

**FEBRUARY 2023**



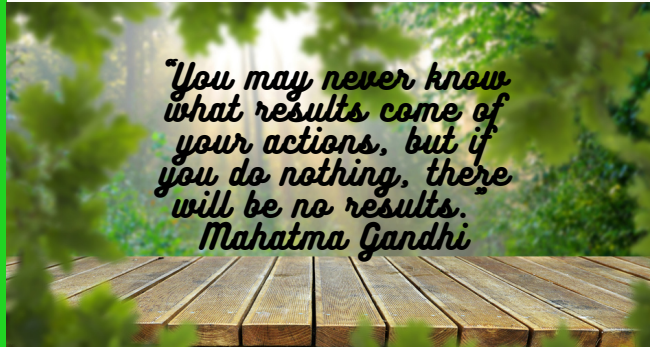
# THE MAPLE CENTER

Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

[www.maplecenter.org](http://www.maplecenter.org)



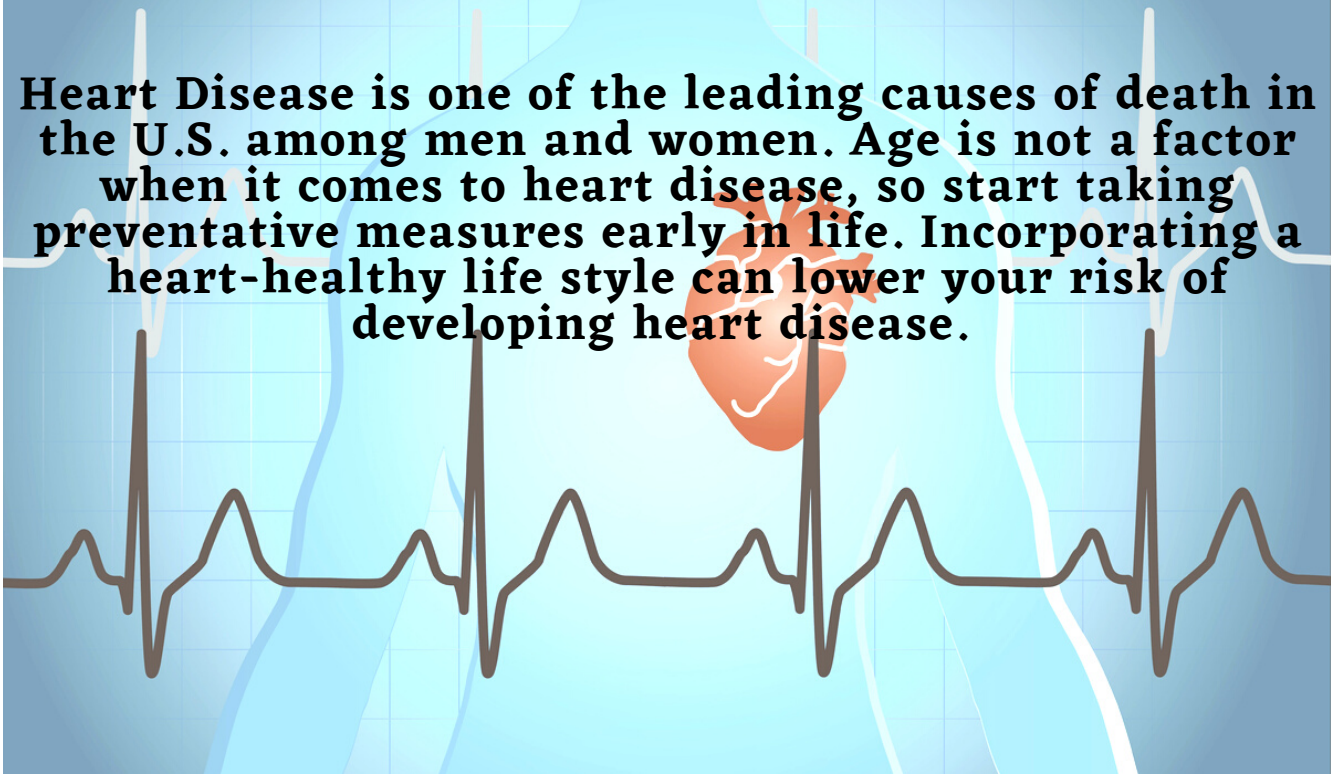
## Welcome, Dr. Abbie Jones

We are happy to announce that Dr. Abbie Jones has joined The Maple Center for Integrative Health.

Dr. Jones is a psychologist as well as the owner and founder of Mindful Growth. She offers individual, family and child/adolescent psychotherapy with special interest in the neurobiological bases of behavior, integrated care interventions, executive systems and community mental health. Her practice is called Mindful Growth Psychological Services and you can learn more about her practice at [mymindfulgrowth.com](http://mymindfulgrowth.com)

**Come see us at our new permanent location  
70 W. Honey Creek Parkway  
Terre Haute, IN 47802**

# February is American Heart Month



**Heart Disease is one of the leading causes of death in the U.S. among men and women. Age is not a factor when it comes to heart disease, so start taking preventative measures early in life. Incorporating a heart-healthy life style can lower your risk of developing heart disease.**

## Living a Heart-Healthy Lifestyle

- **Healthy Eating** - Incorporate the "Rainbow" into your diet. Colorful fruits and vegetables are linked to higher levels of specific nutrients, antioxidants and health benefits.
- **Fitness** - Activity is key to cardiovascular health. Walking and biking are low impact options for fitness.
- **Wellbeing** - Stress management and sleep are important keys to a heart-healthy lifestyle. Both can help decrease high blood pressures.

## Questions to Ask Your Provider

- What is my risk of developing heart disease?
- What is my blood pressure?
- What does it mean for me, and what do I need to do about it?
- What are my cholesterol numbers?
- What do they mean for me, and what do I need to do about them?
- What is my body mass index (BMI) and waist measurement?
- Do I need to lose weight for my health?
- What is my blood sugar level, and does it mean I'm at risk for diabetes?
- What other screening tests for heart disease do I need?

Sourced from:





# Plant-Based Recipes:



## Cream of Broccoli Soup

Makes 8 servings

### Ingredients:

- 4 1/4 cups low-sodium vegetable broth
- 1 onion, chopped
- 2 carrots, thinly sliced
- 2 celery stalks, thinly sliced
- 4 garlic cloves
- 6 cups broccoli florets, cut into bite-size pieces (roughly 2 heads)
- 1/2 cup cannellini beans or great northern beans
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- Juice of 1/2 lemon

### Directions:

1. Heat 1/4 cup vegetable broth in a stockpot over medium heat. Add the onions, carrot, and celery and sauté for 5 minutes until onions are translucent and carrots are soft. Add the garlic and sauté 1 additional minute until fragrant, adding more vegetable broth as needed.
2. Add the broccoli, beans, and 4 cups vegetable broth to the pot. Cover and bring to a boil, reduce to a simmer, and let cook for 6 minutes until the broccoli is fork tender.
3. Add salt, pepper, and lemon juice and stir to combine. Use an immersion blender or transfer the soup to a blender; blend until smooth and creamy.

Source: Recipe by Dustin Harder of [VeganRoadie.com](http://VeganRoadie.com)

### Nutrition Facts:

Per serving (1 Cup): Calories: 58; Fat: 0 g; Saturated Fat: 0 g; Calories From Fat: 7%; Cholesterol: 0 mg; Protein: 3 g; Carbohydrate: 12 g; Sugar: 3 g; Fiber: 4 g; Sodium: 437 mg; Calcium: 54 mg; Iron: 1 mg; Vitamin C: 45 mg; Beta-Carotene: 1,916 mcg; Vitamin E: 2 mg

*Please feel free to tailor this recipe to suit your individual dietary needs.*

# Vegan Slaw Lunch Bowl

## Recipe by Lazy Cat Kitchen

**SERVES 2-4 PREPARATION 20 MIN COOKING 5 MIN**

### INGREDIENTS

#### DRESSING

- 2 tbsp walnut oil (or extra virgin olive oil)
- 2 tbsp lemon juice
- 1 tbsp maple syrup
- 2 tsp wholegrain mustard\*, adjust to taste
- salt and pepper, to taste
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#### SALAD

- ¼ cup hazelnuts or walnuts
- 2 celery stalks
- 1 small fennel bulb
- 1/8 small red cabbage
- 1 large carrot
- 8 radishes
- ½ sweet and crisp apple (I like Jazz or Pink Lady)
- a handful of parsley, finely minced



#### DRESSING

1. Mix the first three ingredients in a medium mixing bowl vigorously until the dressing has emulsified.
2. Add mustard to taste and season with salt and pepper.

#### SALAD

1. To toast the nuts, if you plan to toast a large amount (2 cups / 250 g or so in advance) heat up the oven to 180° C / 355° F (no fan) otherwise use a frying pan. To toast the nuts in the oven, spread them on a large baking tray and roast in the oven for about 8-10 minutes – keep an eye on them towards the end as they can go from golden to burnt in a matter of seconds. For a small amount, heat up a small frying pan and toast the nuts on it until fragrant and golden, tossing them often. Allow the nuts to cool down before chopping up or storing.
2. Slice / shred all of the vegetables very finely – you can either use a very sharp knife or a good vegetable mandolin. Divide the apple half into four and shred finely.
3. Place all of the salad ingredients including chopped parsley in a mixing bowl and stir the dressing through.
4. Sprinkle with toasted chopped nuts.
5. Serve alongside some hummus / baba ganoush, pickles and your favourite bread for a more substantial plant-based lunch.

# Tai Chi

LED BY STEVE WALDEN

Steve has 25 years of experience in the medical field, 2 Master ranks in Martial Arts, and is a teacher of Yang, Sun, and Chen Tai Chi.



Wednesdays from 6-7 PM  
FEBRUARY 22-MARCH 29, 2023

70 W. Honey Creek Pkwy

According to the Mayo Clinic, benefits of Tai Chi may include:

- Decreased stress, anxiety, and depression
- Improved mood, flexibility, balance, agility, and aerobic capacity
- Increased energy and stamina
- Improved muscle strength and definition

**Cost: \$30 for 6 Class Series with scholarships available.**

**Register and pay at [www.maplecenter.org](http://www.maplecenter.org)**

Sponsored by:



# Qigong

## at The Maple Center



**Led by Dr. Hongtao Li, Ph.D.**

Qigong involves slow meditative movements, rhythmical breathing, and a calm state of mind. This eight-movement exercise and traditional calm music will nurture your body and spirit with relief from the daily stress. Please dress comfortably.

**Every Thursday, Feb 9 - Mar 29, 2023  
from 7-8pm**

Sponsored by







# Support Your Health

Osher Lifelong Learning Institute Speaker Series held at the  
Landsbaum Center, 1433 N. 6th 1/2 St. Terre Haute, IN  
Time: 1:30 - 3:00 pm  
Cost: No Charge

February 8, 2023 - Dr. June Kunapareddy, DO

*Presenting:*

**Skin Matters: Anti-Aging, Acne & More**

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March 8, 2023 - Shelly Amerman, Case Management at Thrive

*Presenting:*

**Area 7 Agency on Aging and Disability programs, as well as State Health Insurance Program, and Senior Medicare Patrol.**

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April 12, 2023 - Ryan Groneman, DPT with Fyzical Therapy & Balance Center

*Presenting:*

**Balance and Vestibular Therapy for Decreasing Fall Risk in the Aging Population.**

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May 10, 2023 - Beth Harrison with Union Hospital

*Presenting:*

**Stroke Recognition**

(A special guest will be presenting with Ms. Harrison)



The Maple Center  
for Integrative Health  
501(C)3 NONPROFIT



Larry P. Fleschner  
Memorial Foundation



# Frequency Specific Microcurrent Therapy (FSM)



## Offered at The Maple Center

Frequency Specific Microcurrent (FSM) is technology that manipulates the electrical currents already existing in our bodies.

Unlike other devices that use electricity like electrical stimulation (E-Stim or TENS units), FSM utilizes a lower level of electricity not generally felt by the body, instead the microcurrent used mimics the body's own electrical nervous system.

**FSM stimulates the body's own repair systems to activate and heal itself!**

**Conditions that have been known to benefit from FSM include, but are not limited to:**

- |   |   |
|---|---|
| Acute (sudden) and chronic (long-term) musculoskeletal injuries | Shingles  |
| Acute and chronic neuropathic (nerve) pain                      | Burns   |
| Chronic fracture and bone pain                                  | Kidney stones   |
| Arthritis   | Asthma  |
| Torticollis (the head is tilted to one side)                    | Irritable bowel syndrome                                      |
| Disc injuries/discogenic- and facet-based pain                  | Disc injuries   |
| Viscerally-referred pain  | Fibromyalgia  |
| Concussions   | Diabetic neuropathy   |
| Headaches   | Neuromas (overgrowth and scarring to a nerve after an injury) |
| Plantar fasciitis (pain in the heel and foot)                   | Tendinopathy (inflammation and/or swelling of the tendon)     |
| Sports injuries   |   |
| Wounds  |   |

**Ask if FSM can benefit you today!  
Call Dr. Stienstra's office at 812-235-4867**



The Maple Center  
For Integrated Health

70 W Honey Creek Parkway, Terre Haute, IN





# Chair Yoga

## Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial Classroom and are streamed live online via our Facebook page.



@themaplecenternonprofit

The class instructor will be Devaki, an international experienced yoga teacher (E-RYT 500+) since 2000.



The Maple Center  
for Integrative Health Nonprofit 501 (c)3  
70 W Honey Creek Parkway

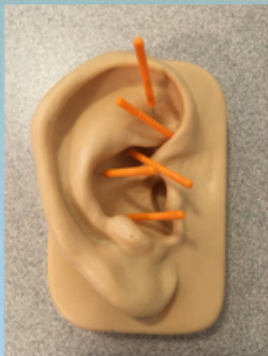
This class is offered free of charge thanks to our generous sponsor:



# FREE!

## MONDAYS 3-5:15 PM

No Sign up or Registration Required  
Walk - In Clinic



# AURICULAR ACUPUNCTURE

A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at  
The Maple Center for Integrative Health Nonprofit  
70 W Honey Creek Parkway  
Terre Haute, IN 47802

**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.**

# **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.
- 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.krogercommunityrewards.com](http://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.
- **Volunteer** your time or donate supplies
- You can also help by "**Liking**" our **Facebook page** and by spreading the word about our programs!

**We appreciate your support!**

**Monthly Matters from The Maple Center**



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Terre Haute, IN 47802  
[www.maplecenter.org](http://www.maplecenter.org)

## Partnering Private Practices

**Integrative Medical  
Consultation &  
Medical Acupuncture**

Monday through  
Thursday  
By Appointment

**Kathleen A. Stienstra,  
MD  
Clinical Appointments  
Call 812-235-4867**

**My Mindful Growth  
Adult & Child  
Psychologist**

By Appointment

**Dr. Abbie Jones**  
Dr.Jones@mymindfulgrowth.  
com

**Call 812-512-1508**

**Mental Health  
Counseling**

By appointment  
Fee: \$60 per hour

**Jan Croft, MS, LMHC,  
NCC  
Call 812-240-5804**