



# MAPLE CENTER

## Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



# NOVEMBER 2023



"We are what we repeatedly eat. Healthy eating is not an act, but a habit."  
- Felicity Luckey



## Healthy Holiday Cooking Class

Join us in making a holiday menu. During the class, you will make the following recipes:

- Oven roasted tofu turkey recipe
- Cranberry relish
- Green bean casserole
- Potato and cauliflower mashed potatoes
- Mushroom gravy
- Surprise dessert



Friday, November 17, 2023  
1 PM to 4 PM  
At ISU Food Lab  
4th & Chestnut Street Entrance  
Cost: \$40 per person

Registration Required, class size is limited  
Register at [www.maplecenter.org](http://www.maplecenter.org)  
by November 10, 2023  
Led by: Leadership Team  
*Scholarships available*





# Alzheimer's Disease Awareness Month

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage.

## Symptoms of Alzheimer's Disease:

- Memory loss
- Poor judgment leading to bad decisions
- Loss of spontaneity and sense of initiative
- Taking longer to complete normal daily tasks
- Repeating questions
- Trouble handling money and paying bills
- Wandering and getting lost
- Losing things or misplacing them in odd places
- Mood and personality changes
- Increased anxiety and/or aggression
- Difficulty with language



## Healthy Lifestyle Actions to Take Now



- Eat a varied, nutritious, and low-glycemic diet. Include foods that contain vitamins C, D, and E, omega-3 fats, and the antioxidants lutein and zeaxanthin. As can happen with diabetes, researchers suggest that production of higher levels of insulin and blood sugar may harm the brain and contribute to the progression of Alzheimer's.
- Get regular exercise and maintain a healthy weight. Being obese can increase inflammation in your body and increase your risk of developing other diseases.
- Keep your blood pressure and cholesterol at normal levels.
- Don't smoke.
- Get enough good quality sleep, as recommended for your age group. Poor sleep can increase risk for mild cognitive/memory issues.
- Reduce stress.
- Maintain regular check-ups with healthcare practitioners—Take all medications, as prescribed.
- Keep your mind active.
- Keep an active social life and strive to widen your social network. Studies have shown that having a large social network may lower the risk of developing dementia.
- Keep yourself informed. Learn about recent advances in research on preventive activities and treatments for your condition.



# Plant-Based Recipes:

## Vegan Fried Rice with Spring Vegetables

Recipe by Lazy Cat Kitchen

SERVES: 2-3 PREPARATION: 10 MIN COOKING: 20 MIN

### INGREDIENTS:

#### TOFU

- 10.5 oz firm tofu\*, pressed
- 1 tbsp soy sauce or tamari (if GF)
- 1 tbsp cornflour / cornstarch (optional)
- 1 tbsp high smoke point oil (I used rice bran oil)

#### SPRING ONION OIL (optional)

- 2 tbsp high smoke point oil
- 4 spring onions/scallions

#### REMAINING INGREDIENTS:

- 5.3 oz tenderstem broccoli
- 5.3 oz spring greens / collard greens
- ¾ cup defrosted edamame or green peas
- 3 cups leftover rice\*, I used brown rice
- 1½ tbsp soy sauce or tamari (if GF), more to taste
- 10 ml / 2 tsp dark soy sauce, for colour (optional)
- ½ tsp sugar (optional)
- a good pinch of white pepper



### METHOD

#### TOFU

1. Cut pressed tofu into 1/2 inch cubes, place in a shallow dish and season with soy sauce. Mix it well and allow to marinate for at least 30 minutes.
2. Use a small sieve to dust the tofu with cornflour/cornstarch as you heat up a skillet/pan to fry the tofu in (I used a well seasoned cast iron skillet).
3. Add the oil to the preheated skillet, swivel the pan to coat and arrange tofu cubes on top. Allow them to pan fry undisturbed for a couple of minutes, then gently turn to the other side. Continue pan-frying and turning until browned on all sides.

#### SPRING ONION OIL (optional)

1. Wash and dry (otherwise they will splatter) spring onions. Cut white and white-green parts into 3/4 inch segments, leave the green tops for garnish.
2. Pour the oil to the bottom of the wok and heat up on low-medium heat, add spring onions. Allow them to cook gently in the shimmering oil for about 7 minutes. Make sure the heat is low so that the spring onions cook without turning brown (a little golden is fine).
3. Using a flexible spatula, remove the spring onions and the oil from the wok and set aside.

#### FRIED RICE

1. Cut broccoli into even, bite-size pieces, remove the stems from the spring greens and slice them thinly across, then bunch up spring greens' leaves and chop them into 0.5 cm / 0.2" ribbons and then chop them the other way a couple of times.
2. Heat up a wok until it starts smoking, then add 2 tsp of oil (leave spring onions behind if using spring onion infused oil) and swivel it around the wok.
3. Add broccoli and stir-fry for about 1 minute, add sliced stems and stir-fry for another minute and finally spring green leaves and edamame/green peas (if not making spring onion oil, add white and white-green parts of spring onion at this point) and stir-fry for another minute or so. Add a tablespoon of water to the wok and carry on stir frying until all of the moisture evaporates and spring greens are fully cooked. Remove everything from the wok and set aside.
4. Wipe the wok with a paper towel if needed and heat it up again. Add the rest of the spring onion oil and spring onions. Once hot, add cold rice. Toss it in the hot oil quickly, then spread on the bottom of the wok with the spatula. Allow it to cook for about 30 seconds then toss again, allow it to cook for another 30 seconds then toss once more.
5. Mix the last four ingredients in a small bowl then use it to season the rice.
6. Return vegetables and tofu to the wok. Toss a few times to combine and to heat up fully, taste and season more to taste if needed. Serve immediately.

### NOTES

**\*RICE: leftover rice is best for this as you want it to be quite dry once it hits the wok. If cooking your rice on the day, cook it in less water and spread it on a large surface area so that it cools and the steam evaporates relatively quickly.**



# Baked Apple Pie Rice Paper Rolls

Recipe by Lyndsay

These 5 Ingredient Gluten Free & Vegan Baked Apple Pie Rice Paper Rolls Are an Easy Dessert that's so Satisfying.

Prep Time: 15 minutes Cook Time: 30 minutes Total Time: 45 minutes

## Ingredients:

4-6 Apples  
1/3 Cup Brown Sugar  
1 Tsp Cinnamon  
Part of a Package of Rice Paper  
2 Tbsp Cooking Oil



## Instructions:

- Pre heat your oven to 450 F.
- Peel, then slice the apples. Mix with the apple slices with the brown sugar and cinnamon.
- Fill a large mixing bowl 1/4 full with water. Place the rice paper into the water one sheet at a time. Soak just until it's soft enough to work with.
- Place the softened rice paper onto the counter and place 1- 2 Tbsp of apple mixture onto the center. Fold the bottom up first, then fold the sides in, fold the top down last.
- Repeat, until you have used up all of the apples.
- Place onto a parchment paper lined or well oiled pan, brush both sides with oil.
- Bake for 25 - 30 minutes turning a few times throughout.

**\*\*Recipe Note: The trick is to not get the rice paper too wet or soggy. The paper should still have a little bit of stiffness to it. Wet paper towel can be used to soften the rice paper instead of putting it into water. Be extra careful not to rip the rice paper. If there's a hole the sugar will leak out and burn on the pan\*\***

# ASIAN CHOPPED SALAD WITH SESAME GINGER DRESSING

AUTHOR: MELISSA HUGGINS

Prep Time: 20 minutes Total Time: 20 minutes Servings: 6

## Ingredients:

### Sesame Ginger Dressing

- 2 tablespoons low sodium tamari (sub soy)
- 3 ½ tablespoons rice vinegar
- 1 ½ tablespoons toasted sesame oil
- 1 tablespoon agave
- 1 clove garlic , minced
- ½ tablespoon ginger , minced
- 2 ½ tablespoons liquid from canned mandarin oranges
- 1 tablespoon sesame seeds

### Salad

- 1 cup frozen shelled edamame , thawed
- 1 large head (12 oz) romaine lettuce , shredded (about 7 cups)
- 1 ½ cups red cabbage , shredded
- 1 ½ cups carrots , julienne (matchstick) or shredded
- ½ cup green onions , sliced thin
- ½ cup sliced almonds , raw or toasted
- 1 10 oz can mandarin oranges , reserve liquid
- ½ cup crispy noodles (for topping)



## Instructions:

### Sesame Ginger Dressing

- Add all ingredients to a small bowl and whisk to combine well. Taste and adjust seasoning as needed (add a pinch of salt if desired). Place in the fridge while you wash and cut your veggies. This will give the flavors time to marinate. (\* Whisk again before pouring on salad)

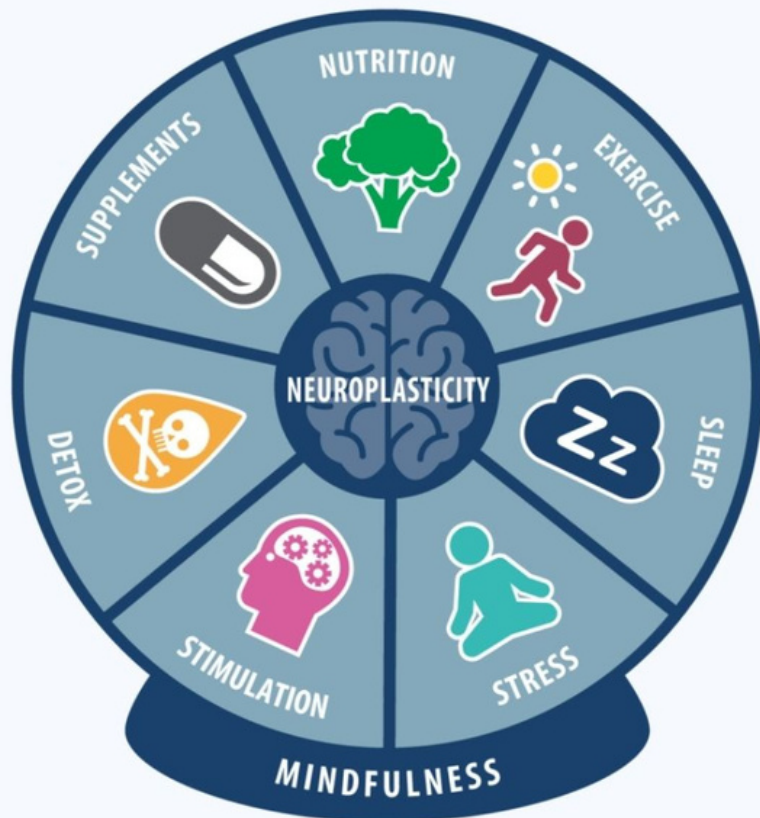
### Salad

- To a large mixing bowl, add the lettuce, cabbage, carrots, edamame, almonds, and green onions. Toss to combine well.
- If you're ready to serve the salad, add the dressing (\*whisk before pouring) and half the oranges. Gently toss to combine. Some of the dressing will settle to the bottom, so if you feel the veggies need more coating, just toss gently again. Top with crispy noodles and the remaining oranges. You can sprinkle on sesame seeds too. Enjoy!

# Concerned about Cognitive Decline?

## BREDESEN SEVEN

A multi-faceted, holistic, and functional approach used to enhance cognition and reverse cognitive decline. The treatments called for in the Bredesen Protocol are very individualized and have shown success in clinical trials of Alzheimer's disease patients.



WE TAKE CARE OF YOUR HEALTH



**SCHEDULE  
AN APPOINTMENT**

**Dr Kathleen  
Stienstra  
812-235-4867**



# 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

September 13, 2023 - Dr. Kathleen Stienstra, MD

*Presenting:*

Preventing and reversing cognitive decline - The Bredesen Program

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October 11, 2023 - Chloe Hurst, RDN, LD with The Maple Center for  
Integrative Health

*Presenting:*

The cognitive benefits of a ketogenic diet.

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November 8, 2023 - Dr. Kathleen Stienstra, MD

*Presenting:*

Using Nutrients for Mental Health

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# *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](http://www.maplecenter.org)



Larry P. Fleschner  
Memorial Classroom



## **MEDITATION TUESDAY**

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 Meditation Tuesday, a weekly meditation group!

Group Meeting:  
Each Tuesday  
Time:

5:30 PM-6:30 PM

at ISU - Root Hall  
Room 027

FREE and  
open to the  
public!





# 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.

70 W. HoneyCreek Parkway  
Terre Haute, IN 47802  
(812) 234-8733  
www.maplecenter.org



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



# 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

**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 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](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!**



70 W Honey Creek Parkway  
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**

### **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**

Mondays, Tuesdays &  
Thursdays  
By Appointment

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

### **Nutritional Healing Consultations**

**By Appointment**

**Chloee Hurst RDN,  
LD  
Call 812-232-4867**