

DECEMBER 2022



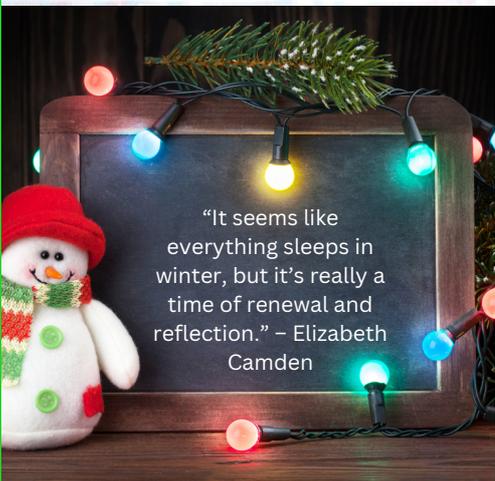
THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



"It seems like everything sleeps in winter, but it's really a time of renewal and reflection." – Elizabeth Camden

Visit us at our temporary location:

2955 Erie Canal Road
Terre Haute, IN 47802

December 5-11 is National Handwashing Week



The CDC calls handwashing the do-it-yourself vaccination. Washing your hands is the best way to help prevent the spread of bacteria and viruses. Remember to wash your hands for at least 20 seconds. Remember these five steps: wet, lather, scrub, rinse, and dry!

The Four Principles of Hand Awareness:

1. Wash your hands when they are dirty and before eating.
2. Do not cough into hands.
3. Do not sneeze into hands.
4. Do not put your fingers in your eyes, nose or mouth.





Plant-Based Recipes:

Turmeric Chickpea Soup

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 4



Ingredients

- 2 tablespoons **extra virgin olive oil**
- 1 medium onion - chopped
- 4 garlic cloves - no skin
- 2 teaspoons turmeric
- 1 large carrot - chopped
- 1 large celery stalk - chopped
- 1 cup butternut squash - in cubes (or sweet potatoes, or extra carrots)
- 1 teaspoon thyme leaves - or 1/2 teaspoon dry thyme
- 2 cans **chickpeas** - (15 oz) drained
- 4 cups vegetable broth
- 4 cups dark leafy greens - finely chopped (kale, collard greens, spinach, Swiss chard)
- 2 tablespoons lemon juice - option
- salt & black pepper to taste

Instructions

- Heat the extra-virgin olive oil in a large pot over medium heat. Add the chopped onion. Cook for 2-3 minutes until the onion is tender and translucent. Then add the garlic, carrot, celery, and sauté' for a minute.
- Add the rinsed chickpeas, butternut squash cubes, thyme, turmeric, vegetable broth, salt, and pepper. Bring to a boil, reduce the heat and let the soup simmer for 10 minutes.
- Transfer the soup into a blender. Blend the ingredients until very smooth. Be careful, as the soup will be very hot. You can also use an immersion blender, but the soup won't be as creamy.
- Pour the soup back into the pot, add the lemon juice and the leafy greens and cook on low heat for another 8-10 minutes, until the greens are tender.
- If the soup is too thick for your liking, add more broth or a bit of water to thin it down. Adjust salt and pepper to taste.
- Serve hot with roasted chickpeas or toasted bread slices, and top with fresh thyme leaves and parsley.

sourced from: <https://gatheringdreams.com/turmeric-chickpea-soup/#recipe>

Mashed Sweet Potatoes



Ingredients

- 3 medium sweet potatoes, cubed
- ¼ cup almond milk
- 1-2 tablespoons maple syrup
- ½ teaspoon sea salt
- ¼ teaspoon ground cinnamon
- Dash of nutmeg
- Raw pecans, roughly chopped

Instructions

- **Cook the Potatoes:** In a large pot, pour enough water to cover an inch of the base. Insert steamer basket and place the chunks of potatoes on top. Cover the lid and steam on medium heat for 15-20 minutes, or until the potatoes are very tender.
- **Mash the Potatoes:** In a medium-sized bowl, add the steamed sweet potatoes. Mash the mixture until the desired texture is achieved.
- **Add Remaining Ingredients:** Add almond milk, maple syrup, cinnamon, nutmeg, and salt and mix until well combined. Adjust seasoning and sweetness, if needed. Serve and top with pecans.

sourced from: <https://realandvibrant.com/mashed-sweet-potatoes/#recipe>

Apple Cider Green Beans



Ingredients

- 2 pounds green beans, ends trimmed
- 1 large shallot, thinly sliced (or ⅓ cup diced yellow onion)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- handful of fresh dill, roughly chopped
- ½ cup slivered almonds
- sea salt & black pepper

Instructions

1. Preheat oven to 400 F. Lay out almonds on a cookie sheet and toast until golden and fragrant, about 5 minutes. Remove from oven and allow to cool.
2. Bring a large pot of salted water to a boil. Add green beans and cook until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.
3. Heat olive oil over medium heat in a large saute pan. Add shallots to pan and cook until soft and translucent, about 2 minutes. Add apple cider vinegar to pan. Add the beans and continue to saute until coated in the olive oil and vinegar and heated through, about 5 minutes. Season with ¼ teaspoon each of sea salt and black pepper to start, then taste and add any additional seasoning.
4. Plate beans and top with dill and almonds. Serve warm or at room temperature.

Sourced from: <https://www.themostlyvegan.com/apple-cider-green-beans/>



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.



The Maple Center

2955 Erie Canal Road

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

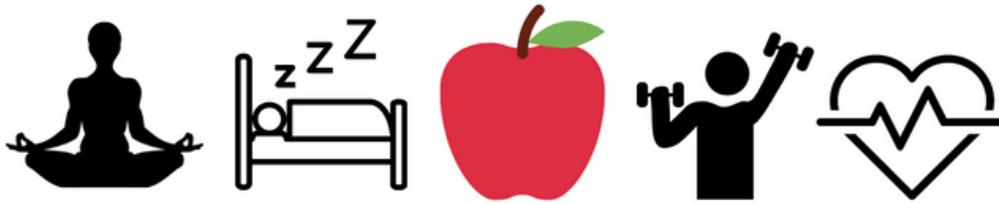
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located at

The Maple Center for Integrative Health Nonprofit

2955 Erie Canal Road



Support Your Health

Osher Lifelong Learning Institute Speaker Series held at
Landsbaum Center, 1433 N 6th 1/2 St, Terre Haute, IN
from 1:30-3:00 pm
Cost: No Charge

December 14, 2022- Gems for the Journey: Partnering with Persons Living with Dementia presented by Elizabeth Collins, BSN, MA

Participants will gain a greater understanding of the cognitive changes related to the spectrum of dementia. They will also learn practical strategies for partnering with persons living with dementia using a "positive approach to care".

January 11, 2023- Myofascial Release presented by Karen Billberry, LMFT, JFM Myofascial Release, Expert Level

Myofascial Release, a safe and very effective hands-on technique that involves applying gentle sustained pressure into the connective tissue restrictions to eliminate pain and restore motion. What is fascia and how it relates to everyday pain. Myofascial Release Therapy along with its three principles.

GENTLE YOGA



with Allison Wood at The Maple Center

This yoga class combines mindful breathing and slow, gentle movements to encourage a relaxed body and a calm mind.

**Coming in January!
Start your year feeling
healthy and relaxed!**

**Please sign up prior to each
class at www.maplecenter.org**



The Maple Center, Inc Nonprofit 501(c)3
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Terre Haute, IN 47804
(812) 234-6733
www.themaplecenter.org



Harry P. Fleschner
Memorial Foundation

Qigong

at The Maple Center



Led by Dr. Hongtao Li, Ph.D.

Qigong involves slow meditative movements, rhythmical breathing, and a calm state of mind. This eight-movement exercise and traditional calm music will nurture your body and spirit with relief from the daily stress. Please dress comfortably.

Every Thursday, Nov 3-Dec 15
from 7-8pm

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**



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