



The Maple Center
for Integrative Health
501(C)3 NONPROFIT



February - March 2025

Fasting is a fabulous routine to incorporate into your routine.

Start with your last meal at 3 hours before bed and fast overnight for at least 12 hours - for example - 7 pm to 7am. Noncaloric liquids like water or herbal tea don't count.

Fasting promotes metabolic flexibility by allowing your body to rest from the huge job of digesting and instead turn its focus internally to detoxify the body and brain.

There are benefits to longer fasts ranging from autophagy to increased microbiome diversity. Start small and build a strong fasting routine this "Fasting February!" And you don't have to wait until February, because fasting can benefit you year round!



Contact Us:

Website:

www.maplecenter.org

[812-234-8733](tel:812-234-8733)

Reminders

**Free Auricular (ear)
Acupuncture every Monday
from 4p-6p.
Sessions end by 7pm.**

**Chair yoga every
Wednesday from 10a-11a on
Facebook Live
[@themaplecenternonprofit](https://www.facebook.com/themaplecenternonprofit)**

Turning Over a New Leaf



The Maple Center wrapped up the Turning Over a New Leaf 7 week class Thursday February 27th. Instructors Chloe Hurst, RD, Kathleen Stienstra, MD, Jean Kristeller, PhD, Becca Barger, NP-C, Lindsey Hull, LAC, and Kayla Leuking plus chefs Miren Beristain and Kumi McGuire provided a 5 session seven week course that explored personal goal setting, functional medicine approaches to a healthy lifestyle, mindful eating, tips for a health circadian rhythm, Mind body skills, health gut, Movement as Medicine and Food as Medicine for America's Chronic Illnesses.

Each session included a meal, lab checking at the beginning and end of the course, personal dietetic counseling sessions, and if 4/5 classes were attended, an incentive gift of an air fryer or instant pot. Participants received a bag of groceries to make the meal sampled during the class. The final class was a glorious potluck!

Thanks to our sponsors-Wabash Valley Community Foundation, The Larry P Fleschner Memorial Foundation, Catholic Charities and Christway Church. Thanks to all for an enjoyable and educational series.

**Congratulations - Mindful Growth
on your new location!
We wish you great success**

**Mindful
Growth**

**THERAPY
PSYCHIATRY
PSYCH TESTING**



Our Services

- ✓ Mental Health Therapy for ages 8 and up
- ✓ Couples, Family, and Parenting Therapy
- ✓ Psychiatry and Medication Management
- ✓ Psychological testing: Including ADHD (6+), Autism (2.5+), Mood Disorder, Learning Disabilities, Giftedness, and more
- ✓ Wellness Services: Massage, Infrared Sauna, Red Light Therapy, PEMF, and more!

Insurance Accepted

Anthem BCBS (Commercial)
United/UMR (Commercial)
UNN/Encore (*Union Hospital's Employee Plan*)
Tricare
Aetna
MD Wise
Anthem Medicaid
United/UMR/Optum Medicaid
Indiana Medicaid
*All Services are HSA Eligible
**Not all providers take each insurance panel



Contact Us:

- ☎ 812.214.5152
- 🌐 www.mymindfulgrowth.com
- 📍 6325 S SR 46 Terre Haute, IN 47802

A Warm Welcome

Please help us welcome Shelly Rigsby Stuthers as our new Executive Director & Marketing Manager! Shelly brings a wealth of experience from her previous roles in nonprofit leadership, advocacy, marketing and outreach activities. With over 30 years in the health and wellness sector, and a passion for the mind, body, spirit approach to wellness, Shelly will be a valued addition to our leadership team.

Shelly lives in Terre Haute. She is married to Jerry Stuthers, and they have four children among them, and seven grandchildren. She enjoys cooking, hiking and traveling.

Fun fact: Shelly and her husband share a birthday and were married on their mutual birthday. They were married at Hawaii Volcanoes National Park, at an overlook by the Kilauea Volcano!

Shelly can be reached at (812) 234-8733 or via email at info@maplecenter.org. Her office hours will be Monday - Thursday 4:00 p.m. - 8:00 pm.

Welcome to the Maple Center family, Shelly!



March - Women's History Month

In honor of Women's History Month, we give thanks to Dr. Stienstra and a group of "founding mothers" who started the nonprofit in 2005. Although we have evolved from our original dual purpose of support for maternity care options, especially natural birth, our current mission is to provide integrative health education and house clinical partners, combining the best of modern medicine and complementary care.

The Maple Center for Integrative Health envisions optimal wellness for the Wabash Valley Community by offering mind-body-spirit education and therapies. The Maple Center is a nonprofit integrative health education center that offers classes and workshops in mind, body, and spirit approaches to optimal wellness.

Workshops in preventive strategies to maintain health, and unique programs for those challenged by cancer and chronic illness are offered by a variety of skilled instructors and volunteers.

The Maple Center also credentials and houses the independent practices of professionals trained in a variety of integrative treatments, such as acupuncture, integrative medicine consultations, nutritional counseling, and frequency specific microcurrent treatments.

Practitioners with Integrative Roots provide community education through the nonprofit and individual client care through our private practice. Our practice has grown to include Becca Barger, NP-C, Abby Karius, MD, and Chloe Hurst, RDN. This growth has allowed us to serve more clients and offer a greater community impact for integrative care in the Wabash Valley.

Thank you, Dr. Kathleen Stienstra and the "founding mothers" for your vision in creating the Maple Center for Integrative Health. And thank you to our providers at Integrative Roots, Becca Barger, NP-C, Abby Karius, MD, and Chloe Hurst, RDN, along with Lindsey Skelton, BS LACA, Auricular Acupuncture provider, and Devaki Lammet, Yoga instructor.

You are all women making history by helping people in the Wabash Valley with mind, body, spirit approaches to optimal wellness.

Dr. Kathleen Stienstra - a
founding mother of the program



Tips for adjusting to the Time Change

Daylight Savings Time started on Sunday, March 9, 2025 at 2:00 am.

Daylight Savings Time (DST) is a one-hour clock adjustment observed by most of the U.S. and Canada, as well as some other countries, that begins in March and ends in November. From November to March, those locations operate on standard time.

The CDC shared some helpful tips for adjusting to DST, including:

- Try to go to bed 15 or 20 minutes earlier each night before the time change. This will give your body a chance to adjust.
- Begin to transition the timing of other daily routines that are “time cues” for your body. For example, start eating dinner a little earlier each night or exercising slightly earlier in the morning.
- On Saturday night, set your clocks ahead one hour in the early evening. Then go to sleep at your normal bedtime.
- Try to go outside for some early morning sunlight on Sunday. The bright light will help set your “body clock,” which regulates sleep and alertness.
- Be mindful of how DST may be affecting your body and be careful when driving or operating machinery if you feel drowsy on Sunday.
- Stick to your bedtime on Sunday night to get plenty of sleep before the workweek begins on Monday.

For the full article and more information, go to <https://blogs.cdc.gov/niosh-science-blog/2022/03/08/time-change/>

