

## Message from our Executive Director and Board Chair

Dear Friends,

This year has been unlike any we have experienced over the past 15 years. What has been constant is the need for our services and the numbers of those struggling with eating disorders, complex and serious medical and physical illnesses that are often overlooked. A second important constant has been the many board members, partners, friends and donors like you leading and supporting our efforts to provide these services. We dedicate this annual report to you. EDRC has been blessed with the leadership, governance, and contributions of time, talent and treasure of an amazing group of board members. Writing this message got me thinking of how and why we started. Below is a photo taken at our very first board meeting on February 6, 2006. A group of my dear colleagues and friends came together to start Eating Disorders Resource Center. EDRC was created as a result of interviews with local hospitals, health care professionals, non-profits and community leaders. The consensus was "please start an organization where we can refer our clients and their families for education, support and help accessing treatment."

Thank you for making this possible.

Gratefully,

**Janice Bremis, Executive Director**

**Monica Waldman, Board Chair**



**Pictured from left to right is the founding board at our very first meeting: Sherry Simmons, Janice Bremis, Beth Luna Mourning and Candace Ford.**



**Pictured from left to right are a few of our Board Members from the past 15 years: Grace Shih, Seham El-diwany, Denise Bridges, Nancy Shardell, Mary Gee, Janice Bremis, Candace Ford, and Kathleen King.**

## Birthday Wishes from our past Board Members

*Fifteen years ago Janice founded the Eating Disorders Resource Center. On a most modest budget with passionate part time staff and countless volunteers, she has changed lives and saved lives. Her vision grows."*

**Candace Ford Gray**

*"Happy 15th! Many of my earliest professional connections and opportunities for growth occurred while on the EDRC board. I feel very fortunate to have been supported by you all and to see EDRC grow over the years."* - Denise Bridges

*"Janice, sending heartfelt thanks to you and EDRC for 15 years of hard work serving the community and increasing awareness about the devastating impact of eating disorders. Your tireless efforts on both local and national levels have impacted many already. THANK YOU to EDRC for being an inspirational agent of change!"* - Mary Gee

*I want to congratulate EDRC on 15 years of service, advocacy and support to the ED community. It was my pleasure to serve as chairman of the Board of Directors. I look forward to your many more successful years of serving the sufferers, families and friends of this vulnerable population.*

**Kathleen Juvet**

**2006 - 2021**



*"Happy 15th Birthday EDRC! It was such a pleasure to be a board member during the early years of EDRC and watch it grow. I have continued to be impressed by the many successes you have had of raising public awareness as well as providing support to those impacted by an eating disorder. Janice, it is wonderful to see the organization continue to flourish under your leadership. Thank you for your work, dedication and allowing me to be a small part of it."*

**- Nancy Shardell, RN**

*"Happy 15th Birthday to EDRC. I wholeheartedly support EDRC and its mission. I am proud of its success in raising awareness about eating disorders as mental conditions with medical complications. The work done by EDRC has been powerful and is making such a positive impact in the eating disorders community locally and nationally. Thank you Janice Bremis for your vision and hard work."*

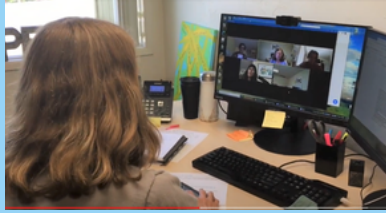
**- Seham El-Diwany, MD**

## Our Work

**Awareness** - Our annual Be-You-tiful, Be Free Writing Contest provides a platform for students to reflect on mental health and body image. We received 225 submissions from across the US and Canada.



**Recovery** - All of our support groups moved online and we added additional sessions to accommodate the increase in demand. Our helpline has seen a 75% increase in calls for help and support due to the pandemic.



Support Group Leader Nancy Boyle online with her group

**Advocacy** - Our volunteers Amia Nash, Briana Cavaness and Alexis Brugler participated in the Eating Disorder Coalition (EDC) Advocacy Day on Capitol Hill where they spoke to legislators about the need for services and parity



20-21 FISCAL YEAR

## STATEMENT OF ACTIVITIES Fiscal Year ended June 30, 2021

### REVENUE:

Contributions . . . . .	\$84,175
In-Kind Contributions . . . . .	\$25,265
Net Investment . . . . .	\$9,203
Total . . . . .	\$118,643

### EXPENSES:

Total Expenses . . . . .	\$86,620
Change in Net Assets . . . . .	\$32,023

## STATEMENT OF FINANCIAL POSITION

### ASSETS:

Cash . . . . .	\$134,406
Investments . . . . .	\$357,094
<u>Assets . . . . .</u>	<u>\$4,192</u>
Total Assets . . . . .	\$495,692

### LIABILITIES:

<u>Accounts Payable . . . . .</u>	<u>\$3,200</u>
Total Liabilities . . . . .	\$3,200

### NET ASSETS:

Unrestricted . . . . .	\$142,492
<u>Restricted Endowment . . . . .</u>	<u>\$350,000</u>
Ending Fund Balance . . . . .	\$492,492

**Consider naming one or more of your favorite nonprofits, including EDRC, in your will or trust or as a beneficiary of your IRA, 401(k), life insurance, or annuities. Even 1% will be appreciated by the organization while still providing for your loved ones.**

- **1,482** served in our support groups
- **311** clients assisted through direct help
- **225** students participated in our annual writing contest
- educated **211** healthcare professionals

## A sincere thank you to our generous donors

*This list reflects donors from July 1, 2020 through June 30, 2021*

**CHAMPION** \$10,000 and up  
El Camino Healthcare District  
Robert Family Foundation

**AMBASSADOR** \$1000 to \$9999  
Brandenburg Family Foundation  
Bruce & Cam Brugler  
Hugh Stuart Center Charitable Trust  
Kaiser Permanente  
Kevin Toreson  
Krishnamoorthy Family  
Linda Poncetta  
Monica Waldman  
Palo Alto Medical Foundation  
Rotary Club of San Jose  
Synopsis  
Vijay Sajja

**ADVOCATE** \$100 to \$999  
Acute  
Alicia Burgoon  
Allison Valentine  
Amy L. Hsieh  
Anastasia Stock  
Anne Marie Auer  
Anne Luu & Alan Washita  
Anonymous  
Aparva & Kanika Kansara  
Attracta Lee  
Barbara Larkin

Barbara Nelson  
Bay Area Nutrition  
Belinda Wortham  
Bruce Blackfield  
Campbell Teen & Family Therapy  
Carrie Cameron  
Cathy & Dorian Stonie  
Chenping Wang & Hengwei Chen  
Cielo House  
Cynthia McCalmont  
Cynthia Kappahn  
Dan & Linda Tapella  
Daniel Cosgrove  
David Pan  
David Ramsey  
Debbie & Carl Dellar  
Debbie Rishel  
Deborah Ruffo  
Debra Safer  
Deluxe Media  
Denise & Daniel Johnson  
Dennis & Debbie Cashman  
Diane Mahan  
Diane Petroni  
Donna Pombo  
Eating Recovery Center  
EQUIP  
Evolve Wellness Group  
Fatemah Navid  
Glen & Ellen McLaughlin

Healthy Teen Project  
Heritage Bank of Commerce  
Hilary Armstrong & Pascal Stang  
James Howley  
John & Betty Colwell  
John Di Simone  
John-Mark Agosta  
Junior League of San Jose  
Karen Bremis  
Kathleen King  
Kornblum-Friedman Trust  
Margaret Miller  
Mario Banuelos  
Mary E. McCloy  
Mary Myers  
Meghan Rao  
Michael & Kathleen Juvet  
Montecatini  
Nanci Robertson  
Olga Knauer  
Paul Davoli  
Paula-Jo Husack  
Reasons Eating Disorder Center  
Rom & Mardi Karin  
Ronna Kabatznick  
Stephanie Brooks  
Steven & Marie Boitano  
Tami Lee  
Teresa O'Neill  
Terry & Carol Austen

Timberline Knolls  
Tom & Carol Ryan  
Vanessa McCaslin  
Wayne Firsty  
W. Richard & Judy Hencke

**SUPPORTERS** \$1 to \$99  
Elaine Retzer  
Emilia Toreson  
Paul & Josephine Bremis  
Kathleen MacDonald  
Kristina Vinson  
Lillian Svec  
Lucille Deretich  
Margaret Bailey  
Mark Porter  
Melissa Sudan  
Nancy & Michael Wagoner  
Neelam Dharod  
Patti Dolan  
Peggy Carlson-Bowen  
Richa Sandhu

Please let us know if we missed your name:  
info@edrcsv.org

## Our Mission

- ◆ **Raise awareness** through educating local physicians & health care professionals on how to identify the signs & symptoms of eating disorders
- ◆ **Promote recovery** by providing resources for education, treatment, & weekly support groups
- ◆ **Advocate** with related local, state, & national groups to support mental health parity legislation & increase insufficient insurance coverage

### BOARD OF DIRECTORS

**Amy Hsieh**  
**Monica Waldman**  
**Richa Sandhu**  
**Tami Lee**