

[Subscribe](#)[Past Issues](#)[Translate](#)[View this email in your browser](#)

Summer 2020

Celebrating Our Family of Heroes

Hope is strength for me. As we focus on healthcare heroes during these challenging times, I would like to thank and recognize physicians who never gave up hope on me and who have been by my side since I was first diagnosed in 1975: **Dr. Katherine Halmi**, **Dr. Stewart Agras**, and **Dr. Debra Safer**. No matter how many times I relapsed or the eating disorder reared its ugly head, they never gave up hope. It was due to their unrelenting support and expertise that I continue to this day to fight the illness. I dedicate this newsletter to each of them along with the many other nurses, physicians, and healthcare professionals who helped me get through difficult times.

Consider recognizing a healthcare professional or caregiver who has made a difference in your life by [making a donation](#) in their honor. We can notify your healthcare hero of your kindness - let us know!

Speaking of heroes, I would like to callout [sustaining donors](#) like **Nanci Robertson**: *"Thank you EDRC for giving me the opportunity to contribute in some small way to helping individuals and families affected by eating disorders. Until I became friends with Janice Bremis, I had little knowledge about this condition. However, with the help of Janice's love and kindness, I have learned much about the need in Silicon Valley for the education, support and treatment opportunities which are offered by EDRC. I am happy to know that my monthly donation contributes to the success of this endeavor."*



Your Chance to "Ask the Experts"

EDRC offers new online Ask the Experts series for family members and loved ones. Mark these dates on your calendar.

Saturday July 11th 9:30am guest speaker **Stephanie Brooks**, RD, CEDRD
Saturday July 25th 9:30am guest speaker and author of *Take Charge of Your Child's Eating Disorder* **Pamela Carlton**, MD

[Click here](#) to see more details. Have questions? Please email them to Nancy Boyle at nancy@edrcsv.org.

Recognizing our Be-You-tiful Be Free Contest Winners



Coordinated by Celine Wang, EDRC received a record 234 entries from schools throughout the Silicon Valley. The judges were deeply impressed by each student's insight and writing abilities. **Click on the photos of the entrants above to read their powerful work!**

A special shout out to our faithful partners, [Santa Clara County Library District](#) and [Palo Alto Medical Foundation](#).

Bringing our Message to the Community



Volunteers Aparna Ramadurai, RD and her daughter Maya share with host Lissa Kreisler that eating disorders are a mental illness which require support and resources to recover. [Click here](#) to watch the interview.

Why We Love Jen

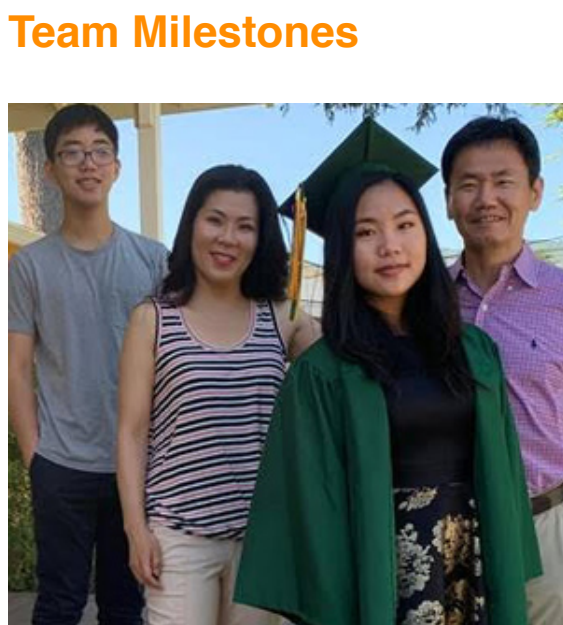
Jen Medina has been volunteering for the past 12 years, including leading our free Thursday night support group. This is just one of the many comments we get about **Jen**.

"Jen has a wise soul, and the words she offers are insightful and deeply understanding of others' struggles. I have never felt judged, and she often knows what I need to hear before I realize it. I profoundly admire her patience and compassion, and I aspire to be like her." -Group Attendee



We love you Jen!

Team Milestones



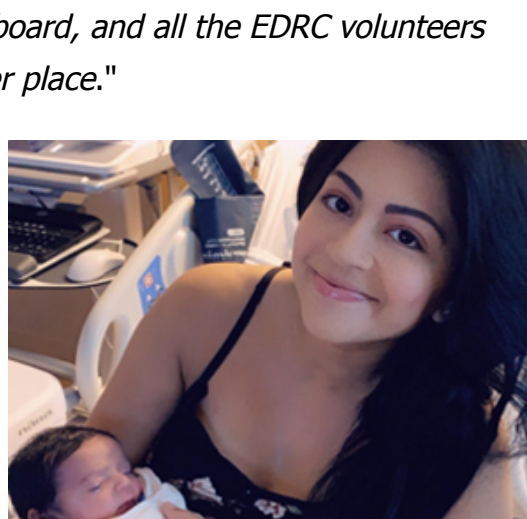
Kudos to volunteer **Celine Wang** on her graduation from Leigh High School and her acceptance to UC Berkeley. **Celine**, who has been with us for three years brought the Be-You-tiful Be Free Writing Contest to new heights. Pictured here with her proud family who also contribute and volunteer towards the EDRC, her father **Cheng-ping** shares these words *"When I [donate](#), I know that the money is going to support the team, board, and all the EDRC volunteers who work to make the community a better place."*

Congratulations to board member

Richa Sandhu on the arrival of her son, **Armaan Sachdev Sandhu**.

She is looking forward to starting the next chapter in her life's journey.

Welcome Armaan!



Check out our awesome Board of Directors and heroes [here!](#)

Sponsor Spotlight: Alsana



Special thanks to our partners at Alsana for their support of this newsletter and for their commitment to improving access to adaptive, holistic care for clients of all genders struggling with eating disorders- including Free Online Support Groups. The free online support groups are held every Friday, at 12:00PM PST. To learn more or sign up, please click [here](#).

Alsana also understands that while the need for eating disorder treatment has risen during pandemic, it can be overwhelming to get started. With so many options available and much to consider, how do you know which eating disorder treatment option fits your recovery? They have put together a blog to help address these concerns and more brought on during COVID-19, which you can read by clicking [here](#).

To sponsor a future newsletter, email Janice.

El Camino Gives Back to the Community Again



Once again, El Camino Healthcare District gives back to the community, including their recent grant to EDRC. In addition, they are offering no-cost COVID-19 testing for those who live, work, or attend school in select District areas. Tests must be scheduled in advance and are available Monday through Friday, 7:30 a.m. to 4 p.m. Please call (650) 940-7022 to schedule your free test. For more information on testing and locations, go to elcaminohealth.org/covid19testing.

Good Reads & Podcasts

[Coronavirus Presents New Challenges For Those With Eating Disorders — Here's How Survivors Are Seeking Out Support Online](#)

[Anorexia Nervosa and the Immune System](#)

[NPR Talks About Eating Disorders](#)



Copyright © 2020 Eating Disorders Resource, All rights reserved.

Our mailing address is:

3131 S. Bascom Ave. Suite 140
Campbell, CA 95008

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
EDRC · 3131 South Bascom Ave. Suite 140 · Campbell, CA 95008 · USA

