

EDRC Family and Friends...



EATING DISORDERS RESOURCE CENTER

FALL 2009

The Health Trust to Match All First-Time Donors

The Health Trust has announced a challenge grant for the community to help EDRC carry out our *Eating Disorders Awareness, Prevention and Education* program. **The Health Trust will match all contributions from NEW donors up to \$25,000.**

The Health Trust has provided over \$100 million to benefit the community through a multi-faceted approach including grant making, policy and advo-

cacy, and direct health services such as Meals On Wheels, AIDS Services, Children's Dental Services, and Wellness, Access & Education. Their goal is to transform Silicon Valley into the healthiest region in America (www.healthtrust.org).

Please consider making a gift by mail or online at www.edrcsv.org/donate to help us earn The Health Trust's generous match.

"WE APPRECIATE AND VALUE THE WORK OF EDRC IN SILICON VALLEY. WE HOPE THIS CHALLENGE GRANT WILL ENCOURAGE MANY OF YOU READING THIS NEWSLETTER TO BECOME A DONOR."

—JUSTINE CHOY, PROGRAM OFFICER,
THE HEALTH TRUST

Words from Our Funders: Learn Why Others Invest in EDRC

"Kaiser Permanente's mission is to improve the health of our members and communities we serve. We thank the Eating Disorders Resource Center for your tenacity and commitment to our community's health."

—**Ashlee Y. Oh**, Community Benefit & Community Health Manager, **Kaiser Permanente Santa Clara**

"El Camino Hospital is pleased to support EDRC. Thank you for the excellent work your center provides. We appreciate having your expert team of volunteers and resources available for our hospital, our community and our partners."

—**Barbara Avery**, Director, Community Benefit, **El Camino Hospital**

"I continue to be impressed and grateful for the multi-prong work of the EDRC. Our hospital will continue to support this vital agency that is providing unique and much needed services to health care professionals, patients and their families."

—**Candace Roney**, Executive Director, Community Partnerships, **Lucile Packard Children's Hospital**

Letter from Our Executive Director



going on at EDRC headquarters to share with you.

I am excited to announce the kick-off of our annual giving campaign! I ask each of you who have volunteered and advocated with us, and/or participated in our programs, to join our *Family and Friends Giving Circle*.

You can make a one-time or

monthly contribution by check or credit card, by mail with the enclosed pledge card and envelope, or online at www.edrcsv.org/donate. Gifts of any amount are appreciated and the Health Trust will match all **first-time** donor gifts.

As a member of our *Family and Friends Giving Circle*, you will be listed in our newsletter and invited to our NEDA Week of activities, to our Fashion Show and to other educational opportunities throughout the year.

The stigma long-associated with eating disorders has kept millions of individuals suffering in silence and has created barriers to treatment. Due to lack of information, many fail to recognize the dangers of these mental and medical illnesses. Eating disorders are serious and life-threatening illnesses, not choices. I know personally how devastating and complex these illnesses can be.

However, help is available and recovery is possible! With your support, we can increase awareness, connect individu-

als and loved ones with information, care and support, and advocate for fair, effective insurance coverage and access to treatment.

In the following pages we share our work and the lives being touched, thanks to our donors, volunteers and partners. I look forward to your ongoing support and wish you healthy, safe, and peaceful holidays.

Gratefully,

Janice Bremis

EDRC Family and Friends...

EDRC Body Image and Eating Disorders Support Groups

EDRC hosts two free support groups each month for ED sufferers in conjunction with ANAD (www.anad.org). It is a community support drop-in group, open to anyone who needs it. Attendees vary in age, number of years struggling with ED issues, and level of recovery. For further information about this and our other support groups, including our new group specifically for family and other loved ones, please contact us at 408-559-5593 or info@edr.csv.org.

Where: PlaneTree Health Library
Mission Oaks Campus
15891 Los Gatos-Almaden Road
Los Gatos, CA 95032

When: The 1st Wednesday of each month at 6:00 PM and the 3rd Sunday of each month at 5:00 PM.
You are welcome to attend either or both meetings monthly.

Two of Our Leaders



Olga Rocklin,
Support Group
Facilitator

Olga Rocklin began volunteering with EDRC in March '08. She holds an ED certificate from John F. Kennedy University and attends Santa Clara University's counseling psychology graduate program, which she will complete in June '10.

"The people who attend the EDRC Support Group have taught me a lot. I am honored and humbled to be witness to the struggles and triumphs no matter how large or small that each of these amazingly resilient individuals face."



Stacy Muccino,
Support Group
Facilitator

Stacy Muccino has been an EDRC support group leader since May 2007. She is a marriage and family therapist studying to take the state license exam. Stacy has two children and enjoys playing tennis and practicing yoga.

"Volunteering with EDRC allows me the privilege to meet wonderful people, and share evocative and healing conversations with others. Through our shared stories, we take action as partners to lessen the grip of eating disorders."

New Eating Disorders Resources

TREATMENT:

Evening Treatment Program

El Camino Hospital now offers an evening intensive outpatient program for eating disorders meeting Monday through Thursday from 5:30 p.m. to 9:00 p.m. For more info, please call 650-988-8489.

New Treatment Study -

Stanford Anorexia Prevention Program

The program is open to parents of girls aged 11-16 years with the following warning signs: under-eating or over-exercising; failure to gain expected weight or have stopped growing; excessively concerned about body shape and weight; family history of an eating disorder; perfectionism.

For more info, contact Hannah Osier at hwopsyd@stanford.edu or Megan Jones, PsyD, at (650) 723-9696, meganjones@stanford.edu.

SUPPORT GROUPS & EDUCATION:

Family & Friends Support Group:

Beginning January 2010, EDRC is expanding its free support group for family and loved ones to twice each month (nancy@edr.csv.org).

Where: El Camino Hospital
2500 Grant Road, Mountain View

When: 9:30 – 11:00 a.m.

- Every 2nd Saturday of the month (New Building, Conference Room A)
- Every 4th Saturday of the month (New Building, Conference Room C)

Eating Disorders Skills Group

Laura L.C. Johnson, MFT Intern is offering 8-week skills groups for Eating Disorders in her San Jose office on Wednesdays, 7:00 - 8:30 p.m. The next group starts on January 20, 2010. Contact (408) 596-1770 or lauralcjohnson@gmail.com for more info and fees.

Spotlight on Recovery

Debbie connected with EDRC back in 2007 by attending a monthly support group at PlaneTree Health Library. At 61 years of age, Debbie struggles with bulimia... and she is not alone. The number of adult women suffering from eating disorders continues to climb.



Debbie Reek,
EDRC Client

"THANK YOU FOR MAKING THE PUBLIC AWARE OF HOW NECESSARY IT IS TO DEAL WITH AND TALK ABOUT THIS ISSUE. IT CAN BE SUCH A LONELY PLACE TO BE SUFFERING FROM AN EATING DISORDER, BUT YOU MADE ME REALIZE I'M NOT ALONE."

—DEBBIE REEK, EDRC CLIENT

“It’s Time to TALK About It:” EDRC Joins NEDA in Advocacy Efforts

On Friday, August 28, 2009, Janice Bremis and EDRC volunteer Nancy Boyle were invited by Lara Gregorio, National Eating Disorders Association (NEDA) STAR Program Manager to meet with California Assemblywoman and Majority Whip Fiona Ma. They met to discuss introducing legislation that would improve insurance coverage and access to care for eating disorders.

Assemblywoman Ma was enthusiastic and supportive, sharing that she had personally struggled with an eating disorder in col-

lege. As a result of the meeting, Ma committed to being a champion for eating disorder legislation and awareness.



Walking in memory of Nicole Schlesinger and Andrea Smeltzer—Left to Right: Sheryl Tealdi, Doris Smeltzer (Andreas’ Voice Foundation), Janice Bremis, Debra Schlesinger, Meghan Napoli, and Lenore Wilson

Her dedication was evident at NEDA’s first annual walk for eating disorders on Sunday, October 25th in San Francisco (tagline: “It’s Time to TALK About It...Time to WALK About It”). Over 100 walkers, including Assemblywoman Ma and several individuals representing EDRC and San Jose, came together as a community to enjoy a beautiful morning to raise funds for NEDA and to TALK and WALK about eating disorders!



Janice Bremis with Assemblywoman Fiona Ma, Eating Disorders Advocate

“You Must Be Hungry:” A Local Mother and Daughter Share Their Story

EDRC, in partnership with Santa Clara County Library and PlaneTree Health Library, hosted the first two discussion and book signings for Lisa Himmel and Sheila Himmel, co-authors of the new book *HUNGRY: A Mother and Daughter Fight Anorexia*, in early August. The events aimed to help educate families, both those who have children with diagnosed eating disorders, and those who, like the Himmels, thought they were immune.

The initial sign-

cessful that the series has continued at libraries throughout the South Bay, including several San Jose Public Library branches, Mountain View library, and Sunnyvale library, to name a few.

Over 150 have attended the events with plenty of questions for Lisa, Sheila, and our EDRC experts who joined in for the Q&A.

Thank you to the librarians who have coordinated the events, to our local eating disorders experts who have volunteered their time and expertise, and to



Sheila Himmel and Lisa Himmel at the *Hungry* signing and discussion at Martin Luther King, Jr. Library on Thursday, October 29th

Lisa Himmel and Sheila Himmel for sharing their story.

For purchase information and a full list of upcoming book signings, please visit www.sheilahimmel.com.



“I REALLY ENJOYED LAST NIGHT’S EVENT. EVERYONE WAS VERY WELCOMING, AND THE ENERGY OF EDRC WAS PALPABLE! IT WAS A PLEASURE TO MEET THE HIMMELS AND TO HEAR THEIR STORY.”

—PATTI, *HUNGRY* BOOK SIGNING ATTENDEE

EATING DISORDERS RESOURCE CENTER

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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(c)(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

Save the Date: National Eating Disorders Awareness Week 2010

On **Saturday, February 27, 2010**, EDRC is hosting the *Every Body is Beautiful* fashion show at Westfield Valley Fair as part of **National Eating Disorders Awareness Week (NEDAW), February 21 – 27, 2010**. The remainder of the week, EDRC is partnering with local colleges, universities, and other organizations to plan awareness activities and community education that will take place throughout Silicon Valley. Details on all activities are forthcoming. If you are interested in getting involved, please contact Megan Fraboni, EDRC Intern at megan@edrcsv.org. We hope you will join us as we raise awareness about eating disorders in our community!

Did You Know?

- The median age of onset for eating disorders is 18-21 yrs.
- Men account for 25% of Americans with anorexia or bulimia and 40% of those with binge-eating disorder.
- Eating disorders are often accompanied by other psychiatric conditions, like depression, drug abuse and anxiety disorders.
- Fewer than half of people with bulimia nervosa or binge-eating disorders have sought treatment for their condition.

National Institutes of Health Department of Health and Human Services. "When Eating Goes to Extremes." May 2007. newsinhealth.nih.gov.

We Appreciate Our Volunteers!

In August, EDRC held its first Board retreat to evaluate our vision, mission, goals, objectives and activities. Each member contributed her long-term vision for EDRC as the organization grows and moves forward.

Thank you to our dedicated board for their leadership, passion and expertise in guiding EDRC over our first three years and *into* the next three years. We appreciate all they do for our organization and for eating disorders awareness, recovery and advocacy.



Janice Bremis, Executive Director (seated) with EDRC Board of Directors from left: Nancy Shardell, Candace Ford Gray, Grace Shih, Seham El-Diwany, Denise Bridges, and Kathleen Davidson