



MONTHLY MATTERS

June 2016



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MAPLE CENTER UPDATE

As we continue to move through this busy year, we celebrated our 11th anniversary at the Annual Dinner on May 11. Next, we finished our four week diabetes class on May 12. Participants of the class were excited to learn new information, exchange ideas, have questions answered and start to take control of their diets and embark on a new lifestyle.

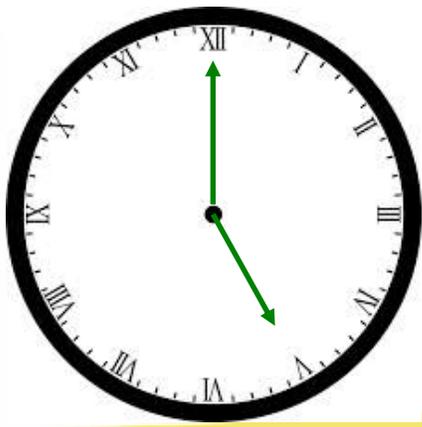
Our committees are working on additional grant funding, fall programming and gearing up for our annual Golf Scramble fundraiser which takes place on June 24. We have tickets available for the Yeti Cooler package, valued at \$500, in the office. The tickets are \$5 per chance and the drawing will take place at the golf scramble on June 24, but you do not have to be present to win. Show your support by purchasing your ticket today!

We would like to welcome our newest practitioner to the center!

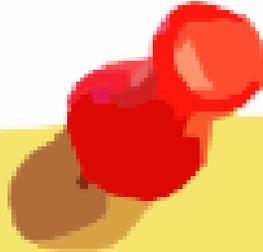
Catherine Tucker has joined us providing Theraplay services. She is an author, trainer, therapist, and was an associate professor in counseling at Indiana State University from 2007-2016. For more information go to www.drcatherinetucker.com or for an appointment contact her at (812) 230-5126.

Three additional providers will be joining our team over this summer so pictures of each individual and more information on their services will be provided in next months issue.

Starting July 1st we will be taking applications for our 4 week Cancer class that will be offered on Tuesday evenings, August 9,16, 23 & 30 from 6:30pm - 8:30 pm at the lower level of the Hux Cancer Center. Go to www.themaplecenter.org for more information.



Office Hours Update



There are different hours for Dr. Stienstra's Office. Effective immediately her office will be closed on Fridays.

Office Hours for Dr. Stienstra, Jennifer Brooks & Dr. Kristen Walton

Monday - Thursday

8 am - Noon, closed for lunch and reopens from 1:00 pm - 5:00pm

Closed Friday - Sunday

Office Hours for the Nonprofit office

Monday - Thursday the hours are 1:00 pm - 5:00pm

Integrative Practitioners Hours

Monday - Sunday by arrangement with each Practitioner

All offices are closed on the following holidays

New Year's Day, Memorial Day, Labor Day, Thanksgiving, Christmas Eve, and Christmas Day

The Maple Center for Integrative Health 5th Annual Golf Scramble

Friday, June 24th, 2016
Rea Park Golf Course

Why play in this golf scramble?

Your participation in the **5th Annual Maple Center Golf Scramble** helps to support programming for optimal health in the Wabash Valley. Our nonprofits mission is to provide integrative health education to our community and the proceeds from this tournament allows us to do so.

Cost: Foursome is \$400 per team or an individual is \$120. Cost includes golf cart, green fees lunch and beverages.

Deadline: Registrations are due by Friday, June 17th. Reservations accepted after this deadline are based on space availability.

Sponsorships: \$100 for each hole sponsored. Other sponsorships are available.

Rain policy: In the event of a rainout, lunch will still be served as planned. Drawings for prizes will still be awarded. Paid participants receive one round of golf (cart and greens) at Rea Park for future use.

Prizes:

1st, 2nd & 3rd place teams
Longest Drive & Closest to Pin
\$50,000 Hole-in-One Prize

Schedule of events:

11:30 a.m.	Registration
12:00-12:45	Lunch
1:00 p.m.	Tee-Off Shot Gun Start
5:00 pm	Awards



**YETI Cooler & Gift
Card Raffle
Tickets \$5**

**You do not have to be
present to win**

**For more information or
to register, contact:**

The Maple Center
1801 North 6th Street,
Suite 600
Terre Haute, In 47804
812-234-8733
www.themaplecenter.org

**\$50,000
Hole-in-One
Prize!**
(half goes to nonprofit)

SUMMER ZOODLE GLOW BOWL

By: <http://www.theglowingfridge.com/summer-zoodle-glow-bowl/>

Ingredients:

2 zucchinis, spiraled
1 cup shelled & cooked edamame
optional add-ins: extra veggies like bell peppers, carrots and purple cabbage

CREAMY AVOCADO LIME SAUCE

1 ripe avocado
1/2 cup spinach
1/4 cup fresh cilantro
2-3 slices of jalapeño (optional)
fresh juice of 1 lime
1/2 cup water
1 teaspoon maple syrup (or agave nectar)
1/2 teaspoon tamari (or low-sodium soy sauce)
1/4 teaspoon sea salt
1/4 teaspoon black pepper



Instructions

1. Start by spiraling the zucchini and cooking the edamame according to the package's directions. Combine them in a large bowl and mix well.
2. In a food processor, blend up all ingredients for the Creamy Avocado Lime Sauce until smooth and creamy.
3. Transfer sauce into the large bowl and toss with the zoodles.
4. Enjoy!

NOTES

1. If you want to eat the zoodles warm for a more pasta-like feel, then lightly sauté them with nonstick cooking spray for about 5 minutes on the stove. Then toss with the avocado sauce and enjoy.
2. If you plan on having leftovers, keep the sauce and zoodles separate in the refrigerator.
3. Stays fresh for up to 2 days but best when eaten immediately.

While I was looking for new recipes the other day I found this quick reference chart about egg substitutions for baking and decided to share.

Ground flax	Chia seed	Soy protein	Agar agar	Ripe bananas	Applesauce	Peanut butter
1 tbsp ground flax + 3 tbsp water = 1 egg (blend until mixture is thick, creamy & egg-like)	1 tbsp chia seed + 1/3 cup water = 1 egg (mix and let sit for 15 minutes)	1 tbsp soy protein powder + 3 tbsp water = 1 egg	1 tbsp agar agar + 1 tbsp water = 1 egg	1/2 mashed banana = 1 egg	1/4 cup unsweetened applesauce = 1 egg	3 tbsp peanut butter = 1 egg

SWANSON
Health Products
swansonvitamins.com

Reference: <http://www.swansonvitamins.com/blog/kaitlins-blog/egg-substitutes>

Your Tongue Tells a Lot



Oral Candidiasis or Oral Thrush



Normal Tongue

A normal, healthy tongue should be pink and smooth as shown in the lower picture, but sometimes Candida organism can overgrow, this is depicted here on the left. This is called Oral Candidiasis or Oral Thrush.

Ages when this is most often to occur:

0-2	Common
3-5	Common
6-13	Rare
14-18	Rare
19-40	Rare
41-60	Common
60+	Common

Signs & symptoms:

- Creamy white lesions on your tongue, inner cheeks, and sometimes on the roof of your mouth, gums and tonsils
- Slightly raised lesions with a cottage cheese-like appearance
- Redness or soreness that may be severe enough to cause difficulty eating or swallowing
- Slight bleeding if the lesions are rubbed or scraped
- Cracking and redness at the corners of your mouth (especially in denture wearers)
- A cottony feeling in your mouth
- Loss of taste

Some reasons this can occur are:

- Poor Diet: high amounts of refined carbohydrates, sugar and unhealthy fats
- Use of Antibiotics or Oral Corticosteroids inhalants
- Untreated Diabetes
- Stress
- A weakened immune system
- Excessive Alcohol consumption

Treatment:

- **First, seek Medical care**—an antifungal medication may be needed
- Practice good oral hygiene
- Change your diet if need be
- Gain control of your blood sugar levels
- Rebuild your good gut bacteria with a daily probiotic supplement

References: <http://guthealthproject.com/what-your-tongue-is-telling-you-about-your-digestion/> and http://www.mayoclinic.org/diseases-conditions/oral-thrush/basics/definition/con-20022381?utm_source=Google&utm_medium=abstract&utm_content=Oral-candidiasis&utm_campaign=Knowledge-panel

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

Functional Health & Professional Acupuncture

Tuesday & Thursday

By Appointment

Kristen C. Walton, DC, CAC
Clinical Appointments
Call 812-235-4867

Integrative Medical Consultation

Wednesday & Friday

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

Newsletter article submission due by the 22nd of each month for the following month.
Email article to:
dferguson@themaplecenter.org

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



Contact Us

Give us a call for more information about our services or go to our website:
www.themaplecenter.org



The Maple Center
for Integrative Health
1801 N. 6th St, Suite 600
Terre Haute, IN 47804

Clinical Office: (812) 235-4867
Nonprofit Office: (812) 234-8733
Website: themaplecenter.org
E-mail: info@themaplecenter.org

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

“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 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 Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,

Contact Debbie Stevens at
debbiestevens53@gmail.com

Check us out at:
www.themaplecenter.org