



Monthly Quote:

Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your Heart for Love.

LEAF's Monthly Plant-Based Potluck
Sponsored by The Maple Center is considering virtual options, watch your email for more Information.



The Maple Center

For Integrative Health

www.themaplecenter.org

Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org



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

July 2020

July Programs in

Fleschner Memorial Classroom:

Auricular Acupuncture: Mondays from 3-6*pm weekly

*Please arrive by 5:20 to allow enough time to reap benefits

Chair Yoga: Thursdays from 10-11am weekly and will be streamed live on The Maple Center's Facebook Page.

***Space will be limited to allow for social distancing.

Both programs are offered free to walk-in participants thanks to sponsorship by the Larry P. Fleschner Memorial Foundation. Donations are appreciated, and help us to continue offering programs like these.



Happy Independence Day!!!



July is National Picnic Month!

Now is the time to celebrate with a picnic. With the current social distancing advisements, what better way to catch up with friends than outdoors! Just be sure to be mindful and keep social distance and sanitization protocols in place. Perhaps each household brings their own food, eliminating even more risks.

So, celebrate National Picnic Month with your favorite fresh fruits, veggies and plant-based dishes by dining al fresco!

"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.



Firecracker Fruit Pops

Ingredients:

- 1 package of strawberries
- 1 package of blueberries
- 1 cup of shredded coconut
- 3 cups of almond milk or other plant-based milk
- popsicle tray and sticks
- blender or food processor (optional)



Instructions:

Cut the leaves off of your strawberries and then rinse them off along with your blueberries. Next, combine the strawberries and 1 cup of milk in a blender and pulse for a few seconds until you have a nice chunky mixture. If you don't have a blender then just chop everything up very fine and mix it with your milk in a small bowl. Now pour that into your popsicle molds so it takes up a third of each one. Pop them in the freezer for 10-15 minutes. While they are freezing repeat the above step with your blueberries and 1 cup of milk and set it aside. Next, stir together your coconut and a final cup of milk in a small bowl. Take your semi-frozen pops out of the freezer, add in the coconut mixture for the second layer and return to the freezer for 20 minutes. I like to clean up while I'm waiting on the next step. After your 20 minutes is up take them out, grab your popsicle sticks and *gently* push them in far enough that they stay in place. Now pour in the final layer of blueberry mixture and return to the freezer until completely frozen (around 20 minutes). Once they are ready you can serve them immediately.

Sourced from: <http://millionmoments.net/2014/06/firecracker-fruit-pops-healthy-4th-july.html>



SUMMER CHERRY-BERRY FRUIT SALAD



INGREDIENTS:

- 2 cups strawberries, tops removed and quartered
- 1 cup cherries, seed removed and sliced in half
- 1 cup raspberries (6 oz)
- 1 cup blueberries (6 oz)
- 1 cup blackberries (6 oz)
- 2 – 3 tablespoons fresh mint, minced
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cardamom
- 1 large juicy lemon or 3 tablespoons lemon juice

INSTRUCTIONS:

- In a small bowl, add lemon juice and spices, mix well. Set aside.
- Place fruit in a mixing bowl, top with with mint and lemon juice mixture, gently toss to combine.
- Serve chilled or at room temperature.
- Pairs great with non-dairy ice cream or yogurt!
- Store leftovers in the refrigerator, will last 2 – 3 days. Serves 6 (1 cup serving).

Sourced from: <https://simple-veganista.com/summer-cherry-berry-fruit-salad/>



Spicy Coleslaw

Ingredients:

Slaw:

1 head green cabbage, shredded
1 1/2 cups carrots, julienned
4 scallions (green onions), sliced
12 peperoncini or banana peppers, julienned or diced
mineral salt & pepper, to taste
sesame seeds, to serve

Dressing:

4 tablespoons tahini
4 tablespoons water
1 tablespoon dijon mustard
2 teaspoons pure maple syrup
2 teaspoons apple cider vinegar
or juice of 1/2 lemon
pinch of fresh cracked pepper

Instructions:

- Start by mixing your dressing. In a small bowl combine dressing ingredients. Set aside. After five minutes or so, taste for flavor adding anything extra you might like. (You may also consider mixing the dressing on the bottom of the bowl you will be mixing your coleslaw in leaving one less dish to wash.)
- In a large mixing bowl, add cabbage, carrots, scallions, peperoncinis. Drizzle with dressing and mix to combine. Add salt & fresh cracked pepper to taste.
- Serve at room temp or chilled. This is a great salad to make ahead and let set covered an hour or so on the counter or in the refrigerator for longer.
- Serve with a sprinkle of white sesame seeds over top.
- Serves 4 – 6



Sourced from: <https://simple-veganista.com/spicy-coleslaw-tahini-dijon-dressing/>

Carrot Dogs

Instructions:

1. Peel carrots and trim to 6 inches long. Trim wide end to make a consistent thickness. Place carrots in a large saucepan; add water to cover. Cover pan and bring to boiling; reduce heat to low. Cook carrots 8 to 10 minutes, until just tender. Drain well.
2. Place carrots in a large resealable plastic bag set in a shallow dish. For marinade, in a bowl combine the next 11 ingredients (through cloves) and 1/2 cup water. Pour over carrots; seal bag. Chill 4 to 24 hours, turning occasionally. Drain and discard marinade.
3. Grill carrots, covered, over medium-high 5 to 8 minutes or until grill marks start to appear, turning occasionally. Or place carrots in a foil-lined baking pan and bake at 450°F 8 to 10 minutes or until lightly browned on edges.
4. Place grilled carrots in buns. Top with red onion, mustard, and cucumber or however you like!

Ingredients:

8 large carrots
1 cup low-sodium vegetable broth
1/4 cup apple cider vinegar
2 tablespoons reduced-sodium soy sauce or tamari
2 tablespoons pure maple syrup
2 teaspoons smoked paprika
2 teaspoons dry mustard
1/2 teaspoon ground coriander
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon liquid smoke
Dash ground cloves

Sourced from: <https://www.forksoverknives.com/recipes/vegan-burgers-wraps/carrot-dogs/>

Just Jump

by Jamie Oberste

Recently I read this quote from Jed McKenna:

If you ever have any questions or problems—no matter what the question or problem is—the answer is always exactly the same: Sit down, shut up, and ask yourself what's true until you know. In other words, go jump off a cliff. Don't go near the cliff and contemplate jumping off. Don't read a book about jumping off. Don't study the art and science of jumping off. Don't join a support group for jumping off. Don't write poems about jumping off. Don't kiss the ass of someone else who jumped off. Just jump.

When I first saw it, I thought it was interesting, but it didn't strike me in any personal way.

However, as some of the most important ideas do, it burrowed inside and tickled me now and then as a reminder it was there. It was when I began connecting it to my personal experiences that it seemed significant.

Many moons ago I was an engineering student at the University of South Florida, and I attended their annual Engineering Fair. Mostly it was a way for the different departments to get some exposure and let people know about some of the areas of study and research. Also present was the ROTC group. Each year during the fair they allowed anyone to rappel off the engineering building. Being an adrenaline junky (and too young to think about consequences), I couldn't resist. So they showed me how to put on the harness, checked it, gave me some quick instructions, and said to have fun.

When I think about that now, what's most prevalent in my mind is the Bugs Bunny cartoon where Bugs tricks the giant who falls off the beanstalk and plummets to the earth. After creating a massive canyon, the giant sits up and says, "Look out for that first step, it's a lulu!" It was.

I stood backwards at the edge of the roof, rope in hands, and literally took a breath and a leap of faith. I only jumped off to say I'd done it, and it wasn't until I was momentarily flying that I suddenly considered what could go wrong, and, most of all, thought, "What the hell am I doing?!"

Then I reached the end of the slack and was jerked towards the building. After that, it all seemed natural: hit the brick wall with my feet, spring backwards while letting go of the rope, catch the rope, swing towards the wall, and repeat. The building was only a few stories high, so the ride didn't last that long, but it remains one of my most amazing experiences.

That brings me to my present figurative leap: writing. I've been on a journey of self-exploration and growth for about five years. I've kept journals much of that time, but it wasn't until I'd been in therapy for about a year and was processing a difficult experience from childhood that I began writing openly. Even when I was only keeping a journal for myself, I couldn't write what I truly felt sometimes. For therapy, though, I decided it would be pointless to be anything other than open and frank. That was the first leap of faith with writing.

It was more difficult than jumping off a building, and unlike rappelling, no part of writing has become easy. However, expressing myself has become less painful, and more important, writing has become a part of me. Or perhaps it was a part of me all along, and I never allowed myself to meaningfully investigate and reveal it. It feels true and cathartic to write what I'm thinking and feeling. I've been writing blog posts for a few months, and now I'd like to explore the notion of writing to a broader audience, which is another leap of faith.

In the past I've often spent more time researching a topic than doing it. I've gotten lost in faire isle patterns instead of knitting a hat, I've watched hours of cooking shows instead of preparing food, and I've searched the web fruitlessly looking at fabric patterns instead of quilting. They were all distractions from doing. Sometimes I did need to research or have questions answered, but after a while, the "research" was really fear of action. Fear of not being able to get started, fear of not being good enough, and fear of not liking it but not giving up and then being stuck.

So I've resisted the urge to read lots of blogs and articles. I've not tried to find a writing group with whom to talk about writing. I don't spend much time thinking about topics. That first step may be a lulu, but I'm noticing what's in my heart, and then with my heart in my throat, I'm jumping.



Food Safety for Outdoor Picnics



Softball games, a day at the beach, late night barbecues and all day picnics—that's what summertime is all about. Don't let food poisoning spoil the fun. Be prepared. Here are some tips to help keep food safe for outdoor picnics.

Start Clean !

Whenever handling food, it is important that all food contact surfaces are as clean and sanitary as possible. The first step is to wash your hands. Human hands are natural carriers of disease-causing bacteria. Think of all the places a human hand touches in the course of a day. They are used to cover a sneeze, take out the garbage, and to cut raw foods. These are just a few examples of the many activities that can contaminate hands. A contaminated hand can easily contaminate foods. Keep your hands clean. How do I wash my hands? The best way to wash hands is with soap, water, and friction. An antibacterial soap is best if you have some available. Apply enough soap to start a good lather. Rub your hands together for at least 20 seconds (about the time it takes to recite the ABC's). Be sure to scrub in between your fingers and on your forearms—these are the places that are easily missed. Rinse well with cool water, and use a clean paper towel to dry hands. Don't dry hands on an apron or your blue jeans—they may not be as clean as you think. When do I wash my hands? You need to wash your hands anytime you contaminate them. Wash hands after going to the bathroom, handling garbage, touching raw animal foods, after blowing your nose, and playing catch with the family pet. The best rule of thumb is to always wash your hands before and after handling food. Try to choose a picnic location that has hand washing facilities. If no facilities are available, disposable antiseptic towelettes are the next best thing.

Keep Clean !

Contact with human hands is not the only way that foods can be contaminated. Anything that touches food can cause contamination. This includes items such as cutting boards, utensils, mixing bowls, grinders, and slicers. These types of surfaces must be cleaned (removal of visible dirt) and sanitized (destruction of disease-causing bacteria to acceptable levels). What is the best way to clean a food contact surface? The best way to clean a food contact surface is with an approved detergent and an abrasive cloth or sponge. There are many liquid and solid detergents available in your local supermarket. Be sure that the cleaner is intended to be used for food contact surfaces, and read the directions carefully before using. If possible, use hot water and create a good lather. Use an abrasive cloth and "elbow grease," and be sure to remove all visible food. After cleaning, rinse well under warm running water or in a rinse sink. How do I sanitize a food contact surface? Cleaning is not enough. You must sanitize a surface to make it safe to use. Sanitizing acts to kill disease-causing bacteria that may still be on the surface even after a good cleaning. There are many sanitizing agents available for consumers to use. The most popular choice and perhaps most readily available sanitizing agent is household bleach. Two teaspoons of liquid chlorine bleach per quart of water is an effective concentration for use. Make a sanitizing solution and take it along with all your other picnic items. After cleaning, disperse the sanitizing solution onto the food contact surface and allow 10-15 minutes for the sanitizer to become effective. After sanitizing, rinse with water and let the food contact surface air dry or pat dry with a clean paper towel. Don't dry with a dirty dish towel because you may recontaminate the food contact surface.

Sourced from: <https://extension.purdue.edu/foodlink/includes/pubs/Food%20Safety%20at%20Picnics.pdf>

Resuming June 1st
Mondays 3-6 pm

Auricular Acupuncture for Recovery

At
The Maple Center for Integrative Health
1801 N. 6th St.
in the Fleschner Memorial Classroom, Suite 400

SPACE WILL BE LIMITED

Precautions will be taken to allow for social distancing.

Please wear a mask and do not come if you have been in close contact with a confirmed case of the corona virus in the last 14 days or are experiencing flu-like symptoms. We appreciate your cooperation and consideration for others.

Please email Lindsey at programs@themaplecenter.org for more information or accomodations for high-risk populations or other concerns.



Chair Yoga

Resumes June 4th
Thursdays at 10am

At
The Maple Center for Integrative Health
1801 N. 6th St.
in the Fleschner Memorial Classroom,
Suite 400

SPACE WILL BE LIMITED

Precautions will be taken to allow for social distancing. Please wear a mask and do not come if you have been in close contact with a confirmed case of the corona virus in the last 14 days or are experiencing flu-like symptoms. We appreciate your cooperation and consideration for others.

Classes will also be streamed live
online via our Facebook page.



@themaplecenternonprofit





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.

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You shop. Amazon gives.

- 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 swine your card at the



- You can also help by "Liking" our Facebook page and by spreading the word about our programs!

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

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Fee: \$60.00: 1hr. Treatment

Penny Money

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Therapeutic Massage Therapy

Nancy

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By Appointment

Nancy Humphries, LMBT

Call 812-251-9190

Mental Health Counseling

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Jan Croft, MS, LMHC, NCC

Call 812-240-5804

Music Therapy

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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.