



The Maple Center

For Integrative Health

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

E-mail: info@themaplecenter.org



@themaplecenternonprofit

January 2020



Monthly Quote:

*"You are never too
old to set another
goal or to dream a
new dream"*

- C. S. Lewis

Monthly Plant-Based Dinner

Bring a vegetarian/
vegan dish and recipe
to share.

For potluck dates and
more information
contact
Debbie Stevens at
[Debbiestevens53
@gmail.com](mailto:Debbiestevens53@gmail.com)

CHAIR YOGA RESUMES

**Chair yoga classes begin on January 9th and
will continue weekly on Thursdays from
10-11am in the Larry P. Fleschner Memorial
Classroom. This a free, drop-in class!**

LEAF is updating the monthly Alumni Meetings, now called:
Plant-Based Potluck Sponsored by The Maple Center. The next
one will be on Tuesday, January 28th at 6pm in Union Hospital's
Atrium Classroom. Please bring your favorite plant-based dish and
a friend for good food and fellowship!

Don't forget to sign up!

- * Auricular Acupuncture on January 12th
- * Tai Chi Classes start January 22nd
- * Jumpstart Registration Deadline is January 22nd
- * Stress Management Yoga series starts January 27th

More information inside!

You can sign up on our website or come by the office.

The Maple Center
1801 N. 6th St. Ste 600
Terre Haute, IN 47804

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

Cabbage Soup

90 kcal
8 servings
10 min prep time
30 min cook time

Ingredients:

- 1 tbsp olive oil, (or 1/4 cup water for sauteing)
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 2 stalks celery, chopped
- 2 green onions, chopped, white & green parts
- 2 carrots, cut in circles
- 2 sprigs fresh thyme, or 1 teaspoon dried
- 1 tsp parsley flakes
- 1 tsp dried basil
- 1 lb green cabbage, roughly chopped
- 2 quarts water, or vegetable broth or 2 bouillon cubes
- 1/2 tsp paprika
- 1/4 tsp Cayenne pepper, (optional)
- 1 tbsp nutritional yeast flakes
- 1 tsp sea salt, omit if using vegetable bouillons
- 1 bay leaf

Instructions:

1. Heat oil in a large pot on medium high heat. Add onion and cook until soft, about 4 minutes.
2. Add garlic, celery, green onions, cook for 2 minutes, stirring constantly. Stir in carrots, thyme, parsley, basil, and cabbage.
3. Cook for another 2 minutes. Add water or broth, bay leaf, yeast flakes, paprika, cayenne pepper and salt.
4. Cover pot and bring to a boil. Reduce to heat to simmer for 20-30 minutes. Serve!



Sourced from: <https://healthiersteps.com/recipe/vegan-cabbage-soup/>

Avocado Truffle Chocolates Recipe

Servings: 10 -12 truffles
Calories: 94kcal
Prep Time: 10-15 minutes
Chill Time: 30 minutes

Ingredients:

- 1 ripe avocado mashed
- 3/4 cup dark chocolate melted
- 1/2 tsp. vanilla extract
- 1/4 tsp. cinnamon
- cocoa powder

Instructions:

- Melt dark chocolate in a microwave-safe bowl.
- In a separate bowl, mash avocado.
- When chocolate is smooth, pour into mashed avocado and stir together.
- Add in vanilla and cinnamon.
- When combined and clump-free, place in refrigerator for about a half hour.
- When cooled and hardened, scoop into 10-12 balls and roll until smooth.
- Roll each ball in cocoa powder and serve.
- Place any remaining truffles in air tight container.



Sourced From: <https://www.yummyhealthyeasy.com/avocado-truffle-chocolates-recipe/>



One Pot Creamy Mushroom Pasta

Prep Time: 5 minutes
Cook Time: 15 minutes
Total Time: 20 minutes
Calories: 509kcal
Servings: 4

Ingredients:

- 2 tbsp olive oil
- 14 oz mushrooms washed and sliced
- 2 shallots peeled and diced
- 4 garlic cloves peeled and minced
- 2 tsp rosemary or thyme finely chopped
- 3 1/3 cups vegetable stock or boiling water
- 12 oz spaghetti
- 2 1/2 cups dairy free milk such as cashew milk
- 2 tsp salt
- 2 tbsp nutritional yeast
- 2 tsp white miso

Instructions:

- Place a large lidded frying pan over a medium high heat. The pan should be wide enough to fit your spaghetti, without breaking it.
- Add the oil to the pan and fry the mushrooms until lightly golden. This should take 5-6 minutes. You might need to do this in two batches depending on the size of your pan.
- Once the mushrooms are cooked – add the shallots, garlic and herbs. Cook until the shallots are translucent and the garlic is fragrant, 1-2 minutes, taking care to stir the pan so that the garlic doesn't burn.
- Add the vegetable broth (or water). Add the spaghetti, 2 cups of the dairy-free milk (reserving half a cup), salt, nutritional yeast and miso. Cover the pan and bring it to a boil.
- Remove the lid, reduce to a simmer and cook for 8 to 10 minutes or until the pasta is cooked, stirring every minute or so to make sure the pasta doesn't clump together.
- When the pasta is cooked, remove the pan from the heat, and add the reserved half cup of milk and stir it through.
- Serve immediately.

Sourced from: <https://www.deliciouseveryday.com/vegan-one-pot-pasta-creamy-mushroom-sauce/>

Caramelized Onion & Cauliflower Casserole

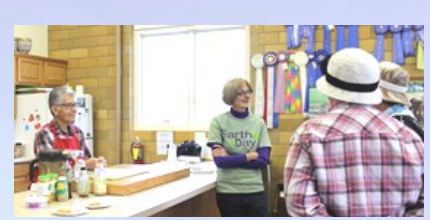
Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced medium
- 4 cloves garlic, minced
- 4 cups cauliflower florets (a medium head of cauliflower should equal four cups, but measure it first to be sure.)
- 1 12 ounces pack extra firm silken tofu (the vacuum-packed kind)
- 1 cup vegetable broth
- 1/2 cup tahini
- 1/4 cup lemon juice
- 1 tablespoon smoked paprika, plus more for sprinkling
- 1/4 cup nutritional yeast
- 1/2 teaspoon salt
- a few dashes fresh black pepper
- 1 cup bread crumbs

Instructions:

1. Preheat a large heavy bottomed skillet, preferably cast iron, over low heat. Add the onion and cover the pan, stirring occasionally, for about 20 minutes. It should be golden and soft.
2. Add garlic and cauliflower, raise heat to medium, cover and cook until cauliflower is softened, stirring occasionally, for about 15 minutes. Remove pan from heat and set aside. Preheat oven to 350° F.
3. In a food processor, Combine tofu, vegetable broth, tahini, and lemon juice and blend until completely smooth. Add half of the cauliflower mixture, paprika, nutritional yeast, salt and pepper and pulse a few times until well combined. Without running the food processor, stir in breadcrumbs with a spatula. I do this just to save a dish, but you can transfer to a mixing bowl to stir in the breadcrumbs if you prefer. You just don't want to food process them at this point because it would make the dish gummy.
4. Lightly grease a 9x9 casserole dish. Transfer the mixture from the food processor to the casserole and spread it out evenly. Top with remaining cauliflower mixture and lightly press it into the bottom layer.
5. Bake for 30 minutes, until golden on top. Let cool slightly, sprinkle with paprika and serve!

Sourced from: https://www.vice.com/en_us/article/z48dj4/caramelized-onion-cauliflower-casserole



Dear Valued Supporter,

Thank you so much for your past support! With your help in 2019 The Maple Center Nonprofit has helped well over 2,000 individuals in our community transform their lives by learning how to live a healthier lifestyle; how to prevent, cope with and reverse chronic illness, and alleviate addictions.

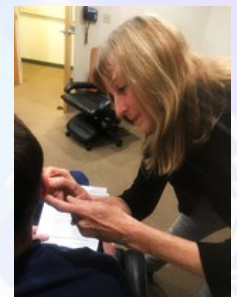
Our classrooms have been filled each week with ear acupuncture for addictions, 12 step yoga for recovery, yoga for relaxation, chair yoga for those with limited movement, family yoga, tai chi, LEAF (Lifestyle Education and Food) nutrition classes, Hands On Cooking Classes at the ISU Food Lab, Plant Pure Nation 10 Day Jumpstarts, Mind Body Skill Trainings, and Mindfulness Based Stress Reduction classes. We have participated in several community activities, such as (3) Tot Times at the Children's museum, Earth Day at St. Mary's, monthly CODA classes, (9) OLLI speaking engagements, and participated in the Girl Scouts Wellness Day.

Here is what some of our alumni our have to say about the impact The Maple Center for Integrative Health nonprofit has had on their lives:

"I went just to learn some recipes for cooking vegetables. By the end of the class I ended up losing weight, giving up cheese, and embracing a more healthy plant-based lifestyle."
~Roseann Campbell

"Thank you so much, I haven't painted in so many years. It was so relaxing and I was in a zone, it made me forget about everything for a little while. This has made me want to continue for relaxation."
~Anonymous at CODA

"What I take away from the acupuncture sessions here is a great sense of calmness, serenity, peace. It's amazing, just the sense of relaxation and wellness that I get from just a 45 minute session. It's an amazing program. I would encourage anybody to at least give it a try to see how you react with it. I know it's worked fabulously for me." -Anthony E. Vukusich



Monthly Matters from The Maple Center

Our goal this year is to raise \$30,000 to continue to provide affordable integrative health educational services. Thanks to generous sponsors, we have raised \$24,000 so far and are moving closer to our goal, but we still need your help.

You may donate to our cause in any of the following ways:

- **A onetime cash donation via check or online payment or a pledge of a monthly donation**
- **Support the center while you shop at AmazonSmile & Krogers (sign up and we receive a percentage of your purchases).**
- **Ask for an employer gift match campaign at your work or payroll deduction**
- **A donor advised fund**
- **A gift of securities**
- **Transfer of assets**
- **Rather than selling or trading in your used operable car, truck, SUV, motorcycle, RV, or boat on a trailer, consider donating it.**
- **Set up a bequest through the provisions of a will or estate plan**

Send your gift directly to us using the enclosed return envelope or use our online donation website – www.themaplecenter.org Contact our office to make arrangements for other gifts.

Donations to The Maple Center Nonprofit are welcome all year long and go directly to the programing offered by the center.

With your help since 2004, we have been able to offer health education classes to the youth, adults, and chronically ill in our community.

Your gift will have a tremendous impact on the lives of these individuals and help them to have the knowledge, skills, vision and motivation to change their lives. Thank you for partnering with us to help them.

In gratitude,

*Deanna Ferguson
Executive Director*

*Kathleen Stienstra
Board President*



The Maple Center, Inc Nonprofit 501(c)3

1801 N 6th St, Ste 600, Terre Haute, IN 47804

(812) 234-8733

Monthly Matters from The Maple Center



Free Auricular Acupuncture Session

Sunday January 12th from 12- 4 pm

**In the Fleschner Memorial
Classroom
at The Maple Center
1801 N 6th St.
Terre Haute, IN 47804**



Please plan on 45 minutes for the session for best results.

Acupressure Detox Specialists will be Amy Holbert and Lindsey Skelton,
supervised by Debbie Stevens.

Sponsored by:



Please call: (812) 234-8733 or
email Lindsey: programs@themaplecenter.org
to sign up for a time!



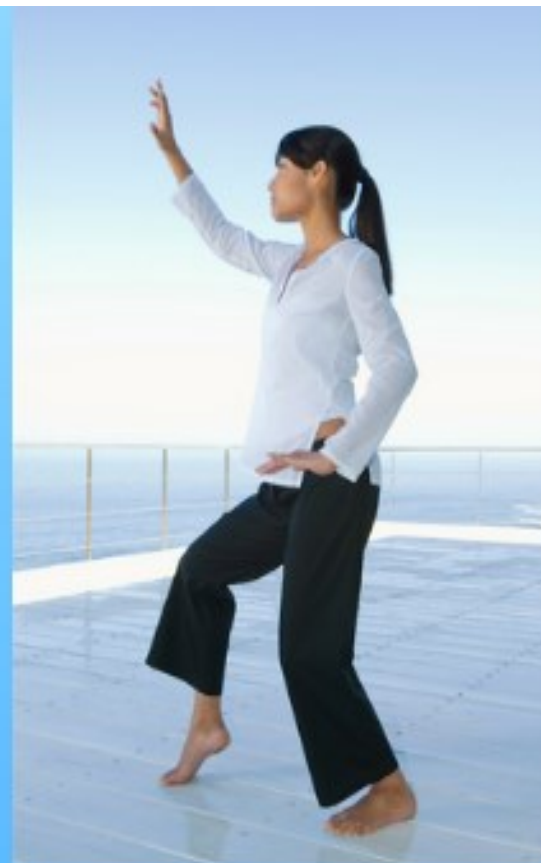
Tai Chi

**Wednesdays from 6-7pm
January 22 through February 26**

**in the Larry P. Fleschner Memorial
Classroom at
The Maple Center 1801 N 6th Street, Terre
Haute**

**Cost \$30 for the 6 class series,
scholarships available.
Register at www.themaplecenter.org**

**Classes led by certified instructor
Steve Walden, PTA**



WANT TO FEEL BETTER IN *JUST 10 DAYS?*

- Reduce the risk of heart disease
- Lower cholesterol
- Lower triglycerides
- Lose weight
- Stabilize fasting blood sugar
- Reduce muscle aches and pain



JOIN THE JUMPSTART CHALLENGE!

February 6 through March 12, 2020

All Participants receive:

- ⇒ **ONLINE Education Programming (REQUIRES INTERNET ACCESS)**
 - * Daily internet-based educational material
- ⇒ **2 In Person Meetings—6:00PM to 8:00PM at the Maple Center**
 - * **February 6 - WELCOME, Education and Food demonstrations with samples**
 - * **March 12 - CELEBRATION with blood work results**
- ⇒ **PlantPure Nation Cookbook**
- ⇒ **Fasting Blood tests performed on February 24 and March 6**

REGISTER TODAY

at www.themaplecenter.org or call 812-234-8733

Limited spots available!

Registration deadline January 22nd

\$45 per person registration fee

****Scholarships available! Those interested can fill out an application at www.themaplecenter.org *****

Lab costs: \$50 (includes Lipid Panel + Blood glucose at start and finish)

Food and Resource Cost: \$179.00 (20 frozen entrees + more than 25 online videos)



Monthly Matters from The Maple Center

Nutrients in Plant and Animal Foods

A useful resource for those interested in nutrition is the United States Department of Agriculture (USDA) group of Food Composition Databases¹. They analyzed a massive range of foods and list their nutritional content. Here is a snap-shot of the nutrient values shown within these databases for a given amount of plant-based foods when compared with the same amount of animal-based foods.

The research data

The chart comes from the USDA databases and from the Journal of Food Composition and Analysis and represents 500 calories of each of the food sources:

Nutrient	Plant-Based Foods	Animal-Based Foods
Cholesterol	N/A	137
Fat (g)	4	36
Protein (g)	33	34
β-Carotene (mcg)	29,919	17
Dietary Fibre (g)	31	N/A
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
Vitamin E (mg)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51

The **plant-based** foods are composed of equal parts of:

- tomatoes
- spinach
- lima beans
- peas
- potatoes

The **animal-based** foods are composed of equal parts of:

- beef
- pork
- chicken
- whole milk

The **exact food listings** in the database were:

plant-based foods

- spinach, raw
- tomatoes, red, ripe, raw, year-round average
- lima beans, large, mature seeds, raw
- peas, green, raw
- potatoes, russet, flesh and skin, raw

animal-based foods

- ground beef, 80% lean meat/20% fat, raw
- pork, fresh, ground, raw
- chicken, broilers or fryers, meat and skin, raw
- milk, dry, whole

Final thoughts

The above speaks for itself. As you can see, there's much more nutritional value per calorie in plant-foods than in animal-foods, and this is apart from the myriad health problems associated with the latter compared with the former.

As Dr Joel Fuhrman pointed out⁴, **Health = Nutrient Intake/Calories**. That is, the **more nutrient value** there is per calorie of the foods you consume, the **better health** you should expect from your diet; on the other hand, the **less nutrient value** there is per calorie, the **less health benefits** you should expect to see.

Sourced from: <https://www.wholefoodplantbaseddiet.com/nutrients-in-plant-and-animal-foods/>

My Health Equation

- In physics a key formula is $E = mc^2$
- In nutritional science the key formula is my health equation:

$$H = N / C$$

Health Expectancy = Nutrients / Calories



Support Your Health

Held at

THE MAPLE CENTER, 1801 N 6th St, Terre Haute, IN

from 1:30 - 3:00 pm

Cost: No charge

Jan. 8, 2020 - Sleep, the Body's Reset Button presented by Sylvia Middaugh, RDN, LD, DipACLM

Find out why sleep is at the very foundation of overall wellness (health). Learn some of the fascinating processes that occur while you are sleeping and ways to improve your sleep. Sylvia is a Nutrition educator/counselor and owner of Nutrition for Healing, P.C. connected with the Maple Center for Integrative Health. Sylvia believes that lifestyle is at the foundation of good health.

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

Feb.12, 2020 - What is Chair Yoga and how can it benefit you presented by Devaki Lammet, M.A.

Devaki will give a short introduction on yoga and how these principles apply to chair yoga. Chair yoga is for all those who wish to discover yoga but need modification due to injury, limited range of motion or age. Enjoy a yoga session.

March 11, 2020 - TMJ - is there any relief? presented by Nancy Humphries, NC-LMBT 9602

Nancy will discuss causes of **Temporomandibular joint (TMJ)** dysfunction which may manifest as jaw pain, clicking jaw, headaches, ringing in ears, or limited joint movement. The exploration of the anatomy and how precise intraoral and external massage may reduce or alleviate symptoms will be enlightening.

April 8, 2020 - Using Soft Tissue techniques to improve function of the body presented by Jeff Binder, DC

Jeff's presentation will include a few different techniques such as ART, trigger point therapy, and Graston to decrease tension, adhesions and pain in muscles and improve their function. Jeff has degrees in Chemistry (physics minor), Life Science, Radiology, Doctorate in Chiropractic and Masters in Sports performance. He has been in practice for 6 years with my mother, Kay Binder and brother Curt Binder in Clinton and Kingman Indiana.

Presented by:



SUPPORT YOUR ADDICTION RECOVERY WITH AURICULAR (EAR) ACUPUNCTURE

Sponsored by:



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

NO CHARGE

RESUMING ON
JANUARY 13
MONDAYS FROM 3-6 PM

THE MAPLE CENTER CLASSROOM
1801 N 6TH ST.
TERRE HAUTE, IN

Breathe

MONDAYS @7:30PM - NO CHARGE - NO REGISTRATION

YOGA AND MEDITATION FOR ADDICTION RECOVERY AND RELAPSE PREVENTION



Sponsored by:



Located at
NEXT STEP FOUNDATION
619 Washington Ave



Chair Yoga

Thursdays 10-11 am
Starting January 9, 2020

in the Fleschner Memorial Classroom
at The Maple Center
1801 N 6th Street, Terre Haute, IN 47804

This is a unique program for all, who would like to discover yoga but need modification due to illness, injury, limited range of motion, age, etc. We will use a chair and other props, if needed, to support you in your practice! This is a drop-in class.

Sponsored by:



Stretching. Strengthening. Relaxation

Stress Management Yoga

7 week series:

January 27
February 3, 10 & 24
March 2, 9 & 16

Mondays from 6-7:30pm

**\$70 for 7 week series of classes
(\$10 per class)**

**Classes will be held in the
Fleschner Memorial Classroom
at**

**The Maple Center
1801 N. 6th St. Ste 600
Terre Haute, IN 47804**

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.

Sign up online at www.themaplecenter.org
or in person at The Maple Center.

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 Ayurvedic health counselor.



Sponsored By:





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, 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



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.