



# MAPLE CENTER

## Integrative Health

# Monthly Matters



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

## MAY 2024



### Memorial Day May 27th



*Be like a tree  
Stay grounded, keep growing  
and know when to let go*

## Basis of a Healthy Lifestyle

- Make sure to drink at least 70 ounces of water a day
- Make a commitment of a weekly exercise
- Schedule/log what you eat and drink in a day and try healthier eating habits
- Carry a water bottle with you and refill it throughout the day
- Check your water pH balance to make sure it's healthy
- Set a daily goal to improve your water intake

**Tai Chi  
Session Event  
Starting  
May 22nd, 2024**

### Some Benefits of Drinking Water

- Helps maintain electrolyte balance
- Improves balance in blood pressure
- Boosts skin health
- Improves hydration
- Lubricates your joints
- Delivers oxygen throughout the body

**Presented by**



# **Growing & Using Herbs Lunch & Learn**

**Learn how to use and grow herbs during lunch!**

- On Tuesday, May 14th, 2024
- Cost is \$20 for event or use your VIP dollars
- Time is from Noon - 1:30 pm
- Register at [maplecenter.org](http://maplecenter.org)
- Will be located at Maple Center, Fleschner Classroom, 70 W Honey Creek Parkway, Terre Haute, IN
- Grow your knowledge on herbs
- Learn how to make herbal teas
- Have a nice lunch and leave educated on herbs

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## **Monthly Yoga Pose to Reduce Stress**



### **Warrior I Yoga Pose**

- Put your right foot in front of you as if you're going into a lunge pose
- Extend your left foot behind you until you feel a stretch in your lower back
- Make sure that your right foot is parallel to the floor and your left foot is slightly bent with your heel sticking up
- Bring your arms out to the side then slowly stretch up towards the ceiling
- Then begin to extend your arms behind you slightly
- Always make sure your arms are within shoulder length
- Lastly, slowly drop your hands down to the mat and step back with your right leg, going into a downward dog 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.**



# **May is Mental Health Awareness Month!**

## **Facts about Mental Health**

- Nearly 1 in 5 American adults have been diagnosed with a mental health condition yearly
- Mental illness is a very common condition that is difficult but can be overcome
- Mental health can affect how we think, act, and feel
- It determines how we handle stress, how we treat others, and how we make choices
- Mental health is always important, no matter how old you are
- Mental health can contribute to biological factors, life experiences, and family history
- There are many different forms of mental illness but all can be helped
- Mental health can effect work, keeping up with education, sticking to a every-day schedule, having a healthy relationship, and many more.

## **Ways to help improve your mental health**

- Find a good therapist or psychiatrist to talk to about your mental health
- Learn about your condition and find ways to help overcome it
- Practice self-care, it is very important
- Talk more to family and friends, maybe even vent (if you feel comfortable)
- Find coping skills to help maintain stress and/or anxiety
- Focus on a good sleeping schedule
- Talk with your doctor to find the right treatment plan
- Eat healthy foods

# Plant-Strong Recipes:

Servings: 6



**Source from:**

<https://shaneandsimple.com/apple-banana-oat-muffins-vegan-oil-free/>

Servings: 1



**Source from:**

<https://www.acouplecooks.com/homemade-acai-bowl-recipe/>

## Apple Banana Oat Muffins

- 3 cups of oats (gluten-free)
- 2 teaspoons of baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon of salt
- 5 overripe bananas
- 2 apples
- 1/4 cup of pure maple syrup
- 3 teaspoons of lemon juice
- 1 teaspoon of vanilla extract
- 3/4 cup of water

1. Preheat the oven to 400 °F. Line a large muffin tin with muffin liners, and parchment paper, or use a silicone muffin pan.
2. Place oats in a food processor/blender and blend until coarse flour is formed. (It should not be fine like regular flour but should have some texture.)
3. Get a large bowl and add the blended oats, baking powder, cinnamon, and salt. Mix it then set it aside.
4. Roughly chop the apples and put them in the food processor. Pulse blend until the apples are finely minced. If you don't have a food processor leave apples whole and use a cheese grater to mince the apples.
5. To a separate mixing bowl, add the bananas and mash them but leave a few chunks. Then add the apples, maple syrup, lemon juice, vanilla, and water. Stir to combine.
6. Combine the wet mixture with the dry mixture, stir until well combined, and pour equal amounts of the batter into each section of the muffin pan.
7. Bake for 30-35 minutes until the tops are golden brown. Remove and let sit for 5 minutes then transfer the muffins to a wire rack for 5 minutes. Use a toothpick as a tester by inserting it into the center of a muffin. When it comes out clean the muffins are ready.

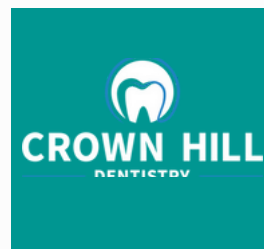
## Homemade Acai Bowl

- 1 handful coconut flakes
- 1/2 mango, diced (or 1/2 cup frozen diced, thawed)
- 4 sliced strawberries
- 1 small handful blueberries
- 1 small handful pepitas
- 1 cup frozen pineapple chunks
- 1 large banana
- 1/2 mango
- 7 ounces of frozen unsweetened acai pulp
- 1 tablespoon lime juice
- 1/4 cup cold water

1. Place your bowls in the freezer: this will help to keep the acai from melting while enjoying it.
2. Prep the toppings (before making the bowl, again to minimize melting): In a small skillet, toast the coconut over low to medium low heat until golden brown, stirring often. Immediately remove to a bowl. Dice the mango and reserve half for the acai. Slice the strawberries.
3. In a large high speed or regular blender, blend the pineapple, banana and mango until somewhat combined and chunky.
4. Thaw the acai pulp under warm water until it can be broken into smaller chunks, then remove the packaging. Add the acai to the blender with the lime juice and 1/4 cup cold water. Blend until smooth, stopping and stirring as necessary. (If you need a bit more water you can add it; try not to add too much in order to keep the acai texture thick. A high speed blender will work well here; with a regular blender you'll have to stop and stir more.)
5. Pour the acai mixture into the frozen bowls. Top with the fruit, coconut, pepitas, and other toppings. Serve immediately.



# Thanks to our Exhibitors!



Tammy bMay  
Wellness



Brenna, Your  
Water Lady



# Thanks to our Sponsors!



# TAI CHI

with Steve Walden



Classes led by certified instructor  
Steve Walden, PTA  
Steve has 25 years in the medical  
field,  
2 Master ranks in Martial Arts,  
Teacher of Yang, Sun, and Chen  
Tai Chi

Tai Chi is a low impact form of exercise that involves a series of slow, focused movements, accompanied by deep breathing. It is a self-paced, gentle form of physical exercise and stretching.

According to the Mayo Clinic, benefits of Tai Chi may include:

- Decreased stress, anxiety, and depression
- Improved mood, flexibility, balance, agility, and aerobic capacity
- Increased energy and stamina
- Improved muscle strength and definition

**Every Wednesday for 6 weeks from 5 pm - 6pm  
starting May 22, 2024**

**at Regional Hospital Lobby Atrium**

**Rates: \$40 for entire (6)class series**

**To register go to: [www.maplecenter.org/book-online](http://www.maplecenter.org/book-online)**

Sponsored by:



# Upcoming Event: Family Yoga in the Park



*Classes led by Jaci Cooper, RYT-200*



**Register at:**  
[maplecenter.org](http://maplecenter.org)



## Family Yoga in the Park

Join us for a relaxing and fun family yoga session at one of Terre Haute's Parks. Our experienced instructor will guide you through a series of poses suitable for all ages and experience levels. A fun way to relax with your family!

**Dates to be Announced for June**

**\$5 per person/per class  
or \$20 per family/ per class**

**Parent participation is required.**

**No drop offs allowed.**

Parents may attend with multiple children.  
A 1:3 parent child ratio or less is recommended.

In the event of undesirable weather we will post a cancellation notice on the Maple Center Facebook page

Sponsored by:







**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](https://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  
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**