



The Maple Center

For Integrative Health

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THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

JANUARY 2018



Natural Ways to Prevent & Heal Joint Pain by Dr. Stienstra

Monthly Vegetarian / Vegan Dinner

Bring a vegetarian or vegan dish and recipe to share, Contact Debbie Stevens at debbiestevens53@gmail.com

MAPLE CENTER UPDATE

We started the year off with Dr. Stienstra giving an OLLI talk on January 10 at ISU, University Hall, Whitaker Conference room. The talk was titled "Natural Ways to Prevent and Heal Joint Pain" and was very well attended. The next OLLI talk will be on February 14 at Landsbaum Center, during which Julie Fine will discuss "Hearts can be Healed".

The next class to start was "Yoga for Stress Management" on January 15 lead by Devaki Lammet. The class is taking place at the Hux Cancer Center. Thank you to the Hux Center for allowing us to utilize their facility. We hope to offer this and many other yoga classes this year.

Next, the Jumpstart challenge scheduled to start on February 27 registration has been closed due to all the registration spots being filled so quickly. We wish all the participants of this challenge success!

Our next nutritional based class will start in April. We will be offering "The Power of Food for Cancer prevention and Survival" class. Registration will begin in March.

Lastly, the new classroom in One Professional has been started and is moving along nicely. We are hoping to meet the February completion date. Again, thank you to the Larry P. Fleschner Charitable Foundation, the Wabash Valley Community Foundation, the Virgil Auen Memorial Fund and Union Hospital to make this classroom a reality. Many thanks to all the other individuals involved in this project.

Monthly Quote:

*The quieter
you become,
the more you
are able to
hear. – Rumi*

Calendar of Events

February

14 - OLLI Series:
Hearts can be healed

27 - Jumpstart
Challenge

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



Celery Root Soup

Servings: 8-10

- 3 tablespoons extra-virgin olive oil, plus more for garnish
 - 1 cup thinly sliced leek (about 1 medium), white and light green parts only
 - 2 1/2 pounds celery root, also known as celeriac (about 3 medium), peeled and cut into 1-inch chunks
 - 12 ounces Yukon Gold potatoes (about 2 large), peeled and cut into 1-inch chunks
 - 1 medium tart apple, such as Granny Smith, peeled, cored, and cut into 1-inch chunks
 - 2 medium garlic cloves, peeled and smashed
 - 2 teaspoons kosher salt, plus more as needed
 - Freshly ground black pepper
1. Heat oil in a large saucepan with a tightfitting lid over medium-high heat until shimmering. Add leek and cook, stirring occasionally, until softened and translucent, about 3 minutes. Add celery root, potatoes, apple, garlic, salt, and a pinch of pepper. Stir to coat vegetables with oil, add water and broth, and bring to a boil. Cover, reduce heat to low, and simmer until vegetables just give way when pierced with a knife, about 20 to 25 minutes.
 2. Remove 1 cup of liquid from the saucepan; set aside. Using a blender, purée the soup in batches until smooth, removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam from the hot soup to escape and prevents the blender lid from popping off). Once blended, transfer the soup back to the saucepan and keep warm over low heat. If the soup is too thick, add the reserved liquid a little at a time until the soup reaches the desired consistency. Taste and season with additional salt and pepper as needed. To serve, drizzle with olive oil.

Reference: <https://www.chowhound.com/recipes/celery-root-soup-28907>



Oven Roasted Potatoes, Green Beans, Mushrooms and Onions

Servings: 4-6

- | | |
|-------------------------|------------------------------------|
| 1-1/2 lb small potatoes | 2 bunches fresh green beans |
| 16 oz mushrooms | 1 medium yellow onion |
| 8 cloves garlic | 6 springs fresh thyme |
| Olive oil | sea salt and black pepper to taste |

Preheat oven to 350° F. If you want them to cook a bit quicker you can do 400°. Wash all of your vegetables. Cut the potatoes into quarters, slice mushrooms, half and slice the onion thinly, peel and roughly chop the garlic cloves. Add all of these vegetables to the baking sheet. Spritz the olive oil over the top. Add the fresh thyme leaves, salt, and pepper. Toss well and spread into single layer. Roast for 30 minutes. While roasting, cut your green beans into thirds. After 30 minutes remove the pan from the oven and add the cut green beans. Toss well. Spread back out in a single layer and place back in the oven to roast for another 30 minutes. Note: Try something different by removing the thyme and replacing it with balsamic vinegar.

Reference: <http://robyns.world/2015/04/28/oven-roasted-potatoes-green-beans-mushrooms-and-onions-with-thyme-and-garlic/>



at Landsbaum from 1:30 - 3:00 pm, No Charge

**February 14– Hearts CAN be Healed by Julie Fine, RN, PhD, FNP-C, Assoc.
Professor, Dept. of advanced Practice Nursing**

Many still do not know that diet and lifestyle changes can actually reverse heart disease, change the expression of genes, and give people a new lease on life. Programs to help you make those changes are available in our Wabash Valley community. Peer-reviewed research findings and practical advice will be presented.

March 14– Physical Therapy and Your Joints by Karen Cunningham, PT

The Physical Therapist will discuss how physical therapy can help prevent further damage to your joint, strengthen muscle around the injured joint and how it help individuals rehabilitate after surgery.

**April 11 – Joint Anatomy and Improving function and Comfort post-op by Penny
Money, NMT & Nancy Humphries, NC—LMBT 9602, IN—MT 21103948**

Nancy Humphries and Penny Money will explain some of the health benefits of massage, how it can help prior to possible surgery, prevent surgery, and relieve discomfort after surgery. They will also discuss joint anatomy and why massage helps.

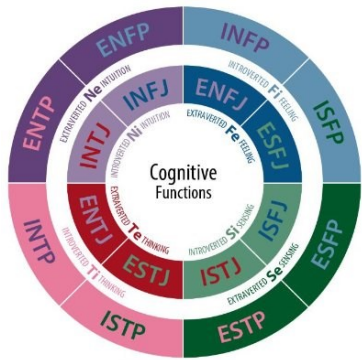
Presented by:



The Maple Center for Integrative Health

*Larry P. Fleschner
Charitable Foundation*





MYERS-BRIGGS PERSONALITY TYPES

Part 2

In the last article (August 2017), the basic sets of pairs of personality aspects were introduced.

Those four pairs are

Introvert (I)/Extrovert **Intuition (N)/Sensing (S)**
Feeling (F)/Thinking (T) **Judgment (J)/Perception (P).**

Each person is mostly one of each pair. When you combine the ones most like you from each pair, you have your Myers-Briggs Personality Type. One example is INFP, which stands for Introvert Intuition Feeling Perception. Each aspect was described previously, and in this article I'll outline the sixteen personality types that you get from all the different combinations.

INFJ

- Desire to do what's best
- Concerned for others
- Deep thinkers who like to learn the meanings of events
- Connect easily with others. They are often seen as extroverts because of this, but they need down-time alone to recharge, sometimes suddenly.
- Highly empathetic
- Good writing skills but find it difficult to articulate feelings
- Often become teachers, religious leaders, psychologists, and counselors

INFP

- Full of enthusiasm and enjoy learning
- Value authenticity and originality
- Friendly but not necessarily sociable
- Often maintain a sense of wonder even as adults
- Empathetic and often spiritual
- Sometimes more excited about ideas than practical facts
- Often become social workers, psychologists, teachers, and writers

INTJ

- Original minds with great drive
- Logical and decisive: CEOs are 20 times more likely to be an INTJ than the general population
- Perfectionistic systems builders
- Do not always respect authority
- Little patience for social rituals
- Their confidence may be seen as arrogance, and personal relationships can be difficult
- Often find work in science and engineering

INTP

- Good at developing ideas but not always good at putting them into practice
- Analytical and precise
- Can seem oblivious to the world around them
- Dislike small talk
- Easy-going until principles are violated
- Sharply defined interests
- Often work in fields related to math, science, or linguistics

ISFJ

- Desire to serve others
- Can be relied on for high-quality work but can be taken for granted
- Work well in small group or one-to-one settings
- Value traditions and traditional behavior
- Tactful and considerate
- May be unable to hide distress yet at the same time unable to articulate it
- Often work as teachers, social workers, religious workers, medical personnel, or as clerics.

ISFP

- Sensitive and modest
- Shun disagreements
- Enjoy the present moment
- Prefer to live experiences rather than talk about them
- Can be charming one time and seem aloof the next
- Learn better experientially rather than by organized education
- Often choose careers in customer support, sales, child care, arts, or design

ISTJ

- Practical, organized, and realistic
- Not always tactful or empathetic
- Strong sense of right and wrong
- May seem aloof or cold
- Prefer just the facts and a step-by-step approach
- Can be frustrated by the inconsistencies of others
- Career choices often include the military, engineering, auditing, the law, and surgery

ISTP

- Tend to observe and analyze with detached curiosity
- Interested in mechanical or impersonal things
- Seem laid-back
- Will wait until something interesting comes along then launch themselves at it
- May have trouble with rote and abstract learning
- Sometimes best in a crisis
- Often become mechanics, paramedics, and firefighters

ENFJ

- Responsive and responsible
- Lead with enthusiasm and tact
- Sociable and studious
- Value trust and cooperation
- Quest for perfect work relationships can get them into frustrating situations
- Look at future possibilities with a concern for others
- Often work in sales, social services, counseling, healthcare, and legal services

ENFP

- Enthusiastic and imaginative
- Crusaders
- Quick with a solution and ready to help
- Tremendous charisma
- Can juggle a great amount of responsibility and projects
- See the big picture
- Good at life coaching, social services, rehab counseling, teaching, and journalism

ENTJ

- Studious and well-informed
- Good at public speaking
- Like to direct things
- Can be dominating
- Good analytical and planning skills
- Frank
- Tend to be engineers, technology developers, and managers

ENTP

- Innovative and resourceful
- Good at problem solving
- Often love to argue
- Best approach with them is to be straightforward
- Verbally and intellectually quick
- Sometimes don't respond well to small setbacks but tackle large ones with determination
- Often have careers in research and development or academia

ESFJ

- Warm-hearted and talkative
- Conscientious and enjoy being in charge
- Work best with lots of encouragement
- Generous entertainers
- Strong protective drive but can be hyper-vigilant
- Easily emotionally wounded
- Career choices often include healthcare, social work, and teaching children

ESFP

- Outgoing and friendly
- Like sports and making things
- Prefer facts over theories
- Not strong at analyzing or criticizing
- Love excitement and new things
- Entertainers
- Typical careers include dealing with customers and audiences, social work, acting, and teaching young children

ESTJ

- Practical and matter-of-fact
- Like to organize and run activities but as supervisors are often content to enforce the rules
- Feel a need to belong and often join clubs
- Emphasize tradition
- Strong work ethic
- Outspoken and principled
- Often go into teaching, coaching, banking, politics, and management

ESTP

Tend not to worry
Like mechanical things and sports
May be insensitive and don't always plan well
Excellent at negotiating and putting out fires
Spontaneous and thrill-seekers
Drive to be the best
Often have careers in sales, acting, athletics, auto racing, rescue operations, and entrepreneurship

Of course, these are general characteristics, and not every aspect of your type will apply to you. I hope this provides a little insight into yourself as well as your friends and loved ones, though, and benefits communication with them.

Bibliography:

1. Benfari, Robert. *Understanding Your Management Style*. Lexington Books, Lexington, MA, 1991.
2. Humanmetrics.com
3. Myers, Isabel Briggs and Mary H. McCauley. *Manual: A Guide to the Development and Use of the Myers-Briggs Type Indicator*. Consulting Psychologists Press, Palo Alto, 1985.
4. Truity.com

What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type.
For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

1. Are you outwardly or inwardly focused? If you:	ISTJ	ISFJ	INFJ	INTJ		
<ul style="list-style-type: none">• Could be described as talkative, outgoing• Like to be in a fast-paced environment• Tend to work out ideas with others, think out loud• Enjoy being the center of attention <p>then you prefer E Extraversion</p>	<ul style="list-style-type: none">• Responsible, serious, analytical, reserved, realistic, systematic. Handworking and teamwork with sound practical judgment.	<ul style="list-style-type: none">• Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caregivers who enjoy being helpful to others.	<ul style="list-style-type: none">• Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.	<ul style="list-style-type: none">• Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.		
<p>then you prefer I Introversion</p>	<ul style="list-style-type: none">• Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.	<ul style="list-style-type: none">• Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.	<ul style="list-style-type: none">• Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.	<ul style="list-style-type: none">• Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.		
<p>then you prefer T Thinking</p>	<ul style="list-style-type: none">• Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.	<ul style="list-style-type: none">• Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.	<ul style="list-style-type: none">• Enthusiastic, creative, spontaneous, optimistic, responsive, playful. Value inspiration, enjoy starting new projects, see potential in others.	<ul style="list-style-type: none">• Innovative, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.		
<p>then you prefer S Sensing</p>	<ul style="list-style-type: none">• Focus on the reality of how things are• Pay attention to concrete facts and details• Prefer ideas that have practical applications• Like to describe things in a specific, literal way	<ul style="list-style-type: none">• Imagine the possibilities of how things could be• Notice the big picture, see how everything connects• Enjoy ideas and concepts for their own sake• Like to describe things in a figurative, poetic way	<ul style="list-style-type: none">• Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.	<ul style="list-style-type: none">• Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.	<ul style="list-style-type: none">• Caring, enthusiastic, idealistic, organized, systematic, responsible. Skilled communicators who value connection with people.	<ul style="list-style-type: none">• Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.
<p>then you prefer N Intuition</p>	<ul style="list-style-type: none">• Prefer to have matters settled• Think rules and deadlines should be respected• Prefer to have detailed, step-by-step instructions• Make plans, want to know what you're getting into	<ul style="list-style-type: none">• Prefer to leave your options open• See rules and deadlines as flexible• Like to improvise and make things up as you go• Are spontaneous, enjoy surprises and new situations	<p>then you prefer J Judging</p>	<p>then you prefer P Perceiving</p>		

<https://commons.wikimedia.org/wiki/File:MyersBriggsTypes.png>

The Maple Center Connection

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.

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- 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.



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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.