

MARCH 2022



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



The Maple Center
Presents
The City of
Wellness
Saturday, March
19th, 2022

9:30 AM - 4:00 PM
FREE to the public

"Don't watch the
clock; do what it does.
Keep going."

- Sam Levenson


March is
National Nutrition Month®



eat right.
Academy of Nutrition
and Dietetics

Sourced from: <https://www.eatright.org/food/resources/national-nutrition-month>

Monthly Matters from The Maple Center



National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics.

Week One: Eat a variety of nutritious foods.

- Include healthy foods from each food group.
- Learn how to read Nutrition labels.

Week Two: See a Registered Dietitian Nutritionalist (RDN)

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.

Week Three: Plan your meals and snacks

- Choose healthy recipes for the week.
- Make a grocery list to shop for nutritious foods.
- Make healthy food and drink choices when eating away from the home.

Week Four: Create tasty foods at home

- Learn cooking and meal preparation skills.
- Try new flavors and healthy food options from around the world.
- Enjoy meals with friends or family when possible.

Week Five: Put everything together

- Eat a variety of nutritious foods.
- See a RDN.
- Plan your meals and snacks.
- Create tasty foods at home.



Plant-Based Recipes:

Easy Veggie Vegan Pizza



Ingredients

Pizza Toppings:

- Red sauce of choice
- Sliced bell pepper
- Sliced red onion
- Thinly sliced white mushrooms
- Sliced zucchini or other sliced veggies of choice
- Sliced kalamata olives
- 2 cloves of garlic, finely chopped
- 1 tsp extra virgin olive oil
- Fresh basil
- Vegan parmesan or other vegan cheese
- Pepper flakes

No Knead Crust:

- 1 tsp active yeast
- 1/2 cup warm water
- 1 tbsp flour
- 1 1/4 cup flour
- 1/3 tsp salt
- 1 tsp olive oil
- 1/2 tsp dried oregano
- 1/4 tsp garlic powder

Instructions

1. In a bowl, mix warm water, yeast, and 1 tbsp flour. Let sit to activate.
2. Add 1 cup flour, salt, herbs, garlic, and olive oil and mix in. Add another 3 tbsp flour and mix in. Mix and knead for a few seconds into soft slightly sticky dough. Add another tbsp flour if needed. Gather dough into ball and let sit for 15 min in a warm place.
3. Add a 1/2 tsp oil over the dough and spread with your hands. Gather the dough in a ball and place on parchment lined sheet.
4. Use a bit of flour to spread dough into 13-14 in size oval. Spread it depending how thick or thin you want the crust. Keep the edges thicker than the center. Let sit for a few minutes. Preheat oven to 435° F.
5. Spread pizza sauce on crust. Distribute sliced veggies, mushrooms, and olives evenly.
6. Mix chopped garlic with tsp olive oil and pinch of salt and oregano. Sprinkle over pizza.
7. Sprinkle salt over the veggies. Sprinkle vegan cheese on veggies.
8. Bake pizza for 17 to 18 minutes or until golden on the edges. Sprinkle vegan parm of choice, chopped fresh basil, and pepper flakes.

Sourced from: <https://www.veganricha.com/easy-veggie-vegan-pizza/>

Vegan Caesar Salad



Ingredients

- 3 heads romaine lettuce, chopped
 - 1 avocado, sliced
 - Vegan parmesan
- Croutons:**
- 1 can chickpeas, drained and rinsed
 - 1 tbsp olive oil
 - 3/4 tsp garlic powder
- Caesar Dressing:**
- 3/4 cup raw cashews
 - 1/2 cup water
 - 2 garlic cloves
 - 2 tsp capers
 - 1 tbsp vegan worcestershire
 - 2 tsp dijon mustard
 - Juice of 1 medium lemon
 - Mineral salt & fresh cracked pepper

Instructions

Preheat oven to 400 degrees F. Line a rimmed baking sheet with parchment paper.

Chickpea Croutons:

- Place rinsed chickpeas between clean dish cloth and gently rub dry. Place chickpeas on prepared baking sheet.
- Drizzle with olive oil, toss to coat, sprinkle with garlic powder and salt. Arrange on sheet along with garlic cloves and bake 40-45 minutes, stirring every 10 minutes or so.

Caesar Salad Dressing:

- Soak cashew in hot water for 5 minutes, drain.
- In blender, add cashew, water, roasted garlic cloves, capers, Worcestershire, Dijon, lemon juice, salt & pepper. Blend until creamy smooth.

Assemble Caesar Salad:

- Place chopped romaine in a large mixing bowl, add as much or little dressing as you like, and toss.
- Top with chickpea croutons, avocado, and sprinkle of vegan Parmesan cheese.

Sourced from: <https://simple-veganista.com/vegan-caesar-salad/>

Best Vegan Banana Bread



Ingredients

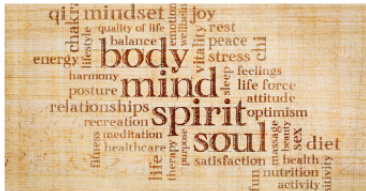
- 2 tbsp ground flaxseed
- 5 tbsp water
- 2 large ripe bananas, about 1 cup mashed
- 1/3 cup melted vegan butter
- 2/3 cup granulated or brown sugar
- 1/4 cup almond milk (or other plant milks)
- 2 cups all purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp fresh ground nutmeg
- 3/4 cup chopped walnuts or non-dairy chocolate chips (optional)

Instructions

1. Preheat oven to 350 degrees F and grease standard loaf pan.
2. In small bowl, combine ground flaxseed and water. Set aside to thicken; this is your flax egg mixture.
3. In large bowl, mash the bananas with a fork until smooth. Scoop into a measuring cup to make sure you have about 1 cup mashed, then return it to the bowl. Stir the melted vegan butter into the bananas.
4. Now add sugar, almond milk, and flax egg mixture. Stir with a large spoon until well combined.
5. Add flour to bowl with wet ingredients, then sprinkle baking soda, salt, and nutmeg if using on top of flour. Stir gently until just combined, making sure you do not over mix.
6. Gently fold walnuts or chocolate chips if using. Pour into prepared pan, place in center rack of oven and bake for 50-60 minutes or until toothpick inserted in the center comes out smooth.
7. Let it cool in the pan for a few minutes, then transfer to a cooling rack. Let cool for at least 30 minutes if possible, as this will make it easier to slice. Serve and enjoy!

**This same recipe can be used to make muffins instead. Preheat oven to 400 F, divide into muffin liners, and bake for 20-24 minutes, or until done. Cover leftovers and keep room temp for 1-2 days or in the fridge for up to a week.*

Sourced from: <https://www.noracooks.com/banana-bread/>



HEALTH IS WEALTH BE ABUNDANT IN HEALTH

Learn the ins and outs of healthy living from a multitude of professionals. Discover all the options available to you as you walk the path to a healthier and happier lifestyle.

20 Speakers
&
26 Exhibitors



THE MAPLE CENTER FOR INTEGRATIVE HEALTH
PRESENTS

CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

SATURDAY, MARCH 19, 2022

9:30 AM - 4 PM

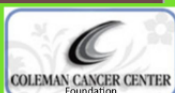
ROSE HULMAN INSTITUTE OF TECHNOLOGY MUSSALLEM UNION

Free to the Public
(due to our generous sponsors)

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

- **Get Your Brain Back Into High Gear** and **Is It My Hormones, Doc?** by Dr. Kathleen Stienstra, MD
- **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
- **Mindful Eating: Enjoying Every Bite!** by Jean Kristeller, PhD, author of The Joy of Half a Cookie and a psychologist
- **Ayurveda: The art of living in balance with your unique body mind constitution** by Devaki Lammet, Ayurvedic Health Counselor (NAMA) and RYT-500+, owner of Ananda Wellness TH
- **Beyond the spa model of massage & forward to functional movement, posture, pain, & performance** by Charlie Peebles, ISU Massage Therapy Coordinator & Program Instructor
- **The Power of Your Breath** by Danielle Bryan, owner of Illumination Wellness
- **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 Programs** by Marilyn Byrd, MSN, RN, Director of Employee Health at Union Hospital
- **Navigating Change & Uncertainty with the Power of Movement & Heart Coherence** by Denver Hudson
- Plus many more, to see a **full list go to www.cityofwellness.info**

Sponsored by



Visit www.cityofwellness.info for more information about the event.
For inquiries call (812) 234-8733 or email info@maplecenter.org

Monthly Matters from The Maple Center



OLLI PRESENTATIONS

Ayurveda:



THE ART OF LIVING IN BALANCE WITH
YOUR MIND-BODY CONSTITUTION

With Devaki Lammet; MA in Psychology, Certified Massage Therapist, Experienced International Yoga Teacher (E-RYT 500+) trained by Yogi Hariji & Leela Mataji in 2000/2001 in the Sivananda lineage, and after many years of hands-on training by Leela Mataji, certified by Drs. Light & Bryan Miller as an Ayurvedic Health Counselor in 2015.

Devaki will discuss what Ayurveda is and how it can improve your health. She will also share some valuable tools and insights on how to live a happy, balanced, peaceful, and purposeful life.

WEDNESDAY, MARCH 9TH AT 1:30 PM
***NO CHARGE**

At the Landsbaum Center for Health Education Auditorium.

**1433 N 6 1/2th Street
Terre Haute, IN 47807**



The Maple Center, Inc. Nonprofit 501(c)(3)
1801 N 6th St, Ste 600
Terre Haute, IN 47804
(812) 234-8733
www.themaplecenter.org



Larry P. Fleschner
Memorial Foundation



Dr. Leininger will speak about how Acupuncture and Chinese medicine work and what conditions they can treat. Time will be allowed for participants to ask additional questions.

WEDNESDAY, APRIL 13TH AT 1:30 PM
***NO CHARGE**

Dr. Leininger holds both a Bachelor's Degree in Nutrition and a Master's Degree in Acupuncture and Oriental Medicine, graduating with honors from the Midwest College of Acupuncture and Oriental Medicine. He went on to complete his Doctorate with the Pacific College of Oriental Medicine and is now a Doctor of Acupuncture and Chinese Medicine (DACM).

He is Nationally Board Certified in both Acupuncture and Asian Bodywork Therapy with the NCCAOM. In addition, Dr. Leininger is a Certified Medical Qigong and Acupressure Practitioner with the AOBTA, and a Level III Certified Qigong Instructor and Clinical Practitioner with the National Qigong Association.

At the Landsbaum Center for Health Education Auditorium.

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Larry P. Fleschner
Memorial Foundation

Mind-Body Skills Workshop

With Suzanne Kunkle, Ph.D., H.S.P.P.



The workshop is \$10 and registration is required.

Class size is limited.

Register at
www.maplecenter.org

April 23rd:
9:00 AM-5:00 PM with
45 min lunch break

April 24th:
1:00 PM-4:00 PM

**Join Suzanne for an experiential
investigation of the integral
relationship between
mind, body, and wellness.**

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

Located at The Maple Center for Integrative Health Nonprofit in the Fleschner Memorial Classroom, Suite #400



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Terre Haute, IN 47804
(812) 234-8733
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Harry P. Fleschner
Memorial Foundation



**FREE and
open to the public!**

MEDITATION TUESDAY

A group led by Meditation Professionals

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

**A different topic each month!
Canceled for March. Resuming
in April!**



When: The first
Tuesday of each month

Time: 5:30 PM-6:30
PM

Location: Fleschner
Memorial Classroom
Suite #400



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



Chair Yoga

Thursdays at 10am

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



@themaplecenternonprofit

The class instructor will be Devaki, an international experienced yoga teacher (E-RYT 500+) since 2000.



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1801 North 6th Street, Suite 600
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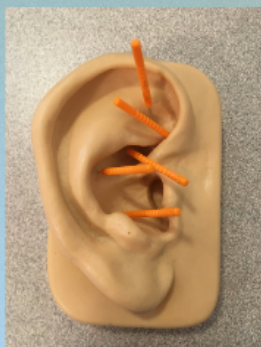
This class is offered free of charge thanks to our generous sponsor:



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

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, 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!



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**

**Monday through
Friday
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