nonprofit Staff

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

Whole-Food Plant-Based Recipes

Recipe ideas to try at home for nutrient-filled snacks and meals.

Simple Strawberry Pomegranate Coulis

This amazing coulis comes together easily from 3 simple ingredients and is super versatile. Use it in place of syrup, jam, or drizzle over anything that could use some fruity flair.



Ingredients:

- 1 cup frozen strawberries
- 1/2 cup frozen pomegranate arils
- 1 tbsp lemon juice



Instructions

1. Measure out the frozen fruit and set aside in a bowl to thaw.
2. Once the fruit is at least partially thawed, transfer it to a blender along with the lemon juice.
3. Blend until the fruit is fully broken down and the ingredients are well incorporated. I like to blend until the pomegranate seeds are fully pulverized.
4. Transfer to an airtight container or mason jar and store in the fridge for 5-7 days.

<https://www.mentalforlentils.com/strawberry-pomegranate-coulis/>



Vegan French Toast

Instructions

1. Cut the loaf of whole-grain bread into slices.
2. Warm a non-stick pan over med-low heat.
3. In a bowl, mix together the chickpea flour, vanilla powder, cinnamon and flax meal.
4. Measure out the plant milk and stir in the date syrup (and vanilla if using liquid extract)
5. Add this mixture to the bowl and whisk together with the dry ingredients.
6. Dip one side of a slice of bread into the mixture, then dip the other side.
7. Gently scrape off the excess mixture with a butter knife if your bread is very fresh. (This will keep the middle from getting soggy).
8. Place your coated bread into the warm pan or skillet. Cook for 3-5 minutes per side, using your spatula to gently lift the corner and check brownness before turning.
9. Continue with remaining slices of bread.
10. Serve warm with maple syrup, fresh fruit, jam, fruit compote or coulis.

Ingredients

- 1 loaf whole-grain bread (gluten-free is optional)
- 1 cup chickpea flour (also known as besan)
- 1 cup plant milk
- 1 tsp flax meal (ground flax seeds)
- 1/2 tsp cinnamon
- 1/2 tsp vanilla powder (or 1 tsp pure vanilla extract)
- 1 tbsp date syrup (optional)

<https://www.mentalforlentils.com/vegan-french-toast/>

Simple Black Bean & Corn Salad



Ingredients

- 1 15 oz. can black beans, drained and rinsed
- 1 ear of fresh corn, cut off the cob (~11 oz.)
- 2 medium tomato, chopped
- 1 red bell pepper, chopped
- 1/3 cup chopped red onion
- 1/3 cup fresh cilantro, minced
- 1/4 cup freshly squeezed lime juice
- 1 teaspoon fresh jalapeño, minced
- 1/4 teaspoon salt (optional)
- 1 avocado, cubed

Instructions

- In a bowl, stir all of the ingredients together except for the avocado.
- Cover and place in the fridge for at least two hours.
- Right before serving add in the avocado.

<https://theconscientiouseater.com/simple-black-bean-and-corn-salad/>

Lentil Tacos



Ingredients:

- 1 cup diced onion
- oil or water, for sautéing
- 1 tbsp minced garlic
- 2/3 cup dry lentils
- 1 1/2 cups water
- 2 1/2 tbsp taco seasoning (or one batch of the homemade taco seasoning*)
- optional 1/2 cup roasted diced sweet potato
- taco shells or lettuce cups
- optional toppings such as salsa, avocado, vegan cheese-style shreds, etc.

Instructions:

In a medium pot, sauté the onion (in oil or water) over medium heat until browned. Add garlic, and cook one additional minute. Add all remaining ingredients (excluding optional toppings, sweet potato, and shells), and bring to a boil. Once boiling, cover and lower to a simmer for 40 minutes or until lentils are soft and water is absorbed. To assemble: Stir in sweet potato if using. Place about 1/4 cup lentil mixture in each shell or lettuce cup. Top as desired.

*Homemade Taco Seasoning:

Combine all of the following: 1 tbsp chili powder, 1 tsp each of ground cumin, salt, and onion powder, 1/2 tsp each of garlic powder, paprika, black pepper, and oregano, and optional 1/2 tsp cocoa powder.

<https://chocolatecoveredkatie.com/vegan-tacos-recipe/>

Chilled Asparagus Soup

Ingredients:

- 2 tablespoons olive oil (optional)
- 1 white onion, minced
- 2 stalks celery, minced
- 1 lb asparagus, woody ends removed and sliced into 1 inch lengths
- 2 bay leaves
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 6 cups vegetable stock
- 2 medium avocados
- 2 tablespoons lemon juice
- Optional garnish: Lemon cream (recipe follows)
- Parsley or other herb
- Asparagus spears



Instructions:

1. Heat the olive oil in a large soup pot. Add in the onion and celery and cook over medium heat until the onions and celery are translucent, about 10 minutes. Add in the asparagus, salt, pepper, and bay leaf. Sauté for another 3 minutes. Add the vegetable stock and bring the soup to a boil. Reduce to a simmer and cook for 5 minutes. Remove from the stovetop and allow to come to room temperature.
2. Add the soup, avocado, and lemon juice to a high powered blender. Blend until creamy. You might need to blend in batches depending on the size of your blender. Chill in the refrigerator for at least one hour before serving. Garnish with lemon cream, parsley, and asparagus spears if desired.

••••• Lemon Cream

This delicious and quick cream has so many uses! Garnish soup, dip veggies, or use as a sour cream substitute. Add it to any dish that would benefit from a tangy creamy topping.

Ingredients:

- 1/2 cup raw cashew pieces, soaked for at least 4 hours
- 1/4 cup water
- 4 tablespoons lemon juice
- Salt (Optional)

Instructions:

1. Rinse the soaked cashews and add them to a high powered blender. Add in the remaining ingredients. Blend until smooth, scraping down the sides as needed. Store in the refrigerator.



Sourced from: <https://www.darngoodveggies.com/chilled-asparagus-soup/>



Mandarin Poppy Seed Muffins

Instructions:

1. In a bowl, add the flour almond meal, baking soda, baking powder, and poppy seeds
2. In a separate bowl, mash bananas and add maple syrup, vanilla, and almond milk
3. Wash your mandarins and place them in a high-speed blender, whole, with skin. blend until mandarin puree forms.
4. Add the mandarin puree mixture into the banana mixture and mix well.
5. Pour the mandarin mixture over the flour mixture and mix until a muffin batter forms.
6. Divide mixture evenly on to a 12 piece lined muffin tin.
7. Bake a 350 F for 30 mins or until a toothpick comes out clean

Ingredients:

- 1½ cups buckwheat flour
- ½ cup almond meal
- 1 tsp baking powder
- 1 tsp baking soda
- 2 TBSP poppy seeds
- 3 bananas
- 2 small seedless mandarins
- ½ cup maple syrup
- 1 tsp vanilla extract
- ¼ cup almond milk

<https://hazelandcacao.com/vegan-mandarin-poppy-seed-muffins/>

Nice Cream with Peanut Butter Rawnola

Ingredients:

For the nice cream:

- 4-5 bananas frozen
- 1 tsp cinnamon
- 1-2 tbsp coconut water as needed

For the peanut butter rawnola:

- 1 cup rolled oats gluten-free
- 1/2 cup pitted Medjool dates
- 1 tbsp coconut sugar
- 1 tsp peanut butter
- 1 tsp cinnamon

Instructions:

For the nice cream:

Add frozen bananas and cinnamon to a high-speed blender or food processor. Process, adding coconut water a little bit at a time until smooth and creamy. Transfer to a bowl and stick in the freezer while you make the rawnola.

For the peanut butter rawnola:

Add all ingredients except peanut butter into a high-speed blender. Blend on high until oats are broken down. Add in peanut butter and pulse until well combined.

Assembly:

Take nice cream out of the freezer. Top with peanut butter rawnola and drizzle on maple syrup.



Assembly:

- 1 tsp maple syrup

<https://www.dayslikelaura.com/eat/nice-cream-with-peanut-butter-rawnola/>

Nutritional psychiatry: Your brain on food

UPDATED MARCH 26, 2020, 12:00 AM

Harvard Health Blog - Eva Selhub MD, Contributing Editor



Think about it. Your brain is always “on.” It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7, even while you’re asleep. This means your brain requires a constant supply of fuel. That “fuel” comes from the foods you eat — and what’s in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.

Like an expensive car, your brain functions best when it gets only premium fuel.

Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain and protects it from oxidative stress — the “waste” (free radicals) produced when the body uses oxygen, which can damage cells.

Unfortunately, just like an expensive car, your brain can be damaged if you ingest anything other than premium fuel. If substances from “low-premium” fuel (such as what you get from processed or refined foods) get to the brain, it has little ability to get rid of them. Diets high in refined sugars, for example, are harmful to the brain. In addition to worsening your body’s regulation of insulin, they also promote inflammation and oxidative stress. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.

It makes sense. If your brain is deprived of good-quality nutrition, or if free radicals or damaging inflammatory cells are circulating within the brain’s enclosed space, further contributing to brain tissue injury, consequences are to be expected. What’s interesting is that for many years, the medical field did not fully acknowledge the connection between mood and food.

Today, fortunately, the burgeoning field of nutritional psychiatry is finding there are many consequences and correlations between not only what you eat, how you feel, and how you ultimately behave, but also the kinds of bacteria that live in your gut.

How the foods you eat affect how you feel

Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract, and your gastrointestinal tract is lined with a hundred million nerve cells, or neurons, it makes sense that the inner workings of your digestive system don’t just help you digest food, but also guide your emotions. What’s more, the function of these neurons — and the production of neurotransmitters like serotonin — is highly influenced by the billions of “good” bacteria that make up your intestinal microbiome. These bacteria play an essential role in your health. They protect the lining of your intestines and ensure they provide a strong barrier against toxins and “bad” bacteria; they limit inflammation; they improve how well you absorb nutrients from your food; and they activate neural pathways that travel directly between the gut and the brain.

Studies have compared “traditional” diets, like the Mediterranean diet and the traditional Japanese diet, to a typical “Western” diet and have shown that the risk of depression is 25% to 35% lower in those who eat a traditional diet. Scientists account for this difference because these traditional diets tend to be high in vegetables, fruits, unprocessed grains. They are also void of processed and refined foods and sugars, which are staples of the “Western” dietary pattern. In addition, many of these unprocessed foods are fermented, and therefore act as natural probiotics.

This may sound implausible to you, but the notion that good bacteria not only influence what your gut digests and absorbs, but that they also affect the degree of inflammation throughout your body, as well as your mood and energy level, is gaining traction among researchers.

Nutritional psychiatry: What does it mean for you?

Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day. Try eating a “clean” diet for two to three weeks — that means cutting out all processed foods and sugar. See how you feel. Then slowly introduce foods back into your diet, one by one, and see how you feel.

When some people “go clean,” they cannot believe how much better they feel both physically and emotionally, and how much worse they then feel when they reintroduce the foods that are known to enhance inflammation.

Sourced from: <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

1 in 5 adults in the United States experience a mental health condition in a given year.

Fewer than half of the adults in the U.S. who experience mental illness get the help they need.

1 in 6 youth aged 6-17 experience a mental health condition.

47.6 MILLION

Nearly 50 million adults in the United States face the reality of managing a mental illness every day.

Common barriers to treatment include the cost of mental health care and insurance, prejudice and discrimination and structural barriers like transportation.

Half of all lifetime mental health conditions begin by age 14 and 75% by age 24. **Early intervention programs** can help.

Now more than ever, the mental health community must come together and show that no one is ever really alone.

#MHM #NotAlone

YOU ARE NOT ALONE

For more information and resources check out:
nami.org/mentalhealthmonth

Prevalence of Mental Illness in the United States

- ◆ 1 in 5 adults—43.8 million or 18.5%—experiences mental illness in a given year
- ◆ Among the 20.2 million adults who experienced a substance use condition, 50.5% (10.2 million adults) had a co-occurring mental illness
- ◆ 1 in 5 youth aged 13-18 (21.4%) experiences a severe mental health condition at some point during their life; for children aged 8-15 that estimate is 13%
- ◆ 46% of homeless adults staying in shelters have a mental illness and/or substance use disorder
- ◆ 20% of state prisoners and 21% of local jail prisoners have a recent history of a mental health condition
- ◆ 70% of youth in juvenile justice systems have at least one mental health condition
- ◆ 60% of all adults and almost 50% of all youth ages 8-15 with a mental illness received no mental health services in the previous year
- ◆ African-Americans and Hispanic-Americans used mental health services at about half the rate of Caucasian-Americans in the past year and Asian Americans at about 1/3 the rate
- ◆ 50% of adults with mental illness report experiencing symptoms prior to the age of 14; 75% prior to the age of 24

Consequences of Lack of Treatment

- ◆ Mental illness costs America \$193.2 billion in lost earnings per year
 - ◆ Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.
 - ◆ People with mental illness face an increased risk of having chronic medical conditions. Adults in the U.S. with mental illness die on average 25 years earlier than others, largely due to treatable medical conditions
 - ◆ Over one-third (37%) of students with a mental health condition age 14–21 and older who are served by special education drop out—the highest dropout rate of any disability group
 - ◆ Suicide is the 10th leading cause of death in the U.S., the 3rd leading cause of death for people aged 10–24 and the 2nd leading cause of death for people aged 15–24
 - ◆ More than 90% of children who die by suicide have a mental health condition
 - ◆ Each day an estimated 18-22 veterans die by suicide
 - ◆ 2 million people with mental illness are booked into jails each year.
 - ◆ Nearly 15% of men and 30% of women booked into jails have a serious mental health condition.
 - ◆ Once in jail – At least 83% of jail inmates with a mental illness did not have access to needed treatment and as a result, their conditions get worse – They stay longer than their counterparts without mental illness – They're at risk of victimization
 - ◆ After leaving jail – Many no longer have access to needed health care and benefits – A criminal record often makes it hard for people to get a job or housing – Many people, especially without access to mental health services and supports, wind up homeless, in emergency rooms and often re-arrested
- Simply jailing people experiencing mental health crises creates huge burdens on law enforcement, corrections facilities and state and local budgets. It does not protect public safety and people who could be helped are being ignored.

Find NAMI's Guide to Navigating a Mental Health Crisis here:

<https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

Sources: National Alliance on Mental Illness, National Institute of Mental Health, U.S. Department of Justice and Substance Abuse and Mental Health Services Administration

CREATING HEALTHY ROUTINES



Work, paying bills, cleaning, cooking, shopping, exercising, getting enough sleep, and taking care of children are just some of the things millions of Americans do each day and it is easy to be overwhelmed. It can feel impossible to get everything done, let alone take care of yourself – especially if you're already struggling with a mental health concern like depression or anxiety. By creating routines, we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

TIPS FOR SUCCESS



Create the routine that is right for you. We don't all have the same schedules or responsibilities and some of us struggle with certain parts of daily life more than others. All healthy routines should include eating a nutrition-rich diet, exercising, and getting enough sleep, but no two routines will be exactly the same. In fact, your routine may not even be exactly the same every day.



Start small. Changing up your day-to-day routine all at once probably won't end up with lasting results. Pick one small thing each week to work on. It could be adding something new and positive, or cutting out a bad habit. Small changes add up.



Add to your existing habits. You probably already have some habits worked into your routine, like drinking a cup of coffee in the morning. Try adding new habits to existing ones. For instance, if you want to read more, you could set aside ten minutes to read while you have your coffee (instead of drinking it on your drive to work).



Make swaps. Think about the things you do during the day that aren't so healthy and swap them with better behaviors. For example, if you feel sluggish in the afternoons and eat sugary snacks for a quick pick-me-up, try taking a brisk walk instead to get your blood pumping and endorphins flowing. Or if you find yourself having a few alcoholic drinks after a long stressful day, try sipping hot tea instead.



Plan ahead. When life gets hectic, you may be tempted to skip out on the new parts of your daily routine. By doing things like prepping meals ahead of time, picking out an outfit the night before work, or having an alternate home workout option for the days you can't make it to the gym, you help set yourself up for success even when you're hurried.



Make time for things you enjoy. Even if it's just 15 minutes a day, set aside time to do something you find fun or relaxing—it will release chemical messengers in your body that are good for your physical and mental health.



Reward yourself for small victories. Set goals and celebrate when you reach them. Have you added exercise to your weekly routine and worked out every day as planned for the last couple weeks? Treat yourself! Watch a movie you've been wanting to see or try out that new video game.



Don't beat yourself up if you miss a day. Making life changes can be hard and you might forget to do something that is new to your routine every once in a while. You don't have to be perfect, just try to do better the next day.

FAST FACTS



When it comes to diet, sleep and exercise, having good, strong routines is linked to improved mental and physical health.¹



People with more daily routines have lower levels of distress when facing problems with their health or negative life events.²



It takes an average of 66 days for a behavior to become automatic (a habit), but for some people it can take as long as 8 ½ months.² Don't give up!

IF YOU FEEL LIKE YOU ARE STRUGGLING WITH YOUR MENTAL HEALTH, VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.



Sources

¹Haines, J., McDonald, J., O'Brien, A., Sherry, B., Bottino, C., Schmidt, M.E., Taveras, E.M. (2013) Healthy habits-happy homes: randomized trial to improve household routines among pre-school aged children. *JAMA Pediatrics*, 167, 1072-1080.
²Williams, J. (2008) Effects of activity limitation and routinization on mental health. *The Occupational Therapy Journal of Research*, 28, 1065-1065.
³Lally, P., Van Jaarsveld, C.H.M., Potts, H.W.W., Wardle, J. (2010) How are habits formed: Modelling habit formation in the real world. *Eur J Soc Psychol*, 40, 998-1009.

More information and resources can be found here:

<https://www.mhanational.org/sites/default/files/Handout%20-%20Creating%20Healthy%20Routines.pdf>

Monthly Matters from The Maple Center



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.krogercommunityreward.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

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Fee: \$60.00: 1hr. Treatment

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Nancy

Fridays & Saturdays

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Nancy Humphries, LMBT

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Fee: \$60 per hour

Jan Croft, MS, LMHC, NCC

Call 812-240-5804

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By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments

Call 812-249-4290



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.