

The Fountain Project Foundation, Inc.

Healing the body, mind, and spirit.

Fall 2018

DIABETES & PREVENTION

On July 7th, 2018 Dr. Jeri Mao gave a free Fountain Project class on “Diabetes & Prevention” to a packed house. Dr. Mao is a physician for Kaiser Permanente, and a and one of our volunteer medical doctors.

Dr. Mao presented on acquired, or Adult Onset Diabetes, focusing on prevention. Participants learned that there is a complex digestive system, and Diabetes Mellitus can result from dysfunction in one or more areas. Medicinal treatments have evolved to being able to target one or more of these processes, in hopes of greater efficacy and fewer potential side effects.

When we eat, our enzymes break carbohydrates down into simple sugars, including glucose (blood sugar) which is absorbed into your blood, to be used as energy when needed. The pancreas, a gland located behind the stomach, responds to higher levels of blood sugar, and controls the use of the glucose by releasing a hormone called insulin.

If you have diabetes, this system breaks down, and the body may not produce enough insulin, or may not respond to the insulin that is produced or be insulin-resistant. This can lead to high levels of sugar in the blood, causing the body to respond in other ways including increased thirst and urination as it tries to remove the sugars. Those who develop Diabetes are at greater risk for cardiovascular disease, blindness, nerve damage, foot problems, skin problems, and may even be related to Alzheimer’s Disease.



All great reasons to do what we can to prevent diabetes, right? So what can we do? Dr. Mao advised us to lose excess fat, as being overweight increases risk of developing diabetes. Drink plenty of fluids, don’t smoke, limit alcohol, get regular exercise, manage stress levels, get enough sleep and eat a diet that includes plenty of vegetables and cut refined

carbohydrates and sugars from your diet. A surprise to some people was the high amount of sugar in sodas, and that foods containing artificial sweeteners are not recommended. No, diet sodas are not the solution! And yes, alcohol is also converted to blood sugar.

Whether we are trying to prevent Diabetes or control it if we already have it, a diet that balances out the carbohydrates we do eat throughout the day can be helpful, as it avoids the peaks and troughs that cause the body to react to the radically changing levels. A simple blood test can measure you blood sugar levels, including “A1c”. The good news is that people who are pre-diabetic can lower their risk of developing diabetes with diet and exercise.

In Dr. Erlene Chiang’s subsequent presentation, we learned to use “Food As Medicine,” Although there are some dispositions we are born with, there is so much we can do to maximize the health of the body we have today, and influence our health for the rest of our lives. As Dr. Chiang says, “You can’t choose your DNA, but you can choose how to feed your DNA.”

Judy Gillespie

VOLUNTEER SPOTLIGHT



Since 2004, Meei-Lih Ahmad has been a constant and dedicated support to the Fountain Project. She has served as Mandarin-English translator, front-desk registrar, and driver to the City of Ten Thousand Buddhas, and as translator and front-desk registrar for Wen Wu School and Bay Area Rescue Mission Free Clinics. Hers

is the smiling and welcoming face that people see whenever seeking assistance from the Fountain Project.

Professionally, Meei-Lih has had a successful career, beginning as Junior Water Purification Engineer, and now as a Senior Engineer, Section Manager and facility contact for all SFPUC wastewater facilities in the Bay Area Air Quality Management District.

Two other aspects of Meei-Lih's life dovetail with and complement her service to Fountain Project. She is a certified Wild Goose Qi Gong teacher at Wen Wu School and is Chair of the Dragon Singers Board of Directors. Dragon Singers is a Chinese choral group that practices at

the Wen Wu School site, and each year Dragon Singers generously donates tickets to Fountain Project for their annual sold-out concert. Meei-Lih has always had a love of music, and started taking classes in Music at Laney College in 2004. She received her Associate of Arts Degree in 2014.

When asked why she is so constant in her dedication, Meei-Lih says: "There are many things in Fountain Project which echo my value system: the mission of providing free medical treatment to the underprivileged and low income people, integration of Eastern and Western medicine, participants' professionalism, devotion and compassion, Dr. Erlene's Chiang's role model and leadership, education on self-health care, friendship and joy of sharing the love with respect, the privilege of going to the City of Ten Thousand Buddhas and close encounter with honorable dharma masters, appreciation and humanity in visiting the Bay Area Rescue Mission, continuous learning through this worthy project. I am very honored to be part of the team."

Fountain Project is so fortunate to have the sustaining support of Meei-Lih Ahmad.

Ann Larson

A RELATIONSHIP in HARMONY

At BARM's annual dinner in September FP was honored to receive an award! The Board of Directors couldn't be more pleased with how this relationship with another nonprofit has blossomed and grown over several years.

The plaque from the dinner read:

The Bay Area Rescue Mission proudly presents
The Volunteer of the Year Bay of Hope Award for 2018
"The Journey of Rescue: Past, Present and Future"
to The Fountain Project Foundation
For your devotion, dedication and faithful service

Volunteer and teachers provided over 75 hours of service at October Free Clinic held at BARM headquarters.



FOOD AS MEDICINE WORKSHOP

“We Are All Chefs”

On August 25th, FP’s Medical Services Leader, Dr. Erlene Chiang announced this to a jam-packed Wen Wu Studio turned into Wen Wu Restaurant for a new and very special cooking lesson focused on Mung Bean Health Benefits.

At the same time, we learned that other than the deliciousness of mung bean products, we learned that its benefits are:

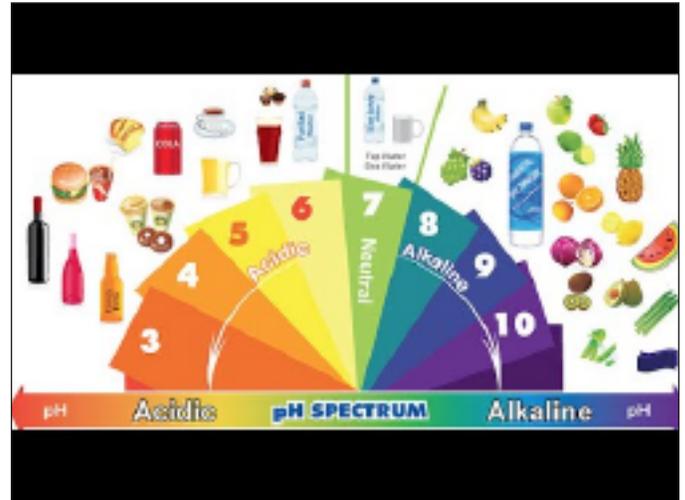
- lower stress that can contribute to cancer and tumor formation
- diabetic control
- good source of magnesium, folate and protein
- weight loss and appetite control.

The participants also received a handout detailing the benefits with two recipes to try at home:

- Mung Bean Sprouts Salad
- PanFried Golden Nuggets - using mung bean flour with minced vegetables

Dr.Chiang reminded us to remember how it was to be a teenager when everyone is dieting (not eating properly)-and remember to think about the purpose of your diet is to be mindful of food as a priority for life. She traced medicinal aspects from three thousand years ago when ginger, turmeric and cinnamon and slow cooked soup were used to wash bitter herbs down – a form of ancient chemotherapy. Also exercise was always a parallel nurturing element.

When the 80+ diners walked into “Erlene’s Restaurant” and took a chair, tables were set so each person sampled seasonally appropriate appetizers and samples of “medicinal” food. Erlene led us through a range of issues



including age, body type, the yin yang spectrum, the role of the season- we were in late summer, a transformational time for vegetables (Spring for example is a germination time. A useful suggestion for now and fall avoid fast eating (don’t gulp your food!)- think 70%full.

Looking ahead, in Autumn harvest time - avoid greasy spicy, alcoholic items; in Winter – resist high sweets content, fats and spicy food.

Before us was food that we learned was low in the avoid spectrum and to prove it wasn’t magical, Chef Erlene fired up the wok for an unforgettable cooking demonstration.

That brought home to everyone the magic of incorporating mung bean into home cooking- from appetizers to desert. Everyone there and those who heard about it want FP to present this kind of treat again as soon as possible. A springtime feast perhaps?

Anne W. Smith

Healing Circle with Crystal Bowls

featuring

Isabelita Papa and Tom Savell

Ring in the Lunar New Year bathing in a sea of sound healing vibrations from crystal bowls helps to improve well being and melt away stress by clearing, activating, and harmonizing the chakras and meridian points in the body.



Isabelita Papa and Tom Savell honored the new Lunar New Year on March 3rd, with their magical crystal bowls, bathing participants at their Fountain Project workshop in a sea of sound. The healing vibrations help to improve well being and melt away stress by clearing, activating and harmonizing the chakras and meridian point in the body.

FOUNTAIN PROJECT ANNUAL DINNER 2018

The Fountain Project Board of Directors cordially invites you to our 2018 Annual Dinner on Saturday, December 1st at **6:00pm.**

FENG SHUI FOR JOYFUL LIVING

Our Speaker is Manu Butterworth is Founding Director (2002) of Golden Gate Feng Shui School, in Uptown Oakland. The school offers a strong foundation in the historical context and philosophical underpinnings of feng shui; it has developed a reputation for innovative and dynamic programming.



Manu has been involved in the study, practice and dissemination of various branches of Traditional Chinese Medicine for the past 20 years. His holistic approach to a feng shui consultation takes into consideration individual needs, food, environment, life circumstances, and physical condition.

During this December 1 event, FP dinner attendees will be provided with learning opportunities and hopefully thereafter will pass along Manu's positive influence to their own homes, neighborhoods and communities. We want to thank you for all of your support throughout the year, celebrate our 11th year of service, make an exciting announcement on our future growth and leadership and also have some fun.

*Fountain Project Foundation
was founded in 2001,
and is a tax-exempt, non-profit organization.*

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We will be serving dinner and be providing
inspiring entertainment at
Noodles Fresh Restaurant
on San Pablo Avenue in El Cerrito.

Please join us!

RSVP by November 23rd at
fpdinner2018.eventbrite.com or
email info@fountainproject.org

- Supporters' ideas, articles, and event proposals are always welcome for consideration in FP Newsletter, which we plan to issue three times a year.
- For those of you with time and inclination – VOLUNTEERS are needed!

Offering ideas and time to BCC is helpful, whether its about program content, exhibition installations, hosting specific events, discussions etc. All lead to extended learning networks, becoming committee members, and generally being there to get things done – both on site and online. Thank You!