

DECEMBER 2021



# THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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



## NATIONAL HANDWASHING AWARENESS WEEK IS DECEMBER 1ST-7TH, 2021

Do it right.

Memorize the 5 steps.

Learn the 4 principles of Hand Awareness.

Sourced from: <https://nationaltoday.com/national-handwashing-awareness-week/>



**NATIONAL HANDWASHING AWARENESS WEEK**      **DECEMBER 1ST-7TH, 2021**

## The 5 Steps of Handwashing

1. Wet

2. Lather

3. Scrub

4. Rinse

5. Dry

### **Clean Hands Prevent Sickness.**

Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are:

1) Wash your hands when they are dirty and before eating.

2) Do not cough into hands.

3) Do not sneeze into hands.

4) Don't put your fingers in your eyes, nose or mouth.

Sourced from: <https://nationaltoday.com/national-handwashing-awareness-week/>

Monthly Matters from The Maple Center



# Plant-Based Recipes:



## Barbecue Bean and Cornbread Bake

### Ingredients

- 2 cups coarsely chopped Swiss chard
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 3 cloves garlic, minced
- 2 15oz cans no-salt-added cannellini (white kidney) beans, rinsed and drained
- 1 15oz can no-salt-added tomato sauce
- 1/4 cup low-sugar barbecue sauce
- 4 teaspoons apple cider vinegar
- 1/2 cup yellow cornmeal
- 3 tbsp all-purpose flour
- 1 tbsp pure cane sugar
- 2 tsp baking powder
- 1/8 tsp sea salt
- 1/3 cup unsweetened plant milk (almond, soy, cashew, rice)
- 1/4 cup unsweetened applesauce



### Instructions

1. Preheat oven to 400F. In a large nonstick skillet cook the first five ingredients (through garlic) over medium 5-7 min or until vegetables are tender, stirring occasionally and adding water, 1 to 2 tbsp. at a time, as needed to prevent sticking.
2. In a 2-qt baking dish combine cooked vegetables, beans, tomato sauce, barbecue sauce, and 3 tsp. of the vinegar. Bake, covered, 30 minutes.
3. Meanwhile, for topping, in a small bowl stir together cornmeal, flour, sugar, baking powder, and salt. In another small bowl combine plant milk, applesauce, and the remaining 1 tsp. vinegar. Add plant milk mixture all at once to cornmeal mixture; stir until just combined. Spoon batter into four mounds on top of hot bean mixture.
4. Bake 20 minutes more or until filling is bubbly and a toothpick inserted in topping comes out clean. Let stand at least 10 minutes before serving. Sprinkle with green onions.

Sourced from: <https://www.forksoverknives.com/recipes/vegan-baked-stuffed/barbecue-vegan-bean-casserole-cornbread-bake/>

## Plant-Based Mashed Potatoes

### Ingredients

- 2 1/2 lbs Yukon Gold potatoes
- 1 tsp salt
- 1/2 tsp pepper
- 2 tsp garlic powder
- 2 tbsp nutritional yeast
- 1/3 cup plant-based milk
- 1/3 cup reserved potato cooking water
- black pepper
- green onions, sliced



### Instructions

1. Scrub the potatoes and rinse them well under cold water. Then cut them into evenly sized 1-inch chunks.
1. Place potato cubes in large pot, add salt, 1 tsp garlic powder and cover with plenty of water.
2. Turn heat to high to bring to a boil, then reduce heat and let the potatoes simmer over medium heat for 15 minutes until they are very tender.
3. Drain the potatoes and catch 1/3 cup of the cooking water which you need to add back into the pot of potatoes.
4. Mash the potatoes using a fork or a potato masher to create a homogenous mixture without over-mashing them.
5. Add nutritional yeast, pepper, and the rest of the garlic powder and stir with a wooden spoon to incorporate.
6. Slowly add the soy milk while mixing continuously. Add more salt and soy milk to achieve your desired consistency and taste.
7. Transfer the mashed potatoes into a large serving bowl, garnish with diced green onions and freshly ground black pepper and serve warm.

Sourced from: <https://nutriciously.com/plant-based-mashed-potatoes/>

# Kale, Apple, and Quinoa Salad

## Ingredients

- 2 cups 3/4-inch pieces peeled butternut squash
- 1/4 cup pumpkin seeds
- 1/4 tsp ground cinnamon
- 1 lemon
- 2 tbsp pure maple syrup
- 1 tbsp Dijon mustard
- 1 1/2 cups cooked quinoa
- 3 cups stemmed and chopped kale
- 1 cup chopped apple
- 1/2 cup sliced green onions
- Sea salt and black pepper to taste



## Instructions

1. Preheat oven to 400F. Line 15x10 in baking pan with parchment paper or silicone baking mat. Arrange squash in prepared baking pan. Roast 20-25 min or until tender, brushing lightly with water if squash starts to look dry. Cool slightly on a wire rack.
2. Meanwhile, in small bowl toss together pumpkin seeds and 1/2 tsp water; sprinkle with cinnamon. Place pumpkin seeds in a small, shallow baking pan. Roast 5 minutes or until lightly toasted; cool.
3. For dressing, remove 1 tsp zest and squeeze 2 tbsp juice from lemon. In a small bowl whisk together lemon zest and juice, maple syrup, and mustard.
4. In a large bowl combine kale, quinoa, apple, green onions, and roasted squash. Add dressing; toss to coat. Season with salt and pepper. Top with pumpkin seeds.

Sourced from: <https://www.forksoverknives.com/recipes/vegan-salads-sides/kale-apple-and-quinoa-salad/>

# Vegan Gluten-Free Gingerbread Cookies

## Ingredients

- 1 batch flax egg (1 tbsp flaxseed meal + 2 1/2 tbsp)
- 1/2 cup packed brown sugar
- 1/4 cup almond butter
- 3 tbsp molasses
- 1/4 cup vegan butter (softened)
- 3/4 tsp ginger
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/2 tsp baking soda
- 1 1/4-1 3/4 cups gluten-free baking/pancake mix
- 1/4 tsp nutmeg (optional)



## Instructions

1. In large mixing bowl, prepare flax egg by mixing flax and water and letting it rest for 5 minutes.
2. Add softened butter, molasses, almond butter, brown sugar, salt, spices, baking soda, and beat on low with a mixer, or vigorously whisk.
3. Add gluten free baking mix to the wet ingredients and stir with wooden spoon. Stir until well combined. Your dough should hold its shape when pressed, but not feel dry.
4. Cover and chill dough for at least one hour (preferably overnight).
5. Once chilled, preheat oven to 350 degrees F. Carefully roll out dough to a little thicker than 1/8 inch between two sheets of plastic wrap or parchment paper, generously sprinkling the bottom layer and top of dough with white or brown flour rice before rolling.
6. Remove top sheet and, working quickly, dip your cookie cutters in rice flour and cut out shapes. Next, use lightly floured spatula to carefully transfer the cookies to a baking sheet, working quickly. Leave 2 inches for spreading.
7. Bake for 8-10 minutes or until they appear only slightly browned on edges. They will continue to firm up as they sit on pan. Let rest on pan for 2-3 minutes, then transfer to cooling rack.
8. Once cooled, decorate with frosting or sprinkle with powdered sugar.
9. \*\*Simple frosting recipe: 2 cups icing sugar, 1 tbsp melted vegan butter, and 1-2 tbsp almond milk

Sourced from: <https://minimalistbaker.com/vegan-gluten-free-gingerbread-men/>

# GENTLE YOGA



*with Allison Wood at The Maple Center*

**Gentle Yoga is a gentler form of traditional yoga that goes at a slower pace, focusing on breathing and stretching rather than strength and flexibility.**

**Tuesdays at 4:00 PM**

**\$5 per session**

**starting November 16th**

**in the Fleschner Memorial**

**Classroom, Suite #400**

**Please sign up prior to each class at [www.maplecenter.org](http://www.maplecenter.org)**



The Maple Center, Inc Nonprofit 501(c)3  
1801 N 6<sup>th</sup> St, Ste 600  
Terre Haute, IN 47804  
(812) 234-8733  
[www.themaplecenter.org](http://www.themaplecenter.org)



Larry P. Fleschner  
Memorial Foundation



# MEDITATION TUESDAY

*Group led by Meditation Professionals*

Join The Maple Center for Meditation  
Tuesday, a monthly meditation group!

**This month's topic is  
Yoga Nidra**

*Instructed by Kelsey Terry, a 500 hour RYT and  
owner of Common Ground Yoga*

Nidra is a form of guided meditation also  
known as "yogic sleep" or "effortless  
relaxation."

Kelsey will discuss the benefits of Yoga  
Nidra and you'll be guided through a  
practice lying down, relaxing, and moving  
inward to access deep rest.



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Harry P. Fleschner  
Memorial Foundation

Third Group Meeting:  
Tuesday, December  
7th, 2021

Time:  
5:30 PM-6:30 PM

Location: Fleschner  
Memorial Classroom  
Suite #400

FREE and  
open to the public!



THE MAPLE CENTER PRESENTS

# CITY OF WELLNESS



A showcase for healthy living in the Wabash Valley

**SATURDAY, MARCH 19 2022**  
**9:30 AM - 4 PM**  
**ROSE HULMAN INSTITUTE OF TECHNOLOGY**  
**MUSSALLEM UNION**

A showcase of integrative health professionals, a variety of topics:

- **Get Your Brain Back Into High Gear** by Dr. Kathleen Stienstra
- **The Power of Your Breath** by Danielle Bryan, founder of Illumination Wellness
- **What is a "Codependent" Relationship?** by Dana Simons, LCSW, LCAC of Next Step
- **Beyond the spa model of massage** & forward to functional movement, posture, pain, & performance by Charlie Peebles, ISU Massage Therapy Coordinator & Program Instructor
- **Making Your Bowel Less Irritable** by Brock Sokolowski, PA-C from Digestive Health Associates
- **Healthy Dining in the Valley** by The Maple Center LEAF Leadership Team
- **Avoiding Toxins: Reduce Your Exposure, Reduce Your Toxic Load** by Dr. Kristen Walton,
- **Plantar Fasciitis Relief** by Nancy Humphries, owner of Blue Dragonfly Massage, LMBT9062, MT21103948IN
- **What is Acudetox and other practices that support a life in recovery** by Lindsey Skelton, BS, ADS, RYT-200
- **Yoga: Learn what science is telling us about the mind body connection & how Yoga can facilitate a healthy, strong connection** by Kelsey Terry, RYT200, owner of Common Ground Yoga
- **Staying Healthy with the Seasons-A Chinese Medicine Perspective** by Dr. Chris Leininger, DACM, L.Ac of Pure Health Acupuncture
- **Partnering with Someone Living with Dementia: Gems for the Journey** by Elizabeth Collins, BSN, MA
- **Employee Wellness** by Marilyn Byrd, MSN, RN, Director of Employee Health at Union Hospital

Sponsored by:



## SAVE THE DATE



### Writing Group with Jamie Lee

Looking for others with whom to write? Want feedback on your writing? Come join the new writing group with Jamie Lee!

Note that this is not meant to be instructional but rather a fun and safe space in which to write and share ideas. There is no fee and no need to sign up, just come when you want!

**THURSDAY NIGHTS**  
**6:00 PM - 7:30 PM**





**OLLI**  
INDIANA  
STATE

OLLI PRESENTATIONS

# MINDING *your* BRAIN

WAYS TO PREVENT AND  
REVERSE COGNITIVE DECLINE

DR. STIENSTRA WILL REVIEW THE  
RESEARCHED AND PUBLISHED APPROACHES  
TAUGHT BY DR. DALE BREDESM WHO WROTE  
"AN END TO ALZHEIMER'S."

**WEDNESDAY DECEMBER 8, 2021 AT 1:30 PM**

**\* NO CHARGE**



The Maple Center  
For Integrative Health

LOCATED AT THE  
LANDSBAUM CENTER FOR  
HEALTH EDUCATION  
AUDITORIUM  
1433 N 6TH 1/2 ST, TERRE  
HAUTE, IN 47807



Larry P. Fleschner  
Memorial Foundation



**OLLI Presentations:**

# HAPPY FEET

*With Dr. Miranda Goodale, Doctor of Podiatric Medicine*  
**Wednesday, January 12th at 1:30 PM**  
**\*No charge**

**Dr. Miranda Goodale is a Doctor of Podiatric Medicine (DPM) and has been in private practice for 15 years. Dancing as a child is what got her interested in foot care. She is a wife and mother of three daughters and active in her church and community.**

**At the Landsbaum Center for Health Education Auditorium.**



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**1433 N 6 1/2th Street**  
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Larry P. Fleschner  
Memorial Foundation



# Chair Yoga

Thursdays at 10am

**\*Canceled December 23 & 30 for the Holidays**

Classes are offered in the Maple Center's Fleschner Memorial Classroom Classroom and are streamed live online via our Facebook page.

 @themaplecenternonprofit

This class is offered free of charge thanks to our generous sponsor:



SPACE is limited on site



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1801 North 6th Street, Suite 600  
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# FREE!

## MONDAYS 3-5:15PM

No Sign up or Registration Required

Walk - In Clinic



# AURICULAR ACUPUNCTURE

A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at

The Maple Center for Integrative Health Nonprofit

1801 N. 6th St. - Suite 100





# Recovery Yoga

at

## Next Step Foundation

619 Washington Ave  
Terre Haute, IN 47802

**Sundays\* @ 5:00 pm** \*(starts July 11th)

**Mondays @ 10:30 am**

**Thursdays @ 4:00 pm**

**Fridays @ 9:30 am**

## No Charge - No Registration

Recovery Yoga works with traditional treatment programs to address the physical, mental and spiritual dis-ease of addiction.

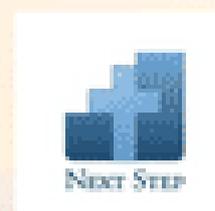
Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction,

Recovery Yoga is a powerful tool.



Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. She is a certified RYT 200 Yoga Teacher and certified Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda yoga.

Sponsored By:





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.

# 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.
- 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](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.
- **Volunteer** your time or donate supplies
- You can also help by "**Liking**" our **Facebook page** and by spreading the word about our programs!

We appreciate your support!

Monthly Matters from The Maple Center





# Partnering Private Practices

**Integrative Medical  
Consultation and  
Medical Acupuncture**

**Monday through  
Thursday  
By Appointment**

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

**Therapeutic Massage  
Therapy**

**Fridays & Saturdays  
By Appointment**

**Nancy Humphries,  
LMBT  
Call 812-251-9190**

**Neuromuscular  
Re-education**

**Tuesdays ,  
Wednesdays, &  
Thursdays or  
By Appointment**

**Fee: \$60.00: 1hr.  
Treatment**

**Penny Money  
Call 317-670-3764**

**Mental Health  
Counseling**

**By appointment  
Fee: \$60 per hour**

**Jan Croft, MS, LMHC,  
NCC  
Call 812-240-5804**

**Registered Dietitian  
Nutritionist**

**By appointment**

**Sylvia Middaugh,  
MS, RDN, CD  
Call 812-229-4059**

**Holistic Lifestyle  
Consultant**

**By appointment**

**Devaki H.Lammet,  
M.A,  
Call 787-464-5651**



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

