



Eating Disorders Resource Center

Family and Friends Newsletter Fall 2025

Dear friends,

As we approach the fall, I want to take a moment to appreciate our family and friends. As some of you may know, I am currently staying at **The Villas at Saratoga**. Recently, I was at the hospital fighting a staph infection resulting from surgery complications.

During this difficult time, knowing that I have the full support and encouragement from our wonderful community is helping my recovery. I always welcome visitors, and they make the day brighter.

I'm blessed to have a treatment team who has never given up on me. That's why it's so important we give that same hope to clients and their families through challenging times.



EDRC Founder Janice Bremis at Mission Oaks getting better every day.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

EDRC's new team! From left to right: Veena Elavarasan, Lisa Porter, Neveen Radwan, and Azrael Puente.

In my absence, I am grateful that our new team is running the show. **Veena Elavarasan, Lisa Porter,** and **Neveen Radwan** join us as Program Managers. Veena helps manage our communications, Lisa oversees our operations, and Neveen assists our clients, physicians, and educators through outreach. We also welcome our Administrative Assistant, **Azrael Puente**, a psychology major and student volunteer coordinator.

I am also excited to announce that board member **Amia Nash Chambers**, recently welcomed a new baby, Kalea, which means 'happiness' and 'joy' in Hawaiian. It is truly a delight to see our EDRC family growing. Congratulations Amia!



Amia with her partner and daughter, Kalea.



Kalea Nash Chambers.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

consider EDRC in your [year-end giving](#).

On behalf of all of us at EDRC, we wish you a season of peace, warmth and kindness.

Gratefully,



Educating our Healthcare Professionals and Community!

EDRC partnered with [Stanford Medicine](#), [AACI](#), and [Dr. Shivani Desai](#) to educate 64 healthcare professionals with positive feedback.



"Treating eating disorders is a multidisciplinary effort. This highlights the importance of medical providers, mental health clinicians, and dietitians recognizing signs and symptoms. Notably, early detection and treatment of eating disorder symptoms results in significantly greater chance of recovery, calling attention to the importance of preventative work." - [Dr. Shivani Desai](#)



Dr. Shivani Desai, Child and Adolescent Psychiatry and Child Development, Stanford Medicine.

We also tabled at the [Jain Center of Northern California's](#) Health Fair and provided eating disorder information to over 100 attendees.

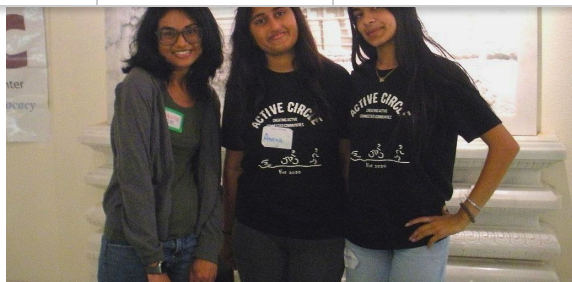


Jain Center of Northern California

Subscribe

Past Issues

Translate ▼



EDRC's Veena Elavarasan (left) with two health fair volunteers, Aanya and Nivriti.

"Events like this not only spread awareness but also show community members that they are not alone, and that help is available for them and their loved ones." - **Rachel Angelo, EDRC Volunteer**

NAMI Walks



Join our team for this year's **NAMI Walks Silicon Valley** on Saturday, October 4, 2025. Help us raise awareness that eating disorders are serious mental illnesses.

This year's walk will take place at San Jose's **History Park** and will feature Assembly member Gail Pellerin and Jeff Bell, author and former KCBS anchor. Hope to see you there!

Volunteer Spotlight: Vanessa Abuabara

We are honoring **Vanessa Abuabara**! As a long-time volunteer, Vanessa's contributions to EDRC includes her roles as a support group facilitator and helping many of our clients on their recovery journeys.

Vanessa is also an ANAD mentor and a certified eating disorder recovery coach

[Subscribe](#)
[Past Issues](#)
[Translate ▼](#)


EDRC's Vanessa Abuabara.

"I volunteer because I deeply value giving back to the eating disorder recovery community. During my own journey, I was supported by others who gave me hope, and now I find meaning in offering that same encouragement to those still struggling."

Donor Spotlight: Ann Ewing



EDRC's Ann Ewing.

Ann Ewing is both a dedicated volunteer and donor. As a volunteer, she leads our Saturday family support groups.

"To be able to give back even a small part of what the EDRC and its community of support gave to us is an incredible privilege, and we do it because we believe so deeply in the work that they do."

A shout out to the **El Camino Healthcare District** for their incredibly generous donation of \$25,000. Their gifts have helped us sustain our program since 2007.



El Camino Healthcare District

"We're proud to be able to support these community partners and the admirable work they do helping improve the overall well-being of the residents in our district."

John Zoglin, Chair of the El Camino Healthcare District board of directors

Words of Gratitude

*It is a true gift to be told “we can help you” when at every corner professionals and institutions have said “that is too difficult for us to treat.” The journey to recovery is a long one, but I feel we are finally on the right path.” - **A Grateful Client***

*“We are honored to share the core value of education and to support the Eating Disorders Resource Center with their education outreach efforts by providing presentations. On a personal note, I have witnessed Janice and team in action for the past 16+ years and continue to be in awe of the energy, passion, and care that goes into everything they do.” - **Meghan Eliopulos, Chief Marketing Officer, Gaudiani Clinic***



Gaudiani Clinic's Meghan Eliopulos.

As we approach the holiday season, your support can bring hope, healing, and recovery to those impacted by eating disorders. You may consider a **bequest to EDRC**, so your legacy will continue to help our community for years to come.

[Donate](#)

Must-Reads

- **“A writer learns how to embrace her imperfect recovery from an eating disorder” - NPR**

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

- **“Flying Under the Radar: Subthreshold Eating Disorders”** - Marcella Raimondo, PhD, MPH

EDRC earned the Candid Platinum Seal of Approval
 See our client testimonials [here](#).



You may direct all mail to
 Eating Disorders Resource Center (EDRC)
 c/o LGTC
 2542 South Bascom Ave.
 Campbell, CA 95008.



Copyright © 2025 EDRC, All rights reserved.

Eating Disorders Resource Center
 408.356.1212 • info@edrcsv.org • www.edrcsv.org

[View email in browser](#)

[update your preferences](#) or [unsubscribe](#)

