A sincere thanks to our generous donors

Donations received from July 1, 2010 to June 30, 2011
$25,000 and up
The Health Trust
San Jose Medical Center Foundation

$10,000 to $24,999
90% Savings Retirement Plan
El Camino Hospital
Kaiser Permanente

$5,000 to $9,999
Lucile Paddock Children's Hospital at Stanford
Robert Panfil Foundation

$1,000 to $4,999
El Dorado Hills Medical Group Foundation
The John Robert Burgoon Memorial Fund
Windfall Giving Circle

$1 to $99
Architects and Engineers
Terry and Carol Austen
Barnes & Noble Booksellers
Terry and Carol Austen

1% will be appreciated by the non-profit
IRA, 401(k), life insurance, or annuities. Even
favorable non-profits, including EDRC, in
Consider naming one or more of your
What will your Legacy be?

donate online at www.edrcsv.org or mail
ID 68-0616393. Your gift is tax deductible

The EDRC is a 501©3 public charity, tax

It's my privilege to serve as chair of the
EDRC board of directors, with
other passionate professionals. We've
all seen the impact of our various programs
and know our services help to fill the void.
I want to especially acknowledge our many dedicated
volunteers, our powerful partners,
and you, the donors listed here.
— Kathleen Davidson, RN BSN, MBA

EDRC Annual Report 2010-2011

Eleven million suffer from anorexia
and bulimia in the United States
every year. Another 13 million suffer
from binge eating.

95% of those with eating disorders
are between the ages of 12 and 25

People with anorexia are up to ten
times more likely to die as a result

of their illness. The most common
complications that lead to death
are cardiac arrest, electrolyte/fluid
imbalance, and suicide.

1 Thank you to producer/director Darryl Roberts, second from left, and to our treatment program sponsors: Alessia Mowry, Center for Discovery/Oceanara, Lisette Fraser, La Veneta; Nikki Rollo, Reasons Eating Disorders Center; for bringing America the Beautiful: The Thin Commandments as a fundraiser for EDRC. 2 Eating disorder experts and EDRC educators Carol Detrich and Chrsitine Pappas attend the post-event reception. 3 Volunteers and attendees enjoy lobby display.

continued on page 2

FOUNDER’S MESSAGE

Dear Friends,

As we celebrate our sixth anniversary
and reflect on everything EDRC has
accomplished, I am deeply thankful to
have helped so many in our community
succeed in their personal battles against
eating disorders and grateful to our supporters for bolstering our
efforts. I would like to thank The Health Trust, Brandenburg Family
Foundation, the Hugh Stuart Center Charitable Trust, the Robert
Family Foundation, and San Jose Hospital Foundation for providing
start-up funds. I know from my personal struggle with an eating
disorder that the quest to be thin can lead to immeasurable
suffering for patients and families. Eating disorders can cause
severe and life-threatening medical conditions. Because of the
prevalence of eating disorders in our weight-obsessed society,
most likely someone you know – a family member, friend, or
colleague – is suffering in silence.

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EDRC advocacy efforts help patients and families get the services and support they need

The Federal Response to Eliminate Eating Disorders (FREED) Act, legislation introduced by the national Eating Disorders Coalition (EDC), would fund much-needed research to better understand eating disorders; and, promote solutions for prevention, education, screening, diagnosis and treatment.

EDRC board member Dr. Saham El-Diwany, appointed to the Washington-based coalition in 2011 joined coalition advocates across the country for a strong, in-person showing of support for the FREED Act. These efforts resulted in the landmark Court of Appeals decision last fall that required major insurer Blue Shield of California to cover residential treatment for anorexia. The plaintiff and her daughter were assisted by both EDC and EDRC. See their story on page three: Reflections from a family.

EDRC provides monthly support groups for sufferers, family members and friends. Check our website for more information or contact us to find a support group near you.

Founder’s Message

Our WORK IN ACTION

I commend EDRC for their commitment to increasing awareness of eating disorders among health care professionals, connecting those with eating disorders to services, including an excellent website and monthly support groups, and offering programs in the schools to help prevent eating disorders.

— Nan B. Shaw, Best Practices Chair for Eating Disorders
Kaiser Permanente Northern California

Thank you for the training on body image issues, disordered eating behaviors and thoughts, and how to approach students may we suspect to have an eating disorder. My staff and I feel more confident and competent to deal with this often hidden illness.

— Director of Youth Services, YWCA Silicon Valley

Thank you EDRC and Dr. Pam Carlton for an excellent presentation that was highly relevant to our day-to-day practices and well-received by our staff. In fact, several of my colleagues have begun doing more screening of their patients and have become more aware of possible red flags for eating disorders.

— Andrea Cervenka, MD, Santa Clara Health and Hospital System

Dr. Vandana Aspen gave our clinic staff a wonderful presentation with useful materials. I learned more about the best treatment modalities for ED and how to identify symptoms. Dr. Aspen’s presentation increased our awareness of ED treatment needs which will help us with our case referrals and, ultimately, provide more support for our clients.

— Eva Lomeli, LCSW, Narvaez Mental Health Center

EDRC’s essay contest boosts students’ understanding and self-esteem

A part of National Eating Disorders Awareness Week, EDRC hosts an annual essay contest for middle school and high school students on the topic of finding beauty in every body. The response has been remarkable as 257 kids from 40 schools throughout Silicon Valley share what is beautiful about them and how the media affects their body image. Sponsored by Kaiser Permanente and Macy’s, cash prizes were awarded to the top four middle and high school essays. EDRC would like thank all participating students, teachers, school administrators, and volunteer judges for helping to make the contest a tremendous success.

Reflections from a family

Our family felt a wave of anxiety when it was time for our daughter to return home from treatment. We knew finding an outpatient treatment team in the Bay Area would be difficult. All the treatment centers she attended made promises to put aftercare in place, but none did, and we found ourselves on our own.

Contacting the EDRC was truly a blessing. With EDRC resources, we were able to put a team of medical professionals together for my daughter on an outpatient level.

In the early years, our family had desperately needed the understanding and support from others, but nothing existed until EDRC. It was so heartwarming to actually speak to someone on the other end of the phone who cared. They actually called me back and followed up with me to make certain I was getting the information I needed. The parent/family support group has become a safe haven of fellowship with wonderful women and men going through the same struggles and fears, and it continues to be a tremendous comfort.

EDRC’s spirit of kindness, compassion, and helpfulness has provided an insurmountable amount of resources in educational, professional, and emotional support and has been a tremendous blessing to our daughter and family.

Founder’s Message

continued from page 7

EDRC has given those sufferers and their families a place to turn to for help. Since 2006, our focus on education, awareness, and expanding access to coordinated services and treatment has helped over 7,000 clients and their families get the information, care, and support they need. EDRC’s educational programs trained 3,672 health care professionals and school leaders to recognize and understand eating disorders.

This past year was incredible. We expanded our community support groups. We hosted our second annual “Every Body is Beautiful” essay contest for school kids. We raised awareness about the potential dangers of diets through the national premiere of a ground-breaking documentary. We won a long-waged battle to get Blue Shield to cover residential treatment for anorexia. Most important of all, we gave patients, families, and friends hope.

Thank you again for your belief in our mission and your support of our efforts.

Gratefully, Janice Bremis, EDRC Founder

I dedicate our very first annual report in memory of Gerald Livingston, telling community activist and past president of the San Jose Hospital Foundation / admirer of beauty, humor, and zest for life since first meeting him in 1981. He inspired me with his generous contributions of his time, talent, and treasure to our community. In May 2010, EDRC was a beneficiary of a legacy gift from San Jose Hospital Foundation. These funds are vital for the future of our organization.

Thank you to all of our partners and supporters who have been so crucial to our success this past year. We are grateful for your belief in our mission, and your support of our efforts.

Thank you again for your belief in our mission and your support of our efforts.

— Janice B. Bremis, EDRC Founder

STATEMENT OF ACTIVITIES
First Fiscal Year ended June 30, 2011

REVENUE:

Individual donations $18,782
Corporate grants $184,830
Net investment $340
Total support & other revenues $203,952

EXPENSES:

Operating expenses $82,272
Total expenses $82,272
Change in net assets $101,670

STATEMENT OF FINANCIAL POSITION

ASSETS:

Cash and cash equivalents $256,213
Receivables and prepaids $7,458
Fixed assets $1,841
Total assets $265,532

LIABILITIES:

Accounts payable $3,925
Total liabilities $3,925

NET ASSETS:

Unrestricted $177,247
Board restricted fund balance $84,330
Net Surplus $101,670
Finding Fund balance $281,577

CONTACT US

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Email: info@edrc.org
Website: www.edrc.org

SPECIAL THANKS TO OUR 2011 FUNDRAISER SPONSORS

OAKLAND, CA: Kaiser Permanente Silicon Valley, Farmland Foods, BevMo, Cafe Avenue, Allergens Camp, Purple Thread, and Automation

SANTA CLARA, CA: Gallery 16, EBMUD, Pacific Union Bank, Blue Sky Club

SF BAY AREA: Starbucks, Cigna, Bally’s, Home Run Kitchen, Caliber Construction, The Fairmont, Pangea, and Mountain View Sports Club

OTHER: San Jose Hospital Foundation, Rotary, and the Rotary Club of San Jose

EDRC’s essay contest boosts students’ understanding and self-esteem

I am happy with my body and I do not feel the need to alter anything about myself. More importantly, I possess inner beauty.

— 2011 Essay Contest Winner

Nancy Price presents check to the 2011 middle school student winner, Alena Sabrina, as Reshma Farooqui looks on.

Amber Buchanan from Don Callejon Middle School submits winning essay on finding beauty in everyone.

— 2011 Essay Contest Winner