



The Maple Center

For Integrative Health

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

E-mail: info@themaplecenter.org



@themaplecenternonprofit

December 2019



HOLIDAY CLOSINGS

The Center will be closed:

Christmas: Dec. 25

New Year's: Jan. 1

Monthly Quote:

“Today is your opportunity to build the tomorrow you want.”

-Ken Poirot

Monthly Plant-Based Dinner

Bring a vegetarian/vegan dish and recipe to share.

For potluck dates and more information contact

Debbie Stevens at Debbiestevens53@gmail.com

Everyone has an impact on

#GIVINGTUESDAY

December 3, 2019

watch our Facebook page!

Please Welcome:



Lindsey Skelton, our new Program Coordinator. Lindsey is a certified yoga teacher who leads our Recovery Yoga and Meditation Classes. She is currently finishing her Bachelor's degree and Addiction Certification to become a Licensed Addiction Counselor. You can reach Lindsey through her email, programs@themaplecenter.org.



Anneliese Payne, Ph.D. participated in the LEAF program in 2014 and has enjoyed trying out different plant-based recipes and attending plant-based potluck dinners. In 2019, she joined the Maple Center Board of Directors, serving on the LEAF Leadership Team and the Program Committee. She is going to serve as the LEAF Program Coordinator starting in January 2020. If you would like to get in touch with her, she can be reached through email: anneliese.payne@gmail.com.

“Optimizing individual health thru community education and clinical service.”

Favorite Cheeseball

Ingredients:

- 1/2 cup raw cashew pieces soaked and rinsed
- 1/4 cup refined coconut oil
- 1 tsp nutritional yeast flakes
- 1 1/4 tsp sea salt
- 1 Tbsp Agar Powder
- 1 cup water Hot - just boiled
- 1 tbsp fresh chopped chives or 2 tsp dried
- 1/3 cup walnuts finely chopped

Instructions:

Soak cashews in hot water for 5 minutes. Then rinse and drain. Add cashews to blender with refined coconut oil, nutritional yeast flakes, salt and agar powder. Boil 1 cup water, add (carefully!) to blender, make sure the blender lid is on tight and blend until completely smooth. Stop to scrape down sides of the blender if needed. Once finished blending, add chopped chives and pulse blender once or twice to incorporate. Pour cheese into rounded bowl and smooth surface. Place in refrigerator for an hour or so. Use a butter knife to flip cooled cheese onto plastic wrap or piece of cheese cloth.

Gather ends of wrap or cloth and twist gently to form a ball. Tuck twisted end under cheese ball, return to bowl and refrigerate for about 6 hours or overnight. Carefully uncover cheese ball and roll in finely chopped walnuts. Serve immediately or return uncovered to refrigerator to further dry the cheese for several hours.

Reference: <https://www.veganblueberry.com/vegan-cheese-ball/>

Cherry Chocolate Walnut Truffles

Ingredients:

- 8 oz dried cherries (soaked in hot water for 15 minutes)
- 2 cups raw walnuts
- 2 tbsp unsweetened cocoa powder
- 1/2 tsp salt
- 1 tbsp unsweetened dairy free milk (or coconut oil if preferred), or more if needed
- 1 cup dairy free chocolate chips

Instructions:

Line a baking sheet or large plate with parchment paper and set aside. Place the walnuts in the bowl of a food processor and pulse until the consistency of a fine crumb. Add the cocoa powder and salt and pulse a few times to combine. Drain the dried cherries and add them to the food processor. Process until the dough starts to come together in one big sticky ball. Form into balls by taking 1-2 tbsp at a time and rolling it in the palm of your hand. Place them on the prepared baking sheet or plate and place in the freezer for about 20-30 minutes. In a small pot over low heat, add the chocolate chips and dairy free milk. Stir constantly until smooth. This will only take a few minutes - do not walk away or it will burn. If you want it a bit thinner, add another tbsp of dairy free milk until desired consistency is reached. Turn off the heat. Take the truffles out of the freezer and dip them in the chocolate (1-2 at a time), turning them so they are coated evenly. Using a fork lift them out of the chocolate and place back on the baking sheet or plate. Place back in the freezer to set. Enjoy them straight out of the freezer! Place any leftovers in a freezer safe container or bag (make sure they are completely cold first so they don't stick together).

Reference: <https://www.veggieinspired.com/cherry-chocolate-walnut-truffles/>

Cranberry Pistachio Cookies

Ingredients:

- 2 1/2 cups almond flour
- 1/2 cup coconut sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 cup almond butter
- 1/2 cup pure maple syrup
- 1/2 cup unsweetened original almond milk
- 2 tsp pure vanilla extract
- 1/2 cup dried cranberries
- 1/4 cup chopped, shelled pistachios

Instructions:

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper and set aside. In a medium mixing bowl, whisk together the almond flour, coconut sugar, baking soda, and salt. In a large mixing bowl, whisk together the almond butter, maple syrup, almond milk, and vanilla. Stir the dry ingredients into the wet ingredients, making sure to scrape the bottom of the bowl to fully combine all the ingredients. Stir in the cranberries and pistachios and mix well. Scoop out 1-2 tbsp of dough and place onto the parchment lined cookie sheet. Leave at least a couple inches in between each scoop of dough because these cookies will spread. Bake for 9-11 minutes until golden brown and starting to firm up. Transfer to a cooling rack to continue to cool completely. Cookies will continue to firm up as they cool. Enjoy!

Reference: <https://www.veggieinspired.com/cranberry-pistachio-cookies/>

CHEWY GINGERBREAD COOKIES

Ingredients:

1 tablespoon ground flax seeds + 3 tbsp water 2 cups almond flour 1/2 cup gluten free flour
1 teaspoon cinnamon 1 teaspoon ground ginger 1/2 teaspoon ground nutmeg 1/4 teaspoon ground cloves
1 teaspoon baking soda 1/4 teaspoon salt 1/2 cup softened coconut oil (not liquid)
1/2 cup coconut sugar 1/4 cup molasses 1 teaspoon vanilla 1 tablespoon freshly grated ginger
1/4 cup granulated sugar (for rolling)

Instructions:

Whisk the tablespoon of ground flax seeds with three tablespoons of water. Let the mixture sit until it thickens. In a medium bowl, add the almond flour, gluten-free flour blend, cinnamon, ground ginger, nutmeg, cloves, baking soda, and salt. Whisk to combine. In a large bowl, add the coconut oil, coconut sugar, flax mixture, molasses, vanilla, and grated ginger. Mix well to combine. Add the dry mixture to the wet mixture a little at a time and mix well until they are both incorporated into each other. Refrigerate the dough in the mixing bowl for 30 minutes. Line cookie sheet(s) with parchment paper. Using a spoon (I use a little less than a tablespoon per ball), scoop up a small amount of the dough and roll it into a ball. Roll each ball in the granulated sugar and place on cookie sheet. Refrigerate the balls on the cookie sheet(s) for 20 minutes. (This step is important to ensure you get the crackly tops!) Preheat oven to 350°F. Remove from fridge and bake for 10 minutes. Let cookies cool on the tray for a few minutes before transferring to a cooling rack. They will appear very soft when taken out, that's OK, when they cool they will firm up.

Reference: <https://delightfuladventures.com/chewy-vegan-gluten-free-gingerbread-cookies-recipe>



#GIVINGTUESDAY

December 3, 2019

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Over the past seven years, this idea has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

When so much attention is given to what makes us different, generosity is what brings people of all races, faiths, and political views together. Generosity is our individual power to make a positive change in the lives of others and is a fundamental value we can all act on.

Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give. It's about the collective spirit of generosity that brings change to our communities when people give their voice, their time, their talent, or their money.



This #GivingTuesday visit our Facebook page and help us reach our fundraising goal! You can find our Facebook page @TheMapleCenterNonProfit - Facebook will match the first \$7 million dollars donated to Non-Profits on #GivingTuesday.

#MyGivingStory

Giving is good for the soul and when we share our generosity, it inspires more of it! Tell @GivingTuesday why you give and @TheMapleCenterNonProfit could win \$10,000. #MyGivingStory Why do you give? @GivingTuesday wants to know. Share your story and you could win \$10,000 to give to a nonprofit of your choice (ours perhaps!) mygivingstory.givingtuesday.org #MyGivingStory

December 1-7 is National Handwashing Awareness Week



CDC has launched *Life is Better with Clean Hands*, a national campaign encouraging adults to make clean hands a healthy habit at home and away.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
 4. **Rinse** your hands well under clean, running water.
 5. **Dry** your hands using a clean towel or air dry them.
- If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

For more information on *Life is Better with Clean Hands*, a campaign promotion toolkit, free posters, and other resources for promoting handwashing, visit www.cdc.gov/handwashing.

Handwashing Facts and Stats:

- On average, you come into contact with 300 surfaces every 30 minutes, exposing you to 840,000 germs.
- Only about 5% of people wash their hands correctly.
- Most people only wash their hands for 6 seconds.
- Around 33% of people don't use soap when washing their hands.
- Up to 80% of communicable diseases are transferred by touch.
- Proper handwashing can reduce diarrhea rates by 40% and respiratory infections by close to 20%.
- Failing to wash hands correctly contributes to nearly 50% of all foodborne illness outbreaks.
- Only 20% of people wash their hands before preparing food, and 39% before eating food.
- About 7% of women and 15% of men do not wash their hands at all after using the bathroom.
- Most bacteria on our hands is on the fingertips and under the nails. The number of bacteria on our fingertips doubles after using the bathroom. Most people wash the palms of their hands and miss everything else.
- Damp hands are 1,000x more likely to spread bacteria than dry hands. Only about 20% of people dry their hands after washing them.
- There is fecal matter on 10% of credit cards, 14% of banknotes and 16% of cellphones.
- Approximately 39% of people don't wash their hands after sneezing, coughing or after blowing their nose.
- Elevator buttons harbor 22% more bacteria than toilet seats.
- Reminder signs are successful in encouraging more handwashing.
- Dirty sinks result in less handwashing.
- Handwashing rates are higher in the mornings than evenings.

Facts and Stats found: <https://allportablesinks.com/blogs/news/17-handwashing-facts-and-statistics>

Mark Your Calendars



CHIP/LEAF Holiday Dinner

The Red Barn @ Sycamore Farm

5001 Poplar St, Terre Haute, IN 47803

Tuesday, Dec 10, 2019

6:00 – 8:30 PM

Custom Plant Based Menu

Winter Panzanella

Roasted Tomato & Bulgar Chowder with Crispy Onion

Potato Mash

Mushroom & Colorful Lentil Wellington

Roasted Fall/Winter Vegetables

Ciabatta Bread with Pumpkin Butter

Dark Chocolate Cake with Creamy Cranberry Frosting

The cost is \$25 per person - cash or check only

Paid reservations to be sent to:

The Maple Center, 1801 N 6th St, Terre Haute, IN 47804

Payment must be received no later than December 3rd by 5:00 PM

WANT TO FEEL BETTER IN *JUST 10 DAYS?*

- Reduce the risk of heart disease
- Lower cholesterol
- Lower triglycerides
- Lose weight
- Stabilize fasting blood sugar
- Reduce muscle aches and pain



JOIN THE JUMPSTART CHALLENGE!

February 6 through March 12, 2020

All Participants receive:

- ⇒ **ONLINE Education Programming (REQUIRES INTERNET ACCESS)**
 - * Daily internet-based educational material
- ⇒ **2 In Person Meetings—6:00PM to 8:00PM at the Maple Center**
 - * February 6 - WELCOME, Education and Food demonstrations with samples
 - * March 12 - CELEBRATION with blood work results
- ⇒ **PlantPure Nation Cookbook**
- ⇒ **Fasting Blood tests performed on February 24 and March 6**

REGISTER TODAY

at www.themaplecenter.org or call 812-234-8733

Limited spots available!

Registration deadline January 22nd

\$45 per person registration fee

****Scholarships available! Those interested can fill out an application at www.themaplecenter.org *****

Lab costs: \$50 (includes Lipid Panel + Blood glucose at start and finish)

Food and Resource Cost: \$179.00 (20 frozen entrees + more than 25 online videos)



December 11, 2019: "Electrosmog & Your Health "

by Dr. Kristen Walton D.C.

'Smart' meters, 5G- With each new technology comes increased exposure to electrosmog. Both wired and wireless technologies produce electromagnetic frequencies (EMFs) that affect your cellular biology. Learn how you are affected, symptoms commonly associated with high EMF exposure, practical ways to reduce electrosmog and see demonstrations of EMF meters/compare levels to Building Biology Precautionary Guidelines.

****You will be asked to put ALL wireless devices on airplane mode during this event, including watches, fit bits, phones, tablets etc.**

We greatly appreciate your cooperation.

Dr. Kristen Walton D.C. -I.H.S.is a Board Certified Professional Acupuncturist with Wholistic Health Services LLC.

Osher Lifelong Learning Institute Speaker Series held at
Landsbaum Center, 1433 N 6th 1/2 St, Terre Haute, IN
from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sponsored by



Tai Chi

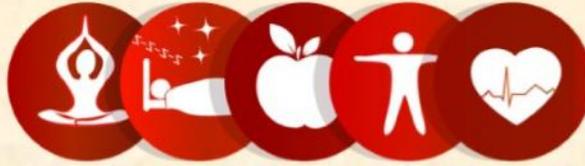
Wednesdays from 6-7pm
January 22 through February 26

in the Larry P. Fleschner Memorial
Classroom at
The Maple Center 1801 N 6th Street, Terre
Haute

Cost \$30 for the 6 class series,
scholarships available.
Register at www.themaplecenter.org

Classes led by certified instructor
Steve Walden, PTA





Support Your Health

Held at

THE MAPLE CENTER, 1801 N 6th St, Terre Haute, IN

from 1:30 - 3:00 pm

Cost: No charge

Jan. 8, 2020 - Sleep, the Body's Reset Button presented by Sylvia Middaugh, RDN, LD, DipACLM

Find out why sleep is at the very foundation of overall wellness (health). Learn some of the fascinating processes that occur while you are sleeping and ways to improve your sleep. Sylvia is a Nutrition educator/counselor and owner of Nutrition for Healing, P.C. connected with the Maple Center for Integrative Health. Sylvia believes that lifestyle is at the foundation of good health.

Osher Lifelong Learning Institute Speaker Series held at

Landsbaum Center, 1433 N 6th 1/2 St, Terre Haute, IN

from 1:30 - 3:00 pm

Cost: No charge

Feb.12, 2020 - What is Chair Yoga and how can it benefit you presented by Devaki Lammet, M.A.

Devaki will give a short introduction on yoga and how these principles apply to chair yoga. Chair yoga is for all those who wish to discover yoga but need modification due to injury, limited range of motion or age. Enjoy a yoga session.

March 11, 2020 - TMJ - is there any relief? presented by Nancy Humphries, NC-LMBT 9602

Nancy will discuss causes of **Temporomandibular joint (TMJ)** dysfunction which may manifest as jaw pain, clicking jaw, headaches, ringing in ears, or limited joint movement. The exploration of the anatomy and how precise intraoral and external massage may reduce or alleviate symptoms will be enlightening.

April 8, 2020 - Using Soft Tissue techniques to improve function of the body presented by Jeff Binder, DC

Jeff's presentation will include a few different techniques such as ART, trigger point therapy, and Graston to decrease tension, adhesions and pain in muscles and improve their function. Jeff has degrees in Chemistry (physics minor), Life Science, Radiology, Doctorate in Chiropractic and Masters in Sports performance. He has been in practice for 6 years with my mother, Kay Binder and brother Curt Binder in Clinton and Kingman Indiana.

Presented by:



SUPPORT YOUR ADDICTION RECOVERY WITH AURICULAR (EAR) ACUPUNCTURE

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

MONDAYS
THROUGH
DECEMBER 9, 2019
& RESUMING ON
JANUARY 13, 2020

THE MAPLE CENTER CLASSROOM
1801 N 6TH ST.
TERRE HAUTE, IN

Sponsored by:



NO CHARGE

Breathe

MONDAYS @7:30PM - NO CHARGE - NO REGISTRATION

YOGA AND MEDITATION FOR ADDICTION RECOVERY AND RELAPSE PREVENTION



Sponsored by:



Located at
NEXT STEP FOUNDATION
619 Washington Ave

FREE



CHAIR YOGA

**THURSDAYS
10 AM - 11 AM**

**LARRY P. FLESCHNER
MEMORIAL CLASSROOM
THE MAPLE CENTER, SUITE 400
1801 N 6TH STREET TERRE HAUTE, INDIANA**

THIS IS A UNIQUE PROGRAM FOR ALL, WHO WOULD LIKE TO DISCOVER YOGA BUT NEED MODIFICATION DUE TO ILLNESS, INJURY, LIMITED RANGE OF MOTION, AGE, ETC. WE WILL USE A CHAIR AND OTHER PROPS, IF NEEDED, TO SUPPORT YOU IN YOUR PRACTICE! THIS IS A DROP-IN CLASS.



NO CHARGE FOR THE CLASS
Just drop In and try It out!

Stretching. Strengthening. Relaxation

YOGA FOR STRESS MANAGEMENT

WITH DEVAKI

**MONDAYS
6PM - 7:30PM**

\$10 PER CLASS

**AT THE MAPLE CENTER, SUITE 400
LARRY P. FLESCHNER MEMORIAL CLASSROOM**



Sponsored by:





How can you help?

Funds raised help support our programming costs and give scholarships to those less fortunate 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.krogercommunityreward.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



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.