



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

SEPTEMBER 2024



Kids Cooking Class at Deming Park

Chloee and Deanna were very excited to collaborate with the Terre Haute Parks Dept. this summer to teach the kids cooking class at Deming Park. Participants ranged in age from 5 - 12 years old and the kids were very excited to learn kitchen skills, make healthy recipes, and try new foods.

The Vigo County Health department joined the class with their hand washing tent, where the kids could see how clean their hands were after washing them. The Maple Center covered topics that included kitchen safety, knife safety, safely storing food, cross contamination, how to measure, MyPlate, serving sizes, hydration and sugar intake. Each child received a take home cookbook with healthy recipes .



Guilty Pleasure Cooking Class Sept 10 th @ Noon

HEALTHY COOKING CLASSES



Chloee and Deanna led our 8th Healthy Cooking class for the year at the center last month. There was a full classroom of participants learning about Garden to Table Cooking.

Participants were informed about growing their own food, aeroponics, and hydroponics and shown samples of different growing methods.

The class made oven roasted vegetables, no bake apple pie, and take home refrigerator garden pickles.

Lastly, everyone enjoyed a yummy lunch together. There was plenty of take home information and recipes of how to use up the wonderful vegetables from the home garden.

Several participants commented on how much fun they had and how much they enjoyed the food, if you haven't joined one of the classes yet...

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

Food Samples included

HEALTHY COOKING CLASSES

September 10, 2024
Noon - 1:30p,

Guilty Pleasure Food & Drink Replacements

Satisfy your cravings guilt-free with our Guilty Pleasure Food & Drink Replacement cooking class. Learn how to make delicious, healthy versions of your favorite indulgences, all while enjoying samples of the creations. It's time to indulge without the guilt!

Cost: \$20 per class or use your VIP credit

Maple Center Integrative Health
Larry P. Fleschner Memorial Classroom

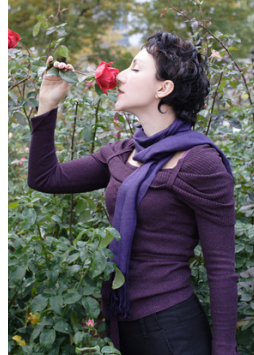
5 GREAT WAYS TO REDUCE STRESS



Practice deep breathing



Exercise Regularly



Focus on the positive of the day



Aromatherapy



Pause, reflect and set small goals

Monthly Yoga Pose to Reduce Stress



Legs up the wall

This pose is perfect for draining tension from the legs and feet, relaxing your lower body, and promoting overall calmness.

- Sit next to a wall and gently swing your legs up along the wall as you recline back.
- Ensure your back and head are resting comfortably on the floor.
- Place your arms by your sides, palms facing upwards, and breathe deeply.

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.

Manage Back Pain



- Use cold packs to help with pain and hot packs to increase blood flow and help you heal.
- Do not lay down all day. Instead, limit activities or exercise that cause pain or make it worse. Slowly increase your activity as you are able.
- Get physical therapy to help strengthen muscles and improve your posture. Check with your doctor or physical therapist before starting any exercise routine.
- Massage and adjustment of the spine and muscles by a professionally trained doctor or therapist.
- A device that sends mild electrical pulses to the nerves through pads that are placed on your skin.
- Acupuncture, which is a Chinese practice that uses thin needles to help relieve pain.
- Slowly add exercises back into your daily routine. Talk to your doctor about the types of exercises that are best for you.
- Ask your doctor if you should avoid certain activities or exercises.
- Wear comfortable shoes with a low heel.
- When driving long distances, stop regularly to stand up and walk around.
- When sitting for a long time, remember to get up, move around, and change your position frequently.
- Limit the amount you carry. Instead of carrying more items at once, make extra trips.
- Try to sleep on your side with a small pillow between your knees. If you sleep on your back, place a pillow under your knees. If possible, avoid sleeping on your stomach.
- Stretching via gentle yoga

Reference: niams.nih.gov/community-outreach-initiative/understanding-muscle-health/living-with-back-pain



How to Set Healthy Boundaries

Setting boundaries is a form of self-care. It helps to create a clear guideline, rule, or limits of how you would like to be treated.

Healthy vs. Unhealthy Boundaries

Healthy boundaries allow each person in a relationship to communicate their wants and needs, while respecting the wants and needs of others. Unhealthy boundaries can strain a relationship and cause undue stress to the individuals.

Healthy Boundaries:

- Being able to say, "no," and accept when someone else says "no"
- Being able to clearly communicate both wants and needs
- Honoring and respecting your own needs and the needs of others
- Respecting others' values, beliefs, and opinions, even if they are different from your own
- Feeling free to disclose and share information, where and when appropriate.
- Flexibility without compromising yourself in an unhealthy way.

Unhealthy Boundaries

- Not being able to say "no"
- Having trouble accepting "no" from others
- Not clearly communicating one's needs and wants
- Easily compromising personal values, beliefs, and opinions to satisfy others

Where you place your boundaries will vary based on your beliefs, values, cultural customs, and family traditions. Ask yourself: "What goal do I want to reach in setting a boundary or why do I need to set a boundary?"

Unhealthy boundaries can quickly turn into abuse. Abuse, no matter what kind, is a violation of boundaries. It is important to keep in mind that there is never an excuse for abuse, it is never your fault.

Setting boundaries can be hard and uncomfortable.

- Be clear - communicate as clearly as possible what you want
- Practice what you are going to say prior to the conversation with the individual(s), if needed
- Keep it simple! Try not to overload someone with too many details at first. Pick the main thing that is bothering you and focus on that.
- Set consequences, when needed.

Benefits of Setting Boundaries

- Setting limits can provide balance in your life. Sometimes we even need to set some for ourselves.
- It can help you to avoid burnout: Doing too much for too many people is an easy way to burn out. Setting boundaries can help prevent burnout.
- Giving and helping others is great, but when it turns into doing too much for others, you may start to feel resentful. Setting boundaries about what you are able to do can reduce or even get rid of any resentment.
- Setting them can help you achieve good mental and emotional health.
- Lastly, it will help you to develop your own identity.

You can find 7 Healthy Boundaries Worksheets (PDFs) at:
positivepsychology.com/great-self-care-setting-healthy-boundaries/



Plant-Strong Recipe:



Sourdough Starter

- **1 cup whole wheat flour**
- **¾ cup bottled or non-chlorinated water**
- **3 cups (approx) Unbleached all purpose flour (for feeding. May also use bread flour or whole wheat flour)**

Measure out the whole wheat flour into a large bowl or a crock. The container you use should be large enough to hold the sourdough starter as it rises and bubbles. Also make sure you use a glass or ceramic or sturdy, food-safe plastic container.

Measure out the bottled or non-chlorinated, room-temperature water. Chlorine can inhibit the formation and growth of yeast, so it's rather important that your water be as non-chlorinated as you can get it.

Now add the water to the flour and whisk together to mix well. You should not have any traces of flour.

Cover the sourdough starter loosely with a kitchen towel. If the weather where you live is cold, place it in a warm spot.

Leave your starter alone for 24 hours. When you look at it, you might see some bubbles, or there may be none, especially if you are in cooler temperatures. Either way, mix the starter well with a whisk or fork, measure out half a cup of the starter, and discard* it. (You can use the discard in flat breads or unleavened breads, and from day 4 you can use it in sourdough waffles and pancakes)

After discarding a portion of the starter, add half a cup of unbleached, all purpose flour and 6 tablespoons of non-chlorinated water. Use warm water (not hot) if you are working in cool temperatures. Mix well and again, leave in a warm place. You will start noticing that your starter lightens in color with the addition of all purpose flour.

By the third day you should see some activity in your starter and also a fruity aroma. Once again, discard half a cup of starter and add half a cup of all-purpose flour and 6 tablespoons of water.

Continue the process for the next three days (try and do this at the same time of day, although an hour here or there won't be amiss).

By the seventh day, your starter, if it's healthy and bubbling, should be ready to use.

Reference: Holycowvegan.net/make-sourdough-starter



Plant-Strong Recipe:



Mushroom Ragu (Mushroom Bolognese)

Servings: 5 servings

2 tablespoons extra virgin olive oil
1 large onion
1 large carrot
1 large stalk celery
2 cloves garlic
1 sprig rosemary or thyme
2 bay leaves or sage

$\frac{1}{3}$ cup tomato paste the thick one that comes in a tube
2 pounds mushrooms white button, cremini, or mixed mushrooms
 $\frac{1}{2}$ teaspoon salt or more to taste
 $\frac{1}{4}$ teaspoon black pepper

SERVE WITH
1 pound pasta

Finely chop celery, carrot, and onion. You can do so with a chef's knife or a food processor. If you use a food processor, pulse the veggies until coarsely chopped. Don't blend continuously, or you'll risk over processing the veggies.

In a large skillet or dutch oven, warm up the olive oil.

Add the chopped celery, carrot, and onion and fry them gently for 5 to 8 minutes.

Add tomato paste, grated garlic, rosemary, and bay leaves, stir and fry for another 3 minutes or until the tomato paste turns darker.

Coarsely chop the mushrooms. You can do so on a cutting board with a chef's knife or a food processor. If you use a food processor, pulse a few mushrooms in 3 or 4 batches. You want a coarse texture.

Blending in batches ensures the mushrooms at the bottom of the food processor won't get mushy and over-processed.

Transfer the chopped mushrooms onto the pan, season with salt and black pepper, and cook on medium-high heat for 20 to 30 minutes, depending on the water content of your mushrooms. Stir occasionally.

The mushrooms will release their liquid at first. Keep cooking them until the water is gone, and a few minutes passed that. You want a thick, rich, creamy mushroom sauce.

Cook the pasta in a large pot of salted boiling water. Reserve one cup of pasta water, drain it when al dente, and toss it in the pan with the mushroom ragu. Add a ladleful of pasta cooking water, finish cooking for a few seconds, and serve immediately.

Reference: theplantbasedschool.com/vegan-bolognese



Plant-Strong Recipe:



Avocado Lemon Pesto (Nut-Free)

Servings: 5

2 Cups Fresh Basil
1 Cup Avocado
1 Cup Water
¼ Cup Lemon Juice If you want a little extra citrus kick, use ⅓ cup of lemon juice.
½ Teaspoon Salt
¼ Teaspoon Black Pepper
¼ Teaspoon Garlic Powder

INSTRUCTIONS

Start by adding all pesto ingredients into a high speed blender. Blend on high until it becomes a smooth, creamy consistency. (Add more water if needed.)
Pour over pasta or vegetables! Enjoy!

Reference: freshwaterpeaches.com



Creamy Butternut Squash Pasta Sauce

Servings: 4

6 Cups Cubed Butternut Squash
13.5 Ounces Full Fat Coconut Milk
1 Head of Garlic
2 Tablespoons Olive Oil
1 Teaspoon Salt
½ Teaspoon Paprika
12 oz Gluten-Free Pasta

Start by peeling and de-seeding butternut squash. Chop into large cubes and add to a baking dish.

Next, cut the top off of a head of garlic. Place cut side up in the middle of the baking dish. Drizzle over olive oil and bake at 375 degrees for about 45-60 minutes.

When the butternut squash is tender and the garlic is golden brown, remove the pan from the oven. Carefully add the cubed butternut squash, full fat coconut milk, salt, paprika, and roasted garlic into a high-speed blender. (The garlic should squeeze right out!)

Blend on high until smooth and creamy. Add more salt & paprika to taste!

Reference: freshwaterpeaches.com



Plant-Strong Recipe:



Gluten Free Naan Flatbread

Servings: 4

3 cups gluten free flour blend
1 1/2 cups warm water
1 teaspoon salt
1 tablespoon cane sugar or honey
1 packet dry yeast (or 2 1/4 teaspoons dry yeast)

- In a measuring bowl, add warm water (about 110 degrees F, not too hot) and stir in sugar to dissolve it slightly. Gently stir in the yeast and allow mixture to proof for 5 minutes, getting nice and bubbly.
- While the yeast is proofing, combine flour and salt in the bowl of a mixer. I like to use my KitchenAid stand mixer, but you can mix this by hand in a large mixing bowl as well.
- Once yeast is done proofing, add it to the flour and mix it until smooth and fully incorporated.
- Scrape down the sides of the bowl and cover the dough with plastic wrap or a reusable silicone cover.
- Allow to rise in a warm spot for 20-25 minutes. If you're in a hurry, you can shorten the time, but this will create a denser flatbread.
- Heat a griddle or large pan to 400 degrees F. Lightly grease the pan with a high heat oil like coconut or grapeseed.
- To make your naan, lightly flour a flat surface and scoop 1-4 to 1/2 cup worth of dough into the center. Flour the top of the dough ball and your hands and then use your hands to roll it into a ball.
- Place the round dough ball back on the floured counter and dust the top again with flour. Use a rolling pin or smooth round glass to roll out the naan until it's 1/2 thick.
- Use a flat spatula to help pick up the rolled dough and place it on the hot griddle.
- Repeat with the rest of the dough.
- Cook the naan on each side for 2-4 minutes, until puffy and opaque.
- An alternate method is to roll the dough with wet hands. To do this, wet your hands and take a large golf-ball sized piece of dough. Roll it into a ball and then flatten slightly before putting it on the hot griddle and quickly flattening with your hands.
-

Reference: beautyinthecrumbs.com

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
ON
FACEBOOK

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

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



Larry P. Fleschner
Memorial Classroom

Monthly Matters from The Maple Center

Food Samples included

HEALTHY COOKING CLASSES

September 10, 2024
Noon - 1:30p,

Guilty Pleasure Food & Drink Replacements

Satisfy your cravings guilt-free with our Guilty Pleasure Food & Drink Replacement cooking class. Learn how to make delicious, healthy versions of your favorite indulgences, all while enjoying samples of the creations. It's time to indulge without the guilt!

Cost: \$20 per class or use your VIP credit

Maple Center Integrative Health
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, 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!

Monthly Matters from The Maple Center



70 W Honey Creek Parkway
Terre Haute, IN 47802
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**

Mindful Growth Massage

**Book Online at
mymindfulgrowth.com/
massage
or**

Call Call 812-214-5152