



# MAPLE CENTER

## Integrative Health

# Monthly Matters



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

## JULY 2024



### *Basis of a Healthy Lifestyle*

- ALWAYS wear sunscreen with SPF of 50 or higher
- Drink 64 ounces of water a day to stay hydrated in hot weather
- Watch out for heat illnesses; Symptoms include a high temp, red/dry skin, headache, heavy sweating, nausea, and/or muscle cramps.
- Bug bites/stings are very common during this time of year, so it's all good to wear bug repellent
- Look out for poison ivy plants to avoid getting poison ivy. Also keep in mind, it can be transferred on sports equipment, camping gear, pet fur, and clothing.
- Make sure to take regular breaks in the shade to prevent overheating and give your body time to cool down.
- Use sunglasses and wear a wide-brimmed hat to protect your eyes and face from harmful UV rays.

### **Benefits of Summer Safety**

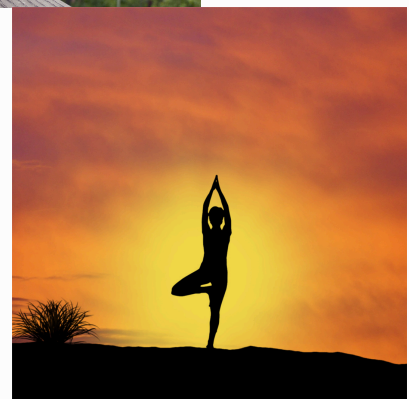
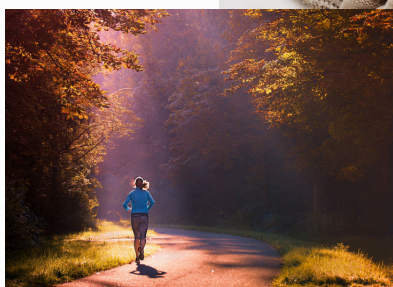
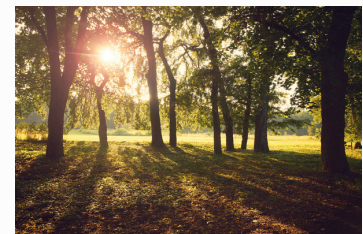
- You're skin has a better chance of being protected from sun damage
- You can still enjoy your summer whilst being safe and healthy

**Growing &  
Cooking with  
Edible  
Mushrooms  
Cooking Class  
July 9 th @  
Noon**

# *July 24th is International Self-Care Day!*

## CELEBRATE WITH SOME OF THESE ACTIVITIES:

- Meditate - Insight Timer is a free app that offers a variety of guided meditations helping people address their sleeping patterns, anxiety, and stress.
- Take care of your space. Declutter, wipe down surfaces, or reorganize.
- Get a massage
- Bake something yummy!
- Read a self care book
- Hang out in your backyard or a park and enjoy a slow moment outdoors.
- Do some yoga or Tai Chi
- Write in your journal
- Take a relaxing, hot bath.
- Take a "Do Nothing" Break
- Watch a sunset



**July 24th is International Self-Care Day! Celebrate with these activities.**

# Monthly Yoga Pose to Reduce Stress



## Fire Log Pose

1. Sit on one edge of a thickly-folded blanket, knees bent, feet on the floor. Lightly shrug your shoulders up, strongly roll the heads of your upper arm bones back, and press the bottom tips of your shoulder blades into your back.
2. Slide your left foot under your right leg to the outside of your right hip, and lay the outer leg on the floor. Then, stack your right leg on top of the left. Be sure the right ankle is outside the left knee (so the sole is perpendicular to the floor).
3. If you have more flexibility in the hips, you can slide your left shin forward directly below the right to increase the challenge; otherwise, keep the left heel beside the right hip. If you're tight in the hips, you may find that bringing the ankle to the outer knee is difficult or uncomfortable. In this case, simply sit with your shins crossed in Sukhasana (Easy Pose).
4. Press through your heels and spread your toes. Keeping your front torso long, exhale and fold forward from your groins. Be sure not to round forward from your belly: Keep the space between your pubis and navel long. Lay your hands on the floor in front of your shins.
5. As you inhale, notice how your torso rises slightly; when it does, lengthen from your pubis to your sternum. Then on the next exhalation, fold deeper.
6. Hold 1 minute or more. Inhale the torso upright and uncross your legs to come out of the pose. Repeat for the same length of time with the left leg on top.

Source from <https://www.yogajournal.com/poses/fire-log-pose/>

**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.**

# Plant-Strong Recipe:



## Creamy Tahini Sauce

Servings: 8

1/2 cup Tahini  
2 cloves garlic, grated (or sub 1/2 teaspoon garlic powder)  
1/4 cup lemon juice  
Optional: 1/2 teaspoon Dijon for a little zing  
2-3 tablespoons warm water, to thin out a bit  
1/2 teaspoon salt  
Freshly ground black pepper  
Optional: 1-2 teaspoons pure maple syrup to sweeten a little

### Instructions

In a small bowl mix together Tahini, garlic, lemon juice, water and salt until well combined and creamy. Drizzle over whatever your heart desires.

### Recipe Notes

- I like to use hulled Tahini for the sauce.
- Store this creamy vegan Tahini sauce in an airtight container in the refrigerator for up to 5 days. If the sauce appears too thick for your liking when you take it out of the fridge, simply add a bit of water and mix it well.

### Ways to use this tahini sauce

- **Dip** - It's the perfect dip for yummy sweet potato fries, raw veggies or even chicken nuggets.
- **Topping** - Spoon it onto your favorite burgers like this one or this one, or on your go-to sandwiches.
- **Dressing** - Use it as a salad dressing like this salad for creamy, delicious flavor.
- **Drizzle** - Drizzle it on roasted or grilled veggies for a wonderfully savory side dish.

Reference: [ambitiouskitchen.com/basic-tahini-sauce](https://ambitiouskitchen.com/basic-tahini-sauce)



# Plant-Strong Recipe:



Makes 6 servings

## **Ingredients**

1/4 cup water or vegetable broth  
1 onion, chopped  
16 ounces sliced cremini or baby bella mushrooms, roughly chopped  
4 cloves garlic, minced  
1 teaspoon dried thyme  
1/2 teaspoon sea salt  
1/2 teaspoon ground black pepper  
4 cups low-sodium vegetable broth  
2 tablespoons coconut aminos  
2 tablespoons cornstarch

## **Directions**

Add the onion and mushrooms and sauté for 5 minutes with 1/4 cup water or vegetable broth until the mushrooms have reduced in size and the onions are soft. Add garlic, thyme, salt, and pepper and sauté 1 additional minute until fragrant.

Reduce the heat to medium and add the vegetable broth and coconut aminos to the pot; bring to a simmer. Let cook for 3 minutes.

Use a ladle or measuring cup to transfer half of the soup to a blender, about 3 cups. Add the cornstarch to the blender and blend until smooth and creamy.

Transfer back to the pot, stir to combine, and bring to a simmer over medium heat. Simmer until thickened slightly, about 5 minutes. Season with more salt and pepper, if desired.

**Food Samples included**

# **HEALTHY COOKING CLASSES**

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

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

**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](http://maplecenter.org)  
70 W Honey Creek Parkway  
Terre Haute**





# KIDS COOKING

**June 6 & 20**

**July 11 & 25**

**Ages 9-12, 9:30am-11am**

**Ages 5-8, 1pm-2:30pm**

**Cost is \$10.00 per child**

Pre-registration is required.

**Torner Center  
Deming Park  
500 S Fruitridge Ave  
Terre Haute, IN 47803  
To register, call 812-232-0147 or  
email [leah.stump@terrehaute.in.gov](mailto:leah.stump@terrehaute.in.gov)**

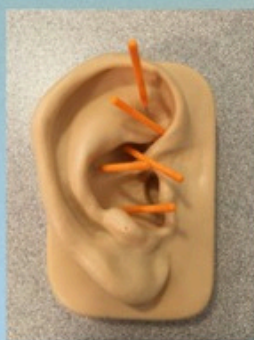


# FREE!

## 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](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!

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](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](mailto:alternativehealthscreening@gmail.com)

**Appointments  
Call 765-719-1570**

### **Mindful Growth Psychological Services for all ages**

**By Appointment**

**Dr. Abbie Jones**  
[www.mymindfulgrowth.com](http://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**