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Spring 2020

A Note from Janice

During these challenging times, please know that all of us at EDRC are here for you. Our services are continuing online. To get more information about joining our online support groups, please email Kaitlyn (kaitlyn@edrsv.org). You can call our office at (408) 356-1212, or reach me directly at (408) 607-9748.

In these new times promoting social distancing, I prefer to use physical distancing and social connecting. More than ever, we encourage you to reach out to friends, family, and anyone who may be alone. All of our weekly support groups are now online.

A special thank you to [Center for Discovery](#) for sponsoring this newsletter. I hope you are all staying safe. Please know that I'm sending you good thoughts and virtual hugs.

Recognizing Our Volunteers

Volunteers lead our support groups, manage our website, educate healthcare professionals, provide office assistance, and advocate for parity. We appreciate their donations of

time, talent, and treasure.

We are so proud. On February 12th, student Celine Wang was honored with the Crystal Bowl Award at the Junior League of San Jose's [annual luncheon](#). Celine has been with us since 2016 and oversees our annual writing contest and much more. We appreciate the Junior League for giving us this opportunity each year to recognize volunteers in our community.



Janice with volunteers Celine and Dustin Wang

Reaching out to the Hispanic Community

Longtime EDRC volunteer and therapist, Wendy Mosqueda, LMFT, was recently interviewed on K1Q1 by Isabel Gutierrez (pictured right in her studio) where she discussed how our brains are being impacted by the current crisis. She discussed the importance of awareness, compassion to self and others, as well as practice of healthy coping skills and self-care. [Listen here.](#)



Sharing her Story of Hope and Recovery

On February 22nd, our newest volunteer, Camellia, and her parents spoke at our Family and Friends meeting. They shared her struggle with the illness and their recovery as a family. The attendees loved the event: "I would love to see this become a recurring event with Camellia. I see the amazing impact she has on this world."



Our Work in Action

"I am restarting my career after the months of intense caregiving for my daughter. My daughter is doing well academically but still struggles with mental health issues, yet not to the same degree, and she is getting help. I appreciate all of your good work. It's a comfort to know EDRC is there."

-A Grateful Mom and Donor

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Why We Love David

Our IT volunteer David has more than 30 years of experience in the computer field, starting in the early 1980's working at various Silicon Valley companies. He is our brilliant, patient, humble and funny computer geek who makes us laugh, and was the EDRC's very first volunteer. He started with Janice and the founding board in 2006 and produced our first website. He is very generous and giving of his time and expertise as well as financial support. "It makes me feel as though I'm useful in my dotage, and not a burden on society." He lives in Reno with his wife Mary, his birds Ria and Jess, and his showroom of cars.



Our New Board Members

Richa Sandhu

"I learned through my ongoing journey through recovery that I was missing out on so much in my life and that my ED was holding me back from my infinite potentials. I knew I needed to assist others when they're in a place where I could relate and show them there is hope. EDRC has such a passionate team and I am so proud to join this organization who believes recovery is possible and support is essential."



Richa Sachdev Sandhu is a passionate mental health advocate, clinical outreach professional and research specialist in the field of clinical psychology.

Tami Lee

"After raising two teenagers in the valley and seeing a steady rise in mental health issues among teens, I want to devote my time to promote mental health education and help those who are in needs."



Originally from Hong Kong, Tami Lee sought out her education in the US as a teenager and now has 20 years of experience in the software industry. She is the Chief Architect at a legal tech startup called Elementary IP and devotes her time outside of the office volunteering. Her daughter introduced her to the EDRC.

Must Reads

[Recovery From Six Feet Away: Connection, Creativity, and the Coronavirus](#)

[The Emerging Role of Eating Disorder Coaching](#)

[Eating Disorders: About More Than Food](#)

[Congratulations to our colleagues at Bay Area Nutrition for celebrating 21 years of exceptional nutrition therapy](#)

Remembering our Dear Friend

It is with a heavy heart that we share the passing of longtime board member Karen Wolf. She fought for 23 days in the ICU at Good Samaritan Hospital, surrounded by friends and family. She passed away in the Cardiovascular ICU where she was an RN, Head Nurse, and Director in the 1980s-90s during a 42 year career at Good Sam Hospital. Karen was a member of EDRC's board for 10 years and most recently was our chair. She was passionate about supporting those with eating disorders, providing education, and helping to end the stigma. She will be missed yet always remembered in our hearts.



We've Relocated

Our new headquarters is located at 3131 S Bascom Ave., Suite 140 Campbell, CA, 95008. Please let us know if you would like to come by and visit. A special thank you to SJ Salfen and Medical Dimensions for giving up some of their office space for our organization to rent. We love you SJ!

Sponsor Spotlight: Center For Discovery

We are grateful to Center for Discovery for sponsoring this edition of our newsletter. With locations throughout the US, **Center For Discovery** is committed to developing the best eating disorder treatment program nationwide. They are also offering [free online support groups](#).





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3131 South Bascom Ave. Suite 140
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