



# MONTHLY MATTERS

February 2017

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## Upcoming Classes

COMING ATTRACTIONS.....

The Maple Center for Integrative Health will be offering....

DRUMROLL.....

### **The Power of Food for Cancer Prevention and Survival**

This is an FFL class that has been offered before and has been extremely beneficial based on previous participants. This includes individuals that are wanting to prevent cancer as well as those who have experienced cancer themselves or with family/friends.

Registration is open now and can be accessed on the Maple Center website at [www.themaplecenter.org](http://www.themaplecenter.org) Class dates will be on Fridays, April 28, May 5, May 12 and May 19 from 2:30 – 4:30 PM at the Hux Cancer Center in the lower level conference center.

Please see a flyer in this newsletter with all this information.

Hope to see you in the class!!!





# TOTS & teaspoons

Hands on Cooking class to teach Tots (ages 2-5) how to make fun, nutritious snacks with a caregiver. Nutritional information will be provided by a Nutritionist during the making of the snack by Tot and caregiver. Food samples and take home nutrition booklet will be supplied.

March 7, 2017 at 10:30 am

Included with Museum Admission



Registration for each Tot is required to ensure that adequate supplies are prepped. Class size limited.

Class taught by:



The Maple Center for Integrative Health

Class Sponsored by:

*Larry P. Fleschner  
Memorial Foundation*

# The Power of Food for Cancer Prevention and Survival

## Wabash Valley LEAF (Lifestyle Education and Food) Cancer Focused Classes Based on the award-winning Food for Life Program

Based on PCRM's award-winning Food for Life program, The Maple Center for Integrative Health is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



Join Food for Life Educational Alliance Program Partner The Maple Center for Integrative Health's educators, Kathleen Stienstra, MD, Karen Cunningham, and the LEAF team in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**Class size limited, register Today!**

**Classes every Friday, 2:30 – 4:30 p.m.**

**Cost: \$70 for the 4-class series Individuals meeting the Federal Poverty Guidelines will be able to take this class at no charge.**

Thanks to private donations, additional Sliding Scale Scholarships are available.

**Friday, April 28** Introduction to How Foods Fight Cancer

**Friday, May 5** Fueling Up on Low-Fat, High-Fiber Foods

**Friday, May 12** Discovering Dairy and Meat Alternatives

**Friday, May 19** Cancer-Fighting Compounds and Healthy Weight Control

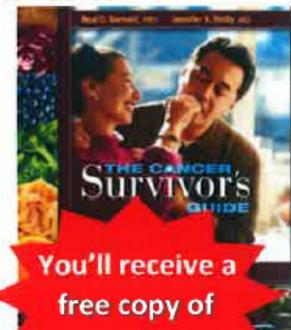
**To register**, call 812-234-8733 or go to [www.themaplecenter.org](http://www.themaplecenter.org)

**REGISTRATION DEADLINE:**

**Wednesday, April 26, 2017**

**LOCATION: Hux Cancer Center – Lower Level**

1711 N. 6 1/2 Street, Terre Haute, IN 47804



**You'll receive a free copy of this book!**

Sponsored by:

*Larry P. Fleschner  
Memorial Foundation*

**UNION  
HOSPITAL**  
Hux Cancer Center



The Maple Center for Integrative Health



**PCRM** Physicians Committee for Responsible Medicine



**FOOD FOR LIFE**  
Cancer Project



Serves: 4 - 6

## Spring Vegetable Quinoa Minestrone Soup

- 3 cloves garlic, minced
- 1 small white onion, diced
- 1 cup sliced carrots (about 2 medium)
- 1 (28 oz) can diced tomatoes
- 4 cups water (or vegetable broth)
- ¼ cup white quinoa (uncooked)
- 2 teaspoons Italian seasoning
- 2 bay leaves
- Salt + pepper to taste\*
- 1 cup chopped zucchini (1 small or ½ of 1 medium)
- 1½ cups chopped asparagus
- 1 packed cup chopped kale (or spinach)
- ½ cup frozen peas
- Nutritional yeast (or parmesan) to garnish

1. Sauté garlic, onions and carrots until starting to brown. Add tomatoes, water, quinoa, spices, bay leaves, salt and pepper and stir to combine. Bring mixture to a boil, then cover and reduce to simmer for 20 minutes.
2. Remove lid and stir in remaining vegetables. Cook for 10 minutes more until asparagus has started to soften, but still has a light crunch.
3. Taste, adjust seasonings as needed and serve immediately. Garnish with nutritional yeast if you want some cheesy flavor.

Adapted from: <http://www.simplyquinoa.com/spring-vegetable-quinoa-minestrone/>



## Coconut Date Balls

Looking for a quick sweet treat? Then here's a great recipe to try!

### Ingredients

3 tablespoons shredded, unsweetened coconut  
7 ounces of pitted dates (about 28 Deglet Noor)  
3 tablespoons whole natural almonds  
½ teaspoon ground cinnamon  
1/8 teaspoon salt

### Directions

Place the coconut on a small plate. Place the dates, nuts, cinnamon and salt in the bowl of a food processor and process until finely chopped. Using a rounded teaspoon of the mixture, press it into a ball with your fingers, then roll the ball into the coconut, pressing down somewhat so the coconut adheres. Repeat with the remaining mixture and coconut.

Makes 8 servings

Reference: <http://www.elliekrieger.com/recipe/coconut-date-balls/>

Thank you to the following groups for making this class possible.



Wabash Valley  
**LEAF**  
Leadership Team



LEAF Alumni Volunteers

*Larry P. Fleschner  
Memorial Foundation*



FOOD FOR LIFE  
Kickstart Your Health

0  
*Wabash  
Activity  
CENTER*

## 2017 Kickstart Your Health Class



### LEAF UPDATES

#### KICKSTART – A GREAT SUCCESS!

Hi all. I am glad to report we have just finished our PCRM award winning FFL (Food for Life) Kickstart Class! As most of you know we have offered the Cancer and Diabetes classes a few times in the past 2-3 years but this is the first time we have offered the Kickstart class which focuses on overall health along with healthy weight management. We really appreciated being able to meet at the Wabash Activity Center for a total of 5 weeks. Our class had 25 participants.

The evaluations were VERY POSITIVE as you can see with some of the comments below that we received during the 5 weeks of class.

Nice to get more demonstrations to help with practical ways to cook and prepare menu planning. Thank you! Good to have both education (video) AND cooking demonstrations.

All the samples are really good, I like trying new dishes I enjoy watching you cook, the talk and the eating and sampling of food

I enjoy the whole program, the lecture, the making of the foods and also trying these new foods

Once again we had many LEAF and CHIP volunteers help present this class. We are most grateful for everyone's help which is VITAL to the success of all of our classes and the ability to keep offering these healthy lifestyle opportunities!



Healing Beyond Borders

Presents

# HTI Healing Touch Certificate Program

## *Nurturing Energy Therapy*

*for Health Care Professionals and Persons Committed to  
Healing*

### **Level 1**

**Schedule: Saturday, March 4: 8:30 am - 6 pm  
Sunday, March 5: 8:30 am - 6 pm**

**Location: United Campus Ministries  
321 N 7<sup>th</sup> Street Terre Haute IN  
Tuition Amount: \$300.00 (includes \$15 workbook)  
Full time student with ID - \$200**

**Purpose:** The purpose of this Level 1 Workshop is to enable the learners to be able to practice Healing Touch techniques and self care from a holistic approach in their development as Healing Touch practitioners

**Requirement for class completion and CE Credit: Attendance at the entire class with supervision, practice with instructor feedback, and completion of evaluation**

#### **You will be Learning**

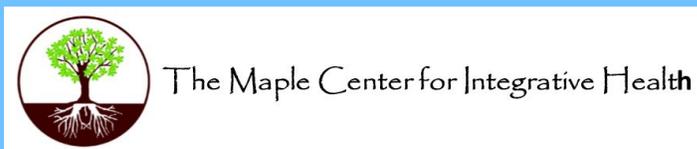
- Energy system concepts related to health
- Basic energy principles and assessment of the energy system – energy field and energy centers and functions
- Meditation for centering and maintaining energetic flow
- Principles and practice of Healing Touch for personal and professional use
- Multiple specific energy healing techniques
- Principles of self-healing
- Personal development as a healer
- Legal and professional aspects of touch therapies, Ethical Conduct and Standards of practice, and integrity in Healing Touch.

**For more information or to register go to  
[www.themaplecenter.org](http://www.themaplecenter.org)**

**OLLI Series at Landsbaum from 1:30 - 3:00 pm**

**Cost: No charge and no OLLI membership needed**

**Sponsored by:**



**January 11, 2017 - Integral Transformative Practice presented by Margaret Moga, PhD, faculty member, Indiana University School of Medicine – Terre Haute**

Integral Transformative Practice (ITP) is cross-training for the body, mind, heart and soul. It's designed for all people, particularly those with busy lives. Through deliberate daily practice, you transform yourself – and our world – for the better. Drawn from ancient wisdom and developed by human potential pioneers George Leonard and Michael Murphy, it's a proven method that since 1992 has helped create positive change in people all over the world.

In this introduction, Margaret Moga will discuss the components of ITP, including affirmations, kata and meditative practice, aerobic exercise and strength training, conscious eating, service and connection to community, with examples and a short practice session of kata movements. Students will be provided with an ITP practice guide to support their own mind-body-heart soul practice. Suggested book reading: *The Life We are Given* by George Leonard and Michael Murphy.

**February 8, 2017—The importance of a Happy Healthy Gut**

**There has been a change to this program. It will be held at Regional Hospital and presented by Dr. Sharma**

**March 8, 2017— Aging Gracefully: Steps to promote continued mobility, function, and independence throughout a lifetime presented by Dr. Jennifer Benton**

Dr. Jenny Benton DC will discuss tips you can follow to help you enjoy a healthy and pain-free life.

Dr. Benton is a licensed Chiropractic Physician with a background of a B.S. in Human Biology and Chemistry with additional study in the areas of diet, enzyme nutrition, and other forms of natural medicine. Jennifer received her Chiropractic training Logan College of Chiropractic near Saint Louis, MO. In addition to the Doctor of Chiropractic degree, she has advanced training in several chiropractic techniques, physiotherapy and rehab, pediatrics, conditions of TMJ disorder and scoliosis, soft tissue release techniques, nutrition and is a certified Internal Health Specialist. She currently practices at Anderson Chiropractic .

**April 12, 2017—Ayurveda - Wisdom of Life presented by Devaki Lammet**

Ayurveda, literally “science of life”, is a holistic medical system from India, that draws back on more than 5.000 years of experience. It is the sister science of yoga and offers a unique body-mind-spirit approach, based on the five elements earth, water, fire, air and ether, which form the three doshas Vata, Pitta and Kapha.

Learn about the physical, emotional and mental characteristics of each dosha and how they are affected by diet, herbs and a particular lifestyle to help prevent disease and increase an overall well-being.

Devaki is an ayurvedic lifestyle consultant, and an experienced international yoga teacher since 2000. She lived 5 years in retreat centers (US and Germany) and was 5 years staff in a yoga center, where yoga and ayurveda were part of her lifestyle. In 2015 she got certified as an ayurvedic lifestyle consultant in Puerto Rico and is a professional member of NAMA, the National Ayurvedic Medical Association.

**May 10, 2017 Heal Your Biochemistry, Heal Your Brain-- Individualized Nutrient Support presented by Dr. Kathleen Stienstra**

A summary of Dr Willam Walsh and Dr Carl Pfeiffer's research about helping depression, anxiety, ADD, behavior disorders, schizophrenia, and even Alzheimer's.

Dr Kathleen Stienstra, local integrative medical doctor has attended 2 physician training workshops by the Walsh Research Institute. She has found their approaches to be excitingly helpful for many of her patients who are facing mental health challenges.

# 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



## Integrative Medical Consultation

Wednesdays

By Appointment

***Jennifer Brooks, PA-C***  
Clinical Appointments  
Call 812-235-4867

## Neuromuscular Re-education

Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

***Penny Money***

Call 317-670-3764

## 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

## 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

## Theraplay Counseling

By appointment

***Catherine Tucker, PhD, LMHC, RPT-S***

Call 812-230-5126

## 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

## Contact Us

Give us a call for more information about our services or go to our website:  
[www.themaplecenter.org](http://www.themaplecenter.org)

**Newsletter article submission due by the 22nd of each month for the following month.**  
**Email article to: [dferguson@themaplecenter.org](mailto:dferguson@themaplecenter.org)**



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For updates on  
programs “like” us on  
Facebook!



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. The center offers professionals trained in acupuncture, health coaching, integrative medicine, neuromuscular integration, nutritional counseling, therapeutic massage, and therapeutic touch.

For more information on our programs, workshops, or professional services contact us at (812) 234-8733 or visit our website: [themaplecenter.org](http://themaplecenter.org)

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



## Dr. John Black Memorial Library

**How do I find the book from  
The Maple Center library collection online?**

**Go to [www.themaplecenter.org](http://www.themaplecenter.org) and**

Click on the link available on the home page for the John Black Memorial Library’s page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of searching within The Maple Center’s collection, or the entire world of Google Books.

Sponsored by:



## Monthly Vegan/Vegetarian Dinner

Bring a vegan/ vegetarian dish

and recipe to share,

Contact Debbie Stevens at

[debbiestevens53@gmail.com](mailto:debbiestevens53@gmail.com)