



# MAPLE CENTER

## Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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



# DECEMBER 2023



*Wellness is the complete integration of body, mind and spirit ~The realization that everything we do, think, feel and believe has an effect on our state of wellbeing.  
~Greg Anderson~*



## Seasonal Affective Disorder Awareness Month

### WHAT IS SEASONAL AFFECTIVE DISORDER?

Seasonal Affective Disorder (SAD), also known as the “Winter Blues”, is a type of depression that’s related to changes in seasons. In most cases, SAD symptoms begin in the late fall and early winter as the days become shorter. As days become shorter, the lower levels of sunlight may affect your body chemistry, by altering your levels of melatonin (which increases sleepiness), and serotonin (which regulates mood). Seasonal Affective Disorder impacts 10,000,000 Americans every year.

If you’ve been diagnosed with SAD in the past or you suspect you have it, talk to your doctor about prevention and treatment options. Even if it can’t always be prevented, there are treatments available that can help you successfully manage your symptoms. And because this condition is seasonal, symptoms will begin to fade as daylight lengthens in the spring.

# Seasonal Affective Disorder Awareness Month

## SYMPTOMS OF SAD

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

## Effective Treatments for SAD

- Light box therapy is particularly useful. Starting light box therapy in early autumn may help prevent SAD from developing during the winter months. The recommended intensity of the light is typically 10,000 lux.
- Medication may also be part of treatment. The antidepressant medication bupropion has been approved by the U.S. Food and Drug Administration for the prevention of SAD.
- Psychotherapy has also been found to be effective.
- Self-care steps you can take all year long that may help reduce your risk. These include getting regular exercise, maintaining healthy sleep habits including a predictable sleep/wake cycle, eating a healthy diet and limiting the amount of sugary foods you consume.

# Plant-Based Recipes:

## Cozy White Bean Mushroom Stew

Author: Minimalist Baker

PREP TIME: 10 minutes COOK TIME: 35minutes TOTAL TIME: 45minutes  
SERVINGS: 4

### Ingredients:

3 Tbsp vegan butter (we like Miyoko's // or sub olive oil)  
1 medium onion, diced (1 medium onion yields ~2 cups)  
1 lb mushrooms, sliced (1 lb yields ~7 cups // we like a mixture of shiitake and cremini)  
3/4 tsp dried thyme  
3/4 tsp dried rosemary  
3/4 tsp sea salt and pepper  
4 cloves garlic, minced  
2 Tbsp cornstarch (or all-purpose flour or GF blend)  
2 tsp tamari or soy sauce (ensure gluten-free as needed)  
1 Tbsp Dijon mustard  
3 cups vegetable broth (or store-bought // we like Pacific Foods)  
1 lb baby potatoes, cut into 1/2-inch cubes (1 lb yields ~3 cups)  
2 (15 oz.) cans white beans, drained and rinsed (we like cannellini // or sub ~3 cups homemade)  
2 cups dairy-free milk (plain, unsweetened // we used almond)  
FOR SERVING optional  
Fresh parsley, finely chopped



### Instructions:

- Add the vegan butter to a large pot or Dutch oven and heat over medium heat. Once the butter has melted, add the onion and sauté for a few minutes. Next add mushrooms, thyme, rosemary, sea salt, and pepper. Cook for 7-10 minutes or until the mushrooms have released most of their moisture and begin to brown. Add the garlic and cook for another minute.
- Next add the cornstarch and stir to coat the vegetables. Then add the tamari and mustard and stir again. Add the vegetable broth and potatoes and bring to a boil. Once boiling, reduce the heat and simmer (uncovered) for 15-20 minutes, or until the potatoes are tender, stirring occasionally.
- Stir in the beans and dairy-free milk and simmer (uncovered) for another 10-15 minutes until the vegetables are tender and the stew has thickened (it will continue to thicken as it cools). Adjust for seasoning and thickness as needed, adding more tamari or salt for saltiness, mustard for acidity, or dairy-free milk to thin it slightly.
- Serve warm and optionally garnish with parsley and a sprinkle of freshly cracked black pepper.
- Store in a sealed container in the refrigerator for up to 3-4 days or in the freezer for up to 1 month. It will thicken as it sits. To thin, add more broth, dairy-free milk, or water when you reheat.



# VEGAN WINTER SALAD

Recipe by Lazy Cat Kitchen

SERVES: 4 AS A SIDE PREPARATION: 15 MIN COOKING: 5 MIN



## INGREDIENTS: SALAD

- ¼ cauliflower
- 2 celery sticks
- a wedge of red cabbage
- a small turnip
- 2 carrots
- 1 green apple
- 25 g / 1 oz baby spinach
- 25 g / 1 oz rocket
- fresh parsley, finely chopped
- ¼ cup almonds
- ¼ cup pomegranate seeds OR dried cranberries

## DRESSING

- 2 tbsp extra virgin olive oil
- 2 tbsp pomegranate molasses
- 1 small garlic clove, grated finely
- salt and pepper, to taste

## METHOD:

1. Chop almonds diagonally. Put a small frying pan on a medium heat and dry roast almonds until lightly browned and fragrant. Make sure you move them around the pan frequently as they burn easily.
2. Whisk all the dressing ingredients together in a small bowl. Season with salt and pepper to taste.
3. Wash your apple, celery sticks, cauliflower, spinach and rocket well and pat them dry. Peel the carrots and the turnip. Using a mandolin slicer shred the cabbage on the thinnest setting, slice carrots and turnip on the same setting too. Cut apples, celery sticks and raw cauliflower into slightly thicker slices with a sharp knife.
4. Mix all the vegetables together with dry rocket, baby spinach and chopped parsley in a mixing bowl. Dress and season well.
5. Transfer to a serving bowl. Sprinkle the salad with toasted almonds and pomegranate seeds (or cranberries).



# Vegan Apple Cake

Recipe by Lazy Cat Kitchen

PREPARATION: 20 MIN COOKING: 45 MIN

## INGREDIENTS:

### WET INGREDIENTS

- 10.5 oz eating apples, plus 1 more to decorate
- ½ cup neutral oil (I used mild olive oil)
- heaped ¾ cup muscovado sugar, I used light and dark
- ½ tbsp apple cider vinegar
- ½ tbsp vanilla extract, (optional)
- 1 cup soy milk (oat or almond work too)

### DRY INGREDIENTS

- 2 cups all purpose flour
- ¼ tsp salt
- 2 tsp cinnamon + ½ tsp ground cardamom (freshly ground is best!)
- ¾ tsp baking soda (GF certified if needed)
- 1½ tsp baking powder (GF certified if needed)

### CRUMBLE TOPPING

- 1/3 cup flour
- 2 tbsp sugar (I used demerara sugar)
- 2 heaped tbsp softened vegan butter, I used Violife

## METHOD:

- Set the oven temperature to 320° F (no fan), grease and line a 8 inch round tin with baking paper.
- Cut the apples for the cake into small 0.3 inch dice. I kept the skin on but you can peel them if you'd rather. Cut the apple for decoration into thin slices. Set aside.
- In a large bowl, combine, olive oil, apple cider vinegar and vanilla extract. Gradually mix in sugar – use your fingers to break up lumps but don't worry if there are a few lumps left. Add in soy milk and mix to combine.
- Place a sieve over the bowl and sift dry ingredients into the wet ones in 2-3 batches, stirring gently after each batch. Use small circular motion from the middle of the bowl initially to minimize the risk of flour lumps forming.
- Finally stir through diced apples and transfer the mixture to the prepared baking tin.
- Combine flour and sugar for the topping in a small bowl, add cubed butter and use your fingers to rub the butter into the dry ingredients until it forms clumps.
- Arrange apple slices on top of the cake and scatter crumble topping on top.
- Bake in a pre-heated oven for 45-50 minutes, until a toothpick comes out clean.





\$275 value  
for \$100

\*Payment plan  
options available

Jan 4th - Feb 6th, 2024  
6pm-7pm



## With Chloe Hurst, RDN

Chloe is a registered dietitian, a middle school cross country coach, a yoga instructor, and a USAT triathlon coach

**Enroll Now**

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



# 30 Day LIFE CHANGE CHALLENGE

**Change Your Habits,  
Change Your Life**

- Healthy Meal Plans
- Weekly Zoom Meeting
- Mindful Practices & Manage Stress
- Monitor Biometrics

# Mind-Body Skills Workshop

With Lindsey Skelton, LACA, CAPRC-1, RYT, CMT, ADS



Day 1  
Saturday  
January 20,  
2024  
9:00 AM  
to  
4:00 PM  
with a 1 hour  
lunch 12-1PM

Day 2  
Sunday  
January 21,  
2024  
1:00 PM  
to  
4:00 PM

Join Lindsey for an experiential investigation of the integral relationship between mind, body and wellness.

You will learn and practice the following  
Mind-Body Modalities

- Movement, exercise and breathing
- Autogenic training
- Meditation
- Relaxation
- Guided imagery
- Yoga
- Mindful and healthy eating as a component of self-awareness

**Workshop Cost: \$20.00**

scholarships available

**Location: 70 West Honey Creek Parkway**

**Space is limited**

**Please register online at  
[www.maplecenter.org](http://www.maplecenter.org)**



The Maple Center for Integrative Health  
70 West Honey Creek Parkway  
Terre Haute, IN 47802  
812-234-8733

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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



## 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!





# 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:

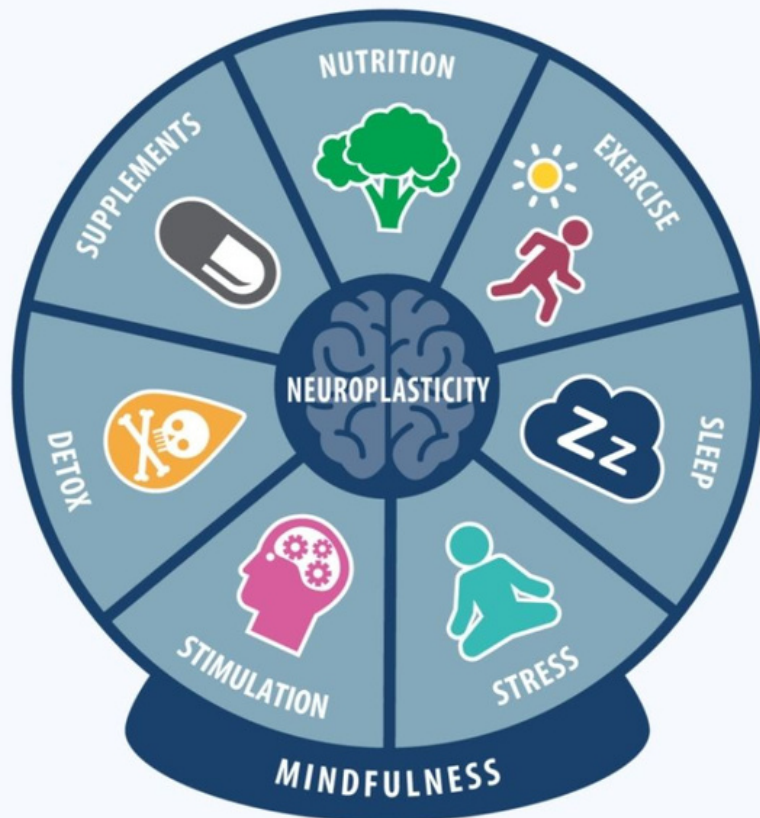


located at  
The Maple Center for Integrative Health Nonprofit  
70 W Honey Creek Parkway  
Terre Haute, IN 47802

# 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**



*Providing integrative health education combining  
the best of modern medicine and complementary care.*

Dear Valued Supporter,

Thank you for your part in helping The Maple Center for Integrative Health provide ongoing educational support for the Wabash Valley.

We are excited about the future now that we are at our new facility at 70 W Honey Creek Parkway.

We have the opportunity to offer more to our community and would appreciate your support.

Your donation will be matched dollar for dollar up to \$10,000.

100 % of your money stays local in our community.

Money raised goes directly to programs and scholarships for participants.



Where your donations were used

#### 2023 Classes & Workshops included

- Free weekly recovery ear acupuncture (NADA protocol) for addictions of all kinds
- Free Chair yoga in person, live streamed and recorded
- Low cost LEAF Cancer nutrition classes, LEAF Turning Over a New LEAF and group cooking classes
- Low cost Stress management yoga and family yoga classes
- Low cost Tai Chi classes
- Low cost Qigong classes
- Free OLLI programming nine times a year
- Free monthly CODA programming
- Free City of Wellness: A Show case for Healthy Living in the Wabash Valley annual community event with guest speakers, experiential rooms and integrative health exhibition hall
- Free recorded resources and monthly newsletter on our website at [www.maplecenter.org](http://www.maplecenter.org)
- Class scholarships for the underprivileged members of our community

Send your gift directly to us using the enclosed return envelope or use our online donation button at [www.maplecenter.org](http://www.maplecenter.org). You may also contact our office at 812-234-8733 to make arrangements for other gifts.

In gratitude,

Deanna Ferguson  
Executive Director

Kathleen  
Stienstra Board  
President

**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!**



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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**

### **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**