



### Monthly Quote:

"If you want to live a happy life, tie it to a goal, not to people or things."—

*Albert Einstein*

### Calendar of Events:

June 11—Jumpstart Class



# The Maple Center

For Integrative Health

[www.themaplecenter.org](http://www.themaplecenter.org)

Nonprofit: 812-234-8733

E-mail: [info@themaplecenter.org](mailto:info@themaplecenter.org)

Clinical: 812-235-



THE MAPLE CENTER FOR  
INTEGRATIVE HEALTH

## JUNE 2018

*Join our team!*

### Monthly Vegetarian / Vegan Dinner

Bring a vegetarian or vegan dish and recipe to share, Contact Debbie Stevens at [debbiestevens53@gmail.com](mailto:debbiestevens53@gmail.com)

### MAPLE CENTER UPDATE

**We are currently seeking a Part-time Program Coordinator to assist with the Non-profit office, this will be a paid position. To apply please send a resume to:**

**[dferguson@themaplecenter.org](mailto:dferguson@themaplecenter.org)**

#### Skills Required:

Basic office skills are required

Computer skills and Social Media skills are required (Microsoft Word, Excel, Publisher, Facebook, Twitter, etc.)

Graphic design skills and website development skills a plus

Organizational skills: document, file, create reports based on research, maintain data bases, and revise documents as requested by supervisor are important

Strong communication and presentation skills are important

Writing and planning skills are important

Skills working in teams/groups are important

Event organization skills are important

Approximately 20 hours/week operating hours Monday – Friday 1-5pm with some evenings and weekends.

For more information about the job go to [www.themaplecenter.org/volunteer-job-opportunities/](http://www.themaplecenter.org/volunteer-job-opportunities/)

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



**Save the Date!**

**Help the Nonprofit continue to help others**

By participating in our

*7th Annual Golf Scramble Fundraising Event*

**Friday, August 24, 2018**

**Rea Park Golf Course, Terre Haute, IN**

**Registration at 8:00 am (Breakfast Served)**

(Registration Fee includes Breakfast, Lunch,  
Golf Cart, Green Fees, & Beverages)

**TEE OFF at 9:00am**

**Lunch & Awards approximately 1:00pm**



## The Scoop on Nut Butters

In the article, “Almond butter vs. peanut butter: Which is healthier?” by Medical News Today it shows the graph of the differences between the two. In short, the article talks about the benefits and differences. The article states that Almond butter has twice the amount of fiber, it contains less saturated fats, 50% of the sugar, and contains more magnesium, potassium and calcium than peanut butter.

Nut butters can be purchased in most grocery stores today, but don't forget to check the labels some contain more sugar or other ingredients that you maybe trying to avoid. It is also easy enough to make your own. Below you will find a recipe for one type you can make.

2-4 cups of nuts/seeds

High speed blender or food processor

Place toasted or untoasted nuts in blender/food processor and process for 10-15 minutes. It will go thru stages from powder to clumpy to smooth and creamy. Make sure to scrape side frequently.

There are many varieties of butter you can make.

Adds-ins: vanilla bean, cocoa powder, spices (cinnamon, ginger, nutmeg, etc.), herbs (chili powder, cumin, etc.)

Allergic to nuts try **sunflower seeds**. Toast 2 cups of raw sunflower seeds in a 325 degree oven for about 12 minutes. Process until creamy. You can also add 2 T of maple syrup and 1 teaspoon of vanilla extract.

Article reference: <https://www.medicalnewstoday.com/articles/322212.php>

Recipe reference: [https://happymoneysaver.com/how-to-make-nut-butter/#\\_a5y\\_p=4404762](https://happymoneysaver.com/how-to-make-nut-butter/#_a5y_p=4404762)





## Gluten-Free Brown Rice Flour Tortillas

**Yield:** about 6 tortillas

**1 1/2 cups brown rice flour**  
**1/2 cup arrowroot powder or tapioca flour**  
**1/2 teaspoon sea salt**  
**1 cup boiling water**

In a small mixing bowl, whisk together the brown rice flour, arrowroot, and sea salt. Add the water and mix with a wooden spoon. Knead the dough a little in the bowl, then let it rest for a few minutes while the skillet heats up. Add more water, 1 tablespoon at a time, if the dough feels too dry.

Preheat a 10-inch skillet over medium heat, spritz with oil so the dough does not stick. Divide the dough into six equal-sized balls. Place a piece of unbleached parchment paper on the bottom of a tortilla press then place one of the balls in the center, cover with a second sheet of parchment, and press to form a thin, round tortilla.

Add to the hot skillet. Gently remove the top sheet of parchment, place the tortilla into skillet, then remove the second sheet of parchment. Cook for 1 to 2 minutes on each side. Repeat making tortillas with the remaining dough. Transfer the cooked tortillas to a plate and flip another plate over the top to keep the tortillas warm and soft. Let them sit for about 20 minutes inside the plates; this way they will be nice and pliable for serving.

Reference: <http://www.nourishingmeals.com/2014/01/how-to-make-brown-rice-flour-tortillas.html>



## Portobello Mushroom Veggie Wraps

**Servings:** 6 -8 servings

4 Portobello mushrooms, gills and stems removed  
 1 medium sweet onion, sliced  
 1 tsp Italian seasonings  
 sea salt and pepper to taste  
 8 oz bag of arugula, romaine, or spinach

4 large bell peppers, sliced  
 3 Tbsp balsamic vinegar  
 1/2 + 1/4 tsp garlic powder  
 1/2 cup dry tricolor quinoa  
 6-8 Wraps or tortillas

- Preheat oven to 400 degrees.
- Lay the sliced mushrooms, bell peppers, and onions on a large parchment-lined tray.
- Toss with balsamic vinegar, Italian seasonings, 1/2 tsp garlic powder, salt and pepper, coat each veggie. Cover with parchment paper or foil and bake for 30-35 minutes or until all veggies are tender.
- While the veggies are roasting, cook the quinoa according to package instructions. Once cooked, add 1/4 tsp garlic powder (or more according to taste), salt and pepper and mix the quinoa. Cover to keep warm and set aside.
- In each wrap, place greens of choice, quinoa, and roasted veggies. Roll up, cut in half and enjoy!

Reference: <https://www.staceyhomemaker.com/meatless-mondays-veggie-wraps/>



## Easy Cucumber & Avocado Salad

### Ingredients

- 1 cucumber
- 1/2 avocado
- 2 Tbsp roasted sesame seeds
- 1 garlic clove
- 1/2 tsp vinegar
- 1 tsp soy sauce
- a little bit wasabi
- 1/2 tsp sesame oil (or more)

### Instructions

1. Peel the cucumber into ribbons using a peeler. Place cucumber ribbons into a salad bowl.
2. Mince garlic, peel & slice avocado & add to the cucumbers.
3. Mix vinegar, wasabi, sesame oil & soy sauce.
4. Pour over the salad, sprinkle roasted sesame seeds and mix everything well. Enjoy!

Reference: <https://www.beautybites.org/easy-cucumber-avocado-salad/>



## Creamy Chocolate (Avocado) Fudge

- 2 ripe avocados, peeled, pitted and chopped
- 1/2 cup cacao powder or unsweetened cocoa powder
- 3/4 cup unsweetened non-dairy milk (I used vanilla, unsweetened almond milk)
- 1/2 cup maple syrup
- 1/2 teaspoon vanilla bean powder OR 1 teaspoon pure vanilla extract
- pinch of salt (~1/8 teaspoon)

1. In a blender, puree all ingredients until smooth. You may have to scrap down the sides or tap the bottom of the blender to get out any air bubbles. Try to avoid adding more liquid if you can as this will water down the recipe. But if you must you can add a couple splashes of non-dairy milk to get the blender going.
2. Pour (spoon) the mixture into your popsicle molds to freeze. This recipe makes 10, 2.5 ounce pops. Tap the molds on the countertop a handful of times once they are full, to try to get rid of all the air bubbles. Insert ice-pop sticks. Freeze until pops are solid and totally frozen (4-6 hours or preferably overnight). Pops will stay good for up to 2 weeks in your freezer.
3. Just before serving, briefly run molds under hot water to release pops.

Reference: <http://www.eatingbyelaine.com/2016/05/26/creamy-chocolate-avocado-fudgesicles/>

## 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.

**amazon**smile

You shop. Amazon gives.

- Register your Kroger Plus Card online at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com), using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.



## The Maple Center Connection

### **Integrative Medical Consultation and Medical Acupuncture**

Monday through Thursday

By Appointment

**Kathleen A. Stienstra, MD**  
**Clinical Appointments**  
**Call 812-235-4867**

### **Healing Touch, Cranial-Sacral Therapy, & Shamanic Practices**

By Appointment

**Liz Samsell, MS, LCSW, HTP**  
**Call 812-236-8985**

**or**

**Sharon Samsell, MDiv, LMHC, CHTP/I**  
**Call 812-878-2034**

### **Neuromuscular Re-education**

Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

**Penny Money**

**Call 317-670-3764**

### **Therapeutic Massage Therapy**

**Nancy**

Fridays & Saturdays

By Appointment

**Nancy Humphries, LMBT**

**Call 812-251-9190**

### **Mental Health Counseling**

By appointment

Fee: \$60 per hour

**Jan Croft, MS, LMHC, NCC**

**Call 812-240-5804**

### **Music Therapy**

By Appointment

Fee: \$50.00 : 50 Minute Session

**Tracy Richardson, PhD, MT-BC**  
**Clinical Appointments**

**Call 812-249-4290**

### **Holistic Lifestyle Consultant**

By appointment

**Devaki H.Lammet, M.A.,**

**Call 787-464-5651**

### **Registered Dietitian Nutritionist**

By appointment

**Sylvia Middaugh, MS, RDN, CD**

**Call 812-229-4059**

The Maple Center is a Non-profit integrative health center, started in 2004, that offers classes and workshops in mind, body, and spirit approaches to optimal wellness. We offer workshops in preventive strategies to maintain health, and unique programs for those challenged by cancer and chronic illness.