



Maple Center
INTEGRATIVE HEALTH



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

OCTOBER 2024

**Balance is not something that you find.
It's something you create.**

Health Literacy Month

Area experts will explore various facets of aging, offering insights and resources to participants.

The conference is free, but registration is required to ensure that they can communicate further details and provide the appropriate links to each session:



WTIU Conference on Aging sessions include:

Oct. 2 – Creative Movement for Seniors
Oct. 9 – Nutrition for Seniors
Oct. 16 – Medicare
Oct. 23 – Planned Giving
Oct. 30 – Social Security
Nov. 6 – Senior Living 101
Nov. 13 – Advanced Care Planning
Nov. 20 – Art and Aging
Nov. 27 – Navigating Difficult Situations

**Healthy Holiday
Meals Cooking
Class
Oct 8th
Noon - 1:30pm**

HEALTHY COOKING CLASSES

Deanna led our 9th Healthy Cooking class at the center last month. The participants learned about Guilty Pleasure Food & Drink Replacements Cooking. Participants were informed about healthy food & drink swaps, increasing fiber, decreasing fats and sugars in their desserts and drinks. They were able to see and try products that they weren't familiar with such as PB2.

The class made healthy pizza, peanut butter dates and tasted sweet potato brownies with avocado chocolate frosting, plus drank a tropical smoothie. They were given recipes to help them make healthier versions of their favorite unhealthy foods.

Sign up now for our next class! Spots are limited and going fast.



Food Samples included

ONLY 3 CLASSES LEFT

HEALTHY COOKING CLASSES

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

OCT 8 - **HEALTHY HOLIDAY MEALS** BY SYLVIA MIDDAGH, RDN, LD

NOV 12 - **HEALTHY DESSERTS** BY SYLVIA MIDDAGH, RDN, LD

DEC 10 - **AYURVEDA FOR THE CHANGING SEASON: WINTER** BY DEVAKI LAMMET OWNER OF ANANDA WELLNESS

Cost: \$20 or use your VIP credit

Use your \$100 VIP Nonprofit Credit

 **Register at maplecenter.org**
70 W Honey Creek Parkway
Terre Haute



wellness tips

Allergy Proof your Home for Winter

Fall and Winter are quickly approaching and it's time to think about being indoors more often and how that affects your health. The last thing you want to do is make you and your family sick because of indoor allergy triggers. You will have the furnace running, kicking up allergens and drying out the air. Dry air means dry nasal passages that are prone to irritation and can lead to sinus issues.

WINTER ALLERGIES

- Clear & watery nasal secretions
- Itchy throat & eyes
- Symptoms last for weeks

COLDS

- Discolored nasal secretions
- Chills & body aches
- Symptoms usually last about a week

Allergy Triggers:

- Pet dander
- Smoke particles - Cigarette, burning wood, etc
- Dust
- Mold - in kitchens (sinks, dishwashers and refrigerators), bathrooms, basements, and from potted plants
- Insect droppings
- Pine Trees (may be covered in allergens such as pollen or mold spores)

Suggestions for cleaner air with less allergens:

- Run an air purifier with a HEPA filter
- Change the furnace filter (visually check it once per month)
- Run a humidifier to maintain the proper level (30 - 40%) in your home. Too high of a level increase the chance for mold and dust mites
- Take your shoes off at the door to avoid tracking in outdoor allergens
- Limit the amount of chemicals used in your home. Use natural based cleaning supplies. Use non-toxic, zero VOC paint,
- Wash bed linens (at least once a week in water heated to at least 130 F) and curtains
- Frequently dust and vacuum (use a HEPA filter) your home
- Avoid scenting your home with sprays and candles
- Use exhaust fans in both the kitchen and bathrooms
- Check the fridge drip pan and rubber door seals which can be a breeding ground for mold
- Utilize low-VOC, easy to clean surfaces (use on furniture and floors too)
- Find a new home for potted plants or spread aquarium gravel over the dirt to help contain mold.



Over Thinking & Your Thoughts

Accept your thoughts as “just thoughts.”

Reference: psychologytoday.com/us/blog/changepower

Wondering how you can give up negative or stressful thinking. As you go through your day notice your thoughts and notice that your mind often creates disturbing stories and scenarios, when this occurs take a deep breathe and refocus your mind with the following five senses exercise. This exercise can help you to refocus your mind to the present minute.

Signs your overthinking something: An inability to think about anything else, not being able to relax, feeling worried or anxious, feeling mentally exhausted, replaying a situation or experience, second guessing your decision, fixating on things out of your control. and thinking of the worst-case scenarios.

Five Senses Exercise

Bring yourself back to the here and now with the following exercise

5. five things you can see,
4. four things you can physically feel,
3. three things you can hear,
2. two things you can smell,
1. one thing you can taste.

Monthly Yoga Pose to Reduce Stress



Forward Bend

This pose relaxes your nervous system and allows a rush of blood to your head, calming your mind and relieving stress.

- Stand with your feet hip-width apart.
- Inhale deeply and, as you exhale, bend forward at the hips, aiming to touch the floor.
- Keep your knees straight or with a slight bend, depending on your flexibility.



Plant-Strong Recipe:



Creamy Fall Soup in Acorn Squash Bowls

Servings 4

Squash

2 medium acorn squash
1 Tbsp melted coconut oil, avocado or grape seed oil
1 Tbsp maple syrup or coconut sugar (plus more to taste)

SOUP

1 1/2 Tbsp coconut oil (or avocado or grape seed oil)
1/2 medium white or yellow onion (diced)
3 cloves garlic (minced)
4 cups cubed sweet potato, carrots, butternut squash or a mixture of all
1 quart vegetable broth
1 tsp sage, thyme, or 2 bay leaves
1 cup red lentils (optional)
Sea salt and black pepper (to taste)
1-2 Tbsp maple syrup or coconut sugar (optional)

Instructions

- Preheat oven to 400 degrees F and use a sharp knife to carefully halve acorn squash lengthwise. Do so by inserting the tip of the knife in between two ridges and pressing all the way through, then pushing/rocking the knife to slice through one half.
- Scoop out seeds and discard (or save for making roasted squash seeds). Drizzle acorn squash with oil and maple syrup – rub with hands to distribute. Place squash on a rimmed baking sheet or 9x13 inch baking dish and cover with foil. Bake for 30 minutes covered, then remove foil and bake for 30-40 minutes more, or until squash is fork tender and golden brown on the edges (baking time will vary based on size). Set aside.
- In the meantime, start soup. Heat a large pot over medium heat. Once hot, add oil, onion, and garlic. Sauté for 4 minutes or until onion is softened, then add sweet potato, squash and/or carrots (I used butternut squash and carrots).
- Season with a pinch of salt and black pepper and stir. Sauté for 4-5 minutes until vegetables appear slightly softened.
- Add vegetable broth and herb of choice and bring mixture to a low boil over medium-high heat. If adding lentils, add at this time.
- Reduce heat to low and simmer uncovered for 20-30 minutes, or until lentils and vegetables are tender. Then use an immersion blender or transfer to the blender and blend until creamy and smooth. Return to pot if blended in blender.
- Taste and adjust seasonings as needed, adding salt and pepper for flavor balance, herbs for earthiness, or a little maple syrup or coconut sugar for sweetness.
- Once acorn squash are baked, divide soup between the squash and garnish with topping(s) of choice – like sautéed kale and red onion, baked chickpeas, pomegranate, or cornbread or roasted seeds.

Note: Alternative to sauteing is to spread parchment on cookie sheet and roast the veggie and spices. Then add them to vegetable broth and cooked lentils. Then use an immersion blender or transfer to the blender and blend until creamy and smooth.



Plant-Strong Recipe:



Slow Cooker Apple Pie Quinoa

Yield 5 servings

**Are you looking for a easy and healthy fall breakfast?
This slow cooker recipe couldn't be easier and will
start your day off great with it's healthy ingredients.**

1 cup uncooked quinoa
2 tablespoons flax meal
3 1/2 cups unsweetened milk of choice
1 teaspoon vanilla extract
1 tablespoon coconut oil
1/8 teaspoon salt
1 teaspoon cinnamon
2 tablespoons maple syrup
2 apples, diced with peel
Toppings:
5 tablespoons chopped walnuts or other nuts
5 tablespoons raisins or dried cranberries

INSTRUCTIONS

- Throw all the ingredients in your slow cooker except for the nuts and raisins.
- Cook on low for 8 hours, high for 4 hours.
- Scoop out one-fifth of the recipe, top with nuts and raisins, and enjoy!
- Store the other four servings in glass containers so they're ready to microwave the rest of the week. Add a little extra soy milk after heating if you want an even creamier quinoa.



Plant-Strong Recipe:



Pumpkin Butter

MADE IN 20 MINUTES

Servings 8

Pumpkin butter is a delicious addition to fall goodies like waffles, pancakes, pumpkin bread, butternut squash banana bread, or oatmeal! Enjoy straight from the fridge, or let it warm to room temperature before adding to items like waffles or pancakes.

Two 15-ounce cans pumpkin purée (not pumpkin pie filling)
2/3 cup coconut sugar (or sub organic brown sugar)
1/4 cup maple syrup
1/2 cup unsweetened apple juice
1 Tbsp lemon juice
2 1/2 tsp pumpkin pie spice*
1/2 tsp ground cinnamon
1 pinch sea salt

Instructions

- Add all ingredients to a large saucepan or pot over medium-high heat and stir to combine.
- Once it begins bubbling, reduce heat to low and simmer. You're looking for a frequent bubble, so if there isn't much going on at the surface, increase heat to medium-low heat. If bubbling too vigorously, reduce heat to low.
- Cook, uncovered, for 15-20 minutes, stirring occasionally. This is 20-minute pumpkin butter, but if you have more time, leaving it on the stove for another 5-10 minutes will only deepen the flavors and thicken the texture. However, 20 minutes was about perfect!
- Taste and adjust seasonings as needed, adding more coconut sugar or maple syrup for sweetness, lemon juice for acidity, cinnamon or pumpkin pie spice for warmth, or salt to balance the flavors.
- Once cooled completely, transfer to a large glass container and store in the refrigerator for up to 2 weeks, sometimes more (depending on the freshness of your ingredients). Freeze for 1 month.

Notes

*If you don't have pumpkin pie spice, use this DIY blend: 2 tsp ground cinnamon, 2 tsp ground ginger, 1 tsp ground nutmeg, 1/2 tsp ground cloves.



Plant-Strong Recipe:



Mini Caramel Apples

Yield 24 pieces

1 cup medjool dates, pitted (about 12)
3 tablespoons vanilla soy milk
1 teaspoon vanilla
2 apples
24 cake pop sticks or toothpicks
Toppings of your choice: chopped nuts, shredded coconut, chopped chocolate, or sprinkles

INSTRUCTIONS

- Place the dates, soy milk, and vanilla in a your food processor or blender and blend until smooth. The consistency is thick like nut butter, but if you like it thinner, add another tablespoon of soy milk.
- Use a melon baller or a metal teaspoon to scoop out balls from the apple. Each apple will make about 12 balls.
- Poke a stick into each ball then dip into the caramel mixture. Use the back of a metal spoon to smooth the caramel evenly.
- Roll each apple in the topping.
- Enjoy now or store in the fridge for later.

Notes

If you don't want to make balls, just cut the apple in slices instead.

Reference: popsugar.com/fitness/

Healthy Date Caramel Apple Dip

- about 9 large medjool dates, pitted - 5½ ounces
- 1 cup oat milk
- 1 ½ teaspoons vanilla extract
- ⅛ teaspoon fine sea salt
- 1 to 2 tablespoons maple syrup, optional
- or brown rice syrup



Yield: makes about 1 ½ cups, or 12 fl. oz.

INSTRUCTIONS

Start by removing the pit from each date, if needed.

- Place pitted dates in a bowl and cover with boiling water. Set aside for 15 to 20 minutes to soak, then drain well.
- In a blender combine the softened dates, oat milk, vanilla, and salt. Blend on high speed until smooth.
- Pour the caramel into a small, heavy-bottom sauce pan. Taste for sweetness, and add maple syrup, if desired. Slowly bring the mixture to a simmer, whisking frequently. Cook for about 3 minutes or until fragrant and slightly darker in color.
- If the caramel sauce is thicker than you like, whisk in a touch more milk and maple syrup. Serve warm or chilled.

Store in a covered container in the refrigerator for up to one week. **To freeze**, transfer to a freezer-safe container or ice cube tray. Thaw before use or use from frozen for smoothies and coffee drinks.

Reference: myquietkitchen.com/date-caramel-sauce

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

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



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OR
IN - PERSON

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AT 10 TO 11 AM

70 W HONEY CREEK PARKWAY
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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



Food Samples included

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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

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