



The Maple Center

For Integrative Health

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

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Monthly Quote:

**TO WALK
IN NATURE
IS TO WITNESS
A THOUSAND
MIRACLES**

MARY DAVIS

LEAF's Monthly Plant-Based Potluck

Sponsored by
The Maple Center
is considering
virtual options,
watch your email
for more
Information.



[@themaplecenternonprofit](https://www.facebook.com/themaplecenternonprofit)

June 2020

June Programs in Fleschner Memorial Classroom:

- Auricular Acupuncture resumes Monday June 1st, from 3-6pm
- Chair Yoga resumes Thursday June 4th, from 10-11am and will also be streamed live on The Maple Center's Facebook Page.

Space will be limited to allow for social distancing.



**June is
Men's Health
Month** www.menshealthmonth.org

The average man pays less attention to his health than the average woman. Compared to women, men are more likely to

- drink alcohol and use tobacco
- make risky choices
- not see a doctor for regular checkups

Men are assailed by the diseases that can affect anyone—heart disease, stroke, diabetes, cancer, depression... But they also have unique issues such as prostate cancer and benign prostate enlargement.

Many of the major health risks that men face can be prevented with a healthy lifestyle: regular exercise, a healthy diet, not smoking, stress reduction, and alcohol consumption in the moderate range (no more than two drinks a day) if at all. Regular checkups and screening tests can spot disease early, when it is easiest to treat.

So don't be an average man — get on board with protecting your health today.

June is

National Great Outdoors Month.

So take some time to get outside
and enjoy nature!

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

Whole-Food Plant-Based Recipes

Recipe ideas to try at home for nutrient-filled snacks and meals.

Chia Seed Pudding 3 Ways

Chocolate Peanut Butter Chia Seed Pudding

Ingredients:

- 2 TBSP chia seeds
- 1 cup non-dairy milk
- 1 TBSP pure maple syrup
- 1 1/2 TBSP plain unsweetened cocoa (or cacao/carob)
- 1 TBSP peanut butter 1/8 tsp vanilla



Chocolate Orange Chia Seed Pudding

Ingredients:

- 2 1/2 TBSP chia seeds
- 3/4 cup non-dairy milk
- 1/4 cup fresh squeezed orange juice
- 1 1/2 TBSP plain unsweetened cocoa (or cacao/carob)
- 1/8 tsp vanilla
- 1 TBSP pure maple syrup
- pinch of orange zest (optional)



Blueberry Chia Seed Pudding

Ingredients:

- 2 1/2 TBSP chia seeds
- 1 cup non-dairy milk
- 1/2 TBSP pure maple syrup
- 1/4 cup blueberries



Instructions:

1. Blend all the ingredients except the chia seeds.
2. Pour into a container and add Chia Seeds, stir really well and place in fridge over night. (for best results + to avoid clumping it is best to stir/whisk it a few more times (every 15 min for about 3-4 times)
3. Add your favorite toppings and enjoy!

Sourced from: tworaspberries.com/healthy-vegan-breakfast-ideas-chia-seed-pudding/



No Cheese Sauce

Instructions:

- In a medium pot, bring about 3 cups of water to a boil. Place potatoes, carrots, and onion in the pot and allow to cook until veggies are tender-- approximately 15 minutes. Cooking time will vary based on how small the veggies are diced.
- When veggies are tender, drain and place them in the blender. NOTE: reserve 1 cup of the broth, and add to blender. Add all the remaining ingredients, and blend until smooth.
- Now, it's ready to use in this Hash Brown recipe. Cheese Sauce is also fabulous in nacho cheese dip, veggie pizza, mac-n-cheese, topping for steamed broccoli, or anything else you need a creamy, cheesy sauce in. It makes approximately 1 quart and can be stored in the refrigerator for up to 2 weeks.

Ingredients:

- 1 cup potatoes, peeled and diced
- 1/4 cup carrots, diced
- 1/4 cup onions, diced
- 1 cup broth from veggies
- 1/2 cup raw cashews (or 1/2 cup white beans)
- 4 Tbsp nutritional yeast flakes
- 1 Tbsp lemon juice
- 1 tsp salt
- 1/2 tsp garlic powder
- pinch paprika
- 1/2 pinch cayenne pepper (optional)



Hashbrown Casserole



Ingredients:

- 1 30 oz package frozen shredded hash browns, oil-free version (or 4 cups freshly shredded)
- 3/4 cup onions, diced
- 1/2 cup red bell pepper, diced
- 3/4 cup fresh spinach leaves, shredded
- 1 cup No Cheese Sauce, recipe Above
- 1/4 cup nutritional yeast
- 1/2 tsp dry steak seasoning

Instructions:

- Dice the onion and red bell pepper into small chunks.
- In a large bowl, mix together onions, red bell peppers, frozen hash browns, cheese sauce, and spices.
- Toss in shredded spinach leaves and lightly mix again
- Line a 9"x13" baking dish with parchment paper. This allows the casserole to be cooked without oil. You could use a silicone baking dish if desired. When making this in a crockpot, I don't line with parchment paper. It does stick to the sides a little, but not too bad in my cooker.
- Pour hash brown mixture into the baking dish and bake at 350 degrees for 30 minutes. If making in a crockpot, cook on low for approximately 2 hours.
- Remove from oven and serve warm.

Sourced From:<https://eatplant-based.com/vegan-hash-brown-casserole/>



Avocado Pesto Pasta

Ingredients:

- 8 oz Pasta of Choice
- Flesh of 1 large Avocado
- 3 oz Fresh Basil, de-stemmed
- ½ bunch Parsley, de-stemmed
- 3–5 cloves of Garlic
- ¼ cup Nutritional Yeast
- Juice + Zest of 1 Lemon
- ¼ tsp Red Chili Flakes (Optional)
- ¼ cup Vegetable Broth, plus more to preference
- ½ tsp Salt, plus more to taste

Instructions:

- Bring a large pot of salted water to a boil and cook your Pasta according to the package instructions.
- In the meantime, combine all of the Pesto ingredients in a Food Processor and process until evenly incorporated. If you'd like your Pesto to be thinner, add additional Vegetable Broth in 2 tbsp increments as necessary.
- Drain the pasta, then return to the Pot and toss over low heat with the Pesto until warmed.
- Serve as desired. Store any leftover sauce in the fridge for up to one week, or it can be frozen for up to one month!

Sourced from: <https://frommybowl.com/avocado-pesto-pasta/>

One-Pot Asparagus and Mushroom Quinoa

Ingredients:

- 1 1/3 cups Quinoa
- 8 oz Baby Bella Mushrooms
- 1 cup Fresh Sweet Corn kernels
- 1/2 lb Asparagus
- 1/2 a Red Onion
- 1 can of Cannellini Beans, rinsed and drained
- 1/2 tsp Thyme, dried
- 1 tsp Rosemary, dried
- 1 cup Vegetable Stock (*optional, can replace with more Water)
- 1 2/3 cup Water
- Salt and Black Pepper, to taste

Instructions:

- Wash your veggies, thinly slice your mushrooms, remove the corn kernels from the cob, dice the onion, and chop the asparagus into bite-sized pieces
- In a medium-large pot over medium heat, add your mushrooms, onion, rosemary and thyme with a splash of water. Cook over medium-low heat until the onions are translucent, about 5 minutes. Add in the corn kernels and asparagus and cook for another 1-2 minutes, adding more water to the pan if necessary to prevent sticking
- Pour in the dried quinoa, drained beans, vegetable broth, and water. Mix well, then increase the heat to high. Once the mixture comes to a boil, cover, reduce heat to a simmer. Cook for 15 minutes, then turn off the heat and let sit for 5 minutes before fluffing with a fork.
- Serve as desired. Leftovers will last in the fridge for up to one week.



Sourced from: <https://frommybowl.com/one-pot-asparagus-mushroom-quinoa/>

Dole Whip

Ingredients:

- 2 cups frozen pineapple
- ¼ cup coconut, almond or other plant-based milk
- 2 tablespoons of sugar or a small pinch of stevia
- 1 tablespoon of lemon juice

Instructions:

- Blend all the ingredients in a blender until smooth.
- Use an ice cream scoop to remove.
- For a more frozen version, freeze for 15 minutes before serving.

Makes 3 servings.



Sourced from: <https://foodie.com/make-your-favorite-disney-treats-at-home-dole-whip-big-thunder-ranch-cornbread-and-more/>

Chocolate Mousse

Ingredients:

- 1/4 cup cocoa powder
- 1/4 cup agave
- 1 package silken firm tofu
- 1 tsp vanilla extract
- 1 Tbsp peanut butter or PB2 (optional)
- Fresh berries, for topping (optional)

Instructions:

- Open container, drain excess water, and place on paper towels for at least 15 minutes to remove excess liquid. If using the boxed shelf-stable tofu that is packed in very little water, this step can be skipped. I've used a couple of different sizes—one 12 oz (340 grams) and the other 15 oz (425 grams)—with success. The small size difference didn't cause any issues with flavor or taste.
- Add all ingredients to blender or food processor. Blend until completely smooth, pausing to scrape down the sides, if necessary.
- Chill mixture in serving bowls for one hour.
- Then top with fresh berries and serve.



Sourced from: <https://eatplant-based.com/chocolate-mousse/>



June is Men's Health Month



01

Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com



MensHealthMonth



MensHealthMonth



MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Men's Health - Nutrition and Activity

Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women. Men die at higher rates for the top causes of death. This includes deaths from cancer, diabetes, suicide, and accidents and diseases of the heart, kidney and liver. Taking control of your health by exercising, eating right and visiting your healthcare provider regularly all contribute to a better quality of life.

Depending on age and level of physical activity, men should eat between 2-2.5 cups of fruit and 2.5-4 cups of vegetables every day. People who eat generous amounts of fruits and vegetables as part of a healthful diet are likely to have a lower risk of chronic diseases than people who eat only small amounts of fruits and vegetables.

YOUR HEALTHY EATING GAME PLAN

- **Eat Breakfast** — A good breakfast starts your metabolism and sets the tone for your day.

Game Plan: Try whole grain cereal with fruit on top, or grab a yogurt or healthy granola bar for the road.

- **Eat at least 1 Fruit & 1 Vegetable at Every Meal** — Fruits & vegetables are the nutritional superstars.

Game Plan: Keep fruits and vegetables on the counter or at the front of the fridge so you're more likely to see and eat them.

- **Less is more — Ingredients that is** — As author Michael Pollan says, "If your grandma wouldn't recognize it as food, you probably shouldn't eat it."

Game Plan: Avoid the middle aisles of the grocery store and you'll buy healthier foods.

- **Variety is the Spice of Life** — Eating many different types of foods helps ensure you're getting all the vitamins and minerals you need.

Game Plan: Buy one new fruit or vegetable every time you go to the store to mix it up.

- **Stop the Super-Sizing** — Portion sizes at most restaurants are not healthy. In fact, they are three to five times larger than a healthy size. A healthy serving of meat is the same size as a deck of cards. A healthy serving of pasta is about the size of your fist.

Game Plan: Take half of your next restaurant meal home in a to-go box. You'll have a great lunch the next day and save cash!

- **Cut Back on Red Meat** — Too much red meat clogs your arteries. Not good.

Game Plan: Go meatless on Mondays. Challenge yourself to create a great meal without meat.

- **Whole Grains, Whole Grains, Whole Grains** — Whole grains will fill you up more than foods like white bread because they have more fiber.

Game Plan: Have a few pieces of whole grain toast for breakfast tomorrow.

Don't forget to move a little! Exercise is essential. You can do the following:

- Take a walk or do desk exercises instead of a cigarette or coffee break at work
- Keep a pair of comfortable walking or running shoes in your car and at work
- Choose physical activities you love
- Break up your physical activity into 10- 15 minute spurts throughout the day
- Walk instead of drive when you can
- Do yard work
- Join an exercise group
- Stay active in the winter — play with your kids
- Take the stairs instead of the elevator

Adopting just a few of these healthy eating and getting active tips can add years to your life and life to your years.

Sourced from: <http://www.menshealthresourcecenter.com/articles/nutrition/>



How Does Nature Impact Our Wellbeing?

Research reveals that environments can increase or reduce our **stress**, which in turn impacts our bodies. What you are seeing, hearing, experiencing at any moment is changing not only your mood, but how your nervous, endocrine, and immune systems are working.

The stress of an unpleasant environment can cause you to feel anxious, or sad, or helpless. This in turn elevates your blood pressure, heart rate, and muscle tension and suppresses your immune system. A pleasing environment reverses that.



Regardless of age or culture, humans find nature pleasing. In one study cited in the book *Healing Gardens*, researchers found that more than two-thirds of people choose a natural setting to retreat to when stressed.

Nature heals

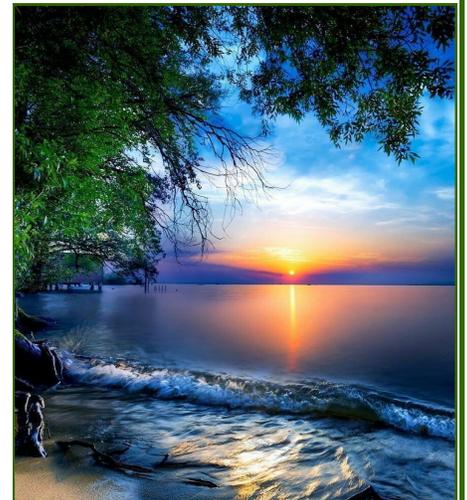
Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. It may even reduce mortality, according to scientists such as public health researchers Stamatakis and Mitchell.

Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.

Nature soothes

In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

This is nicely demonstrated in a now classic study of patients who underwent gallbladder surgery; half had a view of trees and half had a view of a wall. According to the physician who conducted the study, Robert Ulrich, the patients with the view of trees tolerated pain better, appeared to nurses to have fewer negative effects, and spent less time in a hospital. More recent studies have shown similar results with scenes from nature and plants in hospital rooms.



Nature restores

One of the most intriguing areas of current research is the impact of nature on general wellbeing. In one study in *Mind*, 95% of those interviewed said their mood improved after spending time outside, changing from depressed, stressed, and anxious to more calm and balanced. Other studies by Ulrich, Kim, and Cervinka show that time in nature or scenes of nature are associated with a positive mood, and psychological wellbeing, meaningfulness, and vitality.

Furthermore, time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks.

In another interesting area, Andrea Taylor's research on children with ADHD shows that time spent in nature increases their attention span later.

Nature connects

According to a series of field studies conducted by Kuo and Coley at the Human-Environment Research Lab, time spent in nature connects us to each other and the larger world. Another study at the University of Illinois suggests that residents in Chicago public housing who had trees and green space around their building reported knowing more people, having stronger feelings of unity with neighbors, being more concerned with helping and supporting each other, and having stronger feelings of belonging than tenants in buildings without trees. In addition to this greater sense of community, they had a reduced risk of street crime, lower levels of violence and aggression between domestic partners, and a better capacity to cope with life's demands, especially the stresses of living in poverty.



This experience of connection may be explained by studies that used fMRI to measure brain activity. When participants viewed nature scenes, the parts of the brain associated with empathy and love lit up, but when they viewed urban scenes, the parts of the brain associated with fear and anxiety were activated. It appears as though nature inspires feelings that connect us to each other and our environment.

Too much time in front of screens is deadly

"Nature deprivation," a lack of time in the natural world, largely due to hours spent in front of TV or computer screens, has been associated, unsurprisingly, with depression. More unexpected are studies by Weinstein and others that associate screen time with loss of empathy and lack of altruism.

And the risks are even higher than depression and isolation. In a 2011 study published in the Journal of the American College of Cardiology, time in front of a screen was associated with a higher risk of death, and that was independent of physical activity!

Reviewed by: Jean Larson, PhD, CTRS, HTR Mary Jo Kreitzer, RN, PhD
Sourced from: <https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing#>

Healthy habits mean more disease-free years

Published: April, 2020

You've heard (in these pages, and others) that a healthy lifestyle can stave off chronic disease. But just how many extra disease-free years might you get from that healthy lifestyle? A lot, suggests an observational Harvard-led study published online Jan. 8, 2020, by The BMJ. Researchers evaluated more than 30 years' worth of health data from 111,000 people who were free of cancer, diabetes, and cardiovascular disease at age 50. Compared with those who didn't follow any healthy lifestyle habits, those who followed four or five healthy habits had an additional decade of disease-free living. The elements of a healthy lifestyle will come as no surprise: don't smoke, limit alcohol intake, eat a healthy diet, maintain a healthy weight, and exercise at least 30 minutes per day. The surprise is just how many additional disease-free years a healthy lifestyle can give you.

Sourced from: <https://www.health.harvard.edu/staying-healthy/healthy-habits-mean-more-disease-free-years>

Resuming June 1st
Mondays 3-6 pm

Auricular Acupuncture for Recovery

At
The Maple Center for Integrative Health
1801 N. 6th St.
in the Fleschner Memorial Classroom, Suite 400

SPACE WILL BE LIMITED

Precautions will be taken to allow for social distancing.

Please wear a mask and do not come if you have been in close contact with a confirmed case of the corona virus in the last 14 days or are experiencing flu-like symptoms. We appreciate your cooperation and consideration for others.

Please email Lindsey at programs@themaplecenter.org for more information or accommodations for high-risk populations or other concerns.



Chair Yoga

Resumes June 4th
Thursdays at 10am

At
The Maple Center for Integrative Health
1801 N. 6th St.
in the Fleschner Memorial Classroom,
Suite 400

SPACE WILL BE LIMITED

Precautions will be taken to allow for social distancing. Please wear a mask and do not come if you have been in close contact with a confirmed case of the corona virus in the last 14 days or are experiencing flu-like symptoms. We appreciate your cooperation and consideration for others.

Classes will also be streamed live
online via our Facebook page.



@themaplecenternonprofit





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!

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.