



APRIL 2023

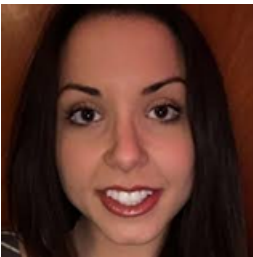
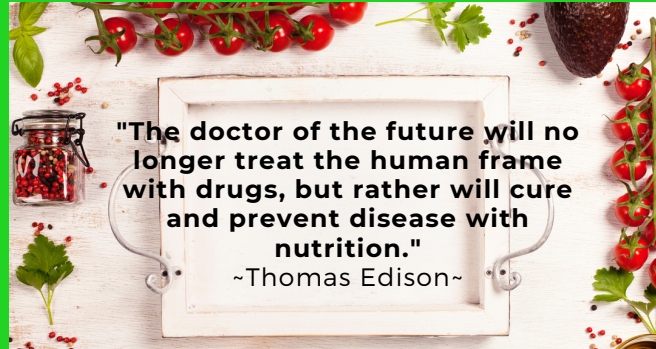
# THE MAPLE CENTER

Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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



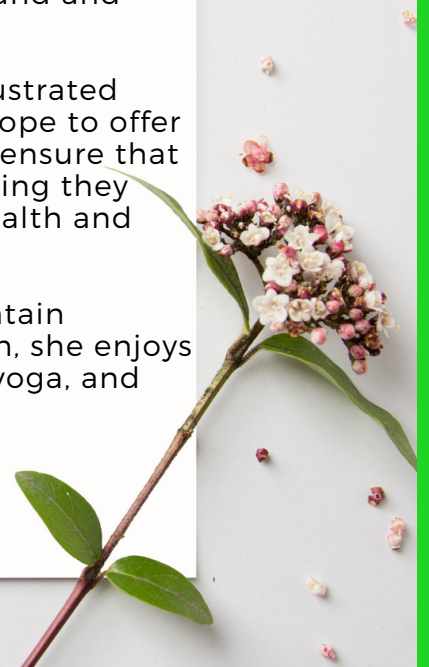
## *Welcome, Rebecca Barger, N.P.*

**We are happy to announce that Rebecca Barger, N.P. has joined The Maple Center for Integrative Medicine.**

Rebecca graduated from Indiana State University in 2012 with a BSN and then in 2016 with an MSN focused in family practice as a nurse practitioner. She has worked in many areas including family practice, emergency medicine, urgent care, palliative medicine, regenerative medicine, and addiction medicine. She feels that each area of medicine has given depth to her insight into the human experience. It allows her to understand and utilize a more holistic clinical approach.

Many people often feel unheard, invalidated, and frustrated when dealing with the healthcare system. It is her hope to offer a different experience to my patients. Her goal is to ensure that each of her patients can walk out of our office knowing they have a team of people who truly care about their health and wellness.

She is also a yoga instructor and works hard to maintain balance and alignment in all areas of her life. For fun, she enjoys traveling with her partner, teaching and practicing yoga, and snuggling/playing with her two bird dogs.



# National Cancer Control Month



## FACTS ABOUT CANCER

- Cancer is the second leading cause of death in the United States, only second to heart disease;
- Cancer deaths and rates have been declining since the early 1990s.
- About 50% of men and 33% of women will get cancer in the U.S.
- Poor nutrition, obesity, or lacking in physical activity can be related to approximately 33% of cancers.

## CANCER RISK FACTORS

- Age: over 75% of cancers are in people 55+
- Tobacco Use
- Poor Nutrition
- Heavy Drinking
- Physical Inactivity
- Exposure to Cancer Causing Agents at Work
- Prolonged, Unprotected Exposure to Sunlight

## Basic Ways To Reduce Cancer Risks

- do basic screening to promote early detection
- Stop Smoking
- Reduce or eliminate alcohol consumption
- Maintain a healthy weight and exercise
- Protect yourself from the sun
- Eat a healthy diet full of organic fruits and vegetables



Sourced from:



# Plant-Based Recipes:

## Raspberry Fudgy Brownies

Makes 16 servings

### Ingredients:

2 15-oz cans low-sodium black beans, drained and rinsed  
1/2 cup pitted dates  
1/2 cup all-fruit raspberry jam  
1 teaspoon vanilla extract  
1/8 cup plus 1 tablespoon whole-wheat pastry flour  
1/2 cup unsweetened cocoa powder  
1/8 teaspoon iodized salt  
1/2 cup mini vegan chocolate chips, for topping (optional)  
1/4 cup raspberry all-fruit jam, for topping (optional)

### Directions:

1. Preheat the oven to 350°F. Line an 8-by-8-inch baking pan with parchment paper.
2. Combine the black beans, dates, jam, and vanilla in a food processor. Blend until smooth.
3. Add the flour, cocoa powder, and salt and blend again.
4. Pour into the prepared pan and smooth the top with moist hands. If desired, sprinkle evenly with chocolate chips or spread with the raspberry jam.
5. Bake for 30 minutes. Remove from the oven and cool completely. Use the parchment paper to lift the brownies out of the pan. Cut into 16 squares. Refrigerate for up to 1 week, stored in a covered container.

### Source:

The Vegan Starter Kit by Neal Barnard, MD; recipe by Christine Waltermeyer

### Nutrition Facts:

Per serving: Calories: 261; Fat: 2.2 g; Saturated Fat: 0.9 g; Calories From Fat: 7.1%; Cholesterol: 0 mg; Protein: 9 g; Carbohydrate: 58 g; Sugar: 28.6 g; Fiber: 13.4 g; Sodium: 82 mg; Calcium: 81 mg; Iron: 3.7 mg; Vitamin C: 2.1 mg; Beta-Carotene: 8 mcg; Vitamin E: 0.09 mg





# Roasted Green Beans With Almond "Bacon"

**SERVES** 4    **PREPARATION** 10 min    **COOKING** 45 min

## INGREDIENTS

### ALMOND "BACON"

- 4 tsp olive oil
- 4 tsp maple syrup or sugar
- 2 tbsp all purpose soy sauce or tamari (if GF)
- ½ tsp tomato concentrate/paste (comes in a tube)
- 1 tsp smoked sweet paprika
- 1 cup almond flakes

### REMAINING INGREDIENTS

- 12½ oz runner or green beans
- 1½ tbsp olive oil
- salt and pepper
- 1 finely minced garlic clove (optional)

## METHOD

### ALMOND "BACON"

- Heat up the oven to 250° F.
- Mix the first five almond bacon ingredients in a medium bowl until homogenous. Add the almond flakes in and stir well to coat. Allow them to marinate if you have time.
- Spread marinated almonds on a large baking tray and bake for about 30 minutes, giving the almonds a good stir at the halfway point.
- Remove from the oven when the excess moisture has evaporated, the almonds will still be a little soft when hot but they will crisp up once out of the oven. Once completely cool, store them in an airtight jar to keep them crispy.

### BEANS

- Heat up the oven to 435° F. Top, tail and de-string (unless stringless) the beans. If using runner beans, cut them into thick strips on the diagonal.
- If roasting beans in the oven, coat them in olive oil and season with a little salt and pepper (remember that almond bacon contributes saltiness).
- Spread the beans on a large baking tray. Roast them for about 15 minutes (or a couple of minutes less if using green as opposed to runner beans), giving them a good stir halfway through the baking time and stirring minced garlic (if using) through them at this point.
- Alternatively, heat up half of the oil in a large frying pan / wok and stir-fry the beans until soft and blistered in places. Remove from the pan and stir-fry the other half of the beans in the remaining oil. You could also steam them until tender (about 5 minutes) if seeking a healthier option.

## ASSEMBLY

- Place seasoned beans on a large platter, sprinkle with almond bacon and serve.





# *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.

*Starting May 1, 2023*

*Every Monday 6:30-7:30 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

# 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,  
May 4, 2023 - June 22, 2023  
from 7-8pm**

**Price: \$2.00 per class**

**Scholarship Available**

Sponsored by







# 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.

6 Speakers,  
Experiential  
Room  
&  
Exhibit Hall

MAPLE CENTER INTEGRATIVE HEALTH PRESENTS

## CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

SATURDAY, MAY 20, 2023

9:30 AM - 3:30 PM

ROSE HULMAN INSTITUTE OF TECHNOLOGY MUSSALLEM UNION

Free to the Public

(due to our generous sponsors)



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



Monthly Matters from The Maple Center





# Chair Yoga

Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial Classroom 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:



Larry P. Fleschner  
Memorial Foundation

# FREE!

## MONDAYS 3-5:15PM

No Sign up or Registration Required

Walk - In Clinic



# AURICULAR ACUPUNCTURE

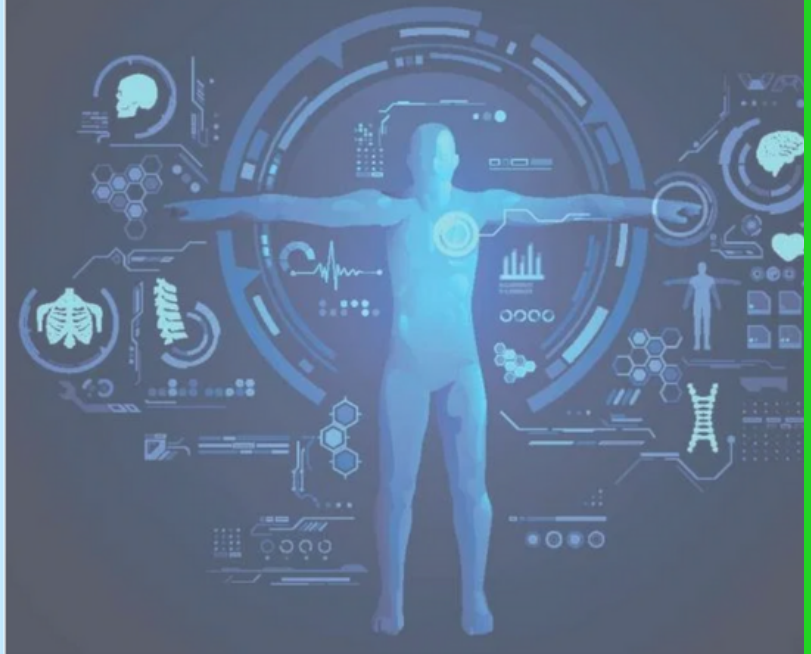
A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



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

# 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/Torticollis (the head is tilted to one side)          | Asthma  |
| Disc injuries/discogenic- and facet-based pain                  | Irritable bowel syndrome                                      |
| Viscerally-referred pain  | Disc injuries   |
| Concussions   | Fibromyalgia  |
| Headaches   | Diabetic neuropathy   |
| Plantar fasciitis (pain in the heel and foot)                   | Neuromas (overgrowth and scarring to a nerve after an injury) |
| Sports injuries   | Tendinopathy (inflammation and/or swelling of the tendon)     |
| Wounds  |   |

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



The Maple Center  
For Integrative Health

70 W Honey Creek Parkway, Terre Haute, IN



# 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 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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## Partnering Private Practices

### **Integrative Medical Consultation & Medical Acupuncture**

Monday through  
Thursday  
By Appointment

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

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

**By Appointment**

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

**Appointments  
Call 812-214-5152**

### **Mental Health Counseling**

By appointment  
Fee: \$60 per hour

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