



MAPLE CENTER

Integrative Health

Monthly Matters



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

MARCH 2024



National Nutrition Month



Basis of a Healthy Lifestyle

- Avoid alcohol and caffeine and drink plenty of water.
- Eat 5 servings of fruits and vegetables per day.
- Limit Fast food and processed foods as much as possible.
- Limit your salt and sugar intake.
- Add colorful foods to increase the nutrient density.
- Eat more whole grains and healthy fats.
- Plan and prepare your meals and healthy snacks.
- Read the labels on your food.
- Shop for foods that are in season or growing your own food.
- Make sure you exercise
- Get plenty of sleep
- Reduce your stress with meditation, tai chi, yoga, a craft, gardening, etc.

Check out the upcoming Healthy Lunch & Learn Cooking Classes and the Recipes included in this newsletter



Mini Meditation Retreats

Morning: Sit comfortably and take five or six deep breathes and imagine that there is sunlight radiating on your face. Return to your normal breathing and feel all your stress melt away. After a few minutes of sitting in this relaxed position feel the calmness in you, do a simple stretch and start your day.

Mid-Day: Before eating your lunch take a couple of minutes to sit quietly. Relax and forget about work or the day you have been having. Just sit peacefully. After a couple of minutes allow yourself to mindfully eat your lunch. Savor the smell of the food. Take a bite of the food and enjoy the taste and texture of the food. Eat slowly and give thanks for the food you are eating.

Bedtime: As you lay in bed before you fall asleep, take a few deep breathes, calm your mind, relax your body. Let your mind forget the days activities, allow it to scan your body feeling your face, chest, arms, stomach, legs and toes. Continue to feel relaxed and calm as you drift off into a deep sleep.

Monthly Yoga Pose to Reduce Stress



- Close your eyes softly, spread your feet a hips distance apart and your palms face up at your sides.
- Focus your thoughts on self care and take 5 deep breathes.
- Now breathe normally and relax every muscle in your body.
- Soften the skin across your forehead. Allow your eyes to become heavy in their sockets. Completely relax your legs and allow your feet to fall to the sides.
- Find yourself in a relaxed state, if your mind wanders to events of the day bring it back and center yourself around how comfortable you feel.

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.



Gardening is a Great way to Reduce Stress and Eat Healthy

Now is the time to start your seeds indoors or grow micro greens and herbs indoors.

Gardening is a great way to get some physical activity in your daily routine, reduce stress and grow your own healthy food. Here is information on getting started.

Elements needed

- Good seeds
- Disease free container & soil
- Light
- Ideal temperatures
- Water



How big should your garden be?

This depends on what you want to grow and how much you are willing to maintain. It can be as simple as a window containers or pots, it can be small raised beds or plotted gardens. Other great options are vertical gardens or hydroponic gardens.



Plants to start indoors

Celery, cabbage, broccoli, Brussels sprouts, peppers, and tomatoes

Plant these seeds directly Outdoors or in containers

Beans, carrots, greens, melons, onions, potatoes, pumpkins, and squashes



Seed starting guidelines

- **First or second week of March:** Start seeds of celery, cabbage, broccoli, and Brussels sprouts indoors.
- **Third week in March:** Start seeds of peppers, and tomatoes indoors. Sow seed potatoes in outdoor garden
- **First week in April:** Sow onions sets in outdoor garden
- **Last Frost** is usually **around April 18**. After last frost plants can be hardened off and planted in outdoor garden. Other seeds can be put directly in ground.



ENJOY THE FRUITS (AND VEGETABLES) OF YOUR LABOR!



Plant-Strong Recipes:



Sweet Potato & Avocado Green Salad

Servings: 1

SWEET POTATO

1 large organic sweet potatoes (can sub 2 small per 1 large // skin on, halved then sliced into 1/4-inch rounds)
1 Tbsp avocado or coconut oil (or water)
1 pinch sea salt

DRESSING

1/4 cup tahini (sesame seed paste)
2 Tbsp lemon juice
1 Tbsp maple syrup (omit if you prefer a less sweet dressing)
1 pinch sea salt
Water (to thin)

SALAD

5 cups greens of choice (I mixed organic mizuna + spinach)
1 medium ripe avocado (cubed)
2 Tbsp hemp seeds (optional)

Instructions

Preheat oven to 375 degrees F (190 C) and line a baking sheet with parchment paper (as original recipe is written // use more baking sheets if making a larger batch). Add sweet potatoes, toss in a bit of oil (or water) and salt, and spread into an even layer. Bake 15 minutes. Then flip/toss to ensure even baking. Bake 5-10 minutes more or until tender and golden brown.

In the meantime, prepare dressing by adding tahini, lemon juice, maple syrup, and salt to a small mixing bowl. Whisk to combine. Then add water a little at a time until a semi-thick, pourable dressing is achieved.

Taste and adjust flavor as needed, adding more lemon for acidity, salt for saltiness, or maple syrup for sweetness. Set aside.

Assemble salad by adding greens to a serving bowl and topping with roasted sweet potato and avocado. Sprinkle on hemp seeds (optional), and serve with dressing. Leftovers keep (stored separately) in the refrigerator up to 3 days. Dressing will stay for 5-7 days.

Reference: <https://minimalistbaker.com/sweet-potato-avocado-green-salad/>



Plant-Strong Recipes:

Buddha Bowls



Servings 4

1 cup Brown Rice cooked
2 Roma Tomatoes chopped
½ cup Corn
½ cup Broccoli
1 can Black Beans
¼ cup Salsa chunky
½ Avocado sliced
Cilantro to taste

Instructions

Microwave leftover brown rice or cook a new batch.

Heat the corn and broccoli in the microwave. If you have other veggies, heat them up too.

Slice the Roma tomatoes and the avocado. Chop the cilantro and set aside.

Rinse the can of beans and add in the salsa. Microwave it until warm.

Add everything to a bowl and arrange it nicely. This is such a fast and delicious meal and is perfect for using any leftover veggies from the week!

Reference: <https://www.savorandsavvy.com/vegan-budda-bowl/>



Mexican Taco(less) Buddha Bowl Salad

Servings: 1

1-2 cups lettuce
¾ cup brown rice, cooked
1 cup frozen corn (heated)
½ cup black beans (rinsed, drained & warmed)
1-2 cups cherry tomatoes, halved
½ large avocado
¼ cup onions, chopped
3-4 small limes
2 tbsp cilantro, chopped

Chop or shred lettuce and add to bowl. Squeeze juice of ½ small lime and sprinkle with tsp of cilantro. Toss together.

Halve cherry tomatoes. Mix with chopped onions and 1 tbsp of cilantro. Squeeze juice of ½ lime over and mix.

Add brown rice to side of bowl. Squeeze with juice of ¼ lime and sprinkle with tsp of cilantro.

Heat corn in microwave (or on stove top) and add to side of bowl.

Rinse and drain black beans. Heat ½ cup in microwave (or stove top). Squeeze juice of ¼ lime on top. Add some chopped onion and cilantro. Mix. Add to bowl.

Add tomato-onion-cilantro mixture to center of bowl.

Slice ½ avocado (you can cube also). Squeeze juice of ¼ slice of lime on top. Add to bowl.

Squeeze juice of ½ – whole lime on top of bowl. Top with a sprinkle of chopped cilantro.

Reference: <https://www.itallstartedwithpaint.com/mexican-tacoless-buddha-bowl/>



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

Food Samples included

HEALTHY COOKING CLASSES

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

- MARCH 12 - **GUT HEALTH** BY CHLOEE HURST, RDN, LD
- APRIL 9 - **AYURVEDA FOR THE CHANGING SEASON: SPRING** BY DEVAKI LAMMET OWNER OF ANANDA WELLNESS
- MAY 14 - **GROWING & USING HERBS**, BY CHLOEE HURST, RDN
- 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 CHLOEE HURST, RDN, LD
- NOV 12 - **HEALTHY DESSERTS** BY CHLOEE HURST, RDN, LD
- DEC 10 - **AYURVEDA FOR THE CHANGING SEASON: WINTER** BY DEVAKI LAMMET OWNER OF ANANDA WELLNESS

Cost: \$35 per class or \$150 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
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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**