



# MONTHLY MATTERS

## Healing Practices for Self-Care Workshop

We all enjoyed this half day workshop of hands-on experiences to help meet the stresses and challenges of life. The workshop was held on Saturday, April 16, 2016 from 9:00am ~ 2:00pm at the Unitarian Universalist Congregation Building. The information shared throughout the day was very informative.

We started the morning with a gentle yoga stretch led by Jan Croft and then moved on to making intention stones with Kathy Gotshall. Next, information was given on Reflexology by Nancy Humphries, Emergency techniques by Penny Money, and Dr. Kristen Walton discussed Acupressure and the importance of Magnesium. Next, Dr. Jean Kristeller discussed mindful eating and had everyone do some mindful eating exercises, just before lunch was served.

The relaxing day was ended with a Wisdom Circle and reflections of what had been learned during the day.

Thank you to the Unitarian Universalist Congregation for allowing us to use their facility and thank you to all of the practitioners for sharing their knowledge with us.

We hope to see everyone at the next workshop!



Morning Yoga session

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The Maple Center for Integrative Health

# *Celebrate Our Past Year!*

**at Our Annual Dinner Meeting**

Date & Time: **May 11, 2016 at 6:30 pm**

Location: **Maple Avenue United Methodist Church**

1203 Maple Ave, Terre Haute, IN

Menu: **A heart healthy meal**

Cost: **\$30 per person** (payment required prior to event)

Make check payable and send to:

The Maple Center

1801 N 6th St, Ste 600

Terre Haute, IN 47804

Or make payment via PayPal at [www.themaplecenter.org](http://www.themaplecenter.org)

**Please RSVP by May 6, 2016**

# NUTRITION AND COOKING CLASSES

Based on the award-winning Food for Life Program

THE POWER OF FOOD FOR DIABETES PREVENTION AND TREATMENT

Join Food for Life Educational Alliance Program Partner The Maple Center and educators, Kathleen Stienstra, MD and Julie Fine, PhD, FNP, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**Thursdays from 6:30- 8:30 pm**

**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.

## Class Topics

Thursday, May 12, 2016 - Introduction to How Foods Fight Diabetes

Thursday, May 19, 2016 - The Power of Your Plate and Grocery Cart

Thursday, May 26, 2016 - Understanding Type 2 Diabetes

Thursday, June 2, 2016 - Designing a Diet for Maximum Weight Control

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

**Location:** Maryvale Apartments, 3461 St Marys Rd,  
West Terre Haute, IN 47885



This initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit [www.smwc.edu/wellness](http://www.smwc.edu/wellness)



**FOOD FOR LIFE**  
Diabetes Initiative

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c)3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

Monthly Matters from The Maple Center

# Basic Barbecue Sauce

Makes about 2¾ cups

## INGREDIENTS:

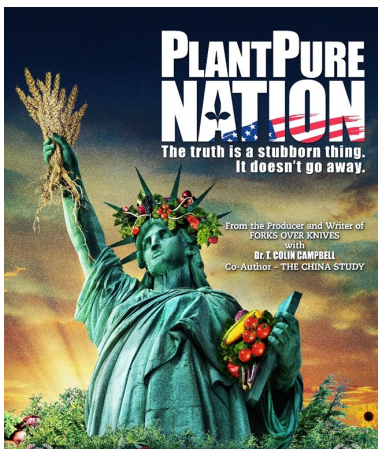
- 1 medium onion, minced
- 1 clove garlic, minced
- 1 cup tomato sauce
- ¼ cup apple cider vinegar, plus more as needed
- 3 tablespoons vegan Worcestershire sauce, or 2 tablespoons low-sodium soy sauce
- 2 tablespoons pure maple syrup
- 2 tablespoons unsulphured molasses
- 3 tablespoons prepared yellow mustard
- freshly ground black pepper



## Instructions:

1. Sauté the onions in a large saucepan over medium heat, stirring occasionally, for 7 to 8 minutes, until they start to turn brown and translucent. Add water 1 to 2 tablespoons at a time as needed, to keep the onions from sticking to the pan. Add the garlic and cook for 1 minute more.
2. Stir in the tomato sauce, vinegar, Worcestershire sauce, maple syrup, molasses, mustard, pepper to taste, and 1 cup of water, and bring to a boil over high heat. Reduce the heat to low and simmer, stirring often to prevent scorching, for about 45 minutes, until thickened. Taste and adjust the seasoning. If desired, transfer the sauce to a blender and puree until smooth (or use an immersion blender).
3. Store in an airtight container in the refrigerator for up to 7 days.

Reference: <http://www.forksoverknives.com/recipes/dels-basic-barbecue-sauce/>



# PlantPure Nation Store

For those looking for healthy dinner options, without all of the cooking, you may want to consider the PlantPure Nation Store for prepared meals. You may access it by going to <http://plantpurestore.com/> or <http://plantpurestore.com/the-jumpstart-meals/>

Below gives you approximate cost and general information.



10 MEALS AT \$8.49 EA.  
(INCLUDES SHIPPING)  
\$84.90



20 MEALS AT \$6.89 EA.  
(INCLUDES SHIPPING)  
\$137.80

## BASIC INFORMATION

- Total of 10 different entrées (20 meals includes 2 of each)
- All plant based. No animal products and no dairy
- Small amounts of salt and sugar
- No added Oils
- Flash frozen
- Shelf stable in the freezer for 1 year
- Recommend a salad and a side vegetable to go with entrée
- Entrée provides 2 servings (16 ounces)
- Microwave or warming tray will heat the entrée
- Food can be ordered by itself or part of the Jumpstart program

## The Taste Test

Some of our LEAF Leadership team shared 4 different entrees. The entrees were:

**New England Chowder, Sesame Noodle Bowl, Thai Drunken Veggies and Asian Stewed Tofu**

**Here are our findings:**

- Very good taste, texture and appearance
- Some could use a bit more spices or seasonings
- Some were a bit spicy
- Definitely need the salad and vegetable to fill full
- Highly recommend if someone prefers not to cook
- Pretty economical—can split with family/ friends

# 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 programing 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**

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

**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](http://www.themaplecenter.org)

## Community

### Resources

#### **The Breastfeeding**

##### **Coalition of the**

##### **Wabash Valley**

[www.themaplecenter.org/  
programs-and-workshops/](http://www.themaplecenter.org/programs-and-workshops/)

#### **Compassionate Friends**

##### **Indiana Wabash Valley**

##### **Chapter**

4th Thursday of Each

Month

6:30-8:00 PM

1875 South Fruit ridge

(Universalist Unitarian)

Information, memorial

tributes, donations, and

free e-newsletter subscrip-

tion, please contact us at:

[tcfvv@googlegroups.com](mailto:tcfvv@googlegroups.com).

Facebook: Type

Compassionate Friends of

the Wabash Valley.

#### **Terre Haute Birth Network**

Advocacy organization to

promote "normal, mother/

baby-friendly birth"

For more information:

Terre Haute Birth and Beyond

Network on FACEBOOK Or

[https://sites.google.com/site/](https://sites.google.com/site/hbirthandbeyondnetwork/)

[hbirthandbeyondnetwork/](https://sites.google.com/site/hbirthandbeyondnetwork/)

# Breastfeeding and Chiropractic Adjustments

by Lindsey Holt

As a breastfeeding advocate and a breastfeeding mom I have had my own problems with nursing my children. Many issues could arise with breastfeeding, but I had no idea a chiropractic office could help correct many issues until 2015.

My 3<sup>rd</sup> child, Dextyn, was born with mild shoulder dystocia and had issues within the first 24 hours of life nursing on my left breast. I took him into Gordon Chiropractic Family Health and Wellness Center for an evaluation. Dextyn had a subluxation which was making breastfeeding difficult on the left breast. He was unable to comfortably nurse within the first 24 hours. He couldn't turn his head and cried when he tried to nurse. Dr. Christine Gordon did a thorough exam and adjusted him. After his first adjustment I was able to nurse Dextyn instantly without any complications. This was a big moment and I was relieved.

As new moms, we don't think of a chiropractic care. I strongly suggest having your newborn evaluated by a chiropractor after birth. Dr. Jennifer Barham-Floreni of WellAdjustedBabies.com says, "Have your baby assessed by a chiropractor – birth trauma and in-utero constraint (where the baby's ability to move around freely is hindered) can both affect a baby's ability to breastfeed. The baby's skull, neck and jaw malpositioning may all be contributing to their inability to suckle." It is entirely possible that your baby is suffering from a misalignment that makes breastfeeding positions uncomfortable. Reference <http://chiropractorsandiego-thejoint.com/mission-valley/how-a-chiropractor-can-help-new-moms-with-breastfeeding/>

For more evidence based information on breastfeeding and chiropractic care <http://icpa4kids.org/>



# **Chronic Health**

## **Challenges:**

**“Do I really have to  
live with this?”**



**At Landsbaum Center from 1:30 - 3:00 pm**

**Cost: No Charge**

**May 11, 2016- Fibromyalgia: Symptoms, Causes & Options for Optimal Health by  
Kristen Waldon, DC, Cac**

Dr. Walton will talk about this diagnosis of exclusion and will explore risk factors, possible causes, and treatment strategies for better health.

# 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](mailto: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](http://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](http://themaplecenter.org)**  
**E-mail: [info@themaplecenter.org](mailto: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](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 Vegetarian Dinner

Bring a vegetarian dish  
and recipe to share,

Contact Debbie Stevens at  
[debbiestevens53@gmail.com](mailto:debbiestevens53@gmail.com)

Check us out at:  
[www.themaplecenter.org](http://www.themaplecenter.org)