



The Maple Center

For Integrative Health

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THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

MAY 2018



Monthly Vegetarian / Vegan Dinner

Bring a vegetarian or vegan dish and recipe to share, Contact Debbie Stevens at debbiestevens53@gmail.com

Monthly Quote:

The purpose of art is washing the dust of daily life off our souls. -

Pablo Picasso

Calendar of Events:

May 30—Jumpstart Education Session

June 11—Jumpstart Class



MAPLE CENTER UPDATE

This month we have been preparing for the future and looking back at the past.

On May 2 we had a strategic planning meeting where many ideas were shared about programming, organizational structure, financing, etc. We discussed expanding our programming to include group session ear acupuncture on a regular basis, add a Tai Chi class, add mindfulness meditation classes, and add mind body skills training.

Then on May 23 our Annual Dinner was held. We shared several laughs, ate great food, had a best dressed island attire contest and enjoyed the evening remembering 2017.

“Optimizing individual health thru community education and clinical services.”

10 DAY JUMPSTART- STUDENTS AT TERRE HAUTE SOUTH HIGH SCHOOL

As many of you know (see Maple Center monthly matters e-newsletter Dec. 2016) I have had the opportunity to be part of a great planning committee that has coordinated Jumpstart programs with faculty at Terre Haute school high school.

A LOT MORE meetings, time and energy has happened locally and with the Jumpstart folks at PlantPure Nation. The result has been a 10 day Jumpstart that included 7 **STUDENTS** at TH South HS. **This is the FIRST Jumpstart that has been offered to students in a school setting ANYWHERE in the United States!**

The JumpStart experience was initially offered to every junior student at Terre Haute South HS with the idea they could act as mentors to other students the following year when they will be seniors. The selection process was very lengthy. Some students could not participate because of some of the meetings, plans with spring break, etc. Our goal was to have a maximum of 10 students. Ultimately, there were 7 students that were able to make this happen and just by coincidence they all happened to be girls.

So, the seven students (what a GREAT GROUP OF YOUNG WOMEN!) did the following:

- Attended 3 Kickoff meetings to learn about the Jumpstart, watch recipe demos and more.
- Had screenings done before and after the 10 day program checking height, weight, BP/pulse, body fat percent, body mass index, total cholesterol, HDL, LDL, triglycerides and blood glucose.
- Ordered the WFPB entrees available on the PPN website and ate these entrees along with all other food consumed being within the guidelines provided by the PPN Jumpstart program
- Attended a celebration event that included finding out the results of the pre/post screenings

The results after **JUST 10 DAYS!** – (NOTE: All 7 participants are 16 and 17 years old)

After the first blood work, 5 of the 7 participants had **HIGH** total cholesterol levels. After the 2nd blood work, 6 of the 7 participants had **NORMAL** total cholesterol levels! Every participant had an improvement in at least one metric that was performed

STUDENT JUMPSTART 1

Terre Haute South High School Healthy Initiative - Spring 2018

In **JUST 10 DAYS** EVERY participant had an improvement in at least one metric that was performed

- Group averages were good. Total cholesterol decreased by almost 10% and LDL decreased by 17%
- Individual participants had large improvements.
 - Ex: For 4 participants, the number of points the total cholesterol dropped was -36, -33, -27, -27
 - Ex: For 3 participants, the number of points the LDL dropped was -30, -30, -25

HSHI Student Jumpstart 1
LARGEST POINT DROP
...in just 10 days

- Total Cholesterol -36 points
- LDL (bad cholesterol) -30 points

Last but CERTAINLY NOT LEAST are some powerful stories from the girls themselves!!!

“Throughout the jumpstart program I could see myself change from the healthy foods. When I ate unhealthy I would be tired but when I went plant based I wasn’t tired and my skin got clearer. From my successes of plant-base I would love to continue it.” M.J.

“This was by far one of my favorite programs I have ever been a part of. I have learned so much about what is in my food and what the health benefits are in going vegan. I have been very thankful for the community and our sponsors of the Jumpstart Program. Every day was a new journey for us and I’m grateful to continue this journey. I’m going to remember the people who have helped us and allowed us to be introduced to a beautiful lifestyle. I extremely enjoy being a part.” S.S.

“I was getting very full from the healthy snacks and I became very energized. I wasn’t as tired throughout the day and looked forward to meals. I also lost weight and felt smaller and overall healthier. Thank you all so much for making this possible!” M.O.

With much gratitude to the **DEDICATED PLANNING COMMITTEE**, organizations and **MANY PEOPLE** who made this possible:

Aracari Kitchen
Clara Fairbanks Foundation
Larry P. Fleschner Memorial Foundation
PlantPure Nation
Terre Haute South High School – students, faculty and administration!
The Maple Center/LEAF program and LEAF team
Vigo County School Corporation
Vigo County Wellness Center

Submitted by,
Karen Cunningham



GARDENING AND YOU!

Gardening. Some of us love it and some of us do it because it's good for us. I'll admit that I haven't always loved gardening but am learning to. For those of you who revel in it, you will probably find this pretty elementary.

So, what *are* the benefits of gardening?

It gets us in touch with the soil.

Being out in the sunshine promotes the activation of vitamin D3 on the skin.

Sunshine also elevates the mood.

It's a fairly gentle form of exercise, depending on how large your garden is.

You know where your food comes from and exactly how it was watered and fed.

You can pick and eat your veggies fresh.

They will have much better flavor being eaten ripe.

They will have a higher nutrient content than food shipped in from afar.

Don't have a big garden space? Try growing a couple of tomato plants in pots. That will provide enough for eating. Grow salad greens among your flowers. The more effort you put in the more yield you will receive! So, give it a try and see if you don't eat and feel lots better.

In need of ideas? Talk to a gardening friend or go to the web. Here is a website for planning your kitchen garden. They'll do the work for you or provide you with tools to do it yourself.

https://www.gardeners.com/how-to/kitchen-garden-planner/kgp_home.html

Happy Gardening!

Sylvia



Garden Salad

Ingredients

Greens from a variety of lettuces

Fresh tomato cut in wedges

Cucumber quartered and sliced thinly

Carrots thinly sliced in rounds

Zucchini – 1 small raw diced

Add any other veggies that you like

Toss with your favorite low-fat dressing and enjoy the fruit of your labors!

Oil-Free Raspberry Vinaigrette Salad Dressing

Ingredients

- 1 heaping cup of fresh raspberries, if you need to use frozen allow them to thaw first
- 1/2 cup of water
- up to a 1/2 tsp of red wine vinegar
- 2 Tbsp maple syrup (more or less to taste)

a dash of salt and pepper

Pour your raspberries, half of the water, half of the vinegar and maple syrup into a blender. Add your salt and pepper.

1. Press the pulse button and allow to process until everything liquefies. Pour in slightly more water if needed.
2. Give your dressing a taste test. Add more vinegar and maple syrup if needed. Some berries are sweeter while others are sour so this isn't an exact science. I made it as written above and it was perfect for us.
3. If you adjusted your ingredients pulse again until your salad dressing reaches the right consistency and flavor.

This will make about 1 1/2 cups depending on how much water you use. Store this dressing in the refrigerator and use within 5 days.

Reference: <http://myplantbasedfamily.com/2015/06/18/raspberry-vinaigrette-salad-dressing/>



Raspberry Blueberry Popsicles

Serves: 6 servings

PREP: 10 MINS
FREEZE: 4 HRS

Ingredients

1/2 cup Fresh Raspberries
1/2 cup Blueberries
1/2 cup Water
1/2 cup Almond Milk
1 Date

Directions

Blend everything together in a food processor or blender and then pour into popsicle molds and leave for roughly 4 hours before serving.

Reference: <https://skinnybitchofficial.com/blogs/recipes/raspberry-and-blueberry-popsicles>



Healthy Frozen Shake

3/4 cup Almond Milk
12- 15 ice cubes
1/2 tsp vanilla
1-2 Tbsp unsweetened Cocoa powder
1/3 of a banana
2 Tbsp of honey (optional)

Blend all of the ingredients until smooth.

Adapted from: <https://www.justapinch.com/recipes/drink/non-alcoholic-drink/skinny-shake.html>

The Maple Center Connection

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.krogercommunityrewards.com, using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.



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.