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## Family and Friends Newsletter Winter 2023

### A Message from Janice



In this issue, we recognize a few of our *newest* donors along with those who have been with us since our beginning in 2006. Our *oldest* donors include **Mary Myers** and **Dr. Hencke** and our longest standing board member, **Amy Hsieh**.

Our newest donors include the **Lantern League**, **The Derek and Shelaine Maxfield Family Foundation**, and **Mission City Community Fund**. We also thank the many new donors who made contributions in memory of **Kristie**

**Driscoll**, indeed we are humbled by her legacy. Below, is a photo of the Lantern League receiving an award at the Silicon Valley Philanthropy Day ceremony.

Pictured above are **Claire Hansen**, EDRC Outreach Coordinator; **Amy Hsieh**, board member; **Bert George**, community philanthropist and host; and **Janice**.

Lastly, we include testimonials from our [clients](#) and partners who reassure us every day that we are making a difference. We could not do this without you.

Wishing you good health, peace, and joy for 2023.

With much gratitude,

*Janice Bremis*

Pictured here are Lantern League members, recipients of the outstanding philanthropic organization award,

**Anne Naragon, Linda Antonopoulos, Tricia Stephens (Chair), Holly Elkins, and Kristina Luscher**



## Donor Spotlight



**Mary Myers and John Kolkka**

*“I have chosen to stay connected to EDRC because of the incredible work, dedication, belief, enthusiasm that Janice and team inspire every day to anyone they can give their help to. They are inspirational and their service difficult to explain unless you know their amazing skills and work dedication.” –*

**Mary Myers**



**Judy and Richard Hencke**

*“I was moved to support EDRC because of Janice's passion for the subject as well as her education. Ever since Janice began EDRC I have been a supporter. She has shared both her personal story as well as those of so many that have been helped by EDRC. EDRC would not exist without Janice's commitment and that she inspires in others.” – Dr.*

**Richard Hencke**

*"We are grateful for the work of EDRC. We believe every human being has dignity and the quality services of EDRC upholds the dignity of those who benefit from their services."*

**- Chris Yadon, Chief Philanthropy Officer, The Derek and Shelaine Maxfield Family Foundation**

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## Meet Amy



*"Volunteering for EDRC has enriched my life for the better. I manage [EDRC's Twitter](#) account where I share information about eating disorders, anorexia, bulimia, binge eating disorder and body image. I continue to be inspired by Janice and her team of dedicated staff and volunteers who are helping those struggling with the disease every day."*

*- Amy*

**Amy** has over 20 years of experience in fund development for nonprofits and currently serves as the Director of

Institutional Partnerships at the GLIDE Foundation. Amy has worked for several nonprofits in the Bay Area and New York City. She first started volunteering for EDRC in 2007 because of her compassion for those suffering from eating disorders. Amy has a background in Fine Arts, enjoys hiking and healthy living, and is committed to helping EDRC impact more individuals throughout the Bay Area who suffer from or care for loved ones with eating disorders.

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## Meet Sahana

*"Volunteering at EDRC has been one of the most impactful experiences of my life. I have met so many incredible people along the way. I am so grateful to be able to educate my community about eating disorders, and I am so thankful to Janice and everyone at EDRC for making such a positive impact on this world."*



We first met **Sahana** when she participated and won 1st place in our Essay Contest in 2018. Check out her beautiful poem [here](#), be sure to read it **backwards**. Sahana has contributed over 500 hours of service with EDRC, including leading the *Student Action Council* and co-founding the *Education Initiative* for local schools and youth organizations. Sahana

was honored with the *Young Movers and Shakers* award in 2021 by the Santa Clara County Behavioral Health Services.

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## How your Gifts are Making a Difference



*“For the past 3 years I have been a participant and a volunteer at the EDRC support group for parents and friends with loved ones suffering from eating disorders. Being with other parents who are going through the same horrendous experience of learning, helping, managing and fighting for their loved one’s survival and recovery is a lifeline to help combat that overwhelming sense of isolation that is part of this illness. Participants come to these groups in a state of shock, bewilderment and emotional chaos...they walk out with a sense of purpose and hope and armed with a list of resources and lots of support. For many, this is the only source of support. Thank you EDRC for all your dedication and advocacy...you are a true blessing.”- A grateful client*

“I am grateful to have the opportunity to find out about the EDRC organization and to get to know you personally. The resources and support provided by EDRC is so critical for patients with eating disorders. Your continual efforts and dedications for such a good cause are deeply appreciated.” – A grateful client

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## Meet Our Newest Sponsor and Partner

Created by experts in the field and people in lasting recovery, Equip is a virtual eating disorder treatment program that builds upon Family-Based Treatment – the leading evidence-based treatment for young people – to empower families to help their loved ones recover at home. Equip is currently serving patients ages 6-24 in all 50 states and is in-network with 10+ major insurance companies. Learn more [here!](#)

# EQUIP

Please contact Kanika at [kanika@edr.csv.org](mailto:kanika@edr.csv.org) to be featured as a sponsor.

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## Work in Action

[Everybody's Be-You-Tiful Multimedia Campaign](#) invites all middle and high school students to express their thoughts on social media and how it impacts body image. Winners will receive cash prizes of up to \$300. Check out last year's winning entries [here](#).

[Free support groups](#) provide a safe haven and are often the first step in recovery.

[Ask the Experts series](#) gives family and friends the opportunity to connect with leaders in the field of eating disorder treatment & recovery.

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## Good Reads

[Pulses to Their Brains and 2 Women's Binge Eating Went Away](#)

['You don't look anorexic'](#)

[Scientists Don't Agree on What Causes Obesity, but They Know What Doesn't](#)

[My Son Is Skipping Thanksgiving This Year, But Not For The Reasons You Might Expect.](#)

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Thanks to all our [donors and friends](#) for your generous support. Your [gift received by December 31, 2022](#) will be matched, dollar for dollar, by our generous supporters and volunteers, Bruce and Cam Brugler. Consider a tribute gift as a powerful and meaningful contribution to furthering our work.



Consider EDRC in your year-end gift as well as a beneficiary in your will or trust. Even 1% will be appreciated by the organization while still providing for your loved ones.

Please update your address for EDRC to 2542 South Bascom Ave. Suite 110, Campbell, CA 95008.

[Donate](#)

EDRC earned the Candid Platinum Seal of Approval



See our client testimonials [here](#).



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