



# MAPLE CENTER

## Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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



# FEBRUARY 2024



“A healthy heart is a key to happiness in life.”



## The Maple Center Welcomes Meghan Olds to Mindful Growth

Meghan Olds serves Mindful Growth patients as a Licensed Mental Health Counselor Associate. She holds two masters degrees - one in Mental Health Counseling from Butler University and another in School Counseling from Indiana State University.

She is a Licensed School Counselor in Vigo County and a Trauma & Crisis Specialist and a Mental Health Specialist through the American School Counselor Association. Meghan has over 20 years of experience working with children, adolescents, and their families. She is working towards her full credentialing under the supervision of Dr. Jones.

Meghan provides therapy and specializes in children and family services. She has practiced Cognitive Behavioral Therapy (CBT) for 9 years. She is excited to expand her services and work with new children and families.

# American Heart Month

Focusing on your heart health has never been more important. Heart disease is the leading cause of death in the United States.

You can help prevent heart disease by following a heart-healthy lifestyle.

## Tips for a Heart Healthy Lifestyle

- Choose Heart-Healthy foods. These foods are the foundation of a heart - healthy eating plan.
- Maintain a healthy weight. People that are overweight or obese have a higher risk for heart disease. Carrying extra weight can put more stress on the heart and blood vessels. Your heart must work extra hard to pump blood through the body. The harder your heart pumps, the higher your blood pressure, which can cause heart disease and stroke. Losing weight can lower your blood pressure.
- Get regular physical activity. Regular physical activity can help you lose excess weight, improve your physical fitness, lower many heart disease risk factors, and manage high blood pressure. Over time, regular physical activity conditions the heart to pump blood more efficiently throughout the body.
- Don't smoke and avoid secondhand smoke. Cigarette smoking is a major risk factor for heart disease. The chemicals you inhale when you smoke cause damage to your heart and blood vessels that makes you more likely to develop atherosclerosis, or plaque buildup in the arteries.

## Heart Healthy Foods

### Fruits and Vegetables

- Green- broccoli, collard greens, green beans, pears, romaine lettuce, spinach, zucchini
- Red- apples, beets, cranberries, grapes, strawberries, tomatoes, watermelon
- Orange & Yellow- apricots, cantaloupe, carrots, oranges, peaches, sweet potatoes
- Blue & Purple- blackberries, blueberries, eggplant, grapes, plums, prunes, raisins
- White- bananas, cauliflower, mushrooms, onions, potatoes

### Whole Grains

- 100% whole wheat bread or 100% whole-grain bread
- High fiber cereal with 5 grams or more fiber per serving
- Whole grains such as brown rice, barley, and buckwheat
- Whole-grain pasta

### Low-Fat Proteins

- Fish such as salmon, tuna, trout, and sardines
- Skinless poultry such as chicken and turkey
- Lean meats such as 95% lean ground beef or pork tenderloin
- Low-fat dairy products such as skim or low-fat (1%) milk, yogurt, and cheese
- Eggs
- Nuts such as walnuts, almonds, and pine nuts
- Seeds such as sesame, pumpkin, or flax
- Soybeans and soy products (tofu)





# Plant-Based Recipes: Potato Kale Soup

**AUTHOR: VEGAN CONCOTTE**

PREP TIME: 10 min   COOK TIME: 25 min   TOTAL TIME: 35 min  
Servings: 4

## Ingredients:

2 tablespoons olive oil  
1 medium onion, diced  
1 medium carrot, diced  
3 celery stalks, diced  
2 large garlic cloves, finely chopped  
1/4 teaspoon red chili flakes  
1 tablespoon Italian seasoning mix  
1 1/2 lb potatoes, peeled and cut into cubes  
5 cups vegetable stock  
2 cups Tuscan kale (cavolo nero), roughly chopped  
1 can (14 oz) full-fat coconut milk  
Salt and freshly ground black pepper to taste



## Instructions:

1. Heat the olive oil in a heavy-bottomed pot and sauté the onion, carrot and celery for 7-8 minutes over medium heat until softened.
2. Add the garlic, red chili flakes and Italian seasoning mix and cook for another minute, stirring often.
3. Add the potatoes and vegetable stock and stir to combine. Bring to a boil, then lower the heat, cover the pot with a lid and simmer for 15 minutes or until the potatoes are fork tender.
4. Stir in the kale and coconut milk and cook for another 2-3 minutes with the lid on.
5. Season to taste and serve hot with some crusty bread if you like.

# Vegan Lemon Pistachio Cookies

*Author: Vegan Cocotte*

**PREP TIME: 10 minutes   COOK TIME: 12 minutes   TOTAL TIME: 22 minutes**

## Ingredients:

1 stick plant-based butter, at room temperature  
4.4 oz light brown sugar  
2 teaspoons lemon extract  
1 cup plain flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
Juice of 1/2 lemon  
1 1/2 tablespoon cashew milk (or another plant-based milk)  
2.5 oz pistachios, toasted and roughly chopped



## Instructions:

- Add the plant-based butter and light brown sugar to a bowl and cream them together with a handheld mixer. Stir in the lemon extract and mix to combine.
- Add the flour, baking soda and salt to a separate bowl and mix well. Next, combine this mixture with the butter and sugar mix.
- Add the lemon juice as well and mix everything well by hand. Stir in the cashew milk and pistachios (reserve some for sprinkling on cookies before baking) and continue to mix until you get a slightly crumbly dough.
- Preheat the oven to 350°F and line two large baking sheets with parchment paper.
- Using your hands or a cookie scoop, form about 24 cookie dough balls and place them onto the cooking trays. Flatten the balls just a bit with your fingers or a fork. Make sure you leave some room between the cookies.
- Bake for 10-12 minutes or until the top of the cookies is set. Remove from the oven and cool for 5-10 minutes before transferring to a wire rack to cool completely.

# Winter Vegan Bowl with Roasted Carrots

Recipe by Lazy Cat Kitchen

## INGREDIENTS:

### HARISSA CARROTS AND DRESSING

- 14 oz carrots
- 2½ tbsp olive oil
- 1 tbsp maple syrup
- 1-2 tsp harissa paste (strength varies, adjust to taste)
- 2 tbsp lemon juice
- salt to taste

### SMOKY ALMONDS

- 2 tsp oil (I used olive oil)
- a handful (about 2 tbsp) almonds
- a good pinch of fine sea salt
- a good pinch of smoky paprika



### REMAINING INGREDIENTS

- 1 cup of cooked pearled spelt or farro (use brown rice or quinoa for GF version)
- 1.75 oz baby rocket or spinach (or both) leaves
- 10 black olives, sliced
- 5 radishes, sliced (optional)
- a handful of mint leaves, chopped finely
- 2 tbsp pomegranate seeds (optional)
- 1 spring onion, green part sliced finely

## METHOD:

### HARISSA CARROTS AND DRESSING

1. Preheat the oven to 390° F and line a small baking tray with a piece of baking paper.
2. Peel or scrub your carrots really well and slice them into similar sized chunks on the diagonal.
3. In a mixing bowl combine 1 tbsp olive oil, maple syrup and 1 tsp of harissa. Mix well and coat the carrots in this marinade. Season with salt to taste (about ¼ tsp is plenty).
4. Place the harissa carrots on the baking tray and roast for about 25 minutes, until soft and lightly charred in places. Make sure you give the carrots a good stir every 10 minutes or so.
5. Mix the remaining ingredients: 1½ tbsp olive oil, 2 tbsp lemon juice and 1 tsp harissa (if using) in the same bowl you used for the carrots. Season with salt and set aside.

### SMOKY ALMONDS

1. Heat up 2 tsp of olive oil on a small skillet. Once the oil gets hot, add raw almonds and a good pinch of salt.
2. Toast them on low heat, tossing them constantly so that they don't burn. They are ready when fragrant and charred a little in places.
3. Just before you take them off the heat, add a good pinch of smoky paprika and toss to coat. Allow them to cool off completely and then chop roughly.

### ASSEMBLY

1. Divide roasted carrots, cooked grain, salad leaves, olives, radishes and chopped up mint leaves between two bowls.
2. Drizzle with the dressing you made earlier and top with pomegranate seeds, spring onions and chopped almonds.



# Healthy Cooking Classes

2024

2nd Tuesday each month

Noon- 1:30pm

Jan 9th - Healthy Breakfast

Feb 13 - Dinner on a Budget

March 12 - Gut Health

April 9 - Ayurveda for the Changing Season: Spring

May 14 - Growing & Using Herbs

June 11 - Low Histamine Cooking

July 9 - Growing & Cooking with Edible Mushrooms

Aug 13 - Garden to Table Cooking

Sept 10 - Guilty Pleasure Food & Drink Replacements

Oct 8 - Healthy Holiday Meals

Nov 12 - Healthy Desserts

Dec 10 - Ayurveda for the Changing Season: Winter

Cost: \$35 per class or \$150 for 6 classes



Register at [maplecenter.org](https://maplecenter.org)

70 W Honey Creek Parkway  
Terre Haute

# *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!



# 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:



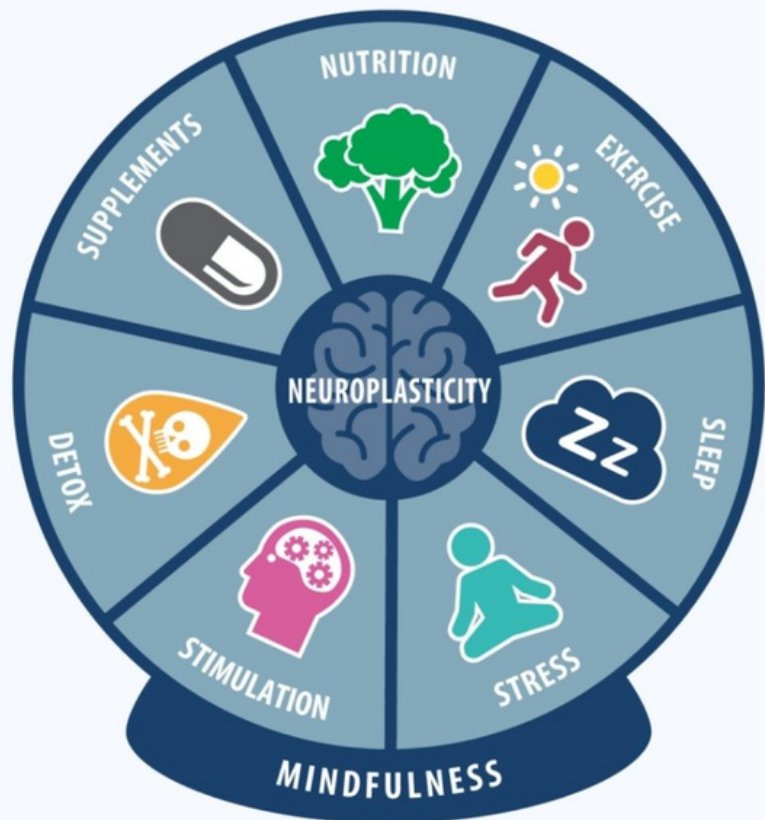
located at  
The Maple Center for Integrative Health Nonprofit  
70 W Honey Creek Parkway  
Terre Haute, IN 47802



# 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**



*Providing integrative health education combining  
the best of modern medicine and complementary care.*

Dear Valued Supporter,

Thank you for your part in helping The Maple Center for Integrative Health provide ongoing educational support for the Wabash Valley.

We are excited about the future now that we are at our new facility at 70 W Honey Creek Parkway.

We have the opportunity to offer more to our community and would appreciate your support.

Your donation will be matched dollar for dollar up to \$10,000.

100 % of your money stays local in our community.

Money raised goes directly to programs and scholarships for participants.



Where your donations were used

2023 Classes & Workshops included

- Free weekly recovery ear acupuncture (NADA protocol) for addictions of all kinds
- Free Chair yoga in person, live streamed and recorded
- Low cost LEAF Cancer nutrition classes, LEAF Turning Over a New LEAF and group cooking classes
- Low cost Stress management yoga and family yoga classes
- Low cost Tai Chi classes
- Low cost Qigong classes
- Free OLLI programming nine times a year
- Free monthly CODA programming
- Free City of Wellness: A Show case for Healthy Living in the Wabash Valley annual community event with guest speakers, experiential rooms and integrative health exhibition hall
- Free recorded resources and monthly newsletter on our website at [www.maplecenter.org](http://www.maplecenter.org)
- Class scholarships for the underprivileged members of our community

Send your gift directly to us using the enclosed return envelope or use our online donation button at [www.maplecenter.org](http://www.maplecenter.org). You may also contact our office at 812-234-8733 to make arrangements for other gifts.

In gratitude,

Deanna Ferguson  
Executive Director

Kathleen  
Stienstra Board  
President

**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

**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**