



# The Maple Center

For Integrative Health

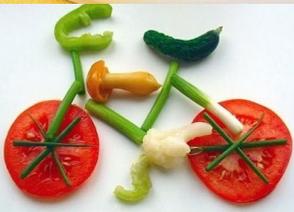
www.themaplecenter.org Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org



@themaplecenternonprofit

## September 2019



### Monthly Quote:

**"It's no coincidence that four of the six letters in health are 'heal.'"**

**Ed Northstrum**

### 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**

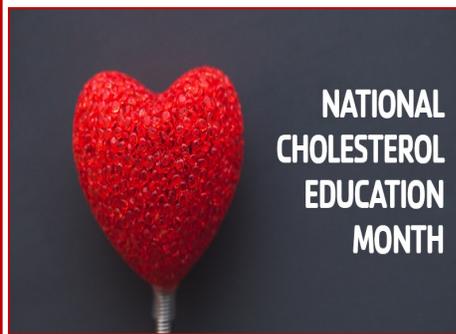
## Cholesterol Education Month

Health professionals use September as a reminder for all of us to go and get our cholesterol checked! It is important because according to the AHA, over 102 million Americans have a higher than healthy cholesterol level and 35 million Americans have an even higher level that puts them at risk for Heart Disease (2010). High cholesterol is the leading factor in Heart Disease which is the leading cause of death in America.

What is cholesterol, good question, it is a waxy, fat-like substance that gets stuck in our arteries. There is two types of cholesterol, our good cholesterol (HDL) and our bad cholesterol (LDL).

### What you can do:

- Eat more fresh fruit and vegetables, substitute at least half your refined grains for whole grain
- Get active! 150 minutes a week can make a difference
- Maintain a healthy weight
- Don't smoke or quit smoking now



[https://www.cdc.gov/cholesterol/cholesterol\\_education\\_month.htm](https://www.cdc.gov/cholesterol/cholesterol_education_month.htm)

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

**amazon**smile  
You shop. Amazon gives.

- 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.

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



## Veggie Ceviche With Dill

### Ingredients:

- 2.5 cups cauliflower florets
- ½ cup fresh grapefruit juice
- 2 tablespoon fresh lime juice
- ½ cup diced seedless cucumber
- ½ cup diced red onion
- ½ cup chopped cherry tomatoes (any tomato variety would work, remove seeds if lots of liquid)
- 1 jalapeño, diced
- ¼ cup fresh chopped dill
- ½ avocado, diced

### Instructions:

- Steam cauliflower florets until just tender, about 7-8 minutes.
- Combine cauliflower with grapefruit and lime juice, diced jalapeño and diced red onion in a large bowl. Set in fridge for 30 minutes to marinate, mixing once or twice to ensure all ingredients are getting covered in juices.
- Meanwhile, prep/chop all other ingredients.
- After cauliflower mixture has marinated, add all remaining ingredients and mix well.
- Use a slotted spoon to serve, but I like to keep any leftovers in the marinade to keep the flavors mingling.
- Serve immediately or refrigerate until serving time.

Recipe and photo from: <https://www.onegreenplanet.org/vegan-recipe/veggie-ceviche-with-dill/>



## Avocado Strawberry Caprese

### Ingredients:

- 1/3 cup (80 mL) balsamic vinegar
- 1 cup (135 g) hulled and sliced strawberries
- 1 cup (160 g) grape or cherry tomatoes, halved
- 1 medium ripe avocado, pitted and diced
- 1/3 cup (8 g) loosely packed basil leaves, chiffonade cut
- 1 1/2 teaspoons extra-virgin olive oil
- Pink Himalayan salt or fine sea salt, to taste
- Freshly ground black pepper, to taste
- Toasted sesame seeds or chopped pecans, for serving

### Instructions:

- In a small saucepan, bring the vinegar to a simmer over medium heat. Once the vinegar starts to simmer, reduce the heat to medium-low, and simmer for 6 to 10 minutes, uncovered, until the vinegar thickens, and reduces in volume by half. Set aside.
- Meanwhile, add the strawberries, tomatoes, avocado, and basil into a large shallow bowl.
- Drizzle on the oil and gently toss until the veggies are coated. Season generously with salt and pepper and toss again just briefly.
- Scatter on your desired amount of toasted seeds or nuts. Drizzle on all of the balsamic reduction.
- Serve immediately.

Recipe and photo from: <https://ohsheglows.com/2016/06/07/avocado-strawberry-caprese/>

# Vegan Caesar Salad



Serves: 4

## Ingredients

- 2 baby romaine lettuces OR a bunch of lacinato kale
- 2 tbsp pomegranate seeds, to decorate (optional)

### ALMOND BACON

½ tsp tomato concentrate  
1 tsp olive oil  
1½ tsp [maple syrup](#) or sugar  
2 tbsp all purpose soy sauce or [tamari](#) (if GF)  
¼ tsp [liquid smoke](#) (or ½ tsp smoked sweet paprika)  
½ cup almond flakes

### CROUTONS (optional)

2 slices stale sourdough  
1 tbsp olive oil  
fine sea salt, to taste

### DRESSING (makes approx. 1 cup)

- 1/3 cup raw cashews OR sunflower seeds OR silken tofu
- 1 head of garlic
- 1 tsp olive oil (optional)
- 1½ tsp wholegrain mustard\*
- 1 tbsp fresh lemon juice
- 1 tbsp capers in salty brine + 1 tbsp brine
- 2 tbsp [nutritional yeast](#)
- ½ cup unsweetened soy or almond milk
- generous pinch of dried thyme
- ¼ tsp sea salt, to taste
- ½ tsp [maple syrup](#) or sugar
- black pepper, to taste

1. Place cashews or sunflower seeds in a small bowl and cover with boiling water. Set aside for at least 20 minutes to soften.
2. Heat up the oven to 390° F (180° C / 355° F fan).
3. Cut the top of the garlic head off with a knife (see photo in the post). Drizzle the top of the garlic cloves with a tiny bit of olive oil (it's optional but recommended) and wrap the garlic in a piece of kitchen foil so that the tops of the cloves are protected from getting burnt. Place in a preheated oven for about 40 minutes, until the cloves are soft.
4. To make croutons, chop the bread roughly into small pieces. If the bread is too stale to cut with a knife, you could try my trick of placing it in a bag (mine usually comes in a paper bag already), keeping the bag closed with one hand, whacking the bread with a mortar (or something else heavy, a hammer is a good one) until the bread crumbles into small pieces inside the bag. It's also an awesome stress reliever .
5. Heat up a tablespoon of olive oil in a small pan. Once the oil gets hot, throw the bread pieces into the hot oil. Allow the bread to get crispy and golden, but make sure you move the croutons around the pan a fair bit. Season with a touch of salt. Set aside.
6. Once the garlic is roasted, decrease the oven temperature to 250° F (210° F fan) and line a small baking tray with a piece of baking paper.
7. Mix almond bacon marinade ingredients together in a small bowl. Toss the almond flakes in the marinade and spread them on the prepared baking tray.
8. Place in the oven for about 20-30 minutes, giving the almonds a good stir halfway through the baking time. They may appear still a little soft when warm but will crisp up once out of the oven and cool.
9. To make the sauce place peeled roasted garlic cloves, drained cashews (or sunflower seeds or silken tofu) into a blender with the remaining dressing ingredients and blend until super smooth.
10. Assemble the salad by tossing torn lettuce leaves in the dressing (you'll have some left over). If using kale instead of lettuce, destem it and chop finely before dressing.
11. Pile dressed salad leaves on a large platter. Sprinkle with almond bacon and / or croutons (if making) and decorate with some pomegranate seeds (if using).

**NOTES:** Double check the ingredients as some wholegrain mustard brands are not vegan.

Reference: <https://www.lazycatkitchen.com/vegan-caesar-salad/>

# Mark Your Calendars



## Upcoming LEAF Alumni Meetings

6:30pm-8:30pm at Union Hospital East- Conference Room-Next to Gift Shop

September 24th- "Organic vs. Non- Organic Foods"

October 22nd- "How to Spice Up Your Food"

November 26th- "Uses of Aqua Faba"

December 10th- Christmas Dinner

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

## Hidden Health Hazards

October 9, 2019: "Invisible Household Toxins " by Carli Web

We all would like to consider our home a safe space, but what if I told you homes are filled with toxins? Many serious diseases and health conditions are being linked to toxins we find in household products. Join Carli as she walks through the negative impact of toxins on our health, where they are found in the home, and safer alternatives. You will leave with new tools to detox your home and live healthier! When you know better, you can do better!

Carli, a Brazil, Indiana native, discovered her passion in functional health during her undergrad at IU, when she changed her lifestyle and saw improvements in many of her symptoms. She has earned her Master's Degree in Human Nutrition & Functional Medicine, interned at The Maple Center for Integrative Health, worked under Dr. Jolene Brighten - leader in Post Birth Control Syndrome and Women's Hormones, and started her own business - Webb Nutrition & Wellness.

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 and no OLLI membership needed



# ADDICTION RECOVERY (EAR) ACUPUNCTURE

Don't stress out. Breathe.

Sponsored by:




**NO CHARGE**

MONDAY, AUGUST 12, 2019  
Come anytime between 3 PM - 6 PM  
at The Maple Center Classroom 1801 N 6th St, Terre Haute, IN

Whether you are recovering from an addiction to drugs, smoking, alcohol, gambling, food or other addiction, acupuncture can aid in your recovery



## YOGA FOR ADDICTION RECOVERY & RELAPSE PREVENTION

SEPT 2, 16, & 30  
OCT 14 & 28, 2019  
FROM 1:00 PM - 2 PM

AT HAMILTON CENTER MEETING ROOM  
66 WABASH COURT, TERRE HAUTE, IN

NO CHARGE






## Yoga for Addiction & Relapse Prevention



2019 Mondays  
August 12th, 26th, Sept. 9th, & 23rd  
from 7:30 pm- 9 pm

At Next Step  
Foundation, Inc.  
619 Washington Ave.  
Terre Haute, IN 47802

**No charge**

Y12SR Yoga works with traditional treatment programs to address the physical, mental and spiritual disease of addiction. Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction, Y12SR Yoga can aid in your recovery.






**FREE**



# CHAIR YOGA

**THURSDAYS  
10 AM-11 AM**

**LARRY P. FLESCHNER  
MEMORIAL CLASSROOM  
THE MAPLE CENTER, SUITE 400  
1801 N 6TH STREET TERRE HAUTE, INDIANA**

*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.*



**NO CHARGE FOR THE CLASS**  
Just drop In and try It out!

## Stretching. Strengthening. Relaxation

### YOGA FOR STRESS MANAGEMENT

WITH DEVAKI

**MONDAYS  
6PM - 7:30PM**

**\$10 PER CLASS**

**AT THE MAPLE CENTER, SUITE 400  
LARRY P. FLESCHNER MEMORIAL CLASSROOM**



Sponsored by:





**Kickstart** your health!

**Expand your healthy eating habits!**

**Lose weight! Feel better!**

**Join The Maple Center in the kitchen for the power of food**  
**HEALTHY WEIGHT MANAGEMENT**  
**NUTRITION EDUCATION & COOKING CLASSES**

Based on PCRM's award-winning Food for Life program, you will learn lifesaving nutrition information. Explore how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**Class topics include Power of Your Plate, Breaking the Food Seduction, Keys for Natural Appetite Control, and Digestive Health.**

**LEARN** the latest health and nutrition information

**ENJOY** cooking demonstrations

**TASTE** healthy, delicious dishes

**SHARE** your experiences in a supportive group setting



**(5) Thursdays,**  
**September 26-**  
**October 24, 2019**

**From 6:00-8:00 PM**

**The Maple Center**  
1801 N 6th St, Terre Haute, IN 47804  
in the Larry P. Fleschner  
Classroom - Suite 400



**\$85 for**  
**the five classes**  
(Scholarships are available)

**REGISTER** at [www.themaplecenter.org](http://www.themaplecenter.org) or call 812-234-8733  
**Registration Deadline is Thursday, September 19, 2019**



The Maple Center  
for Integrative Health



# Mind-Body Skills

An experiential investigation of the integral relationship between mind, body, & wellness.

Taught by Suzanne Kunkle, Ph.D., H.S.P.P.



Please bring a  
brown bag  
lunch

The workshop is free, but  
registration is required.  
Class size is limited.  
Register at  
[www.themaplecenter.org](http://www.themaplecenter.org)

Sept 28, 2019  
9:00am - 5:00 pm  
& Sept 29, 2019  
10:00 am - 1:00pm  
in The Maple  
Center Classroom  
Suite 200

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



When mind, body and spirit are in harmony,  
happiness is the natural result

—Deepak Chopra

# Mindfulness Based Stress Reduction (MBSR)



Mindfulness is the awareness that arises from intentionally paying attention to the present moment without judgment.

The MBSR program helps people learn to use their internal resources to respond more effectively to stress, pain, and illness.

**Orientation: September 24, 2019**

(6:00- approx. 7:30pm)

**Classes: On Tuesdays,  
October 1- November 19, 2019  
from 6-8:30pm**

**Day long retreat: November 9, 2019**

**Cost: \$320** (Regularly \$425)  
(Scholarships Available)

**Classes will be held  
at The Maple Center**

**Larry P. Fleschner Memorial Classroom, Suite 400**



The instructor of this course will be Cosmas "Cos" Raimondi, LCSW, LCAC. He is recognized as a Qualified MBSR Teacher by the UMASS School of Medicine Center for Mindfulness in Medicine, Health Care and Society.

Learn to:

- Bring awareness to wandering thoughts, fluctuating moods, and behavioral habits
- Cultivate inner calm and a broader perspective
- Practice living in the present moment without judgement (as we learn how insanely judgmental human beings tend to be)
- Understand how the above affects our level of stress
- Create a sense of inner spaciousness
- Build mental and emotional resiliency for more stressful times

This program includes:

- Orientation session to ensure that MBSR is appropriate for you at this time
- Eight 2.5 hour classes to learn formal mindfulness practices
- Roughly 65% direct practice, 20% group process, and 15% presentation
- A caring and supportive environment for group inquiry and dialogue
- Opportunity to learn and internalize the principles of mindfulness
- Daily home assignments of formal and informal mindfulness practices
- A 7-hour day retreat with guided practices





## 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.

**amazon**smile

You shop. Amazon gives.

- 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.