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Family & Friends Newsletter Fall 2022

A Message from Janice

Fall is my favorite time of year. It is a time of transition. The scents, the changing colors of the trees, back to school, Halloween, pumpkin pie and more. It is also the time to show our appreciation for all our donors and volunteers. In this newsletter, we have featured a few of our volunteers and donors. Two of our donors have set up charitable trusts with EDRC named as an annual beneficiary.

Your donations continue to make a difference. Our [support groups](#) provide a safe haven and are often the first step in recovery. Our [Ask the Experts](#) series gives family members the opportunity to learn from leaders in the field of eating disorder treatment & recovery.

We are so proud of all of our student volunteers and wish the new graduates all the best for their college experience. **Ava** is attending Stanford University, **Nik** is off to UC Santa Barbara, and **Taylor** is at the University of Miami.



*Janice with our Student Action Committee (**Nik Kapasi**, **Sahana Nayak**, **Taylor Lin**, and **Ava Iwashita**) celebrating Program Manager, **Frances Tian** on her admission to UC Irvine Law School*

[LGTC](#) has opened the first adolescent residential program in the South Bay. We're fortunate to have such great resources for families as there is a huge need in our community.



We send our heartfelt condolences to the **Driscoll family**. **Kristie Driscoll's** passing is a huge loss for our entire community. She was deeply involved in our community through her church, the Summit League, and the Junior League, to name a few. She was never too busy for a friend in need. EDRC is humbled by the tremendous response and generosity of her family and friends who donated in her memory. Kristie's daughter struggled with an eating disorder for many years so the cause is near and dear to her family. Friends can continue to donate [here](#).

matched dollar-for-dollar by our stellar volunteers and donors **Cam and Bruce Brugler**. Consider a tribute gift as a meaningful way to honor someone dear to you.

I count all of you in my blessings every year and on behalf of all of us at EDRC, I wish you all a joyful, healthful, and peaceful holiday season.

Gratefully,






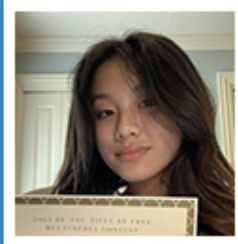
Janice Bremis



In Memory of
Kristie Denise Driscoll

The Results are In

EDRC is delighted to announce the winners of the 2022 *Be-You-tiful, Be Free* Multimedia Contest. Click on their photos to see their winning entries. Congratulations to [Jaimie Nguyen](#), one of our writing contest participants, who was featured on the front page of the Mercury News in a powerful article about social media addiction in teens.

 Jaime Nguyen 2nd Place - Poetry	 Shannon Ma 2nd Place - Poetry	 Grace Lin 1st Place - Poetry
 Maithreyi Bharathi 1st Place - Poetry	 Nishi Goyal 1st Place - Multimedia	 Sophie Qin 1st Place - Essay

**MULTIMEDIA CONTEST
WINNERS**

The EDRC thanks our panel of esteemed judges, who have taken time to review each and every entry: **Bruce Brugler, Carol Ezeir, Mary Gee, John Hansen, Amy Hsieh, Ava Iwashita, Lissa Kriesler, Katy Lackey, Sahana Nayak, Evelyn Tran, Paige Vasek, Anh Nguyen, Monica Waldman, and Whitney Walker**. Special thanks to our steadfast partners: the [Santa Clara County Library District](#) and the **Palo Alto Medical Foundation**. Please check out the [flyer](#) for next year's contest.



"I truly appreciate [Janice] and the EDRC for giving me the incredible opportunity to run the writing contest campaign for the past 2 years. Volunteering at the EDRC has been highly enriching to my personal development and leadership skills. I grew my passion for mental health so much at the EDRC." – **Taylor Lin**, Writing Contest Coordinator

Featuring our New Program Manager

We are excited to share that our volunteer and administrative assistant, **Kanika Kansara**, has taken on the role of Program Manager.

grateful to have expanded my role with EDRC since then. I am inspired by the determination and dedication of Janice and the entire team of volunteers, donors, and partners. Working at EDRC, I recognize the value of collective effort and I'm truly grateful to be a part of the community."

– **Kanika Kansara**, Program Manager

From **Ananya**: *"I love my mom because she takes care of me."*



Ananya & Kanika Kansara

Words of Gratitude

"Thank you so much for taking the time to talk with me. Your kindness, concern, understanding, and expertise means a lot to me. Please know that the work you are doing has such a positive impact on all of us who are struggling to either help our children or for those who are seeking help themselves. You are so important and are making such a difference for moms like me."

– **MiSoon Y.**, grateful parent

"Santa Clara Family Health Plan truly appreciates the services and resources EDRC brings to residents of our community. We're honored to support their programs that create opportunities for better health and wellness for all."

– **Christine Tomcala**, Chief Executive Officer, Santa Clara Family Health Plan

Featuring our Donors

EDRC was honored to learn that the **Krishnamoorthy Family** has set up a charitable foundation with EDRC being one of the beneficiaries each year.

The family set up the SLEDS Family Foundation in 2021 as a means of assisting and contributing to organizations that are working to make the world a better place. The Krishnamoorthy family hopes to do their part to support the larger community in our united fight to combat societal issues including mental health, equal rights, food insecurity, and more.



SLEDS Family Foundation: Supriya, Lilac, Esha, Dev, and Shankar Krishnamoorthy

David Ramsey set up a charitable trust with EDRC being his first beneficiary. As one of EDRC's founding volunteers, David continues to support us as a donor and IT volunteer.

"I've known Janice for more than 30 years and have always been impressed with the way she created EDRC to address a problem that has affected her and so many other people. Her drive and passion for the cause is inspirational and I'm proud to have contributed to the organization over the years." – **David Ramsey**, IT Volunteer



David Ramsey

Must Reads

[U.K. Teen with Severe Eating Disorder Dies 2 Months After Court Allows Her to Cease Treatment](#)

[The Search for a Better Treatment for Eating Disorders](#)

[LGTC opens the first residential program for teens in the South Bay](#)

Sponsor Spotlight

Multi-speciality faculty at [Cielo House](#) have over 10 years of experience treating patients who suffer from eating disorders. Cielo House offers on-site treatment at a variety of levels: partial hospitalization, inpatient, intensive outpatient in San Jose, Moss Beach, and Burlingame. Treatment modalities include: DBT, CBT, FBT, Art Therapy, Group Therapy, Support Groups, and Individual Therapy.



Please contact Kanika at kanika@edr.csv.org to be featured as a sponsor.

If you would like to dedicate a donation or make a standard donation to EDRC, click on the button below.

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EDRC earned the Candid Platinum Seal of Approval



See our client testimonials [here](#).



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