



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

# MONTHLY MATTERS

# JULY



July 2017

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## The Maple Center Update

We are getting ready to roll out our fall schedule, but first help us help others by participating in our **Annual Golf Scramble fundraiser!**

### You can help by:

- Donating a prize (Gift Cards, Golf giveaways, etc.)
- Sponsor a Hole (Have your name at a hole for \$100 to show your support)
- Sponsor a Team (Get a group of friends or coworkers to join you for a fun day out)

All the proceeds from the event go to the **Nonprofit office** to support their efforts of community health education for both youth and adults. See the next page to sign up and show your support.

"Someone once asked me what I regarded as the three most important requirements for happiness. My answer was: a feeling that you have been honest with yourself and those around you; a feeling that you have done the best you could both in your personal life and in your work; and the ability to love others. – Eleanor Roosevelt



Sponsored by:



**Deadline:** Registrations are due by Friday, **July 28th**. Registrations accepted after this deadline is based on space availability.



# The Maple Center's 6th Annual Golf Scramble

**Friday, August 4, 2017**

**Rea Park Golf Course, Terre Haute, IN**

**Registration begins at 8:00 am** (Breakfast Served at 8:30 am)

**Fee includes Breakfast, Lunch, Golf Cart, Green Fees, Beer & Soft Drinks**

**TEE OFF at 9:00am**

**Lunch & Prize Awards at approximately 1:15**

### Prizes:

- 1st & 2nd place team prizes
- Longest drive
- Closest to the Pin
- Two Round trip ticket Hole-in-One Prize
- Car Hole-in-One Prize
- Plus many more chances to win

### Why play in this golf scramble?

By participating in the 6th Annual Maple Center Golf Scramble, you will help support healthy living in the Wabash Valley. This event allows us to educate others on how to prevent and survive chronic disease and improve their health. This is accomplished by offering workshops and classes that are free or have a very minimal charge to the individuals of the Wabash Valley.

**Rain policy-** don't get teed off! In the event of a rainout, breakfast 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.

## Registration Form

<p><b>SPONSORSHIP</b></p> <p><input type="checkbox"/> \$500 Team &amp; Hole Sponsor</p> <p><input type="checkbox"/> \$400 Team Sponsor</p> <p><input type="checkbox"/> \$100 Hole Sponsor</p> <p><input type="checkbox"/> \$25 Cart Sponsor</p> <p><input type="checkbox"/> \$120 Individual Golfer</p> <p><input type="checkbox"/> Other: _____</p>
<p><b>Company Name:</b></p>

<p><b>TEAM INFORMATION</b></p> <p>Team Name:</p> <hr/> <p>Golfer One Name:</p> <hr/> <p>Golfer Two Name:</p> <hr/> <p>Golfer Three Name:</p> <hr/> <p>Golfer Four Name:</p>
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Make checks payable to :



**The Maple Center for Integrative Health 501(c)3 Nonprofit**

1801 N 6th St., Suite 600, Terre Haute, IN 47804

(812) 234-8733 or [www.themaplecenter.org](http://www.themaplecenter.org)



## Make a Difference to a Child Month



July is make a difference to a child month. So find ways you can help the children in your area.

- Find an activity that will make a positive difference in the life of your child, your grandchild, your niece or nephew or a child of a friend or neighbor that you know. This can be achieved in many ways: help with homework, pay for a summer class, spend time with them.
- Support an organization that serves children. We have many organization in the area that could use your help. This could be either financial by supporting a program or by volunteering. Some examples: read at a local library, volunteer to help with a bible study or local youth group.
- Tell others about this campaign. Tell your friends and have them join in .

**“You will never have this day again so make it COUNT !”**



## CUCUMBER TOMATO AVOCADO SALAD

Not sure how to use those extra garden vegetables!

Here is a quick, easy and healthy way to use them up.

Servings: 4

### Ingredients

- 1 lb tomatoes
- 1 cucumber seed
- ½ medium red onion, sliced
- 2 avocados, diced
- 2 Tbsp extra virgin olive oil
- Juice of 1 medium lemon (about 2 Tbsp)
- ¼ cup (1/2 bunch) cilantro or dill, chopped
- 1 tsp sea salt
- ⅛ tsp black pepper

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
2. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and ⅛ tsp black pepper.

Reference: <http://natashaskitchen.com/2015/06/01/cucumber-tomato-avocado-salad/>



## RED, WHITE, & BLUE FRUIT SALAD

Looking for a little bang in your salad, try this fruit salad for your next picnic.

### Ingredients

- 4 cups sliced strawberries
- 2 cups blueberries
- 2 cups diced watermelon
- 1 cup diced jicama
- 1 1/2 tablespoons lime juice
- 1 1/2 tablespoons honey
- 1 tablespoon minced mint
- 1/8 teaspoon [chipotle chili powder](#), optional

### Instructions

Place strawberries, blueberries, watermelon, and jicama in a large bowl. In a separate bowl mix together lime juice, honey, mint, and chili powder. Pour over fruit and toss to coat.

Adapted from : <https://spicysouthernkitchen.com/red-white-blue-fruit-salad/?crlt.pid=camp.sNrR9alfaVvG>



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, Sept. 9: 8:30 am - 6 pm  
Sunday, Sept 10: 8:30 am -6 pm

**Location:** United Campus Ministries  
321 N 7<sup>th</sup> Street Terre Haute IN

**Tuition Amount:** \$290.00 (includes \$15 workbook)  
Full time student with ID - \$190

**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:** Participate in entire class, and supervision. Completion of Evaluation

### You will be Learning

- Explore qualities and self-care needs of a Healing Touch Practitioner.
- Discuss the facets of Healing Touch and correlate techniques that support physical, mental, emotional, and/or spiritual healing.
- Demonstrate Healing Presence: the ability to remain grounded, present, and heart-centered.
- Describe personal perceptions of subtle energy/heart-centeredness.
- Apply the Healing Touch Framework to a variety of energy interventions.
- Evaluate the seven energy centers (chakras) and related energy layers that surround the body.
- Describe rationale with use of specific Healing Touch techniques.
- Discuss the Healing Beyond Borders Code of Ethics, Standards of Practice and Scope of Practice required of a beginning Healing Touch student.

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



## Focus on Cucumbers

Is there anyone else out there like me who thinks that a garden isn't a garden unless it contains cucumbers and tomatoes? Cucumbers are one of my favorite veggies. Yes, I know they are mostly water but they are cool and refreshing. They are also full of antioxidants, B vitamins and high in potassium. They contain fisetin which is an anti-inflammatory and lignans which can stop

cell development in tumors. So not only are they good for hydration they are also good for your overall health.

Here is a recipe for a cold summer soup from Spain called gazpacho that marries both cucumbers and tomatoes. I fell in love with it as a student there. And no, the real Spanish version is *not* spicy hot, just refreshingly cool.



### Gazpacho

#### Ingredients:

- 2 lbs ripe juicy tomatoes
- 1 garlic clove
- ½ a white onion (not sweet)
- 1 green bell pepper
- 1 cucumber, about 6-7 inches long
- ¼ teaspoon ground cumin
- 3 tablespoons red wine vinegar
- 1 teaspoon salt
- ½ cup extra-virgin olive oil
- 1 piece French bread (3-4 inches long)

#### Directions:

1. Rinse the tomatoes well
2. Peel the garlic clove
3. Peel the onion, chop in 3-4 pieces
4. Remove seeds from pepper, chop
5. Peel the cucumber
6. Soak bread in a bowl of water.  
Squeeze out as much of the water as possible
7. Blend everything together until creamy but not watery. Pour in a jar or bowl and chill. Do not freeze!

In many ways it is sort of like a smoothie. Enjoy alone or as the first course of a meal.

Nutrition for Healing, P.C.  
**Sylvia Middaugh, MS, RDN, CD**  
**(812) 229-4059**



The Maple Center for Integrative Health

Join us for a  
**survivor breakfast in Terre Haute!**

*Hosted by Komen Central Indiana, with breakfast provided by The Maple Center*

**Saturday, September 16**  
**Breakfast begins at 9am**  
**215 North 7th Street, Terre Haute 47807**

Breast cancer survivors are welcome (feel free to bring a guest).

There is no cost to attend, but **RSVP's are required.**



Call 812-917-5047 or email [info@komencentralindiana.org](mailto:info@komencentralindiana.org) to RSVP

By Friday, September 8.

# **Join The Maple Center Team**

for the

**2017 Komen Wabash Valley Race for the Cure®**

**Saturday, October 7, 2017**

Registration at 7:30 am

Kid's Dash at 8:45 am

Celebration Ceremony/Pink Parade at 9:00 am

Race begins at 9:30am

Race Starting Point: Meadows Shopping Center  
25th & Poplar  
Terre Haute, IN 47803

**Contact our Team Captain Debbie Stevens**

**at [debbiestevens53@gmail.com](mailto:debbiestevens53@gmail.com) to get signed up**



# Are you ready to expand your healthy eating habits? Kickstart your health? Lose Weight? Feel Better?

## Join us in the kitchen for the power of food **HEALTHY WEIGHT MANAGEMENT - NUTRITION & COOKING CLASSES**

Based on PCRM's award-winning Food for Life program, **The Maple Center** is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Join Food for Life Educational Alliance Program Partner The Maple Center and educator, Karen Cunningham and the LEAF Leadership Team. Explore how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**LEARN** the latest health and nutrition information  
**ENJOY** cooking demonstrations  
**TASTE** healthy, delicious dishes  
**SHARE** your experiences in a supportive group setting

### CLASS DATES:

**Thursday, Oct. 19, 2017** Power of Your Plate

**Thursday, Oct. 26, 2017** Let's Go! Getting in Gear

**Thursday, Nov. 2, 2017** Breaking the Food Seduction

**Thursday, Nov. 9, 2017** Keys for Natural Appetite Control

**Thursday, Nov. 16, 2017** Digestive Health

**TIME: 6:30-8:30 PM**

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

**COST: \$85 for the five classes**

Funding through Private donations allows **Individuals meeting the Federal Poverty Guidelines to take this class at no charge**. Additional Sliding Scale Scholarships are available, through private donations, for individuals needing some assistance with the class cost.

*Larry P. Fleischer Memorial Foundation*

REGISTER AT [www.themaplecenter.org](http://www.themaplecenter.org) or call 812-234-8733



The Maple Center for Integrative Health



**PCRM** Physicians  
Committee for  
Responsible  
Medicine

# 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**

## 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)**



The Maple Center  
for Integrative Health  
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Terre Haute, IN 47804

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**Nonprofit Office: (812) 234-8733**  
**Website: [themaplecenter.org](http://themaplecenter.org)**  
**E-mail: [info@themaplecenter.org](mailto:info@themaplecenter.org)**

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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.

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### 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)