



The Maple Center

For Integrative Health

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

April 2020



Monthly Quote:

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work; you don't give up.

Anne Lamott

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

SPREAD HOPE NOT DISEASE



April National Month of Hope

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 and other 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.

Iron and Calcium Rich Smoothie

Ingredients:

- 8 oz unsweetened calcium-fortified soy milk
- 1 tablespoon raw pumpkin seeds
- 1/2 cup frozen strawberries
- 1 cup collard greens
- 1 cup bok choy
- 1 ripe banana

Instructions:

Place all of the ingredients into your blender and blend until creamy and smooth. Enjoy!



<https://cleanfooddirtygirl.com/nutrients-plant-based-eaters-must-mindful-part-2-iron-dha-epa-iodine-iron-calcium-rich-smoothie/>

Easy Oat Waffles

Ingredients:

- 2½ cups rolled oats
- ¼ cup ground flaxseeds
- 2 teaspoons grated lemon zest (from 1 lemon) ½ teaspoon ground cinnamon
- 1½ cups unsweetened almond or oat milk
- ⅓ cup mashed banana

Optional Toppings Ideas: Sliced bananas, berries or other fresh fruit, nut butter, maple syrup

Instructions:

- Combine the oats, flaxseeds, lemon zest, and cinnamon in a food processor or blender.
- Process or blend until a powder forms.
- Transfer oat mixture to a medium bowl.
- Stir in the almond milk and mashed banana, just until moistened (batter will be fairly thick).
- Preheat a nonstick waffle iron. Pour the batter into waffle iron and close lid quickly; do not open until done.
- Cook according to waffle iron directions. When done, use a fork or a wooden chopstick to lift waffle off the grid.
- Repeat with the remaining batter.
- Serve warm with sliced bananas or other toppings of your choice.



<https://www.forksoverknives.com/recipes/vegan-breakfast/easy-oat-waffles/#gs.1dnxw7>

"Yo, Adrian" Burger



INGREDIENTS

2 Tablespoons flaxseed meal
¼ cup warm water
1 medium sweet potato, grated (generous 1 cup)
1 cup old-fashioned oats
1 cup oat flour
1 small red onion, minced (about ½ cup)
2 to 3 cloves garlic, finely minced
2 Tablespoons hot sauce
2 Tablespoons cider vinegar
2 teaspoons low-sodium tamari
2 teaspoons dried oregano
2 teaspoons dried basil
2 cups finely chopped fresh kale
6 to 8 100% whole-grain buns, toasted

DIRECTIONS

Place the mixture on one piece of parchment paper and place the second piece on top. With a rolling pin, roll out to a ¼-inch thickness. With a 3-inch biscuit cutter (or 3-inch-wide mug), cut out 6 to 8 patties.

Place the formed burgers onto the lined baking sheet and bake for 15 to 20 minutes. Remove from the oven and flip the burgers. Using a spatula, flatten them until they are ½ inch thick. Return the flipped burgers to the oven and bake for an additional 15 minutes, until golden brown. They'll be golden brown and deliciously crispy.

Enjoy on toasted, whole-grain buns, alone or with your favorite condiments and plant-strong fixings.

Sourced from: <https://vegworldmag.com/recipes/yo-adrian-burger/>

Roasted Sweet Potato Wedges



Ingredients:

- 2 medium sweet potatoes (1½ lb.), peeled and cut lengthwise into 6 wedges
- 1 teaspoon granulated garlic
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

Instructions:

- Preheat oven to 425°F. Line a large baking sheet with parchment paper.
- Place potato wedges in a steamer basket in a large saucepan. Add water to saucepan just below basket. Bring to boiling. Steam, covered, 7 minutes or until just tender.
- Arrange potato wedges on the prepared baking sheet in a single layer.
- In a small bowl stir together the remaining ingredients. Sprinkle spice mixture over potato wedges.
- Roast 15 to 20 minutes or until browned and tender, turning once halfway through cooking. Serve hot.

<https://www.forksoverknives.com/wp-content/uploads/fly-images/111466/sweet-potato-wedges-wordpress-scaled-688x387-c.jpg>

Quick and Easy Noodle Soup



Ingredients:

- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 6 cups vegetable stock
- 1 teaspoon low-sodium tamari or soy sauce
- ½ teaspoon dried marjoram, crushed
- ½ teaspoon dried sage, crushed
- ¼ teaspoon dried thyme, crushed
- Pinch of turmeric (optional)
- Freshly ground black pepper
- 3 cups dried brown rice fettuccine noodles or whole-wheat pasta, broken

Instructions:

- Combine the onion, celery, carrots, stock, tamari, marjoram, sage, thyme, turmeric and pepper in a 4-quart Dutch oven.
- Bring to a boil over high heat.
- Reduce heat to medium-low; cover and simmer for 20 minutes.
- Stir in the noodles; return to a boil.
- Cook for 10 minutes more or until noodles are tender.
- Enjoy!

<https://www.forksoverknives.com/recipes/vegan-soups-stews/quick-easy-vegan-noodle-soup/#gs.1d6w4d>

Antioxidant Packed Vegetable and Wild Rice Soup



Ingredients:

- 1/2 cup red onion diced
- 3 garlic cloves minced
- 1 cup chopped carrot
- 2 cups green beans (strings removed and cut into thirds)
- 1 red bell pepper diced
- 1 jalapeño diced (take the seeds out if you don't like spicy)
- 3 cups mushrooms (sliced and then cut in half)
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 1/2 teaspoons salt
- 6 cups water
- 1 1/2 cups cooked Wild Rice
- 2 cups chopped kale

Directions:

- Prep and measure out all of the ingredients first. This will make it super easy to throw it together.
- Heat a large pot over medium heat for 2 minutes.
- Add the onion, garlic, carrot, green beans, red bell pepper, jalapeno, mushrooms, dried basil, dried thyme and salt and saute for 5 minutes, stirring regularly so that nothing sticks to the bottom of the pot.
- Add the water, stir, and bring to a boil. Turn the heat down to low and simmer for 15 minutes, with a lid on the pot at an angle.
- When the veggies are soft, turn off the heat, add the Wild Rice and the kale and stir.

Sourced from: <https://cleanfooddirtygirl.com/my-morning-dance-antioxidant-packed-vegetable-and-wild-rice-soup/>

FLOURLESS PEANUT BUTTER BANANA OATMEAL COOKIES



INGREDIENTS:

2 cups quick oats
2 ripe bananas, mashed
1/2 cup natural peanut butter (or other nut or seed butter of choice)

OPTIONAL FLAVOUR ENHANCERS/ADD-INS:

1–2 tbsp maple syrup or coconut sugar
1/2 tsp sea salt
1/2 tsp pure vanilla extract
1/4 cup dairy-free chocolate chips or
1/4 cup add-in of choice such as chopped nuts, raisins or dried cranberries (add up to 1/2 cup if you want and feel free to mix and match!)

INSTRUCTIONS:

- Pre-heat oven to 350 F.
- Mash the bananas in a bowl with a fork until they form a paste.
- Add the rest of the ingredients and mix well.
- Drop 16 spoonfuls onto a cookie sheet, shaping each spoonful into a cookie shape.
- Bake for 15 minutes. They should be firm and slightly browned when done.

Sourced from: <https://runningonrealfood.com/flourless-peanut-butter-banana-oatmeal-cookies/>

Rich Cacao Almond Brownies



Ingredients:

- 1 banana
- 1 teaspoon vanilla
- 1/4 cup maple syrup or more if you want them a little sweeter
- 2 cups canned black beans, rinsed and drained
- 1/2 cup cacao powder
- 1/4 teaspoon salt
- 1/2 cup almonds, chopped
- 1/2 cup shredded coconut
- 1 tablespoon chia seeds

Instructions:

- Preheat oven to 350°
- Place the banana, vanilla and maple syrup in the food processor and process until smooth. Add the black beans, cacao powder and salt and process until totally smooth, about a minute or two.
- Pour mixture into a mixing bowl and place the almonds and coconut in the food processor (don't worry about washing the food processor). Process the almonds and coconut until the almonds are chopped up to your liking. Add this to the mixing bowl, along with the chia seeds and stir until everything is incorporated
- Line an 8 x 11 pan with parchment paper so that it covers the bottom and sides of the pan and pour in the brownie mixture. Bake for 35 minutes.

<https://cleanfooddirtygirl.com/the-top-9-most-crappy-processed-foods/>



Mothers In Crisis is challenging everyone to take hope breaks throughout the day because sometimes you have to schedule a little hope into your day.

Steps to Taking Hope Breaks:

- *Schedule breaks into your normal routine in five-minute increments*
- *Find a quiet place*
- *Take five to ten deep breaths*
- *Think about good things happening, instead of the worst-case scenario think of the best-case scenario*
- *Make an affirmation and speak it out loud*
- *Repeat as often as needed*

How to Create and Spread Hope in Your Daily Life

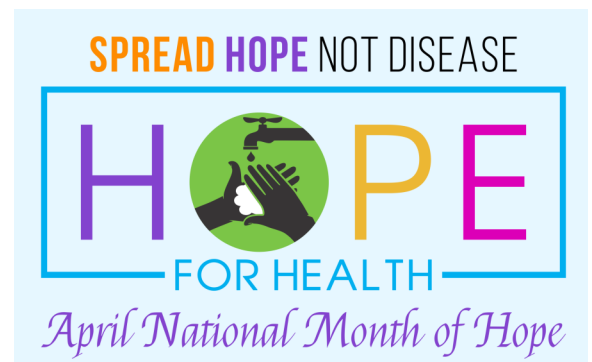
With seemingly constant negative news reports telling of school shootings, suicides and more, you may feel like there is little to feel hopeful about these days, but experts say that having hope can be a powerful tool in good times and bad.

“Whether you’ve lost a job or a loved one, or you’re experiencing general feelings of despair, hope can give you strength and renew your potential and purpose,” says Dr. Rosalind Tompkins, founder of the National Month of Hope. “Finding hope in everyday challenges is the first step to creating a solution.”

To help you find hope in your life, as well as spread hope to others, Dr. Tompkins, a recognized “Hopeologist” and life coach offers the following advice.

- **Take a Hope Break.** Schedule five minute “hope breaks” into your normal routine. Find a quiet place, take five to ten deep breaths and think about good things happening, instead of the worst-case scenario. Make an affirmation and speak it out loud. Repeat as often as needed.
- **Take Action.** Set goals and move forward, focusing on results. Surround yourself with people who believe in you and your progress.
- **Volunteer.** Spread hope to your community by giving time, food and money to those in need. Whether you clean up a local park, read to children in schools or volunteer in a food pantry, you’ll be spreading hope to those who need it, which can help you feel more hopeful too.
- **Have a Chat.** Is there someone in your life who needs hope? Prepare yourself for a conversation with that person by turning on your own belief that things can get better. Start the conversation with something like, “I care about you and wanted to check in with you to see how things are going.” Ask them to share what they are going through and be prepared to listen. Let them know that you are there for them and reinforce feelings of hope.

Sourced from: <http://makeahopeconnection.com/hopebreak/>





Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, [tobacco](#), or [other drugs](#)

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) website.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or [meditate](#). [Try to eat healthy, well-balanced meals](#), [exercise regularly](#), [get plenty of sleep](#), and [avoid alcohol](#) and [drugs](#).

- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reduce stress in yourself and others

[Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about [taking care of your emotional health](#).

Sourced from: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Monthly Matters from The Maple Center

Science-backed tips for strengthening your immune response quickly and effectively

by Hallie Levine, [AARP](#), Updated March 21, 2020

When it comes to fighting viruses, everyday precautions such as washing your hands often and avoiding sick people are key. But experts say that boosting your immune system may also give you an edge in staying healthy. Here are five smart steps to add to your to-do list now.

Stay active

Working out is a powerful way to boost your immune system, says Mark Moyad, M.D., M.P.H., Jenkins/Pokempner director of preventive and alternative medicine at the University of Michigan Medical Center. It causes your body's antibodies and white blood cells to circulate more rapidly, which means they may be able to detect and zero in on bugs more quickly. Being active this way also lowers stress hormones, which reduces your chances of getting sick, Moyad adds.

Research suggests that exercise's effects may be directly relevant to virus fighting, too. According to a recent study published in the British Journal of Sports Medicine, of 1,002 people surveyed, those who exercised at least five days a week had almost half the risk of coming down with a cold as those who were more sedentary. If they did get one, they reported less severe symptoms. There also may be a protective benefit from the sweat in your sweat session: Research has shown that simply raising your body temperature may help kill germs in their tracks.

The key to exercise, however, is to do it in moderation. "Like many other things, there's a sweet spot — doing too much can also put so much stress on your body, it depresses your immune system," explains Moyad. He recommends 30 to 60 minutes of exercise (either vigorous or moderate) most days of the week.

Watch your diet

"Eighty percent of your immune system is in the gut, so when it's healthy, we tend to be able to fight off infections faster and better," says Yufang Lin, M.D., of the Center for Integrative Medicine at the Cleveland Clinic. "When it's not, our immune system is weaker and more susceptible to fighting off infection."

It's also important to limit meat, especially processed and fried foods, all of which are more inflammatory, Lin adds.

"Generally, I recommend a whole food diet," she says. What's more, it's smart to include fermented foods, such as sauerkraut and miso in your daily diet. These help build up the good bacteria in your gut, which, in turn, supports a healthy gut and immune system, Lin explains.

Stay on top of stress

There's a strong link between your immune health and your mental health. "When you're under chronic stress or anxiety, your body produces stress hormones that suppress your immune system," Moyad says. Research done at Carnegie Mellon University has found that people who are stressed are more susceptible to developing the common cold.

In one study, published in Proceedings of the National Academy of Sciences, 276 healthy adults were exposed to the cold virus, then monitored in quarantine for five days. Those who were stressed were more likely to produce cytokines, molecules that trigger inflammation, and were about twice as likely to get sick. In addition, people who are stressed are less likely to pay attention to other healthy habits, like eating right and getting enough sleep, which can affect immunity, Lin adds.

Although you can't avoid stress in your life, you can adopt strategies to help you manage it better. A 2012 study, published in Annals of Internal Medicine, looked at adults 50 and older and found that those who either did a daily exercise routine or performed mindfulness meditation were less likely to get sick with a respiratory infection than subjects in a control group, and if they did get sick, they missed fewer days of work.

Get enough sleep

Z's are another natural immune system booster. "Your immune system is like your computer — it needs moments of rest so it doesn't become overheated," Moyad explains. "Sleep reboots the system."

When you're sleep-deprived, he adds, your body churns out stress hormones like cortisol to keep you awake and alert, which can suppress your immune system. People who got a full eight hours of shut-eye had higher levels of T cells than those who slept less, according to a 2019 study. Try to get at least seven hours of slumber a night, as a 2015 study, published in the journal Sleep, found that people who did so were four times less likely to come down with a cold than those who clocked less than six.

Be strategic about supplements

There's no magic herb or vitamin you can pop to automatically prevent a cold, flu or other virus. But a 2017 review of 25 studies, published in the British Medical Journal, found that a moderate daily dose of vitamin D may offer protection if you're already low in the sunshine vitamin, points out Tod Cooperman, M.D., president and editor in chief of ConsumerLab.com.

The best way to find out if you're lacking in vitamin D is to get your blood levels tested; you should be between 20-39 ng/mL (nanograms per milliliter). If you're within that range, a daily supplement of about 600 to 800 IU is fine. If you're low, talk with your doctor about additional supplementation — up to 2,000 IU a day. Cooperman advises taking it with meals that contain fats or oils, to increase absorption.

The Cleveland Clinic's Lin also recommends cooking with herbs such as garlic, ginger, rosemary, oregano and turmeric. All have been shown to have anti-inflammatory properties, she explains, and some, like garlic, have even been shown to be protective against colds. "When my patients ask me about taking supplements to enhance their immune system, I always go back to food, food, food," she says. "Food is medicine."

Sourced from: <https://www.aarp.org/health/healthy-living/info-2020/boosting-immune-response.html>

Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes.
~ Thich Nhat Hanh

A Simple Meditation Practice:

1. **Sit comfortably.** Find a spot that gives you a stable, solid, comfortable seat.
2. **Notice what your legs are doing.** If on a cushion, cross your legs comfortably in front of you. If on a chair, rest the bottoms of your feet on the floor.
3. **Straighten your upper body**—but don't stiffen. Your spine has natural curvature. Let it be there.
4. **Notice what your arms are doing.** Situate your upper arms parallel to your upper body. Rest the palms of your hands on your legs wherever it feels most natural.
5. **Soften your gaze.** Drop your chin a little and let your gaze fall gently downward. It's not necessary to close your eyes. You can simply let what appears before your eyes be there without focusing on it.
6. **Feel your breath.** Bring your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly, or your chest.
7. **Notice when your mind wanders from your breath.** Inevitably, your attention will leave the breath and wander to other places. Don't worry. There's no need to block or eliminate thinking. When you notice your mind wandering gently return your attention to the breath.
8. **Be kind about your wandering mind.** You may find your mind wandering constantly—that's normal, too. Instead of wrestling with your thoughts, practice observing them without reacting. Just sit and pay attention. As hard as it is to maintain, that's all there is. Come back to your breath over and over again, without judgment or expectation.
9. **When you're ready, gently lift your gaze** (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

As you spend time practicing mindfulness, you'll probably find yourself feeling kinder, calmer, and more patient. These shifts in your experience are likely to generate changes in other parts of your life as well.

"All life happens in the present moment. All we really have is the moment that is right here, right now, in front of us. Any moment that happened in the past is a memory, and any moment that will happen in the future is a fantasy. Memories and fantasies can be very nice, but they lead us nowhere except into the past, which no longer exists, or the future which doesn't exist yet. The past and the future are not places. They are, essentially, nowhere. So, you see, you are either now here or nowhere."

- Baron Baptiste

Sources:

<https://www.mindful.org/meditation/mindfulness-getting-started/>

<https://mindfulnessexercises.com/>

<https://www.aurahealth.io/4-scientific-facts-mindfulness-prove-transformative-effects-humans/>



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.

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- 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.

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We appreciate your support!

The Maple Center Connection

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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.