



Maple Center
Integrative Health

**ANNUAL REPORT
FOR 2023**



DIRECTOR'S STATEMENT

Thanks to everyone for your patience as we have made many office moves over the last several months. Thank you to those individuals who offered their time to help us with these moves.

This year has been a year of transition for the center as we adjusted to our new space and new location, but now we are looking to the future of the center and our offerings to the community.

We continued with many of our class this year such as ear acupuncture, chair yoga, gentle yoga and tai chi .We hosted the "City of Wellness" event again this year where individuals heard several Integrative Health guest speakers which discussing several different integrative health topics. During the event an exhibit hall was available for attendees to access local vendors offering integrative health services. Also, we offered smaller more personalized nutrition classes where individuals had more opportunity to ask individualized questions. Lastly, we offered classes at CODA's facility and offered monthly speakers at OLLI for ISU.

We are looking forward to continuing to offer our community integrative health programming over the next year.

Again, thank you for all the volunteered time and donations that allow our center to make a difference in our community.

DEANNA FERGUSON

Executive Director

Mission

To provide integrative health education and house clinical partners, combining the best of modern medicine and complementary care.

Vision

The Maple Center for Integrative Health envisions optimal wellness for the Wabash Valley Community by offering mind-body-spirit education and therapies.

2023 BOARD OF DIRECTORS

REBECCA BARGER, NP-C BOARD MEMBER, 05.2023, PROGRAM COMMITTEE, NURSE PRACTITIONER, INTEGRATED ROOTS

SANJAY BHATIA, MD TREASURER, 05.2023, FINANCE COMMITTEE, INTERNAL MEDICINE, UNION HOSPITAL

KAREN CUNNINGHAM, BOARD 1ST VICE-CHAIR, CHAIR- LEAF TEAM, RETIRED PHYSICAL THERAPIST, INDEPENDENCE REHABILITATION

LISA GIBSON BOARD MEMBER, 12.2014, CHAIR - EVENTS COMMITTEE, COMMUNITY LEADER

CHLOEE HURST, RDN, LD BOARD MEMBER, 05.2023, PROGRAM COMMITTEE, REGISTERED DIETITIAN AND NUTRITIONIST, INTEGRATED ROOTS

ABBIE JONES, PHD BOARD MEMBER, 05.2023, PROGRAM COMMITTEE, PSYCHOLOGIST, MINDFUL GROWTH

JEAN KRISTELLER, PHD BOARD 2ND CHAIR, PROFESSOR EMERITUS, INDIANA STATE UNIVERSITY

JAMIE LEE, MA BOARD MEMBER, 11.2016- PROGRAM COMMITTEE, PROFESSOR AT INDIANA STATE UNIVERSITY

LINDSEY SKELTON, BA BOARD MEMBER, 05.2021, ACUPUNCTURE DETOXIFICATION SPECIALIST, NEXT STEP LICENSED ADDICTION COUNSELOR

CARRIE SMITH, BS BOARD MEMBER, 03.2022, COMMUNITY BUSINESS LEADER - REAL ESTATE AGENT GIBSON REAL ESTATE

KATHLEEN STIENSTRA, MD BOARD CHAIR, CHAIR-EXECUTIVE COMMITTEE, PHYSICIAN, THE MAPLE CENTER, UNION HOSPITAL

DEANNA FERGUSON, BS, EX-OFFICIO EXECUTIVE DIRECTOR, THE MAPLE CENTER, 07.2013

NONPROFIT STAFF

2023

Deanna Ferguson
Executive Director

Brandy Chesterson
Part-time Program Coordinator

2023 PROGRAMS



Ear Acupuncture



**City of Wellness
2023**



**LEAF- Turning
Over a New LEAF**



Chair Yoga



Gentle Yoga



Family Yoga



CODA Programs



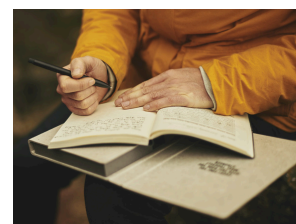
OLLI Programs



Tai Chi



**DR. JOHN BLACK
MEMORIAL LIBRARY
ONLINE**



Writing Group

Other Great Offerings



Sign up to receive the **monthly e-newsletter** or review past issues at our website.



At our website you can view **"Tools to Transform Your Health" videos**



Get up to the minute information on our classes and other healthy lifestyle information on our social media pages.

THANK YOU TO ALL OF OUR DONORS

ANONYMOUS DONORS
BENSON TRUST
MICHELE BOYER
KAREN CUNNINGHAM
MARILYN DAVIS
MICHAEL ELMORE
THE GIBSON FAMILY
STEVE & KATHY FLESCHER
LEAH FOUTS
MARY FOUTS
LISA GIBSON
NORMA GIOVANINI
KATHY GOTSHALL
PATRICK & REGINA HARKINS
HOLLY HUDSON
MARY & ARTHUR KRAMER
SYLVIA MIDDGAUGH
MARDEL MILLER
BART MOONEY
BETTY MOONEY
JAMI PATTERSON
EARL C. RODGERS & ASSOCIATES
JIM & JILL SHORT
JAMES SNAPP
MARGARET SUE SNEDEKER
MARCELLA SPETH
KATHLEEN AND DAVE STIENSTRA
RUTHGAYLE STITH
LINDA THOMAS
JUDY WHITAKER
ANONYMOUS LEAF ALUMNI
LARRY P. FLESCHER MEMORIAL FOUNDATION

**With your
generosity
comes great
things...the
gifts or a
better life
for other
individuals**

ENDOWMENTS & MEMORIAL FUNDS

VIRGIL AUEN ENDOWMENT
DR. JOHN BLACK MEMORIAL FUND
PATRICK M. BURKETT MEMORIAL FUND
VAN DESROCHER MEMORIAL FUND
LARRY P. FLESHNER MEMORIAL FUND

DONATIONS IN MEMORY OF:
BRUCE BRENTLINGER BY THE BRUCE & NANCY BRENTLINGER
FOUNDATION
RON ALLENDER BY FAYE COWAN
JANE ALEXANDER BY LINDA & JAMES DAUGHERTY
JACK BARNETT BY KAY BARNETT
JOSHUA BREHM BY SYLVIA OSTER
ROBERT CLAYTON DOTY BY EDITH DOTY
CAROL CRAWFORD BY JOESPH B. CARD, BONITA GOOD, SHERRY
LAMB,
MARTHA LAYTON, JEAN MAUSEL, AND SUSAN WELCH
DELORES GOTSHALL, FAMILY & FRIENDS BY KATHY GOTSHALL
LYDIA LASKA BY CATHIE LASKA
BILL & BETTIE MACMORRAN BY LOWELL & TRACY HOUP
VALERIE MARIETTA BY KATHY MAHALEK
BILL RHOADS & ROSE HILL BY LARRY & GAYLE LISMAN
NANCY HANKS BY LINDA HEADLEY
PATTY SALTER BY STEPHANIE SALTER
MIKE RENDACI BY BETTY MOONEY
JACK MALONE BY JOHN MALONE
JIM MUCIARELLI & ANNABELLE NOBLITT BY JOHN MUCIARELLI
LINDA LECOUR-SNAPP BY JIM SNAPP
SYLVIA OSTER BY DODDIE STONE

**We are thankful
to all who
continue to
support our
mission by
making
donations in
honor of or in
memory of loved
ones.**

GRANT FUNDING

The Maple Center's Board of Directors and staff thank the following foundations, organizations, and businesses for awarding grant funding to the center

Larry P. Fleschner Memorial Fund

Auen Memorial Fund

THANK YOU TO OUR PROGRAM PARTNERS



FINANCIAL REPORT

The Maple Center, Inc. Balance Sheet As of December 31, 2023

	<u>Dec 31, 23</u>
ASSETS	
Current Assets	
Checking/Savings	
2295 · Certificates of Deposit	75,288.77
1100 · Cash	50.00
1101 · Operating Account- First	25,044.81
1102 · Coleman Restricted Fund	88,387.53
Total Checking/Savings	<u>188,771.11</u>
Accounts Receivable	
11000 · Accounts Receivable	151.47
Total Accounts Receivable	<u>151.47</u>
Total Current Assets	<u>188,922.58</u>
TOTAL ASSETS	<u><u>188,922.58</u></u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
2200 · Payroll Liabilities	272.79
Total Other Current Liabilities	<u>272.79</u>
Total Current Liabilities	<u>272.79</u>
Total Liabilities	272.79
Equity	
2951 · Steinstra VIP	10,000.00
2943 · Larry P Fleschner Memorial Fund	12,500.00
2900 · General Fund	234,562.54
2915 · Coleman Restricted Funds	89,787.53
Net Income	-158,200.28
Total Equity	<u>188,649.79</u>
TOTAL LIABILITIES & EQUITY	<u><u>188,922.58</u></u>

The Maple Center, Inc. Profit & Loss January through December 2023

	<u>Jan - Dec 23</u>
Ordinary Income/Expense	
Income	
3000 · Undesignated Grants & Donations	7,043.11
3005 · Designated Grants & Donations	22,500.00
3100 · In-kind donations	2,363.00
3500 · Registration Fees	2,077.81
3600 · Special Events Income	12,350.00
3800 · Rental Income	39,793.12
4500 · Misc Income	45.52
Total Income	<u>86,172.56</u>
Expense	
4000 · Program Expenses	43,944.08
5000 · Management & General Expenses	197,938.44
6000 · Special Events Expenses	3,481.58
Total Expense	<u>245,364.10</u>
Net Ordinary Income	-159,191.54
Other Income/Expense	
Other Income	
8000 · Interest Earned	991.26
Total Other Income	<u>991.26</u>
Net Other Income	991.26
Net Income	<u><u>-158,200.28</u></u>

*THESE REPORTS ARE UN-AUDITED

WAYS YOU CAN GIVE A GIFT TODAY

A Gift

Giving is not just about making a donation. It is about making a difference.

~ Kathy Calvin

- Cash donation
- Donate appreciated securities
- IRA charitable rollover
- Transferring life insurance
- Ask your employer if they will match employee donations to nonprofits
- Sign up at Amazon Smiles and choose The Maple Center as your nonprofit
- Sign up at Krogers and choose The Maple Center as your nonprofit

A deferred gift:

- Testamentary Gift
- Bequest in your will
- Donate Real Estate or personal property

PARTNERING PRIVATE PRACTICES

The nonprofit
houses several
partnering
private
practices.
These
individuals
have been
credentialed by
the nonprofit.

INTEGRATIVE ROOTS

INTEGRATIVE MEDICAL CONSULTATION, DIETITIC
CONSULTATION ACUPUNCTURE & FSM
(FREQUENCY SPECIFIC MICROCURRENT)
DR. KATHLEEN STIENSTRA, MD
REBECCA BARGER, NP
CHLOEE HURST, RDN

MINDFUL GROWTH

THERAPY AND BEHAVIORAL HEALTH
INTERVENTIONS
DR. ABBIE JONES, PHD
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Maple Center
Integrative Health

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