

Dear Friends of EDRC...

VOLUME 1, ISSUE 1

DECEMBER 2008

National Eating Disorders Week

Save the date and decide: Is America obsessed with beauty?

Save the Date! Sunday afternoon, February 15 – EDRC is proud to announce a special screening of the documentary film, **America the Beautiful**. This film examines our culture's fixation on beauty and its effect on the self-image of American women. Accompanying the screening will be a panel discussion by renowned eating disorder experts as well

as the film's producer.

To see a preview of the film, visit:

www.americathebeautifuldoc.com

We also look forward to this year's **National Eating Disorders Awareness Week (NEDAW)**, February 22 – 28, 2009! EDRC is partnering with local colleges and univer-

sities and other organizations to plan eating disorder awareness activities, media coverage, and community education that will take place throughout Silicon Valley.

Details on all activities, times and locations are forthcoming. We hope you will join us as we raise awareness about eating disorders in our community!



New Federal Law Vital to Mental Health

Hooray! Have you heard about the dramatic new health insurance coverage known as mental health parity? This landmark legislation comes after 12 years of passionate advocacy by patients, families, and friends working with local, state, and national organiza-

tions to end insurance discrimination and reduce the stigma often associated with mental illnesses, including alcoholism and drug abuse, autism, depression, eating disorders, and schizophrenia. Effective January 1, 2010 this new law will require equal

coverage of mental and physical illness. For more information about this important new law, see:

www.cms.hhs.gov/healthinsreformforconsume/04_thementalhealthparityact.asp

Letter from Janice



During this holiday season, I want to share with you some of our successes. This newsletter highlights our most recent accomplishments as well as upcoming events. All of this has been made possible through our generous donors, partners and volunteers, for which I am very grateful. We look forward to your continued support in 2009 as we work to promote awareness, recovery, and advocacy in Silicon Valley. From all of us at the EDRC, we wish you and your families a happy and healthy holiday season!

Sincerely,

Janice Bremis

*In memory of
Beth Mourning*

*Our first issue is
dedicated to my dear friend
and mentor who gave me
the courage to found
EDRC.*



Touching Lives and Making a Difference

We are fortunate to have an amazingly skilled and committed speakers' bureau with 19 experts, including physicians, psychiatrists, therapists and dietitians, who are being matched with the many requests we receive for education. To date, over 1,000 local physicians and health care professionals have been trained in how to recognize and screen for eating disorders, and how to refer to local resources and experts. These presentations have been so successful that the requests for additional ones are frequent. Recently, the staff at Christian Counseling Center in San Jose was so appreciative of the first presentation done earlier this year by **Seham El-Diwany, M.D.**, that they scheduled a follow-up date for January that will focus on treatment.

We reach patients who suffer from eating disorders and their families too. From a grateful mother: *"Your assistance and support has been invaluable in our*

family's ability to advocate for our health insurance to pay for our daughter's treatment for the eating disorder with which she has been struggling. You provided me with specific ways to work with our insurance company and even sent me sample letters...In the end thanks to your guidance, I was able to persuade the insurance company to agree to pay for my daughter's treatment, retroactively and up to the present."



Jim Lock, MD, member of EDRC Speakers' Bureau, presenting for San Jose Rotary Club

group members recently wrote me that she had found an excellent physician from the EDRC resource directory. *"I am doing great. I am very committed to seeing the physician you connected me with weekly. She knows exactly what was/is going on my mind and my body. Thank you for the support group and connecting me with treatment."*

Another personal story came from a desperate mother

who called Stanford's intake phone number with concerns about her 15 year-old daughter. She was losing weight rapidly and only had public health insurance. A physician from Lucille Packard Children's Hospital offered to see her for free and EDRC connected the mother and daughter with one of the few therapists who accept Medi-Cal.

We also touch the lives of people with eating disorders through our free support groups. These drop-in groups are held twice each month at **PlaneTree Health Library** (www.planetreesanjose.org) and are led by three professionals who volunteer their time. One of the support

"Thanks to your guidance, I was able to persuade the insurance company to agree to pay for my daughter's treatment"

-Grateful mother

Great Energy on Our Team

Thanks to the generous grants we have received, we've hired **Katie Clark** as a part-time special assistant. **Katie** brings her Biological Anthropology degree as well as administrative and fundraising experience from her volunteer work with organizations such as the Leukemia & Lymphoma Society and the American Cancer Society.



EDRC Administrative Assistant
Katie Clark

We also welcome two new volunteers: **Pui Ho** and **Claudia**

Builes. Pui, a manager at Maxim Integrated, is revamping our website. His current project is to upload our invaluable list of local resources for clients, families, and health care professionals funded by a grant from the **Health Trust and Kaiser San Jose. Claudia** brings her bilingual, community outreach, and advocacy skills from her work in Medellín, Colombia, where she founded a program for eating disorders called

Medellín sin Anorexia y Bulimia. She will be working with EDRC on translation projects and outreach into local schools and churches.



EDRC Volunteer
Kim Doan

Congratulations to our volunteers **Kim Doan** and **Ria Tanuhandaru**, both of whom have been volunteering with us since July 2007. Kim started a new position at

Google last month. She has offered to continue to volunteer with our marketing and promotion activities. **Ria** has also begun a new position as an RN on the medical/surgical unit at Alta Bates Summit Medical Center in Oakland.

The local **Digital Clubhouse Network**, a group of young health advocates, produced a 30 second PSA for EDRC. Go to www.edrcsv.org/PSAVIDEO.htm to see the work of these talented high school students and two PSAs about beauty image by **DOVE**.

Thank You to Our Donors



\$75,000 & Up

Health Trust

\$10,000 - \$50,000

El Camino Hospital

Kaiser Permanente San Jose

Kaiser Permanente Santa Clara

San Jose Medical Center

Donor Advised Fund

Robert Family Foundation

\$5,000 - \$9,999

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*Donations received from February
2006 to November 2008*

*Every attempt has been made to
ensure the accuracy of this list.
However, if mistakes are noted,
please contact Katie Clark,
EDRC Administrative Assistant,
at 408-559-5593 or*

Katie@edrcsv.org

*We are grateful for our
generous donors, partners
and volunteers. Thank
you for your support.*

Dollars Invested - Dollars Well Spent

This year, we received generous grants from **Kaiser Permanente San Jose, Kaiser Permanente Santa Clara, El Camino Hospital** and **San Jose Medical Center Donor Advised Fund**. Additionally, **Liz Sills**, Community Benefit Manager from Kaiser San Jose, arranged a meeting with Lisa Colvig-Amir from Applied Survey Research to help us set and measure our goals and expected outcomes for future grant opportunities.

High tech assists EDRC too! **Google** awarded EDRC a grant for free AdWords advertising worth up to \$10,000 per month (with no end date) to help spread the word about our services to targeted audiences! As a result of this grant, we have already noticed an increase in visits to the EDRC website.



Eating Disorders Resource Center

Awareness • Recovery • Advocacy

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Board of Directors

Denise Bridges

Kathleen Davidson, RN, BSN, MBA

Seham El-Diwany, MD, FAAP

Mary Gee

Candace Ford Gray, MLIS

Grace Shih, RD, MS

Nancy Shardell, RN, BSN, MA

Joan Tobbagi

Our Mission

Raise **awareness** through presentations to physician, educator and community groups

Promote **recovery** by providing resources for education and treatment and monthly support groups

Participate in local, state and national **advocacy** efforts to support mental health parity, eating disorders legislation, and effective insurance coverage

To Donate

The EDRC is a 501©(3) public charity, ID # 68-0616393, and your gift is tax deductible as allowed by law. Please mail your gift to address above or **online** at www.edrcsv.org

Fun Holiday Gift Ideas that Support EDRC

Be sure to send your loved ones something as unique and memorable as they are!

In the spirit of the holidays, EDRC will send a one-of-a-kind, handmade polymer clay jewelry piece designed by volunteer artist **Kim Doan** and a personalized card to someone you choose with your donation of \$50 or more. Her distinctive pieces are the perfect gift for a granddaughter, sister, mother, or friend.

Visit

www.skybluebunny.etsy.com

to view more items and make any special requests. Everything you see is available in earrings, rings, lapel pins, brooches, necklaces, charms, bracelets, cufflinks, tie tacks, and magnets.

Once you have decided, you can **send a check to the address above or make your gift online at:**

www.edrcsv.org/donate



*Pearly Pink Bow
Dangle Earrings*



YWCA Twin Awards Luncheon May 15, 2008

Left to Right: Elizabeth Sills, Community Benefits Manager at Kaiser San Jose; Janice Bremis, Eating Disorders Resource Center (EDRC); Dr. Seham El-Diwany, TWIN honoree, EDRC Board Member, and Director of Teen Clinic at Kaiser San Jose; Monir El-Diwany; and Joan Tobbagi, EDRC Board member



Free Support Group

1st Wednesday 6–7:30 pm & 3rd Sunday 5–6:30 pm

PlaneTree Library

Mission Oaks Campus

15891 Los Gatos-Almaden Blvd

Los Gatos, CA 95032

For more information contact us at

408-559-5593 or Katie@edrcsv.org