

Food for Thought

Newsletter of The Nutrition Clinic and Sol Stone Center in Elmira, N.Y.

Summer 2011

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'You can recover'

Former Sol Stone patient, now a therapist, recalls her quest for a better life.

Kadee Hunter had a dream attending high school in Mountain Brook, Ala.: she wanted to study at Cornell University.

She worked hard to get there, and once she was accepted, she felt the pressure to do well. She didn't want to disappoint her parents.

"I had very high standards for myself," she said. "My parents are so good, and I thought they deserved a perfect daughter."

Kadee said her passion for horseback riding likely also played a part in her developing an eating disorder before her junior year in high school.

"That's a sport with an ideal body type. The ideal rider is tall and lean. I couldn't get taller (she is 5 foot 3½ inches) but I could get leaner.

"And I thought thinness would compensate for my imperfections as a horseback rider and in life in general."

Kadee, now 27 and an eating disorder therapist in Eugene, Ore., said she knew she was in trouble shortly after arriving in Ithaca because she lost sight of who she was.

"The freshman year was hard," she said. "I got there and suddenly I realized I was so far from home and all the people I knew. I stopped riding horses at Cornell and I tried to figure out who I was without that.

"But I was living my dream, so I didn't have time for being scared and feeling homesick."

Fortunately for her, though, she joined Campus Crusade for Christ, calling friends in that group "my safety."

The pressure still grew, though, and she continued to restrict her eating when under stress, something she started doing in high school.

Late in her freshman year at Cornell, she was planning a mission trip to Asia for the summer and told her Bible study leader that she had a problem.

"I said when I'm stressed out, I don't eat very well and I take a lot of diet pills."

Kadee called that conversation "my biggest cry for help."

She met Carolyn Hodges Chaffee, the owner of The Nutrition Clinic and Sol Stone Center, a short time later.

Carolyn, who also treats patients at Cornell's



Gannett Health Services, was among those who worked with Kadee on an outpatient basis from the end of Kadee's freshman year through half of her junior year before pushing her to come to Sol Stone for more intensive treatment.

"Carolyn is very straightforward," Kadee said. "It was really helpful to have someone who would say, 'I know you're struggling, but the bottom line is your body is suffering.'"

Kadee said she was unable to gain weight. "I was getting some great emotional support in outpatient treatment but I needed somebody to help me make changes because I was talking about things but I wasn't willing or able to make any changes on my own."

Kadee started day treatment in early 2005 at Sol Stone, and it was a life-changing experience.

"I learned how to feel and deal with my emotions. That was a really big one because I didn't know before that what to do when I was sad or scared.

"I also rebuilt my self-esteem and learned to change my negative thoughts and be honest with myself and others."

At Sol Stone, she questioned everything in her life and realized she was more worried about disappointing herself than her parents.

She said she had created an image of herself to present to others that was not true.

"I started bringing my true self into relationships to see what would happen," she said. "That was a nice thing about group therapy – I got to practice my relationship work with the other women in treatment."

While at Sol Stone, two events were turning points for Kadee.

In June 2005, Kadee watched as three friends graduated from Cornell. "I realized that day that being especially thin was not important on graduation day. In other words, what I had been working for did not really matter."

A short time later, Kadee enjoyed spending time with her sister and her sister's children back home in Alabama.

"I realized that my eating disorder and my need for intensive treatment prevented me from doing things I really enjoyed. I had things I could look forward to about life without my eating disorder.

"I came back from my trip with a goal to work toward needing less treatment," she said. "I made positive, healthy changes to my meal plan immediately."

Kadee went on to earn a bachelor's degree in religious studies at Cornell and a master's in social work degree at Washington University in St. Louis. She now counsels eating disorder patients at the RainRock Treatment Center in Eugene, Ore.

She recently returned to visit Sol Stone, eager to encourage other young women to embrace a richer life. Her message was simple: "You can recover. It's so hard to imagine when you're in treatment, but it is possible."

She was touched to spend time with her treatment team at Sol Stone, too.

"Six years after I finished the program, Carolyn still remembered my past and still fully acknowledged and embraced my recovery. It's hard to describe how much that meant to me.

"Sol Stone helped me get my life back, now I help other women get their lives back, too."

For Kadee, "recovered life" is full of joy. It's a path she hopes others will follow.

"My thoughts about myself are much more kind," she said. "I can acknowledge my flaws and mistakes without overwhelming shame, and I can embrace my strengths and successes.

"One of my fears was that everyone else would be happy with my recovery and I would be miserable," she said. "I learned it's a common fear. I've had an eating disorder and now I'm living a recovered life. And I like recovery better."

Kadee's riding horses again, filling her weekends with fun outdoor activities and celebrating life with friends and family.

She's learned to manage her stress and knows when she's vulnerable to restricting her eating.

"When I had my eating disorder, my life was very small but very chaotic," she said. "Now I have so much more going on in my life, and I have a career I am passionate about. I'm just happier with my bigger life."

BOOK SPOTLIGHT**“Riptide”**by **Barbara Hale-Seubert**

Barbara Hale-Seubert, L.C.S.W., a therapist at Clear Path Healing Arts Center in Corning, has written a heartbreaking account of her daughter’s struggle to survive an eating disorder. Dr. Frederic Luskin, the director of the Stanford Forgiveness Project and author of “Forgive for Good” and “Forgive for Life,” wrote this about “Riptide”:

“Riptide is a well-written and searingly honest account of a mother’s journey through loss and grief. In confronting her daughter’s eating disorder, Barbara Hale-Seubert faced a parent’s worst nightmare – being helpless to save the life of her own child. The story culminates in what healing from pain can lead to – finding the compassion and forgiveness that offer meaning to our heartbreaks.”

Barbara recently answered several questions from Food For Thought:

Q: Why did you write the book?

A: I thought about writing a book for years, beginning when there still was hope that Erin would recover. I wanted my experience to be a source of reassurance and support to other parents dealing with similar issues by being honest about all the emotional ups and downs, and what I learned through the process.

Q: What is the key message you hope readers take from your book?

A: That you can survive and go on to live a meaningful life that isn’t defined by loss; that it’s not your fault, and not to take it personally; that you need to remember that you matter, too, and find your own balance in terms taking care of yourself and doing what you can to support and help your child; that sometimes what seems like loving sacrifice is really enabling; that acceptance and surrender, as in the Serenity Prayer, are essential to not drowning in fear, frustration, and grief; that you have to grieve what may never be in order to be with what is.

Q: What have you heard from readers?

A: A young woman who is struggling with an ED herself wrote, “Thank you for pouring your soul into telling this struggle ... It is naked and pure, and it hurts to read, but I hope that my mom can gain some comfort and understanding. Thank you for understanding and legitimizing Erin’s battle.”

Another friend whose adult daughter is still struggling wrote, “You describe so well the journey and limitations we have to ‘do something’ rather than ‘love someone.’ Loving ourselves, as you make clear, helps us to see ‘all is love’ when we do it in love.”

■ “Riptide” is sold at The Nutrition Clinic in Elmira and at the Barnes & Noble stores in Big Flats and Ithaca, and at bn.com and amazon.com.

We’re still growing

New IOP set to open in fall continues our history of helping people recover.

The staff at The Nutrition Clinic and Sol Stone Center continues to see increasing demand for its treatment services across New York.

The Elmira facility has seen steady growth since 2004, opening offices in Liverpool, Ithaca and Vestal.

That growth will continue this fall.

The staffs in Liverpool and Ithaca offer nutrition services and intensive outpatient programs (IOP).

The Vestal office offers nutrition services, and in September, will begin an IOP.

Carolyn Hodges Chaffee, the owner of The Nutrition Clinic and Sol Stone Center, said the Vestal office will add two or three positions for the IOP service, which will be three days a week from 4:30 to 7:30 p.m.

The days will be announced.

“The Binghamton area is about 20 percent of our patient population, so it made sense to expand in that direction,” Carolyn said.

IOP treatment provides an important step for eating disorder patients who may be stepping down from inpatient hospitalization or partial hospitalization programs.

The nine-hour-a-week IOP program gives patients an extra step before they transition to outpatient treatment, she said.

A legacy of caring

The Nutrition Clinic has been a leader in evolving the treatment of eating disorder patients in the past 20 years.

Carolyn was the clinical director of the dietetics department at St. Joseph’s Hospital in Elmira in 1990 when she decided to open the clinic as an outpatient independent weight management program.

She started treating eating disorder patients in 1993, and over the next one to two years, moved to exclusively treat eating disorder patients.

“The more I worked with weight-loss patients, the more I recognized that many were undiagnosed eating disorder patients,”

she said. “I felt it wasn’t ethical to tell a person with an eating disorder how to diet because it was just going to make their eating disorder worse.”

In 1993, Carolyn and her staff also started providing services at Ithaca College and Cornell University.

Sol Stone adds ‘another step’

“When we started (in 1990), we were an outpatient service and hospitalized from 60 to 70 patients a year,” Carolyn said. “There was such a huge step from inpatient hospitalization to outpatient treatment that they often relapsed quickly.

“I knew we needed to provide something that would add another step in treatment,” she added. “That’s how Sol Stone Center evolved.”

In 2004, Sol Stone Center, a partial hospitalization program, opened at the Elmira clinic.

The clinic’s move into the Syracuse area followed in 2007. Mary Ellen Clausen, founder of Ophelia’s Place, a nonprofit advocacy program for eating disorder patients, approached Carolyn about opening a clinic in Liverpool.

Until the clinic opened in Liverpool in 2007, patients who were able traveled to the Elmira clinic for treatment. Nutrition services were offered in 2007, and seeing another gap between partial hospitalization and outpatient treatment, Carolyn added an IOP in 2008.

The expansion to Ithaca was in September 2010, offering nutrition and medical services initially and then opening the IOP one month later at the facility at 108 S. Albany St.

“Our Ithaca office has been full since the first day,” Carolyn said, leading to the hiring of an additional dietitian.

The Vestal office, at 4513 Old Vestal Road, opened in April with outpatient nutrition services one day a week.

Carolyn said she may add a second day as the IOP opens.

“Our nutrition services took off very quickly when we opened,” Carolyn said. “I expect when the college students return that demand will really jump.”

A mother's fight

Jeanette Burleson is a fighter.

The married mother of two "terrific boys" has been battling an eating disorder since her childhood.

She has endured anorexia, obsessive exercising, long hospitalizations and treatments far from home, and marital struggles.

Now Jeanette, 46, says she is "in recovery but not recovered." She said she is happier and healthier than she has been in years, thanks in part to the staff at Sol Stone Center.

Jeanette first came to Sol Stone in 2007. It was just a few years after her first hospitalization, two months in a Pittsburgh hospital. Her husband, Bill, was "at his wit's end," Jeanette said, because he could not understand why she could not get better.

A dietitian recommended Jeanette come to Sol Stone to work with owner Carolyn Hodges Chaffee and her staff. It was a life-changing decision.

"It was a totally different experience than I had ever had at any other clinic or hospital," she said of her four months at Sol Stone.

"Carolyn knows eating disorders so well that she knows what you're thinking at all times," Jeanette said. "She knows every trick people might try. She doesn't let people get away with it."

Another setback in her recovery led to a hospitalization in Philadelphia in 2008, and a turning point.

"I saw women who were my age and older being treated and I thought to myself, 'I don't want to be 51 and in an eating disorder unit.' I can't do this anymore."

Emboldened by the revelation, she returned to work with Carolyn and also resumed therapy with Dr. Andrew Seubert of Corning.

"That was when the real me started coming back to life and I was a parent again," she said. "Through EMDR (eye movement desensitization and reprocessing), I have been able to go back to some very painful and traumatic times in my life and change the way I see myself in those situations. I have been able to reclaim my authentic self."

In EMDR therapy, the therapist guides the patient in processing distressing memories.

She credits Carolyn, Andrew and Sol Stone with helping her become more engaged with her family in the last two or three years.

"I am able to be a much better mother because I am able to be completely present with my children. They are able to witness me as I really am, not overshadowed by the disorder. This is something I am truly grateful for."

Jeanette and Bill are raising their sons Calvin, 12, and Simon, 9, in Port Allegany, Pa., in McKean County, about two hours west of Elmira. Bill owns and operates a hardware and rental store. Jeanette is a stay-at-home mom.

"I am a totally different person now," she said. "I am so much more involved with the boys and more affectionate with them. They are great kids and we have a lot of fun together. We talk and do things together.

"I was so closed off from everyone, just centered on the disorder, and that has changed," Jeanette added. "It used to be the boys would never roughhouse with me, and that was probably because I was isolating myself."

Carolyn says Jeanette worked hard to get to this point.

"What I see is an individual motivated to get better. A lot of mothers do it because of their children, but Jeanette is doing it to become a whole person," she said. "That's when you see much more long-standing motivation and perseverance, which is what you see with Jeanette. Family is very important to her, and it is a motivating factor to her, but not her sole motivation."

Jeanette says she is also making progress controlling her obsessive exercising. At its peak, she said she was exercising three to four hours a day on fewer than 1,000 calories. She now can go several days without a workout.

"Carolyn has helped me a great deal with this," she said. "I have to be vigilant and honest with myself about how much I am doing."

Her boys are "on the slender side" but athletes, like their father, she said. They are looking forward to football and soccer this fall, and Jeanette is thankful that her boys are not showing any signs of problems with food. Jeanette said family meals are fun again.

Jeanette says when she was a child, "I was one to keep everything in and never share my concerns." It's different for her boys.

"They are both very open to talk to me or Bill about things that may be bothering them. I can tell if my boys have had a bad day or are down about something. I get right on it; I don't let it fester."

Jeanette said Calvin and Simon are getting ready for the new school year.

For Calvin, it's a big move to seventh grade at the high school. He's ready, she said. Simon is starting the fourth grade.

Jeanette says the boys are remarkably well-adjusted. They were 2 and 5 when she was first hospitalized in Pittsburgh. They've seen all the ups and downs since, but they're resilient.

"I wonder and worry how much my eating disorder affected them, because they were both so young when I was really bad," she said.

"They are still young enough so I hope I can change a lot of that. I hope that they see, if not now then someday, that what I did to get healthy – I don't want to say I did it just for them, but I did it to make their lives better, too."

TABLE FOR ONE

Bruce J. Brennan, M.S., R.D.

Registered dietitian and chef Bruce J. Brennan offers meal suggestions:

Edamame Salad with Gazpacho Soup

For a quick and easy meal for one, try this Edamame Salad paired with a chilled Gazpacho Soup. It is quick and easy with no heating up the kitchen, all with the bonus of some good protein, fiber and plenty of flavor. Combine with a green salad, a fresh bakery roll and dinner is ready in a flash with enough to pack for lunch the next day. It is chilling and refreshing for the perfect summer meal. Enjoy the flavors of summer!

Edamame Salad:

1 pkg. of frozen edamame, shelled.
1 can of black beans, drained and rinsed.

2 ears of fresh corn on the cob – cooked and sliced off the cob.

½ jar of roasted red peppers or peppadew – coarsely diced.

¾ cup of salsa.

3 tbsp. of Italian dressing – vinaigrette style.

1 tsp. of cumin – optional.

1/3 pkg. of radish sprouts (or fresh sliced radishes) – optional.

> Toss edamame, drained and rinsed black beans and cooked fresh corn.

> Add coarsely diced roasted red peppers (or peppadew), if desired.

> Add salsa, Italian dressing and cumin, if desired.

> Serve well chilled.

Peach Gazpacho:

1 large fresh peach, peeled.

1 cup of fresh pineapple.

1 cup of orange juice.

2 tbsp. of granulated sugar.

1/6 oz. of Greek yogurt (peach).

Fresh mint for garnish.

> Peel and slice the fresh peach (to peel, dip in boiling water for 1 minute – remove from water and peel).

> Rough chop the fresh pineapple.

> Combine peach, pineapple, orange juice and sugar in the blender. Blend for 1–2 minutes or until almost smooth.

> Fold in the yogurt.

> Chill thoroughly. Serve garnished with fresh mint.

Here's how we can help

The Nutrition Clinic in Elmira, Ithaca, Vestal and Liverpool, and the Sol Stone Center in Elmira offer hope to people with eating disorders. We tailor our treatment programs for each person.

The Nutrition Clinic

Our nationally recognized outpatient clinic is committed to helping people make permanent, healthy lifestyle changes.

We provide a treatment approach to help patients discover and use their values, talents and emotions to build the self-esteem to deal with life's challenges. We provide traditional and intensive outpatient services.

Our medically based program is available for people with anorexia nervosa, bulimia, compulsive overeating, binge eating disorder and eating disorder not otherwise specified.

Sol Stone Center

This partial hospitalization program specializes in treating people that have been unresponsive to outpatient care and/or people discharged from an inpatient or residential settings.

Our services are geared toward meeting the medical, nutritional and psychological needs of patients.

Our skilled staff guides patients as they interact with each other through programming and the recovery process.

Hoffman House

The house, located near the clinic, provides housing for women enrolled in the Sol Stone Center.

It is a safe, supportive and supervised residence for those being treated from outside the area. Male housing can be arranged as well.

Gehret House

The house, also near the clinic, provides transitional housing for people in recovery. Bruce J. Brennan, the nutrition director for Sol Stone Center, opened it in 2008 to help some patients make the move from a treatment facility to more independent living. Bruce, who owns the home, said it provides patients a supportive place to live temporarily after they leave their treatment facility.

The apartments are furnished and each floor has its own kitchen, full bathroom and television.

To learn more, call Bruce at (607) 368-0541 or send email to welcomed@gehrethouse.com.

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The Nutrition Clinic and Sol Stone Center in Elmira

Ithaca office

The facility at 108 S. Albany St. offers nutrition counseling on Mondays and an intensive outpatient program, or IOP, on Mondays, Wednesdays and Thursdays. Monthly medical coverage is available. Call the Elmira office for more information.

Liverpool office

The facility, at Ophelia's Place at 407 Tulip St., offers nutrition counseling on Thursdays and an IOP on Mondays, Wednesdays and Thursdays.

Call the Elmira office for more information.

Vestal office

The facility, in the Center for Holistic Services at 4513 Old Vestal Road, offers nutrition counseling on Thursdays and will offer an IOP three days a week starting Sept. 19. The days will be announced soon. Call the Elmira office for more information.

Support groups for patients

- **Elmira:** 5:30 to 6:30 p.m. Thursdays, The Nutrition Clinic, 1003 Walnut St.
- **Syracuse:** 6 to 7:30 p.m. Thursdays, Ophelia's Place, 407 Tulip St., Liverpool.

Support groups for loved ones

- **Ithaca:** Schedule TBA at Cornell Cooperative Extension, 16 Willow Ave. Call (607) 272-2292, ext. 232.
- **Syracuse:** 6 to 7 p.m. Wednesdays, Ophelia's Place, 407 Tulip St., Liverpool.

Welcome to our fourth newsletter

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