



MAPLE CENTER

Integrative Health

Monthly Matters



@themaplecenternonprofit Nonprofit: 812-234-8733
www.maplecenter.org

APRIL 2024



Arbor Day April 26th



*Be like a tree
Stay grounded, keep growing
and know when to let go*

Basis of a Healthy Lifestyle

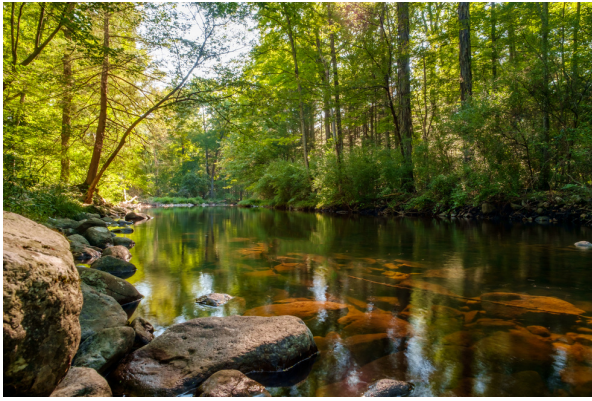
Healthy Sleeping Habits

- Establish a sleep & wake routine
- Limit distractions like television, cell phones, etc.
- Avoid stressors prior to going to bed and relax
- Keep the room cool
- Keep the room dark
- Make sure you eat 3 hours prior to going to bed

Some Benefits of Good Sleep

- Promotes Heart health
- Supports weight management
- Boost your memory
- Keeps your immune system strong
- Reduces stress and inflammation

City of Wellness
Event
April 6th
Schedule of
Speakers included
in this newsletter



Mini Meditation Retreats

River to Pond Meditation

- Focus on your breath for a few moments
- Close your eyes and imagine your thoughts and your to do lists as a raging river
- Slowly make the river calmer and calmer until it becomes a gentle stream
- Next, imagine it continuing to get smaller and quieter until it becomes a beautiful, quiet, serene pond
- Then slowly open your eyes and continue your day calming working on one thing at a time

Adapted from the coaching tools company

Monthly Yoga Pose to Reduce Stress



Sun Salutation Pose

- Stand with your feet slightly apart and parallel to each other.
- Stretch your arms down alongside your torso with your palms turned out and your shoulders relaxed.
- Inhale and sweep your arms overhead in wide arcs. If your shoulders are tight, keep your hands apart and gaze straight ahead. Otherwise, bring your palms together, drop your head back and gaze up at your thumbs.

If these helped you reduce some stress think about attending one of our classes to further your skill level. Information on classes is listed at the back of this newsletter, at our website and on our Facebook page.



5 Wishes

**Tuesday, April 16th is
National Healthcare
Decisions Day**

- 1. The person you want to make care decisions for you when you can't make them**
- 2. The kind of treatments you want or don't want**
- 3. How comfortable you want to be**
- 4. How you want people to treat you**
- 5. What you want your loved ones to know**

In order to have your wishes granted they need to be in writing and known with
ADVANCE CARE PLANNING.

**Important decisions to make and forms
to complete while you are healthy:**

- Have a Living Will
- Who will make Medical Decisions
- Who will make Financial Decisions
- Your Health Care Wishes in writing
- Have a Health care and Financial Power of Attorney

Most of these forms can be found online, here are some resources:

<https://www.in.gov/health/cshcr/indiana-health-care-quality-resource-center/advance-directives-resource-center/>

<https://www.in.gov/dor/tax-professionals/power-of-attorney-procedures-and-form/>

<https://www.indyadvocate.com/wp-content/uploads/2019/06/Indiana-Living-Will-Declaration.pdf>



Plant-Strong Recipes:



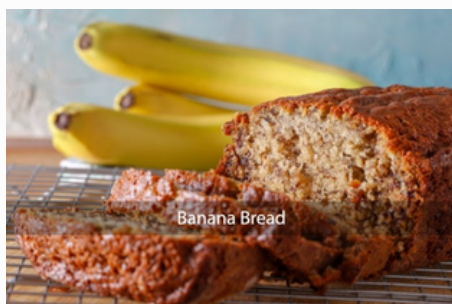
Breakfast Quinoa

- 1 cup of cooked quinoa
- 1/8 tsp of milk of choice
- 1 apple, peeled and diced
- 1 cup of apple juice
- Pinch of Cinnamon
- Pinch of Ginger
- Maple syrup to taste
- Handful of chopped Walnuts

Precook the quinoa. Precook apple topping by placing apples, apple juice, cinnamon, & ginger in a saucepan over medium heat. Cook until apples are soft and the juice has mostly evaporated.

To serve combine precooked quinoa, milk, and precooked apples in microwavable bowl and heat for approximately 1-1/2 to 2 minutes depending on your microwave. When warmed through add maple syrup and walnuts. Enjoy a warm and tasty breakfast.

Servings: 1



Banana Bread

Servings: 12

- 1 1/2 cups mashed banana
- 1 cup sugar
- 1/4 cup nondairy milk
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice or apple cider vinegar
- 1 cup unbleached white flour
- 1 cup whole wheat or spelt flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon iodized salt
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg

Preheat the oven to 350 F.

In a large bowl, mix together the mashed bananas, sugar, nondairy milk, vanilla, and lemon juice.

In a separate bowl, combine the flours, baking soda, baking powder, sea salt, cinnamon, and nutmeg.

Add the wet ingredients to the dry and mix together, but don't overmix.

Transfer to a 9-by-5-by-3-inch loaf pan. Lightly coat with nonstick spray if you wish.

Bake for 1 hour (depending on your oven, it could take 10 minutes extra to feel springy on the top).

Remove from the oven and let the banana bread cool for 10 minutes. Carefully invert and remove the bread. Let it cool completely before slicing.

Reference: The Vegan Starter Kit by Neal Barnard, M.D.; recipe by Christine Waltermeyer



HEALTH IS WEALTH

BE ABUNDANT IN HEALTH

Learn the ins and outs of healthy living from a multitude of professionals. Discover all the options available to you as you walk the path to a healthier and happier lifestyle.

5 Speakers,
Experiential
&
Exhibit Hall



MAPLE CENTER FOR INTEGRATIVE HEALTH
PRESENTS

CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

SATURDAY, APRIL 6, 2024

9:00 AM - 3:00 PM

AT MEADOWS SHOPPING CENTER

Free to the Public

(due to our generous sponsors)

A showcase of integrative health professionals, a variety of topics:

- **Sexual Health: Your Amazing Body & Help for when it isn't** by Dr. Kathleen Stienstra, MD
- **Bite Sized Development: New routines to Start Today to Improve Your Mental Health** by Dr. Abbie Jones, Licensed psychologist, HSPP
- **Using Herbs to Boost your Health** - Tammy May, Holistic Nutritionist/ Herbalist
- **It's Not You, It's Your HPA axis: Adrenal and Thyroid Dysfunction** by Becca Barger, NP
- **10 Healthy Habits to Promote Longevity** by Chloee Hurst, RDN, LD

Experiential Sessions

- **An Exploration of Yoga** with Kelsey Terry owner of Common Grounds
- **Meditation Singing Bowls** with Jaci Cooper, RYT 200
- **Mindful Eating: Exploring Taste - and Enjoyment!** by Jean Kristeller, PhD, author of The Joy of Half a Cookie and a psychologist
- **Guided Imagery** by Lindsey Skelton, LACA, ADS, RYT

Sponsored by



Visit www.cityofwellness.info for more information about the event.
For inquiries call (812) 234-8733 or email info@maplecenter.org

Monthly Matters from The Maple Center



City of Wellness

A showcase for healthy living in the Wabash Valley

9:00 - Sexual Health - Your Amazing Body and Help for When It Isn't by Kathleen Stienstra, MD, PC

9:45 - An Exploration of Yoga with Kelsey Terry owner of Common Grounds Crossfit + Yoga

10:00 - It's Not You, It's Your HPA axis: Adrenal and Thyroid Dysfunction by Rebecca Barger, NP-C

10:45 - Meditation Singing Bowls with Jaci Cooper, RYT 200

11:00 - Bite Sized Development: New routines to Start Today to Improve Your Mental Health by Dr. Abbie Jones, Licensed Psychologist, HSPP

11:45 - Mindful Eating: Exploring Taste – and Enjoyment! by Jean Kristeller, PhD, author of The Joy of Half a Cookie and a psychologist

12:05-1:15 Lunch break & Exhibits

1:15 - Ten Healthy Habits to Promote Longevity by Chloe Hurst, RDN, LD

2:00 - Herbs in Your Every Day - Tammy Shaw May, Holistic Nutritionist, Herbalist, Owner of Tammy Rose Wellness, LLC

2:45 – Guided Imagery by Lindsey Skelton, LACA, CAPRC-1, RYT, CMT, ADS

Thank you to our Event Sponsors



Food Samples included

HEALTHY COOKING CLASSES

2nd Tuesday each month, Noon- 1:30pm

APRIL 9 - **AYURVEDA FOR THE CHANGING SEASON: SPRING** BY DEVAKI LAMMET OWNER OF ANANDA WELLNESS

MAY 14 - **GROWING & USING HERBS**, BY WABASH VALLEY HERB SOCIETY

JUNE 11 - **LOW HISTAMINE COOKING** BY CHLOEE HURST, RDN, LD

JULY 9 - **GROWING & COOKING WITH EDIBLE MUSHROOMS** BY CHLOEE HURST, RDN, LD

AUG 13 - **GARDEN TO TABLE COOKING** BY CHLOEE HURST, RDN

SEPT 10 - **GUILTY PLEASURE FOOD & DRINK REPLACEMENTS** BY CHLOEE HURST, RDN, LD

OCT 8 - **HEALTHY HOLIDAY MEALS** BY SYLVIA MIDDAUGH, RDN, LD

NOV 12 - **HEALTHY DESSERTS** BY SYLVIA MIDDAUGH, RDN, LD

DEC 10 - **AYURVEDA FOR THE CHANGING SEASON: WINTER** BY DEVAKI LAMMET OWNER OF ANANDA WELLNESS

Cost: \$20 per class or \$100 for 6 classes

**Use your
\$100 VIP
Nonprofit
Credit**



**Register at maplecenter.org
70 W Honey Creek Parkway
Terre Haute**

FREE!

MONDAYS 3-5:15PM

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



LIVE STREAMING
OR
IN - PERSON

Chair Yoga

EVERY WEDNESDAY
AT 10 TO 11 AM

70 W HONEY CREEK PARKWAY
OR ON FACEBOOK
THEMAPLECENTERNONPROFIT



DISCOVER PEACE AND BALANCE

WHY CHOOSE OUR CLASS:

- Suitable for Beginner
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

NO CHARGE
OPEN TO
PUBLIC

Sponsored by:



Monthly Matters from The Maple Center

Gentle Yoga

With Jaclynn Cooper at The Maple Center



This Yoga class combines mindful breathing and slow, gentle movements to encourage a relaxed body and a calm mind.

Every Wednesday 5:30-6:30 PM
at
70 W. HoneyCreek Parkway
Fee: \$5.00



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

www.maplecenter.org



Larry P. Fleschner
Memorial Classroom



MINDFULNESS MEDITATION

Group led by Jean Kristeller, PhD
Meditation Professional

Meditation is a holistic wellness tool to connect energetically to our bodies, beyond the physical being. There is lots of data to support the mind-body benefits of meditation, but at the end of the day, it's a connection to yourself, your breath, your heart, and your soul. Meditation is a gift we can give ourselves to just take a beat in a fast-paced lifestyle and ensure some healthy, mindful breaths to regulate the nervous system.

Join Mindfulness
Meditation, a
weekly meditation
group!

Group Meeting:
Each Tuesday
Time:
5:30 PM-6:30 PM

at ISU - Root Hall
Room B-027

FREE and
open to the
public!

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



DONATE



Funds raised help support our programming 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.
- 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.
- **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!



70 W Honey Creek Parkway
Terre Haute, IN 47802
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**

Alternative Health Screening

By Appointment

Darla Sullivan
alternativehealthscreening@gmail.com

**Appointments
Call 765-719-1570**

Mindful Growth Psychological Services for all ages

By Appointment

Dr. Abbie Jones
www.mymindfulgrowth.com

**Appointments
Call 812-214-5152**

Integrative Medical Consultation

Monday thru Thursday
By Appointment

**Rebecca Barger,
NP-C
Clinical Appointments
Call 812-235-4867**

Nutritional Healing Consultations

By Appointment

**Chloee Hurst RDN,
LD
Call 812-235-4867**