



### Monthly Quote:

*"The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet."*

**Wayne Fields**

### Monthly Vegetarian/ Vegan Dinner

Bring a vegetarian/  
vegan dish and recipe to  
share,  
For potluck dates and  
more information  
contact  
Debbie Stevens at  
debbiestevens53@gmail.com



# The Maple Center

For Integrative Health

www.themaplecenter.org Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR  
INTEGRATIVE HEALTH

## May 2019

Check us on Facebook and Twitter! @TheMapleCenter



The **LEAF/Chip Alumni Dinner** will be Tuesday, May 28th starting at 6:15pm, note the time change! The theme for this month is, drum roll please, **MOVIE NIGHT!** As always we encourage everyone to bring a dish (vegan/ vegetarian friendly) for potluck. The movie, *Hungry For Change- Your Health Is In Your Hands*, is longer than normal but very educational!

**Please arrive by 6:15pm if at all possible**

**Everyone will want to get his/her food as quickly as possible**

**Movie will start at 6:45pm and should end by 8:15pm, of course if you need to leave earlier you can this is just to help with scheduling.**

We will be at Union Hospital East in the Atrium Room (Lower Level). Please remember to bring your own plate, utensils, & napkins.

Welcome Madison Morrison, to The Maple Center as our new Program Coordinator! We are excited to have her on board! She comes to us from Indiana State University where she is completing her Master's in Public Health.

Welcome aboard!



### Want an easy way to help The Maple Center?



Register your Kroger Plus Card online using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter!

<https://www.kroger.com/account/enrollCommunityRewardsNow/>

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



## Veggie Skewers with Chimichurri Sauce

### Ingredients:

- 1 large sweet potato (chopped into large pieces)
- 4-6 white baby red potatoes (quartered)
- 1 medium red bell pepper (seeds removed + chopped into large pieces)
- 1 medium yellow bell pepper (seeds removed + chopped into large pieces)
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- 1 medium red onion (peeled + chopped into large pieces)
- 2 large portobello mushrooms (wiped clean + chopped into large pieces)
- 2-4 ears of corn (optional/ grilled off the skewer)
- 1-2 tbsp. avocado or coconut oil ( for brushing vegetables)
- 1 health pinch of sea salt and black pepper

Optional: Chimichurri Sauce or BBQ sauce (For Serving)

### Instructions:

Serves 6

- Heat up grill or preheat oven to medium/high broil
- Place your chopped sweet potato and potatoes in a large pot and cover with water. Bring to a boil and cook or “parboil” for 10 minutes or until almost tender. Semi-tender to stay on the skewer, firm but tender enough that they won’t require too much time on the grill/oven. Drain and let cool slightly.
- Assemble skewers by adding vegetables in layers, leaving room at the top and bottom to help with flipping and preventing the vegetable from falling off. Brush with a neutral, high-heat oil such as avocado or coconut oil (or sub water if avoiding oil) and sprinkle with salt and pepper on all sides.
- Grill (or broil) until grill marks are present or until tender (10-15 minutes). Flip once at the halfway mark to ensure even cooking. If browning too quickly move to the perimeter of the grill or turn down heat.

Recipe and photo from: <https://minimalistbaker.com/grilled-veggie-skewers-chimichurri-sauce/>



## Curry Cauliflower and Kale Grain Salad

### Ingredients:

- 1 cup quinoa (or grain of choice)
- Salt + pepper
- 1 medium-large head cauliflower, cut into bite-sized florets
- 2 Tbsp. melted coconut oil, divided
- 2+ tsp. curry powder, divided

- 1 medium clove garlic, minced
- 2 large handfuls kale, stems removed
- 1/2 cup raisins
- 1 lemon

Yield: 4-6 people

### Instructions:

1. Cook quinoa according to package instructions. Season with salt and pepper after it’s done cooking and set aside.
2. Preheat oven to 425 degrees F. Line baking sheet with aluminum foil.
3. Place cauliflower florets on the prepared baking sheet. Drizzle with 1 Tbsp. coconut oil and sprinkle 1 to 1 & 1/2 tsp. curry powder on top. Each floret should be lightly coated in curry powder. Season with salt and pepper.
4. Roast for 20-25 minutes, or until the cauliflower is fork-tender and slightly browned.
5. Meanwhile, add remaining 1 Tbsp. coconut oil and minced garlic to a large saute’ pan. Turn the temperature to medium, and allow to cook for 1-2 minutes or until fragrant. Add Kale and 1/2 tsp. curry powder and season with salt and pepper. Cook only until the kale turns bright green and just begins to wilt. You don’t want it to be soggy. Remove from heat and set aside.
6. Assembly: Pour quinoa and cauliflower into the saute’ pan that you cooked your kale in. Mix to combine. Add raisins and the juice of 1/2- 1 full lemon. Salt and pepper to taste.

## Earth Day at St. Mary's

The Sisters of Providence and The White Violet Center, once again, put together an AMAZING event in honor of Earth Day. This was the 20th year for this event and according to information from The White Violet Center 1809 attendees were counted at the gates making this one of the highest attended during the past 20 years. This is an enjoyable event to attend but even more so it is very educational and true to the mission of honoring our Earth! I know it had to take a year's worth of planning and lots of action by MANY people to make it happen!

The Maple Center was delighted to be invited to be part of this event. We have had this great opportunity for the past 3 years. Just like the previous 2 years, this year was a lot of fun and a great opportunity for The Maple Center to share information about healthy lifestyles plus other services provided by The Maple Center. Healthy lifestyles benefit individuals, society AND the EARTH in many ways. This is such a wonderful collaboration between these 2 organizations who share many core principles.

Four LEAF alumni volunteers (Michele Boyer, Susan Hawk, Anneliese Payne and Karen Cunningham) worked in unison to do 4 recipe demos AND provide food samples of the recipes for all the attendees that came to listen and enjoy. A BIG THANK YOU to our LEAF volunteers!

This is a lot of fun for us and in addition to educating others we also learn a lot from the attendees and thus become more educated ourselves.

The recipe demos and delicious samples we provided included Chocolate Cherry Nirvana SMOOTHIE, Yes You Can Black Bean CHILI, Vanilla Berry SMOOTHIE and Sweet Tahini SALAD DRESSING.

These 4 recipes were chosen because each of them are extremely simple to make and everyone (well, almost everyone) agrees that they are yummy. This was true with the folks who joined us. We had a delightful age range from 2-3 years old to 70 plus. The vast majority agreed they enjoyed the samples and they could absolutely make these recipes themselves.

We so appreciate that we are able to use the lovely, comfortable and functional White Violet Center space for the demos and sharing. We also highly appreciate the effective communication and ongoing support provided by Lorrie Heber and Bailey Furry. This year we also had the nice benefit of Mary Riley talking with the attendees and giving an interesting history of the event and ongoing programs presented by The White Violet Center/Sisters of Providence throughout the year. Mary and Casey Kellum also took many great photos that they shared with The Maple Center (a few are included below).



# Mark Your Calendars

## Upcoming Alumni Meetings

6:30 pm-8:30 pm at Union Hospital East - Conference Room- next to the Gift Shop  
Union Hospital East - Conference Room- next to the Gift Shop 6:30p-8:30p

April 23  
May 28

“Legumes and Grains, Indian Style”  
Movie Night

All are welcome to attend. Those attending are asked to bring a plant-based dish to share. Bringing your own reusable plate and silverware is encouraged as well.



## Yoga for Stress Management

*stretching • strengthening • relaxation*

**Mondays 6 pm-7:30 pm**  
**May 27th- June 24th, 2019**  
**\$50 for all five classes**

## Chair Yoga



**Thursdays, May 23- June 20, 2019**  
**10 am-11 am**

Larry P. Fleschner Memorial Classroom  
The Maple Center, Suite 400  
1801 N 6th Street  
Terre Haute, Indiana

Cost: \$10 per individual class or  
\$50 for a series of 6 classes  
Scholarships available

This is a unique program for all, who would like to discover yoga but need modification due to illness, injury, limited range of motion, age, etc. We will use a chair and other props, if needed, to support you in your practice!  
This is a drop-in class.

# WANT TO FEEL BETTER IN JUST 10 DAYS?

- Reduce the risk of heart disease
- Lower cholesterol
- Lower triglycerides
- Lose weight
- Stabilize fasting blood sugar
- Reduce muscle aches and pain



## JOIN THE JUMPSTART CHALLENGE! May 30 - June 27, 2019

All Participants receive:

- ⇒ **ONLINE Education Programming (REQUIRES INTERNET ACCESS)**
  - \* Daily internet-based educational material
- ⇒ **2 In Person Meetings—6:00PM to 8:00PM at the Maple Center**
  - \* **May 30- WELCOME, Education and Food demonstrations with samples**
  - \* **June 27 - CELEBRATION with blood work results**
- ⇒ **PlantPure Nation Cookbook**
- ⇒ **Fasting Blood tests performed on June 10 and June 21**

### REGISTER TODAY

at [www.themaplecenter.org](http://www.themaplecenter.org) or call 812-234-8733

Limited spots available!

Registration deadline **EXTENDED** to May 23

\$45 per person registration fee

\*\*Scholarships available! Those interested can fill out an application at [www.themaplecenter.org](http://www.themaplecenter.org) \*\*\*

Lab costs: \$50 (includes Lipid Panel + Blood glucose at start and finish)

Food and Resource Cost: \$169.00 (20 frozen entrees + more than 25 online videos)



# Family Yoga

Saturdays from 10 am-11 am beginning April 13  
in the Larry P. Fleschner Memorial Classroom at  
The Maple Center 1801 N 6th Street, Terre Haute  
Cost \$5 per person or \$20 per family, scholarships available

Parents and their children are invited to join this special yoga series designed for yogis of all ages. Instructor Ellie Templeton will be leading parents and kids through basic yoga poses, breathing techniques, simple meditation and relaxation. Games, music, props and partner poses will make the class engaging for all students. No prior yoga experience needed. Mats and other equipment will be provided.

Parent participation is required. Parents may attend with multiple children.  
A 1:3 parent child ratio or less is recommended.



Ellie has been practicing yoga since 2002 and became a certified yoga teacher (RYT 200) while living in Chicago in 2011. She has been fortunate to practice and teach a variety of yoga styles throughout the Midwest. Ellie is a mother of three and began leading children's yoga classes in Terre Haute in 2014. She has experience teaching "parent and me" classes as well as children's classes for preschool and elementary students.



Visit [www.themaplecenter.org](http://www.themaplecenter.org) to register  
**The Maple Center**  
**1801 N 6th Street, Suite 600**  
**Terre Haute, Indiana**





## 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.



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



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

We appreciate your support!

# 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.