

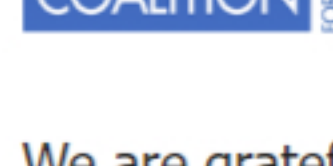
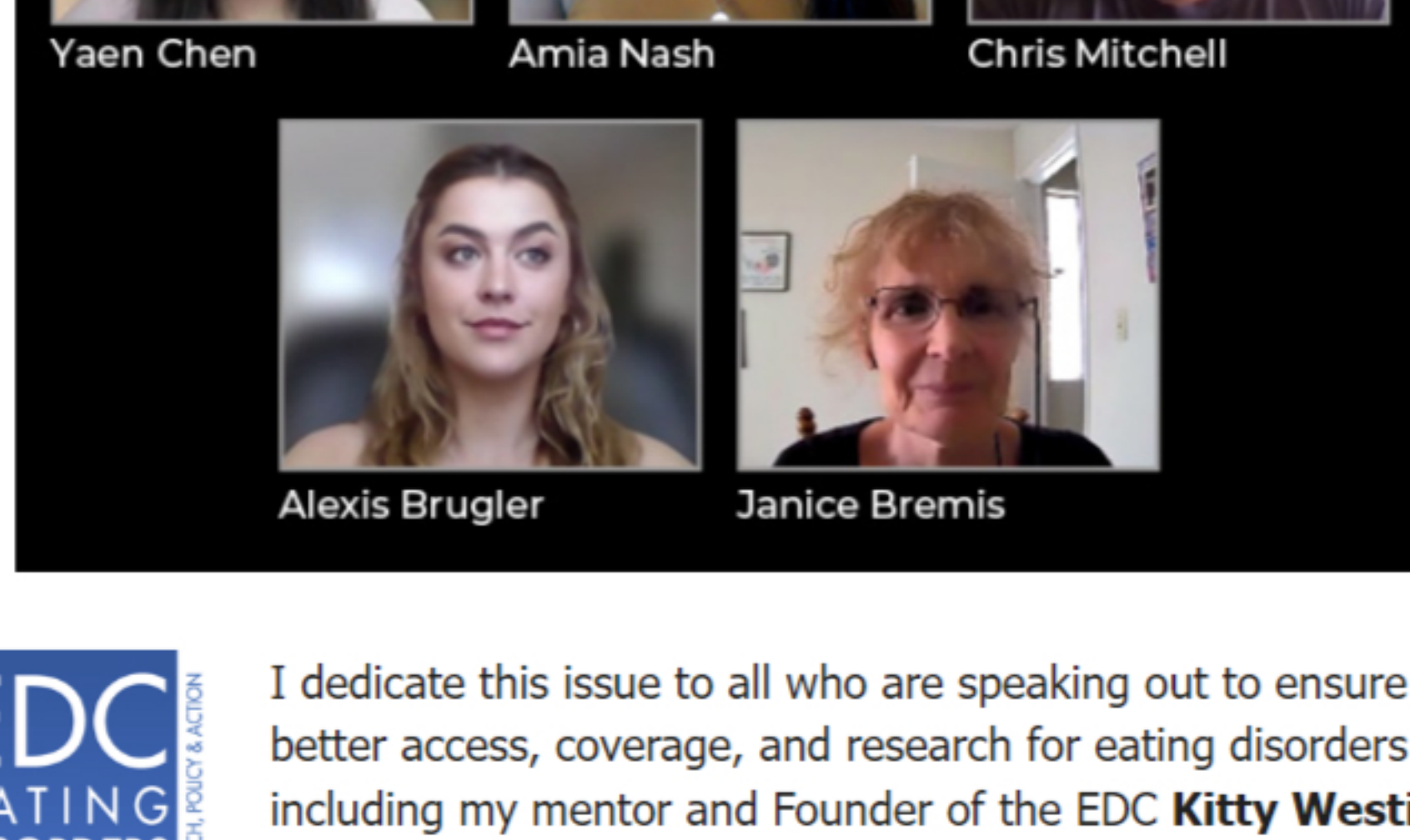
Friends & Family Newsletter

Summer 2022

A Message from Janice

Dear Friend,

Several of our volunteers, clients and I experienced the most powerful [Eating Disorders Coalition](#) Advocacy Day. **Amia Nash, Alexis Brugler, Yaen Chen** and **Chris Mitchell** appeared before staffers and congress members from California, including **Young Kim, Jared Huffman, Jimmy Panetta, Rho Khanna** and **Anna Eshoo**. Along with 190 other individuals throughout the United States they shared their voices to promote passage of two important bills. **The Kids Online Safety Act** holds big tech companies accountable for social media harms through FTC safeguards. The **Anna Westin Legacy Act** continues funding for the training of primary and allied health professionals to screen, intervene, and refer to individuals with eating disorders.



I dedicate this issue to all who are speaking out to ensure better access, coverage, and research for eating disorders including my mentor and Founder of the EDC **Kitty Westin** and especially our donors like you who make all this possible.

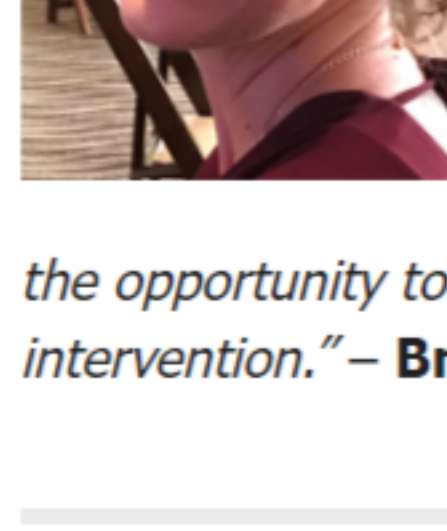
We are grateful for all of the tribute gifts and support we've received and we're pleased to highlight those at the end of this newsletter. We also want to honor all of those who advocate on our behalf and for all of you who continue to fight alongside us.

Gratefully,

Janice Bremis

Volunteer Spotlight

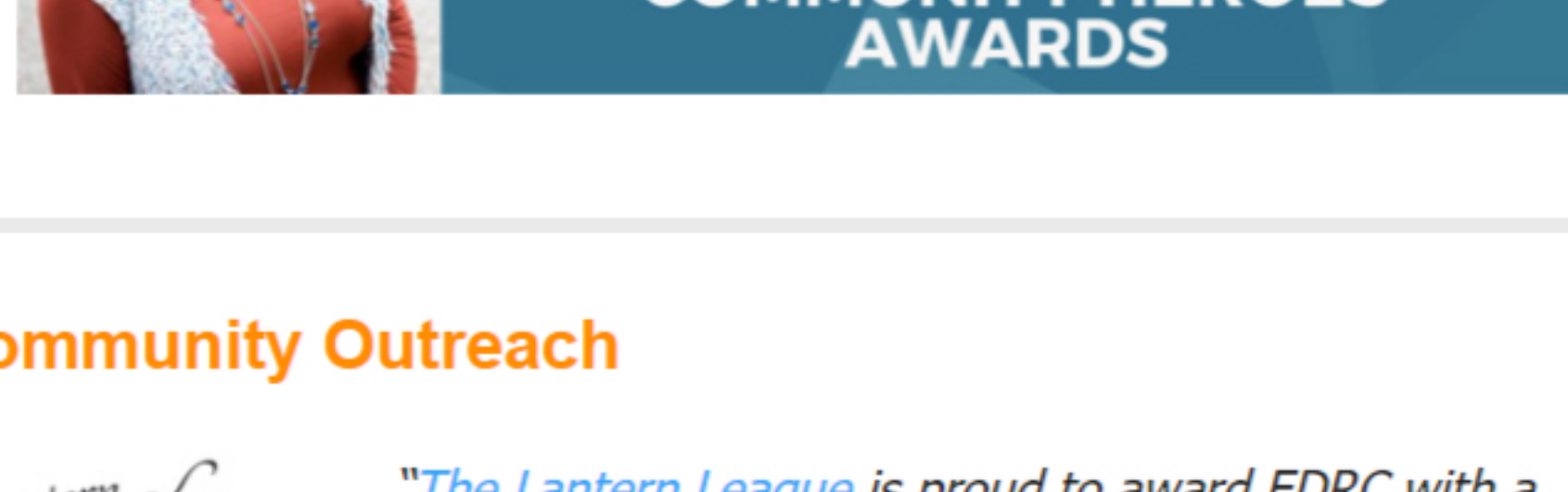
Our long-time volunteer Briana Cavaness turned her adversity into advocating for others. We are inspired and motivated by her story:



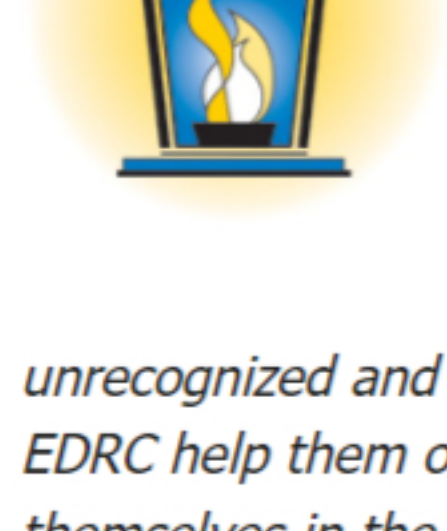
"I was introduced to EDRC and Janice Bremis at a personally difficult time- as I battled with Medi-Cal for coverage for residential eating disorder treatment. Janice was by my side for the year-long fight. She helped me to navigate the system to get life-saving treatment. I know firsthand the value of that support and would love to help others who face the same obstacles. Advocacy Day offers the opportunity to collectively fight for increased access to treatment and early intervention." – **Briana Cavaness**

County Honors EDRC Volunteer with HERO Award

Stephanie Brooks, the founder of [Bay Area Nutrition](#), was honored with the **County Community Hero "Educator"** of the year award on May 4th. Stephanie has educated hundreds of healthcare professionals on how to screen, intervene and provide treatment options for those struggling with eating disorders. Stephanie and her colleague Deb Buchanan presented to our families in May on the benefits of "nutrition support mentors" as part of our [Ask the Experts](#) series. Congratulations and thank you Stephanie. We love you.



Community Outreach



"The Lantern League is proud to award EDRC with a \$10,000 grant to help fund programs that create awareness, recovery and advocacy of eating disorders. Our members resonate with the mission of EDRC which closely aligns with Lantern League's mission to break down barriers and empower women & girls to take charge of their future. The work that EDRC does to help women and girls struggling with eating disorders often goes unrecognized and unsupported, and the programs & education offered by EDRC help them overcome the barriers of becoming the best versions of themselves in the future." – **Kathy Gutto** and **Tricia Stephens**, Co-Chairs, Lantern League Grant Committee

A special shout out to Lantern League members including **Laurie Kelm** and **Michelle Hansen** who nominated EDRC.

EDRC received a generous donation from the [History Club of Los Gatos](#), a women's social and philanthropic organization that began in 1897. Special thanks to each of the History Club members for their generous contributions and to **Jubie Jaramillo** for introducing EDRC to their members.



A fun fact: Jubie was born on the 50 year Jubilee celebrating the founding of the City of Los Gatos and thus given the name Jubilee by her parents. She and her husband Troy raised their three children in Los Gatos all who attended Los Gatos High School and are avid Los Gatoans.

Spotlight on Donors

"The Robert Family Foundation has proudly supported EDRC since 2006. Over those years, we have been gratified to see the tremendous progress EDRC has made in its eating disorder awareness and education programs which they provide to patients, their families and our community. Equally important, they interact with the diverse medical community with whom often undiagnosed patients with eating disorders may come into contact."



"We recognize how serious, widespread, and underdiagnosed eating disorders are and how important is the role EDRC plays in the South Bay community. As a small family foundation, we are honored to continue our support for EDRC services in their efforts to help families struggling with these disorders." – **Ned Robert & Carol Ezeir, The Robert Family Foundation**

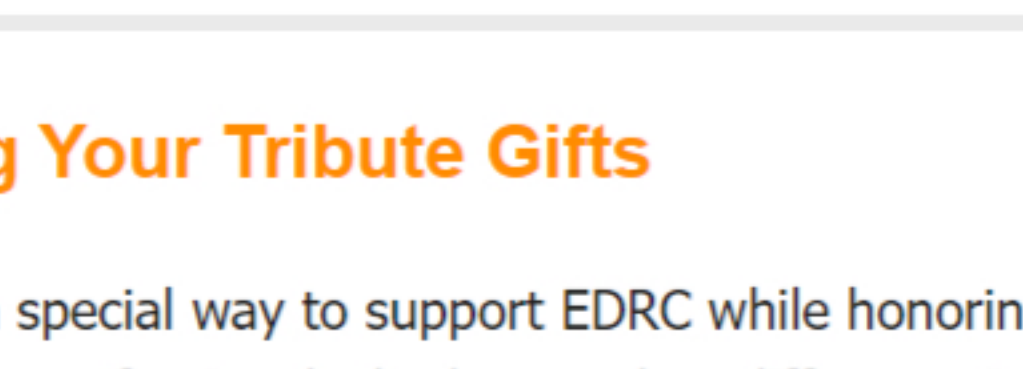
Good Reads

F.E.A.S.T.: [What I Wish I'd Known About Target Weights in Recovery](#)

Be Nourished: [Rethinking Food Addiction](#)

New LGTC Openings

Both [Burlingame](#) (new) and the [Campbell](#) locations have immediate openings for partial hospitalization, intensive outpatient treatment and a continuum of services for adolescents and adults with eating disorders. Special thanks to LGTC for our new EDRC office space!



Recognizing Your Tribute Gifts

Tribute gifts are a special way to support EDRC while honoring a loved one or even a health care professional who has made a difference in your life. I am touched to share some of these that our donors have made:

Ann Moresco, Fran and **Jack Osorio** — In memory of Janice's father John Paul Bremis, Jr.

Debra Schlesinger, Sheryl Tealdi, Kathleen MacDonald — In memory of Nicole Schlesinger

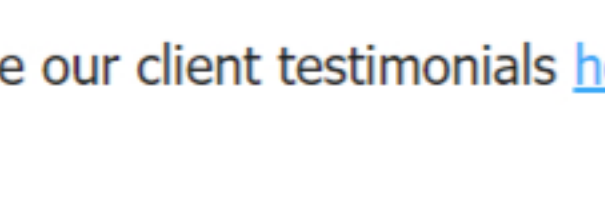
Edward Cosci, Robert Fitzgerald, Dawn Edgren and **Josephine Fasciona** — In memory of Victoria Sangiovese

Wim Roelandts, Belinda Wortham, Debra & Jerry Chin, Barbara Larkin — In honor of Janice Bremis and her tireless efforts to fight against eating disorders

EDRC is able to send an acknowledgement of tribute gifts. If you would like to dedicate a donation or make a standard donation to EDRC, click on the button below.

[Donate](#)

EDRC earned Candid Platinum Seal of Approval



See our client testimonials [here](#).