



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

MARCH 2018



Monthly Vegetarian / Vegan Dinner

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

Monthly Quote:

*Love all,
trust a few, do
wrong to none.*

— William Shakespeare

Calendar of Events:

April 8-Make & Take Workshop

April 11- OLLI presentation

April 19- Cancer Prevention & Survival Class starts

April 21- Spring Yoga Retreat

MAPLE CENTER UPDATE

We have 3 spots left for the Make & Take class on April 8 at ISU Teaching Kitchen so sign up soon!

Also, don't forget to stop by the Landsbaum Center on April 11 at 1:30pm for our OLLI presentation on "Joint Anatomy and Improving function and comfort post op" presented by Nancy Humphries. This presentation is free of charge and no registration is required.

We have begun registration for our next nutritional based class that starts on April 19. "The Power of Food for Cancer prevention and Survival" class is filled with nutrition information, recipes, food samples, and time for questions. The registration deadline is April 11.

Then enjoy a day of relaxation with our Spring Yoga Retreat being offered on April 21. You will enjoy a gentle yoga class including an introduction into "Ayurveda - Wisdom of Life" and Kirtan "Singing into Bliss". A vegetarian Ayurvedic lunch is included in the workshop price.

Lastly, our 10 day Jumpstart challenge has ended and the results are in. You may be shocked at how much can change in 10 days! Continue reading the next couple of pages to see how the group did....

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



Great Success with the FIRST Maple Center 10 Day Jumpstart Program!

Some of you have heard about this program before. Let me do a little recapping on how it works and how we organized our first Jumpstart. We had 15 people participate. Seven people were alumni from a previous Maple Center healthy lifestyle class(es) while 8 people were new to us.

Age range was 18 to 78 years old.

- A 10 day challenge developed by the PlantPure Nation organization to help people become aware of how quickly and easily it is to feel better and have significant health improvements by pretty simple lifestyle changes.
- Participants purchase 20 frozen entrees from PlantPure Nation to eat for lunch and dinner. A PlantPure Nation cookbook is also provided.
- Participants are given lots of information for making all whole food plant based breakfast options.
- Participants receive an online education packet with emails and videos to inform and support whole food plant base eating.
- Participants have blood work (lipid panel and blood glucose) done before and after the challenge.
- Participants came to the Maple Center for a Kickoff meeting to find out the nuts and bolts of when to do what and to have a simple meet and greet in person
- After first set of blood work, participants ate all plant based (using the convenience of the delicious frozen entrees) for 10 days.
- Participants had second set of blood work done on day 11
- Participants came to the Maple Center for a CELEBRATION with a delicious potluck dinner, got results of the blood work and shared with others about his/her experiences.

DRUM ROLL please.....RESULTS:

Check out the amazing figures below, both for the largest individual improvements and for the group AVERAGES!

Maple Center Jumpstart1 **LARGEST POINT DROP** *...in just 10 days*

➤ Total Cholesterol	-93 points
➤ LDL (bad cholesterol)	-71 points
➤ Triglycerides	-196 points

Maple Center Jumpstart1 - Group Averages - Progress Report				
TEST	2/26/2018	3/9/2018	CHANGE	%
Total Cholesterol - Lower is Better Desirable < 200 Ideal < 160	211	188	-23	-11.0%
HDL Cholesterol - Higher is better Men > 40 Women > 50	60	57	3	-5%
Ratio - TC/HDL - Lower is better Desirable < 4.0 Ideal < 3.0	3.7	3.4	-0.3	-1%
LDL Cholesterol - Lower is better Desirable < 100 Ideal < 90	126	114	-12	-9.5%
Triglycerides Anything less than 150 is good Elevated 150 to 200 High > 200	124	84	-40	-32.0%
Glucose Ideal 65-99 Pre-diabetes 100 to 125 Diabetes > 125	93	90	-3	-3.0%
Weight (pounds)	161.7 based on 7 participants	155.6 based on 7 participants	-6.1	-3.8%

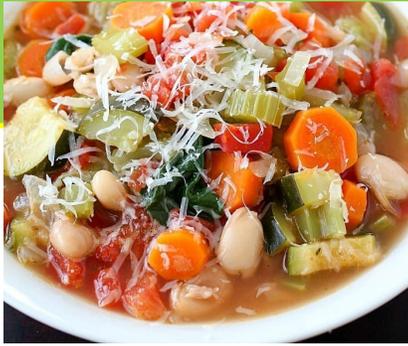
PLUS, the sharing from the participants at the Celebration event was absolutely heart-warming and reaffirming about feeling so much better overall.

This is the exact same message The Maple Center has been sharing with the CHIP, LEAF and Food for Life classes.

We are really excited that the 10 day Jumpstart adds a very different format which can be quite beneficial for people who prefer mostly an online experience and schedules do not permit a sit down class every week. It is ANOTHER tool that enhances what we can offer.

It was our hope in the beginning that this program could be a great introduction with how good you can feel with lifestyle changes and the power of our food choices. This 10 day challenge gives anyone the opportunity to "test drive" a plant based lifestyle without having to cook special meals yourself and without making a lot of unfamiliar changes with your kitchen pantry. Our first Maple Center Jumpstart has helped these alumni get back on track and shown all 15 participants that our food choices are DIRECTLY related to our overall health. Once again, 10 days is the starting point and it's a lifelong journey!

A BIG THANK YOU TO THE MANY VOLUNTEERS WITH THE MAPLE CENTER WHO MADE THIS PROGRAM POSSIBLE AS WELL AS A LOT OF HELP FROM PLANTPURE NATION!



Tuscan Vegetable Soup

Serves: 4-6 servings

- 1 (15.5-oz) can cannellini beans, drained and rinsed
- ½ large onion, diced (about ½ cup)
- 1 medium carrot, diced (about ½ cup)
- 2 stalks celery, diced (about ½ cup)
- 1 small zucchini, diced
- 1 clove garlic, minced
- 1 Tbsp. chopped fresh thyme (or 1 tsp. dried)
- 2 tsps. chopped fresh sage (or ½ tsp. dried)
- ½ tsp. salt, plus more for taste
- ¼ tsp. ground black pepper, plus more to taste
- 4 cups low-sodium vegetable broth
- 1 (14.5-oz) can diced tomatoes, with juices
- 2 cups lightly packed chopped spinach

Sauté the onion, carrot, celery, zucchini, garlic, thyme, sage, salt and pepper. Cook, stirring occasionally until the vegetables are tender. Add the broth and tomatoes and bring to a boil. Add the beans and the spinach leaves. Cook until the spinach is wilted.

Adapted from: <https://www.yummyhealthyeasy.com/healthy-tuscan-vegetable-soup-easy>



Veggie Pizza with Cauliflower Crust

Crust:

- 6 cups “riced” cauliflower
- 1 1/2 flax eggs (1 1/2 Tbsp flaxseed + 4 Tbsp water)
- 1/4 tsp sea salt
- 3 Tbsp Vegan Parmesan Cheese or nutritional yeast (use nutritional yeast if avoiding nuts)
- 1 tsp dried oregano or 1 1/2 tsp fresh
- 1 tsp dried basil or 1 1/2 tsp fresh
- 3 cloves garlic, minced (or sub 1 tsp garlic powder)
- 1 heaping Tbsp cornstarch
- 1 Tbsp cornmeal or gluten-free flour (to discourage the dough from sticking to the parchment)

Sauce:

- 1/2 cup tomato sauce
- 1/2 teaspoon oregano
- 1/2 teaspoon basil

Toppings: Add sliced zucchini, bell peppers, mushrooms, onions, spinach or any other veggies you love

Optional: 3/4 cup shredded vegan cheese

Preheat oven to 450 with the baking sheet or pizza stone inside of the oven. Prepare the cauliflower by chopping off the florets, leaving the stems behind (you can freeze these to use later on in soups, etc). Pulse in a food processor until you have a finer powder. Steam in a covered microwave safe bowl for 4 minutes, or on the stove top if preferred. When done, dump the bowl onto a cheesecloth or thin, clean dish towel and let cool enough to wring out as much water as you can. Too much water will create a crumbly crust. Next, place a piece of parchment paper onto a cutting board and spritz it with oil to avoid the crust sticking after cooking. Dump the cauliflower into a bowl and thoroughly mix in the remainder of the ingredients. Use your hands to create a ball of dough, then push the dough onto your parchment paper, forming the crust. Pull your baking sheet or stone out of the oven and carefully slide your crust onto the sheet. Bake for 10 minutes, or until the crust begins to turn a golden brown color. (If you're topping with heavy veggies, you may want to cook an extra minute or two to handle the load of the veggies). Top with the toppings of your choice and bake for another 7 minutes, or until the cheese is melted. Allow to cool for 2-3 minutes.



FAJITAS

Adapted from: <https://theveglife.com/vegan-fajitas/>

FAJITA SEASONING:

1 tbsp Chili Powder	1/2 tsp Black Pepper
1 tsp Salt	1 tsp Sugar
1/2 tsp Paprika	1/4 tsp Onion Powder
1/4 tsp Garlic Powder	1/4 tsp Cumin
pinch Red Pepper Flakes optional	

Adjust the heat by adding more or less: chili powder and cumin.

FAJITAS:

2 Large Portobello Mushrooms gills removed & sliced on the bias
 1 each Red Green, Yellow & Orange Bell Pepper, sliced
 1 Red Onion cut half and into slices
 Tortillas
 Toppings such as salsa or guacamole

Whisk together all of the fajita seasoning ingredients. Set aside.

Sautee the red onions and then add all of the sliced red peppers and cook until tender. Remove from the pan.

Sautee the mushrooms. Sprinkle with seasoning and cook until the mushroom is beginning to get tender. Flip and repeat.

Add the peppers back to the pan and cook for a few more minutes. Serve sizzling hot.

Add sides such as tortillas, vegan sour cream, salsa, guacamole, etc.

Additional cooking option:

Place all vegetables on a sheet pan, very lightly spritz with oil and sprinkle with fajita seasoning.

Bake at 375 until vegetables are tender

Serve with tortillas and



TERIYAKI JACKFRUIT BOWL

Serves: 2

TERIYAKI SAUCE/GLAZE:

Minced Garlic to taste	Minced Ginger to taste
1 tsp Sesame Oil	3 tbsp Brown Sugar
1/3 c VEGAN Soy Sauce	1/2 c Rice Wine Vinegar
1/3 c Mirin	Toasted Sesame Seeds

1 can Jackfruit drained & in large chunks

Basmati Rice

2 cups Wilted Spinach

Prepare Basmati rice to package instructions.

Drain the jackfruit and place the large chunks in a non-stick sauté pan over medium high heat. Toss occasionally (carefully, so as not to break up the jackfruit) to allow all sides to get slightly golden. This also helps remove some of the moisture.

Combine all ingredients for the sauce in a small bowl. Add to the jackfruit and allow to simmer over medium heat until it reduces to a thicker glaze.

In a hot skillet with no oil or water, wilt down the spinach slightly. Set aside in a bowl off the heat so it retains some of its original shape and texture.



Make & Take for Plant Strong Meals

During the class, you will make the following recipes

Breakfast Sausages
Chickpea Salad
Potato Salad

Pasta Primavera
Spring Quinoa Salad
Carrot Cake

and then you will take a portion home for dinners at another time.
Carry home containers will be provided.
Make & Take led by: Sylvia Middaugh and the Leadership volunteers

Sunday, April 8, 2018

2 pm – 5pm

At ISU Teaching Kitchen 5th & Chestnut St

Cost: \$ 40 per person

Registration Required, Class size is limited
Register by making payment at www.themaplecenter.org or calling
812-234-8733 by March 30, 2018



The Maple Center for Integrative Health



Larry P. Fleschner
Memorial Foundation

THE POWER OF FOOD FOR CANCER PREVENTION & SURVIVAL

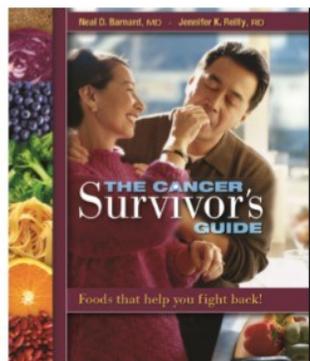
Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Educators include Kathleen Stienstra, MD, Karen Cunningham, and the LEAF team.

Thursdays, April 19 - May 10, 2018 from 6:30 – 8:30 p.m.

- Thursday, April 19 Introduction to How Foods Fight Cancer
- Thursday, April 26 Fueling Up on Low-Fat, High-Fiber Foods
- Thursday, May 3 Discovering Dairy and Meat Alternatives
- Thursday, May 10 Cancer-Fighting Compounds and Healthy Weight Control



EACH CLASS INCLUDES:

- 15-20 minute DVD lecture by Dr. Neal Barnard
- Live presentation with questions and answers
- Live cooking demos for 3 healthy recipes
- Food tasting for all demo recipes

LOCATION: The Maple Center, 1801 N 6th St. Terre Haute, IN
SUITE 400 (**NEW classroom**)

REGISTER AT: www.themaplecenter.org - **DEADLINE is Wed. April 11, 2018**

COST: \$70* for the 4 class series - includes a **FREE** copy
of The Cancer Survivor's Guide

*Thanks to private donations, limited sliding scale scholarships are available

For more information go to the website or call 812-234-8733

Sponsored by:



The Maple Center
for Integrative Health



Larry P. Fleschner
Memorial Foundation

The Maple Center also offers other services both online and locally such as online plant-based nutrition classes, public speaking, and group grocery store tours. Fully licensed, certified, and insured. Go to www.themaplecenter.org to see upcoming classes and events.

SPRING YOGA RETREAT WITH DEVAKI



APRIL 21, 2018 FROM 9 AM – 3:00PM
THE MAPLE CENTER
1801 N 6TH ST, TERRE HAUTE, IN

RELAX ~ RECHARGE ~ RETREAT

Enjoy a gentle yoga class including an introduction into “Ayurveda - Wisdom of Life” and Kirtan “Singing into Bliss”. A vegetarian Ayurvedic meal will be served for lunch.



The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master’s degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

COST: \$50 PER PERSON. LIGHT LUNCH PROVIDED.

CLASS SIZE LIMITED, REGISTRATION IS REQUIRED. (SLIDING SCALE SCHOLARSHIPS AVAILABLE)

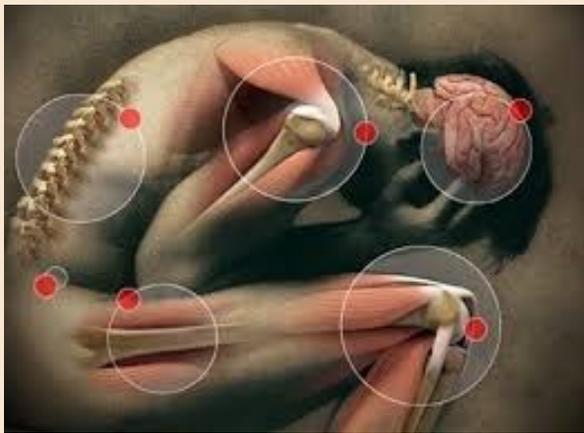
PLEASE REGISTER BY FRIDAY, APRIL 13, 2018
AT WWW.THEMAPLECENTER.ORG



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Larry P. Fleschner
Memorial Foundation



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*



The Maple Center Connection

How can you Help...

Funds raised help support our programing 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.

amazonsmile

You shop. Amazon gives.

- 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.



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.