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## Family and Friends Newsletter Spring 2023

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### A Message from Janice

I dedicate this issue to my colleagues and mentors: **Doris Smeltzer** and **Deborah Brenner-Liss**. Both are extraordinary women who have worked tirelessly in the battle against eating disorders and are leaving a lasting legacy. Thank you Doris and Deborah. You have been my mentors and inspiration to never give up.



Dr. Deborah Brenner-Liss



Tom and Doris Smeltzer

Doris founded [Andrea's Voice Foundation](#) (AVF) in memory of her daughter Andrea who died tragically at the age of 19 from bulimia. She has ensured that AVF is now in the good hands with [The Body Positive](#).

Deborah founded the Association of Professionals Treating Eating Disorders (APTED) because she found, through her personal experience, a lack of available

resources. In its 40 year lifespan, APTED created the first comprehensive treatment directory; supervised and trained hundreds of practitioners; and coordinated educational and networking events.

Despite how far we've come, there is still progress to be made. Once again our volunteers will participate in [Eating Disorders Coalition](#)'s Advocacy Day on May 18, where EDRC will join with hundreds of organizations from all over the country to advocate for key legislation, education for physicians, and more dollars for those affected by eating disorders.

For National Eating Disorders Awareness Week, our volunteer **Chris Mitchell** participated in a San Jose State University Wellness Center to educate students about the harms of eating disorders; the importance of early intervention; and to dispel myths and reduce stigma of these serious mental illnesses.

To wrap up the Awareness Week, on March 8, 2023, [Momentum for Health](#) invited **Stanford Health Care** and EDRC to present a webinar [It's Time to Talk About It: Eating Disorders and Behavioral Health](#). The expert panel included **Dr. Danielle Colborn** (Stanford's Eating Disorder Program), **Paraag Marathe** (President of 49ers Enterprises and EVP of Football), and EDRC board member and advocate, **Amia Nash** who shared their powerful stories. We had 130 attendees.



Our dear colleague **Dave Mineta** captured the event perfectly:

*“Recognizing [Paraag’s sister] Shilpa by saying her name aloud is right and important, in honor of those we’ve lost but also those in recovery and those who are still to begin their recovery journey. Like any other recovery journey it starts with a single day and then the next, and the next.”*

Gratefully,

*Janice Bremis*

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## Work in Action

*“We are parents receiving therapeutic support for our daughters who are going through a hard time with their eating disorders. We are extremely grateful for the help that we received from EDRC. I want to give an honorable mention to Tami, a volunteer for EDRC, who has also been of great help. She has been helping with translations, filling out forms and documents, and attending team meetings. We also want to mention Janice from EDRC. We thank her for the advocacy for our daughters and for answering questions at all hours. With their help, our older daughter has made tremendous improvements. EDRC gave us such help in our time of need. EDRC gave us hope and strength to continue down this path, walking side by side with our daughters' recovery journeys. For any families reaching out for help, EDRC is an invaluable resource.”* –**Michelle and Simon**

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## Board Spotlight: Tami Lee

*“My journey with EDRC started in 2016 when my teenage daughter began volunteering there. What I found most remarkable about EDRC was the number of students who volunteered on projects ranging from social media posting, maintaining the website, and coordinating the annual multimedia contest. Most of these kids had no working experience, but they were eager to learn and help. I was touched by how Janice patiently mentored them, trusted them with important and meaningful tasks, and never forgot to sing them praises and shower them with gratitude. [Read more...](#)”*



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## Volunteer Spotlight: Mandy Jermain



*“I volunteer with EDRC as a group leader because I know how isolating living with an eating disorder can feel. In my 5+ year battle with bulimia, I often felt alone and crazy. Joining support groups and reaching out for help saved my life and was vital to my success in achieving full recovery.”*

**- Mandy Jermain, pictured here with Owen**

Click [here](#) to join Mandy for our Wednesday [support group](#). Mandy believes in the power of community, individual therapy, and peer support as she has experienced the benefits of each in her own recovery from a long battle with bulimia. Mandy is a pharmacist working in oncology research and medical education in the Bay Area.

Click [here](#) to learn more about free support groups.

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## Donor Spotlight: Kevin Toreson

*“I donate to EDRC in honor of my amazing daughter Emilia — who has battled ED, anxiety, and depression for over half of her life. Emilia’s story includes many successes and a few steps backward over the last 15 years. EDRC provides awareness, support, and resources for treatment, which help drive better outcomes for patients and their*



families. These types of resources were critical for us when we first learned of Emilia's diagnosis, and remain an important part of her ongoing journey. I'm truly happy and honored to help support an organization that is helping others in our community in this way." – **Kevin Toreson**

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## Sponsor Spotlight



We are proud to provide leading mental health services for children, teens, and adults in San Francisco East Bay. This location offers specialized treatment at the PHP/IOP levels for OCD and anxiety, trauma, depression and other mood disorders. Learn more about Rogers Behavioral Health [here](#).

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

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## Events:

The deadline for our annual Be-You-tiful Multimedia Campaign has been extended to **April 15**. Submit your entries [here](#).

Healthier Kids Foundation: **May 25th** from 10am to 2pm: [At A Glance: Status of Children's Health Annual Symposium](#)

NAMI Walk- Mental Health for All: Saturday, October 7th at 8am in San Jose. [Sign up to join the EDRC Team](#).

Join the ED Coalition to advocate for eating disorders legislation on May 18. Register [here](#).

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## Must Reads:

[Boys just as likely as girls to engage in disordered eating, study shows](#)

[Special Report: Youth With Eating Disorders - Time is of the Essence in Achieving Remission](#)

[Looking at Anorexia Nervosa in a New Way](#)

As a reminder, our address has changed. You may direct all mail to EDRC:  
2542 South Bascom Ave. Suite 110, Campbell, CA 95008.

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