



# MAPLE CENTER

## Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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

# OCTOBER 2023

“Nurturing yourself is not selfish ~ it’s essential to your survival and your well-being.”

~ Renee Peterson Trudeau

### The Power of Food for Cancer Prevention & Survival

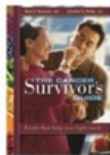
Healthy Lifestyle Can be as Powerful as Chemotherapy in preventing reoccurrence



The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, Experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Educator's include Kathleen Stienstra, MD, and the LEAF team.

**Thursdays, October 26 - November 16, 2023 from 6 p.m. - 8 p.m.**

- Thursday, October 26** Introduction to How Foods Fight Cancer
- Thursday, November 2** Fueling Up on Low-Fat, High-Fiber Foods
- Thursday, November 9** Discovering Dairy & Meat Alternatives
- Thursday, November 16** Cancer-Fighting Compounds & Healthy Weight Control



#### Each class includes:

- 15-20 minute DVD lecture by Dr. Neal Barnard
- Live presentation with questions and answers
- Live cooking demos for 3 healthy recipes
- Food tasting for all demo recipes

**LOCATION:** HUX Cancer Center, Beech Street Conference Room (Basement), 1711 N. 6th 1/2 Street Suite # 100, Terre Haute, IN 47804

**REGISTER AT:** [www.maplecenter.org](http://www.maplecenter.org) - **REGISTRATION DEADLINE is Thursday, October 19, 2023**

**COST:** \$25\* for the 4 class series + includes a FREE pdf copy of The Cancer Survivor's Guide

\*\*Option to purchase the book for \$20.00 from the nonprofit office.

\*Thanks to private donations, limited sliding scale scholarships are available

For more information visit our website or call 812-234-8733

Sponsored By:



The Maple Center also offers other services both online and locally such as online plant-based nutrition classes, public speaking, and group grocery store tours. Fully licensed, certified, and insured. Go to [www.maplecenter.org](http://www.maplecenter.org) to see upcoming classes and events.



# *-October- Breast Cancer Awareness Month*



**Breast cancer is the most common cancer in women worldwide, claiming the lives of hundreds of thousands of women each year. Although it's rare, men can also be diagnosed with breast cancer.**

## **FACTS ABOUT BREAST CANCER**

- An estimated 300,590 new cases of breast cancer will be diagnosed in the U.S. in 2023, and an estimated 43,700 deaths will occur.
- More than 3.8 million breast cancer survivors live in the U.S. today.
- The lifetime risk of getting breast cancer in the U.S. is about 1 in 8 for women and 1 in 833 for men.
- Research shows only 5-10% of breast cancers are hereditary.
- Dense breasts can be 1.5 to 2 times more likely to develop cancer. If you have dense breasts, ask your doctor about extra screening tests, like ultrasound or MRI, to check for tumors that a mammography might have missed.
- Triple-negative breast cancer differs from other types of invasive breast cancer as they grow and spread faster, have limited treatment options, and a worse prognosis (outcome).
- A lump isn't the only sign of breast cancer. Call your doctor if you notice any of the changes shown below.

## ***SIGNS & SYMPTOMS***

- Swelling of all or part of a breast (even if no lump is felt)
- Skin dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Nipple or breast skin that is red, dry, flaking or thickened
- Nipple discharge (other than breast milk)
- Swollen lymph nodes (Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast is large enough to be felt.)
- New lump or mass on breast (can be painless, tender, soft, or round)





# Plant-Based Recipes:

## VEGAN VEGETABLE SOUP

**AUTHOR: IOSUNE**

Prep Time: 10 minutes Cook Time: 35 minutes Servings: 6

### Ingredients:

- 2 tablespoon extra virgin olive oil
- 4 cloves of garlic sliced
- 2 celery stalks chopped
- 1 onion chopped
- 2 medium potatoes peeled and diced
- 2 large carrots peeled and chopped
- 1 cup frozen corn kernels
- 1 cup frozen green beans
- 1 cup frozen peas
- 2 14-ounce cans of crushed tomatoes
- 4 cup vegetable stock or water
- 1 tablespoon Italian seasoning or dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



### Instructions:

- Heat the oil in a large pot and sauté the garlic, celery, and onion over medium-high heat until golden brown, stirring occasionally.
- Add all the remaining ingredients, bring to a boil, and simmer partially covered for 30 minutes or until the potatoes and carrots are tender.
- Serve your vegan vegetable soup immediately with Instant Pot chickpeas, baked tofu, or tempeh.
- Store the leftovers in an airtight container in the fridge for 5-7 days or in the freezer for up to 6 months. Thaw overnight in the fridge. It can be reheated in the microwave or on the stovetop over medium heat until warmed through. Add a little water or vegetable stock if needed.

### Nutrition:

Serving: 1serving | Calories: 195kcal | Carbohydrates: 40.6g | Protein: 7.4g | Fat: 5.7g | Saturated Fat: 0.8g | Sodium: 785mg | Fiber: 10.1g | Sugar: 14.8g

## 5-Minute Vegan Breakfast Smoothie

**By: The Kitchn**

### INGREDIENTS:

- 1 cup
- almond milk
- 1
- ripe banana, sliced
- 1 cup
- frozen fruit medley (favorite: strawberry, mango, pineapple, papaya)
- 1 tablespoon
- coconut oil
- 1-2 tablespoons
- chia seeds
- 1 teaspoon
- powdered ginger

### DIRECTIONS:

1. Combine the almond milk, banana, frozen fruit, coconut oil, chia seeds, and powdered ginger in a blender and purée until smooth. Pour into a glass and serve immediately. Makes one serving



# Raspberry Oat Crumble Bars

By Lauren Price

Prep: 15 mins Total: 30 mins Serves: 9-12

## Ingredients:

### RASPBERRY FILLING

- 2 heaping cups fresh raspberries
- ¼ cup pure maple syrup
- 1 Tbsp lemon juice
- 1 Tbsp chia seeds

### CRUST & CRUMBLE

- 1 cup almond flour
- 2 cups gluten-free old-fashioned rolled oats
- ¾ cup almond butter
- ½ cup pure maple syrup or date paste



## Instructions:

### RASPBERRY FILLING

1. In a medium saucepan, combine the raspberries, maple syrup, and lemon juice.
2. Bring to a low boil over medium high heat.
3. Reduce heat to medium and simmer for 3-5 minutes, stirring frequently. The mixture should thicken slightly as the berries cook.
4. Remove from heat and stir in the chia seeds.
5. Set aside for 5 minutes to allow the chia seeds to plump up and gel with the berry compote.

### CRUMBLE BARS

1. Preheat oven to 350 degrees F.
2. Line an 8x8-inch pan with parchment paper.
3. In a bowl, stir together almond flour, oats, almond butter, and maple syrup until well incorporated. The mixture will be thick and sticky.
4. Press ⅓ of the mixed "dough" into the bottom of the prepared pan. Pour the gelled raspberry sauce over the base layer. Finally, use your hands to crumble the remaining dough and sprinkle it over the top.
5. Bake for 28-30 minutes, until the crumb topping is crisp and lightly browned on top.
6. Allow the pan to cool completely before slicing into bars.
7. Store leftover bars at room temperature for a few days, in the fridge for up to one week, or in the freezer for several months.

### COOKING TIPS

1. If using frozen raspberries, you may need to simmer the filling a bit longer to thicken it.

# Fall Fruit Salad

By: Kare

PREP: 15minutes SERVES: 4

## Ingredients:

- 2 medium Bartlett pears or other ripe but firm pears, diced
- 2 medium apples a fresh, crisp variety like honeycrisp, crispin, or pink lady is best, diced
- 1 cup red grapes halved
- 1/3 cup Greek yogurt can substitute your favorite plain or vanilla non-dairy yogurt - see notes
- 2 teaspoons freshly grated lemon zest from 1 medium lemon
- 1 tablespoon fresh lemon juice from the zested lemon
- 2 tablespoons pure maple syrup can substitute honey
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoons ground nutmeg
- 1/3 cup pecans\* chopped

## Instructions:

1. Place pears, apples, and grapes in a large bowl. Toss gently to combine. Set aside.
2. To a small bowl, add the yogurt, lemon zest, lemon juice, maple syrup, vanilla, cinnamon, and nutmeg. Use a wire whisk to blend well.
3. Drizzle dressing over the fruit. Toss gently until fruit is coated. Scoop into bowls and sprinkle with pecans. Serve immediately.



# 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**

# FAMILY YOGA

with Jaci Cooper

**Join The Maple Center for a one-hour Family Yoga class this fall!**

Open to families of all ages and stages! Content is ideal for children ages 5-12. We will learn about stretching, movement, and breath using games and music. No experience needed and mats are available.

**Tuesday, October 3, 2023 ~ Hawthorne Park Labyrinth**

6067 E. Old Maple 5:00 PM

**Sunday, October 8, 2023 ~ Fowler Park**

3000 E. Oregon Church Road 2:00 PM

**Saturday, October 21, 2023 ~ Deming Park**

500 S. Fruitridge Ave 11:00 AM

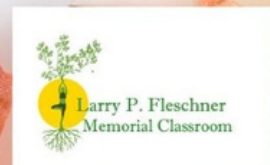
Price: \$5 per  
person  
or \$20 per family

**\*\*PARENT(S) MUST ACCOMPANY THIER CHILD(REN), NO DROP OFFS ALLOWED\*\***

**\*Weather permitting. In the event of undesirable weather, we will post a cancellation via The Maple Center Facebook page.**



The Maple Center for Integrative Health  
70 West Honey Creek Parkway  
Terre Haute, IN 47802  
812-234-8733  
[www.maplecenter.org](http://www.maplecenter.org)



# Mind-Body Skills Workshop

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



Day 1  
Saturday  
October 21,  
2023  
9:00 AM  
to  
4:00 PM  
with a 1 hour  
lunch 12-1PM

Day 2  
Sunday  
October 22,  
2023  
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)**



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# 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

September 13, 2023 - Dr. Kathleen Stienstra, MD

*Presenting:*

Preventing and reversing cognitive decline - The Bredesen Program

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October 11, 2023 - Chloe Hurst, RDN, LD with The Maple Center for  
Integrative Health

*Presenting:*

The cognitive benefits of a ketogenic diet.

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November 8, 2023 - Rebecca Barger, NP-C

*Presenting:*

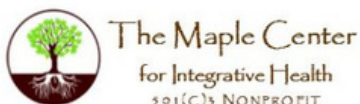
Using Nutrients for Mental Health

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December 13, 2023 - Dr. Darla Heck Sacopulos, OD

*Presenting:*

Vision Issues & Eye Health





# *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



## **MEDITATION TUESDAY**

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 Meditation Tuesday, a weekly meditation group!

Group Meeting:  
Each Tuesday  
Time:

5:30 PM-6:30 PM

at ISU - Root Hall  
Room 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

**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**

Mondays, Tuesdays &  
Thursdays  
By Appointment

**Rebecca Barger,  
NP-C  
Clinical Appointments  
Call 812-235-4867**

### **Nutritional Healing Consultations**

**By Appointment**

**Chloee Hurst RDN,  
LD  
Call 812-232-4867**