



Monthly Quote:

“Your body hears everything your mind says.”

-Naomi Judd

Calendar of Events:

- Sept 22-Yoga Retreat
- Sept 25- Alumni Meeting
- Sept 26-Auricular acupuncture and recovery yoga
- Sept 27- Kickstart begins

- Oct 1—Acupuncture and stress management yoga
- Oct 7—Prenatal Yoga
- Oct 16—Coping with Chronic Pain begins



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

September 2018

Coping with Chronic Pain: 4 Week Series

Topics include: guided imagery, muscle relaxation, energy therapies, cognitive behavior therapy, meditation, and humor

Tuesdays, Beginning October 16 6:30-8:00 pm and ending November 6 in the Maple Center Classroom, Suite 400



No cost, register at www.themaplecenter.org

Coping with Chronic Pain Series to begin Oct. 16

September is Chronic Pain Awareness Month as well as Drug-Free Management Awareness Month. This makes September the perfect month to announce our upcoming free chronic pain management series beginning October 16!

This four week class will focus on various techniques to assist in managing chronic pain including guided imagery, muscle relaxation, healing touch, cognitive behavior therapy, meditation, nutrition, and humor. Participants are asked to attend all four classes.

Liz and Sharon Samsell, both licensed mental health professionals, will guide the class through information and exercises that can be easily learned and done at home. Hand-outs will be included so that you can have a guide to practice techniques and share with others.

This is a free class but registration is appreciated.

Register by going to www.themaplecenter.org

This class is free thanks to generous funding by the Larry P. Fleschner Memorial Fund.



VEGETARIAN/VEGAN POTLUCK

Saturday, October 6 @ 6pm

UNITARIAN CHURCH 1875 S FRUITRIDGE AVE, TERRE HAUTE

Please bring a vegan/vegetarian dish to share and \$5 per adult to cover rental cost. For questions, contact Debbie Stevens at dbiestevens53@gmail.com

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



Tomato and Pomegranate Salad

Prep Time: 15 minutes

Servings: 4 large servings

Ingredients:

About 4 cups (total) of small red, yellow and orange tomatoes
(cut in half and in half again to make bite sized pieces)

2 cups of pomegranate arils

3 cloves of fresh garlic – finely minced

¼ cup of finely diced red onion

2 T of fresh basil – either cut on ribbons or small pieces

Good quality of white balsamic vinegar

Instructions

Place the ingredients above in a large bowl in the order that they are listed above but reserve the vinegar for the finish at the end. Toss together gently using a large serving spoon. Finish with the balsamic vinegar and enjoy!

Reference: <https://www.foodnotmeds.com/delicious-tomato-pomegranate-salad/>



Zucchini Boats

Ingredients

4 large zucchini – washed

¼ c. finely chopped vegan mozzarella cheese

(if preferred, you could omit the “cheese” option if not preferred)

2 T. bread crumbs

16 cherry tomatoes

2 cloves garlic, finely chopped

Fresh chopped basil

Salt and pepper to taste

5 to 10 ounces fresh spinach (to taste)

Instructions

Preheat the oven to 350 degrees. Slice the zucchini vertically into two halves. Make a slit from top to bottom on each of the halves. Use a melon baller or a metal teaspoon measure and scoop out the insides of the zucchini until you have made a ¼ inch trough. Place 4 cherry tomatoes inside each “zucchini boat” and sprinkle with garlic, cheese (if using) and bread crumbs. Add salt and pepper to taste using just a pinch of salt in any recipe. Try to re-adjust your taste buds for salt. Bake for 25 minutes or until the tomatoes are bubbly and the zucchini is tender when pierced with a fork. Top with fresh chopped basil. This recipe makes a great dinner with a side of salad or rice or can serve as an appetizer when cut into four individual pieces.

Reference: <https://www.foodnotmeds.com/zucchini-boats/>



The Perfect Matcha Latte

Prep Time: 15 minutes

Servings: 4 large servings

Ingredients:

1 tsp matcha powder

1 tbsp maple syrup (or other sweetener of choice)

1 tbsp hot water

3/4 cup coconut milk

Instructions

Add your matcha, sweetener, and hot water into your mug. Use a whisk to dissolve the matcha powder. A bamboo whisk is ideal when working with matcha as its gentle on the powder and helps to fully dissolve it in the hot water. If you don't have a bamboo whisk, don't worry! You can use a metal whisk or even a fork. Heat your plant based milks over the stove top until warm. If your want a little froth on the milk, use your whisk while heating. Pour your plant based milk over your matcha and enjoy!

Reference: <https://plantbaseddietrecipes.com/the-perfect-matcha-latte/>



Guilt Free, Raw Brownies

Ingredients

2 cups pitted dates

1 cup unsweetened coco powder

1 cup walnuts

2 TBSP dark chocolate or cacao nibs

1-2 TBSP of warm water

Instructions

Combine dates, coco powder, walnuts and warm water into a food processor until a dough like consistency is achieved. Add dark chocolate into the mix and pulse for a few seconds until walnuts are incorporated into the dough without over blending. Line a 8x8 dish with parchment paper and add your dough. Press the dough down with your hands until firm. Transfer your dish into the fridge and let sit for about 20 minutes.

You can cut the date brownies into squares after removing from the fridge, and serve!

Reference: <https://plantbaseddietrecipes.com/guilt-free-raw-vegan-brownies/>



Fall Yoga Retreat **Yoga – Meditation – Kirtan – Singing into Bliss**

September 22, 2018
10 am – 3 pm

at The Maple Center for Integrative Health
1801 N 6th Street, Terre Haute in **Suite 400**

Cost: \$30

Retreat – Relax – Recharge

The retreat includes a gentle yoga sequence, an introduction into meditation & mantras and kirtan, singing into bliss.

A light vegetarian lunch will be provided.

Please reserve your spot by Wednesday, September 19th as spaces are limited!
Go to. www.themaplecenter.org or send a check to the Maple Center.



Devaki is an international Yoga Teacher (E-RYT 500+) since 2000, holds an M.A. in psychology from the University of Cologne, Germany, is a certified Ayurvedic health counselor and a licensed massage therapist (MT # 21706230) in Indiana. She lived many years in ashrams (US, Germany) and as staff in a yoga and healing center. She is looking forward to share her passion of yoga and Ayurveda with YOU!

Sponsored by:



The Maple Center
for Integrative Health



COPING WITH CHRONIC PAIN



This four week class will focus on various techniques to assist in managing chronic pain including guided imagery, muscle relaxation, healing touch, cognitive behavior therapy, meditation, nutrition, and humor

Tuesdays 6:30-8:00pm from 10/16-11/6

No cost, register at www.themaplecenter.com

**The Maple Center for Integrative Health
1801 N 6th St, Suite 400
Terre Haute, IN 47807**

Liz and Sharon Samsell, both licensed mental health professionals, will guide the class through information and exercises that can be easily learned and done at home. Hand-outs will be included so that you can have a guide to practice techniques and share with others.



Sponsored by the Larry P. Fleschner Memorial Foundation
and by the Van Desrocher Memorial Fund





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 their 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, Sept 27, 2018	Power of Your Plate
	Thursday, Oct 4, 2018	Let's Go! Getting in Gear
	Thursday, Oct 11, 2018	Breaking the Food Seduction
	Thursday, Oct 18, 2018	Keys for Natural Appetite Control
	Thursday, Oct 25, 2018	Digestive Health

TIME: 6:30-8:30 PM

LOCATION: The Maple Center 1801 N 6th St, Terre Haute, IN 47804 in the Larry P. Fleschner Classroom - Suite 400

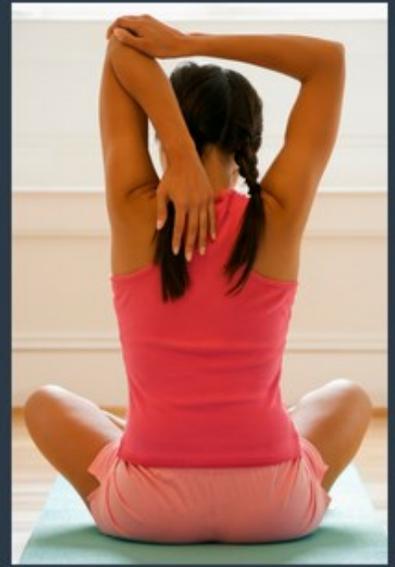
COST: \$85 for the five classes

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.

REGISTER AT www.themaplecenter.org or call 812-234-8733

Registration Deadline is Thursday, September 20, 2018





SUPPORT YOUR ADDICTION RECOVERY

WITH AURICULAR (EAR) ACUPUNCTURE & Y12SR RECOVERY YOGA

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

Acupuncture begins Monday, September 10, 2018
and held each Monday from 12-3pm
and Wednesday from 4-7pm in Suite 100

Y12SR Yoga begins Wednesday, September 12 and
held each Wednesday from 6-7pm in Suite 400



The Maple Center, Inc.
1801 N 6th St., 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,
Y12SR YOGA LED BY LINDSEY SKELTON



Yoga for Expecting Mothers

Sundays at 2:00-3:15 pm

**On September 9th & 23rd, October 7th & 21th,
November 4th & 18th, December 2nd & 16th**



The Maple Center

**Larry P. Fleschner Memorial Classroom,
1801 N 6th Street Suite 400, Terre Haute, IN
(812) 234-8733**

www.themaplecenter.org

No cost or registration, donations welcome



The Maple Center
For Integrative Health

This class, led by Emily Brana, will take into consideration both the mental and physical well-being of the mother while, providing participants a safe space to talk and build community with those in a similar life-stage.

Emily is a mom and certified yoga instructor (RYT-200).



Take Control: Stress Reduction Techniques, Part 1

OLLI 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

Sept 12, 2018— “Integrative and Natural Medicine Approaches for a Healthy Emotional Life” by Kathleen Stienstra, MD

Kathleen Stienstra, MD, board certified integrative medicine physician with The Maple Center for Integrative Health, will discuss mind body techniques (heart math and tapping) plus herbal and natural medicine options to support a healthy mind and emotional life.

Oct 10, 2018 - “Sprout Your Stress Away” by Danille Tews

Microgreens are one of the newest crazes in the health-food world -- and for good reason. They pack one of the highest punches of all the vegetables in terms of vitamins and minerals. They are one of the most complete plant-protein sources, and to top it off, they taste wonderful!

I will share with you, not only some of the benefits of these small but mighty plants, both for your body and for your mind, but also some ways that you can grow microgreens in your own kitchen. Like many of you, I find that one of the best stress relief activities anywhere is to get your hands into the dirt and making that connection with the land that countless generations have done before. It isn't hard, it's healthy, and I think you'll enjoy it!

Danille is the owner of Humble Acorn Gardens and is an urban farmer. He grows microgreens for farmer's markets and restaurants.

Nov 14, 2018—“Mind your Mind - An Introduction to Meditation” by Devaki Lammet, M.A.

Explore your most powerful tool—the mind— and enjoy different approaches towards mediation in order to reduce stress.

Devaki is an international Yoga Teacher (E-RYT 500+) since 2000, holds an M.A. in psychology from the University of Cologne, Germany, is a certified Ayurvedic health counselor and a licensed massage therapist (MT # 21706230) in Indiana. She lived many years in ashrams (US, Germany) and as staff in a yoga and healing center.

Dec 12, 2018— “Art for Stress Relief” by Kathy Gotshall, ATR, BC, LCSW

In this fast paced world, daily life events can cause us stress. How do you create a sense of balance? Explore the life enriching benefit of relaxation and distraction through art making.

Kathy Gotshall, ATR-BC, LCSW is a registered board certified art therapist and Licensed Clinical Social Worker. She is an adjunct professor of graduate art therapy at Saint Mary-of-the-Woods College.

Presented by:



The Maple Center for Integrative Health



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.

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.

amazonSmile
You shop. Amazon gives.

- 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!

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.