



Monthly Quote:

When the wind of change blows, some build walls while others build windmills.

— Chinese proverb

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



The Maple Center

For Integrative Health

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

E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

December 2018

Control Your Blood Pressure Naturally in 30 Days



Evidence-based, practical techniques to help you lower your blood pressure or maintain a healthy blood pressure led by Sylvia Middaugh, RDN, LD.



Free Info Session: January 17, 2019

6:30 PM-8:00 PM

Larry P. Fleschner Memorial Classroom

This is an 8 Session Program

Meeting Every Thursday 1/17 to 3/07

To Reserve Your Seat,

Visit www.themaplecenter.org



Join us for this 8 week program designed to give you practical, evidence-based, tools to decrease or eliminate your dependence on blood pressure medication. This program, based on Dr. David DeRose's award winning book, is designed to give you motivation and real-world strategies to address high blood pressure or to keep your normal blood pressure from creeping into an unhealthy range. This series is led by Sylvia Middaugh, RDN, LD.

Attend the free info session to see if this program is a good fit for you. If you decide to join us for the remaining 7 sessions, the program cost is \$80 which includes a copy of Dr. DeRose's book (a \$20 value). We have scholarships available for those in need of financial assistance.

Register at www.themaplecenter.org



**Find us on
Facebook**

Stay up to date with programs and events by following our Facebook page! Be sure to set your notification settings under "Follow" to "see first."

<https://www.facebook.com/themaplecenternonprofit/>

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

Upcoming Classes

More information and registration available at www.themaplecenter.org



Yoga for Stress Management

Mondays| 6:30PM-8 PM| Jan. 28-Mar. 11

\$70 for all 7 classes held in the
Larry P. Fleschner Memorial Classroom
Register at www.themaplecenter.org



JUMPSTART 10 DAY CHALLENGE

A healthier you in just 10 days!

*This is a hybrid online and in person program
Meeting dates February 7th and March 14*

- Lower your risk of heart disease, diabetes, and cancer
- Lose weight
- Reduce muscle aches and pains

The Maple Center,
Larry P. Fleschner Memorial Classroom,
Suite 400

10 Awesome Things You Can Do With Dates

Here are some awesome ideas for what to do with this superfood:

1. Eat As Is

Sometimes food just works really well as it comes. Dates are one of these foods. They are sweet and soft, and for those of us not so into refined sugars, work perfectly as an indulgent snack. With a sweet taste like caramel, being so high in natural sugar, they satisfy the sweet tooth for less without the need to reach in the cookie jar.

2. Stuff Them

Dates have pits in the center, which, when removed, make perfect pockets for stuffing. Classic stuffers are cream cheese, nuts, cacao nibs or candied items, like oranges or ginger.

3. Toss Them

Dates are an excellent addition to fruit salads, especially combined with apples and walnuts, maybe some coconut shavings, oranges ... a perfect player with wintery fruits.

4. Energize Them

Yes, dates have some natural sugar, and they also have a wonderful sticky quality that makes them ideal for including in recipes for energy bars and balls. Eat before a workout (or during) to replenish those glucose stores and get going again!

5. Butter Them

Dates combine wonderfully with apples, and together they can make a fantastic slow-cooked apple date butter, which has no process vegetable oil, margarine or actual butter, but does funk up a biscuit.

6. Pour Them

Lots of us are looking for an alternative to sugar, and date syrup is a viable one. Soak pitted, dried dates in water for a day, and they dissolve to make a raw, vegan syrup.

7. Blend Them

Many great raw food desserts call on blended dates for their exceptional binding qualities and natural sweetness.

8. Super-ize Them

Super foods are the fashion, and dates are certainly worthy of a place at the table, a great medium to which super powers — hemp, almonds, coconut, cacao, ginger — love to adhere.

9. Fudge Them

Nothing says decadence quite like fudge, but imagine if it could be done with redeeming, healthful qualities, ones that could be defended. Ah, dates, raw cacao and nuts.

10. Marinate Them

A great way to combine crazily good flavors, this tempeh, date and olive Marbella—soaked together overnight—will get the mind sizzling with possibilities.

Choosing the Best Dates:

Be sure when you purchase dates that you purchase non-sulphured dried fruit, since sulphured varieties contain chemicals to create a perfect color that doesn't change overtime, but that can also cause a negative reaction and don't taste as fresh. Always go with organic when possible, no matter which date variety you choose. These are usually available cheapest in the produce department or the bulk department instead of on the aisles with other dried fruits. Typically, Medjool dates tend to be the most popular since they're large, plump and soft, and will work well in most any recipe you choose.

Adapted from: <http://www.onegreenplanet.org/vegan-food/awesome-things-you-can-do-with-dates/>



SUPPORT YOUR ADDICTION RECOVERY

WITH AURICULAR (EAR) ACUPUNCTURE

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

Held each Tuesday from 4-7pm
beginning January 8th
in the Larry P. Fleschner Memorial Classroom



The Maple Center, Inc.
1801 N 6th St., Suite 400
Terre Haute, IN
(812) 234-8733
For more information visit
www.themaplecenter.org

No cost, no registration needed, donations are appreciated



ACUPUNCTURE PERFORMED BY DEBBIE STEVENS,
ACUPUNCTURE DETOXIFICATION SPECIALIST





Servings: 8

Vegan Winter Lentil Stew

1 yellow onion	4 carrots (about 1/2 lb.)
4 cloves garlic	2 lbs potatoes
4 stalks celery	1 tsp dried rosemary
1 cup brown lentils	2 Tbsp Dijon mustard
1/2 tsp dried thyme	1 Tbsp brown sugar
1 1/2 Tbsp soy sauce	1 cup frozen peas
6 cups vegetable broth	

Sauté diced onions, garlic, carrots, and celery in large soup pot over medium heat.

Peel and dice the potatoes to 1" pieces and add to the pot. Also add the rest of the ingredients except for the peas. Place a lid on the pot and bring to a boil. Once it reaches boil, turn down and simmer for approximately 30 minutes. When the potatoes are soft mash some to thicken the soup. Add the peas and cook until they are warm. Serve and enjoy.

Reference: <https://www.budgetbytes.com/vegan-winter-lentil-stew/>



Cinnamon Apple Quinoa Breakfast

1/2 cup quinoa
1 1/2 cups water
2 large apples
2 teaspoons cinnamon
Honey

Peel and core apples . Chop into bite size piesces

Add quinoa, water, and apples to a sauce pan . Bring to a boil, cover and reduce to simmer for 20-25 minutes. The apples will be soft and the quinoa will have absorbed the water.

Stir in cinnamon and transfer mixture. Drizzle with honey and sprinkle with cinnamon.

Reference: <https://www.simplyquinoa.com/cinnamon-apple-breakfast-quinoa/>



The Maple Center, Inc Nonprofit 501(c)3

1801 N 6th St, Ste 600

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www.themaplecenter.org

Dear Valued Supporter,

Thank you for your support. In 2018 The Maple Center Nonprofit has helped over 1,000 individuals in our community transform their lives by learning how to live a healthier lifestyle; how to prevent, cope with and reverse chronic illness; and alleviate addictions.

The new large Larry P Fleschner Memorial Classroom and the smaller classroom have been filled with yoga, classes, meetings, and a new focus on free support for those with addictions which includes a walk in clinic for NADA ear acupuncture and Twelve Step Yoga for Recovery.



Here is what some of our alumni have to say about the impact The Maple Center for Integrative Health nonprofit had on their lives:

- *"The Maple Center has been a beacon of education, nutrition, and helped guide me in my quest for better health. – Anonymous*
- *The Jumpstart program was EYE OPENING! To be honest, I did the program out of solidarity with someone else, and I was curious about what going completely plant based for 10 days could do for me. I had NO IDEA how good (after a short sugar detox for the first few days) I would feel, how much my body would change in just TEN DAYS, and how much my blood work would reflect that. In just 10 days, I dropped six pounds, my total cholesterol went down 26 points, my HDL cholesterol went down 7 points, and my LDL cholesterol went down 21 points. Absolutely incredible. I felt so amazing that I decided to continue on with the plant based/vegan lifestyle after the program ended!" -Emily Murray*

"I have been attending the ear acupuncture class for the past 3 weeks. Debbie is a great instructor! The treatments have made me feel so much better. I have more energy and less food cravings. I highly recommend this class." – Jackie

Our goal for 2019 is to raise \$20,000 to continue to provide affordable integrative health educational services. Thanks to generous sponsors, we are moving closer to our goal, but we still need your help.

Please help us meet our goal to provide individuals with the needed education to change their lives.

You may donate to our cause in any of the following ways:

- **A onetime cash donation via check or online payment or a pledge of a monthly donation**
- **Support the center while you shop at AmazonSmile & Krogers (sign up and we receive a percentage of your purchases), or purchase a giving bag at Fresh Thyme (Purchase the Giving Bag featuring the Giving Tag then follow the instructions on the tag to direct the \$1 donation to the center.)**
- **Ask for an employer gift match campaign at your work or payroll deduction**
- **A donor advised fund**
- **A gift of securities**
- **Transfer of assets**
- **Rather than selling or trading in your used operable car, truck, SUV, motorcycle, RV, or boat on a trailer, consider donating it.**

Set up a bequest through the provisions of a will or estate plan

Send your gift directly to us using the enclosed return envelope or use our online donation website – www.themaplecenter.org. Contact our office to make arrangements for other gifts.

Donations to The Maple Center Nonprofit are welcome all year long and go directly to the programing offered by the center.

With your help since 2004, we have been able to offer health education classes to the youth, adults, and chronically ill in our community.

Your gift will have a tremendous impact on the lives of these individuals and help them to have the knowledge, skills, vision and motivation to change their lives. Thank you for partnering with us to help them.

In gratitude,

Deanna Ferguson, Executive Director & Kathleen Stienstra , Board President



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.



- 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.



- 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.