

Monthly Quote:

The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart.

Helen Keller

Monthly Plant-Based Dinner

Bring a whole-food, plant-based 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 Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org



@themaplecenternonprofit

February 2020



FEBRUARY IS AMERICAN HEART MONTH

National Wear Red Day® – Friday, February 7, 2020

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast.

Please Join us for our monthly

Plant-Based Potluck Sponsored by The Maple Center

The 4th Tuesday of each month in the Atrium Room at Union Hospital.

Bring your favorite whole-food plant-based dish, your own plates and utensils, and enjoy an evening of food and friends.

This month's date: **February 25th @6:30pm**

Save these Dates:

- Feb.1 - Mar.7: Family Yoga @ The Maple Center (Saturdays)
- March 15: Cook & Eat: Spring Fling Themed Menu
- April 8: Tai Chi Class Begins
- April 16: Food For Life Cancer Classes begin
- April 18 & 19: Mind-Body Skills Workshop

** More information Inside **

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



Veggie Lasagna



INGREDIENTS

For the lasagna:

- 12 whole grain lasagna noodles
- 1 tbsp extra virgin olive oil
- 1 medium zucchini, chopped (optional)
- 8oz pkg sliced mushrooms
- 12oz pkg frozen spinach, thawed
- 1 cup frozen peas, thawed (optional)
- 7–10 cups marinara sauce(around 2-25oz jars)

For the tofu ricotta:

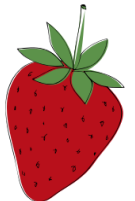
- 2–14oz pkg extra firm tofu, drained and pressed
- 10oz tub roasted garlic hummus (1 heaping cup)
- 1/2 cup nutritional yeast
- 1/4 cup fresh basil, finely chopped (optional)
- 1 tsp fine sea salt
- 1 tsp garlic powder

INSTRUCTIONS

- Preheat oven to 350F.
- Bring a large pot of salted water to a boil. Add noodles and cook just until al dente. Drain and rinse with cold water.
- Meanwhile, heat oil over medium heat in a large skillet. Once hot, add zucchini, mushrooms, and a pinch of salt and pepper. Sauté for 5 minutes or until softened. Add spinach and peas and sauté for another 5 minutes. Remove pan from heat
- Place drained tofu in a large bowl. Crumble with hands. Add hummus, nutritional yeast, basil, salt, and garlic powder. Stir together with your hands until it's semi-smooth and resembles ricotta.
- Place about 1 1/2 cups of marinara in the bottom of a 9x13in baking dish. Top with 4 noodles (3 lengthwise and 1 widthwise to cover the gap at the end). Next add half of the ricotta mixture and half of the vegetable mixture. Top with a heaping 1 1/2 cups or more of sauce. Repeat with more noodles, tofu mixture, and veggies. Then top with one last layer of noodles and another 1 1/2 cups or more of sauce.
- Top with a sprinkle of nutritional yeast. Cover with foil and bake for 30 minutes.

Sourced from: <https://www.hummusapien.com/best-vegan-lasagna/>

Dairy-Free No-Bake Strawberry Cheesecake



INGREDIENTS:

Cake base:

- 150g walnuts
- 100g oats
- 25g cacao powder
- 6 tbsp agave syrup
- 1 tsp vanilla extract

Strawberry cheese cake cream:

- 500ml plant-based milk
- A handful of strawberries
- 4 tbsp agave syrup
- 75g corn starch
- 2 tsp vanilla essence

Optional for Decoration:

- Strawberries
- Mint leaf

METHOD:

Add all cake base ingredients into a food processor and process for roughly 30 seconds until you get a nice dough. Line a baking tin with parchment paper and transfer the dough into the tin. Push down and even out with a spoon so you get a nice flat surface.

For the strawberry cheese cake cream:

Add all ingredients from this step into a blender and blend until you get a smooth texture. If you add a few more strawberries you can get a darker pink. Pour the cream into a pan, heat up and stir constantly (that's important as the cream burns easily). After a while (it takes 5-10 minutes depending on your hob) the cream will thicken all of a sudden (basically the starch turns into a liquid jelly). Pour the thickened cream into the cake tin and even out with a spatula or a spoon.

Place strawberries on top for decoration. You can also add a mint leaf for the extra wow-factor

.Let it cool down in a fridge for the cream to set, about 2 hours & enjoy!

<https://www.exceedinglyvegan.com/vegan-recipes/baking-desserts/easy-vegan-strawberry-cheese-cake-no-bake>

Cook & Eat

Plant Strong Meals



Join us in cooking a Spring Fling menu with a plant-based twist. During the class, you will cook plant-based, whole-food recipes with a team member and then eat the prepared meal. Recipes will be available. Class led by Sylvia Middaugh, MS, RDN,CD and the LEAF Leadership team.

**Spring Fling Themed Menu
including recipes
with fresh produce**

Sunday, March 15, 2020 from 2 pm – 5pm
At ISU's Food Lab (4th & Chestnut St. Entrance)

Cost: \$ 25 per person

Registration Required, Class size is limited
Register by making payment at www.themaplecenter.org
by March 5, 2020



Class sponsored by:



The Maple Center
For Integrative Health
812-234-8733



**Larry P. Fleschler
Memorial Foundation**

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. Educator's include Kathleen Stienstra, MD, and the LEAF team.

Thursdays, April 16- May 7, 2020 from 6 – 8 p.m.

Thursday, April 16 Introduction to How Foods Fight Cancer
Thursday, April 23 Fueling Up on Low-Fat, High-Fiber Foods
Thursday, April 30 Discovering Dairy & Meat Alternatives
Thursday, May 7 Cancer-Fighting Compounds & 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 - **DEADLINE is Wed. April 8, 2020**

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 visit our website or call 812-234-8733

Sponsored



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 to see upcoming classes and events.

Know the Differences

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **congenital heart defects** and **peripheral artery disease**.



Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind — all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



About **630,000 Americans** die from heart diseases each year.

11.7% of American adults (that's more than 1 of every 10) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans died
from coronary heart disease in 2015.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure**, **cholesterol**, and **A1C**.
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Control your weight.**
- **Don't smoke.**
- **Manage stress.**



Move More

Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

**Can't carve out a lot of time in your day?
Don't **chuck** your goal, **chunk** it!
Try 10 minutes a few times a day, for example.**



Only have 10 minutes? Consider:

- Walking briskly for 5 minutes, turning around and walking back
- Dancing (standing or seated) to three songs
- Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

**All adults should avoid inactivity.
Start gradually and increase slowly.**

Learn more about:

**CDC Target Heart Rate and
Estimated Maximum Heart Rate**

Different types of physical activity.

**Recommendations for children,
older people, and pregnant women.**



Get motivated

Try these tips to make being active part of your everyday routine:

Add a friend or family member

- Take a yoga or other fitness class with a friend.
- Work on your fitness goals with your spouse or roommate.
- Go for a daily walk with a neighbor.

Do what you love

- If you enjoy the outdoors, try biking, hiking, golf, or gardening.
- Play with the children in your life.
- Check out swimming options near you or the track at a nearby school.
- Think of physical activity as a special time to refresh your body and mind.

Build activities into your day

- Do strength exercises while watching TV.
- Use a workout game on your gaming console.
- Take a walk during lunch.
- Meet friends for a walk or a bike ride instead of (or before) dinner or a movie.

When To Check With Your Doctor

Certain physical activities are safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms, talk with your doctor first.

Learn more about the risks of physical activity for certain groups on the NHLBI website.



Family Yoga

Saturdays, February 1 - March 7
from 10 am-11 am

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

Cost \$5 per person per class or \$20 per family per class,
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.

Register at www.themaplecenter.org



The Maple Center
1801 N 6th Street, Suite 600
Terre Haute, Indiana





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:





Chair Yoga

Thursdays 10-11 am

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 led by Devaki.

Sponsored by:



Breathe



Yoga and Meditation

for

Addiction Recovery & Relapse Prevention

Beginning Weekly on February 7th
Fridays from 10-11:30 AM

In the Deming Yoga Studio
at **The Wabash Valley Recovery Center**
within Launch Social Works
619 Cherry Street
Terre Haute, IN 47802

No Charge - No Registration

Y12SR Yoga works with traditional treatment programs to address the physical, mental and spiritual disease of addiction.

Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction, Y12SR Yoga can aid in your recovery.



Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. Through the practice and study of Yoga and the 12-steps, Lindsey has been able to find and keep herself in recovery from addiction. She has since become a certified RYT 200 Yoga Teacher and Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda yoga.

Sponsored By:



Support Your Addiction Recovery with



Auricular (Ear) Acupuncture

Resuming Weekly on January 13
Mondays from 3-6 pm

The Maple Center Classroom
1801 N 6th St., Suite 100
Terre Haute, IN

NO CHARGE - NO REGISTRATION

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

Sponsored By:



Monthly Matters from The Maple Center

Tai Chi

Tai Chi is a low impact form of exercise that involves a series of slow, focused movements, accompanied by deep breathing. It is a self-paced, gentle form of physical exercise and stretching.

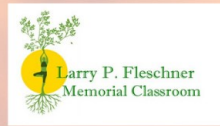
Classes led by certified instructor Steve Walden, PTA

Steve has 25 years in the medical field
2 Master ranks in Martial Arts
Teacher of Yang, Sun, and Chen Tai Chi

Cost \$30 for the 6 class series,
scholarships available.

Register at www.themaplecenter.org

Sponsored By:



**Wednesdays from 6-7pm
in the Fleschner Memorial Classroom
April 8 through May 13**

**at
The Maple Center
1801 N 6th Street,
Terre Haute, IN 47804**



Mind-Body Skills

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

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



Please bring a
brown bag
lunch

The workshop is \$5 and
registration is required.
Class size is limited.
Register at
www.themaplecenter.org

**April 18, 2020
9:00am - 5:00 pm
& April 19, 2020
10:00 am - 1:00pm
in The Maple
Center Classroom
Suite 100**

**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





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

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.