

EPF Volunteer Newsletter

Welcome to our first Emily Program Volunteer Newsletter!

If you know of a volunteer who has done a outstanding job and would like to nominate them to be showcased in our Volunteer Of The Month section on our newsletter, please email keri.clifton@emilyprogram.com.

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It's About Time!

It's about time that we got ourselves a newsletter for the volunteers! Now, of course, the hard part...filling it with enough material that people are interested enough to read it. Actually, it won't be all that hard because this newsletter is going to focus on 3 ideas:

- Who we are.
- What we've done.
- Where we've been.

I (we) can always find something to write about on those subjects. If you're

working on something exciting or volunteering on a special project and find yourself in the middle of a great story consider writing about your project or filling me in on the details and I'll write a story on it and feature it on a future EPF Volunteer Newsletter.

This is a great place to communicate on the great things that the Emily Program Foundation Volunteers do and how hard we work to accomplish the jobs we set out to get done. Not only, we get

to read about our accomplishments but others do too.

Seriously, we all work hard and our accomplishments should be acknowledged. It's great to read about what others are doing to those who are giving a voice to those whose lives are touched by those with an eating disorder.

Please email all EPF newsletter worthy items to eda.minnesota@hotmail.com.

Social Media

At the last volunteer meeting we discussed how social media (like FACEBOOK) can be used to get the word out about all of the important things going on at The Emily Program Foundation

as well as issues related to the eating disorder community.

Our first task is to expand the fan membership on Facebook. Thanks to all of you who are

helping to create a larger fan base on Facebook.

In the last week we have increased our fans by 80 people since Wednesday!

First Annual Art Show

Between February 24th and March 5th, The Emily Program Foundation had its first Annual Art Show Exhibit at the Gold and Tarnish Gallery located in Northeast Minneapolis on Marshall St.

We were joined for a causal evening of art, camaraderie, food and wine. Took in the artwork, participated in a silent auction and raffle and helped support the work of the Emily Program Foundation.

This exhibit was about expressing those parts of the experience of living with an eating disorder that are difficult to put into words.

Art therapy is the therapeutic use of art making, within a professional relationship. Creating art and reflecting on the art products and processes helps people increase awareness of self, cope with symptoms, stress and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.

Tamar, Art Therapist at the Emily Program explains, "As demonstrated by the inspiring art in this exhibit, the therapeutic use of art helps our clients to explore visual imagery surrounding the eating disorder, access different parts of one's eating disorder experience, and reveal insights into one's relationship with an eating disorder. This work celebrates

milestones in the journey to recovery."



Above Lindsey B. and Kitty Westin share a hug and a smile together!

Our sponsors were:

- The Joy Project
- Water's Edge
- Success Computer Consulting, Inc.
- Anonymous Gift
- Mortenson's Construction

The raffle items were:

- Seward Coop \$25 gift card
- Myra L Wang CMT one hour massage
- XBOX 360
- 4 Twins Tickets
- The Wedge \$60 gift care
- The Brave New Workshop 2 sets of 2 tickets

Thanks to all who came out for the show. It was a success and was a great night to spend with family and friends.

*"Good Friends,
Good Times,
Good Causes!"*



\$1500.00 was raised for
The Emily Program Foundation!

Kitty Westin Speaks

The always delightful Kitty Westin sat down with me one beautiful spring afternoon in her office at the Atrium building to answer a few questions. I was curious as to what the new focus on the volunteers impact had on the President of the Emily Program Foundation.

Kelly: What are you excited about with our new Foundation Volunteer Mission?

Kitty: What I'm really excited about is the advocacy efforts. Through advocacy we can work towards people having access to the care they need. Part of the advocacy is education (legal and policy advocacy).

Kelly: How would you like to see the volunteers

spend more time focusing advocacy efforts to effect policy change so those struggling with eating disorders can continue to access the treatment they need?

Kitty: Use volunteers for letter writing campaigns. Have people respond to things in the media. Using your personal experience with your eating disorder. Using your voice to empower people. We can't change one person at a time! There are power in numbers! Phone calls can be made, letters can be written, fundraising needs to be done.

Kelly: Would you be interested in taking a volunteer to Washington DC with you?

Kitty: Yes, absolutely! I would like scholarship

money to go to bring advocates go come along with me!

Kelly: As the President of the EPF, would you like to see the volunteers gear themselves towards anything in a given way or work?

Kitty: Finding a way you can use your voice to become an advocate. Advocating for yourself and advocating for others. They are very interrelated.

Kelly: Do you plan to plant a garden this spring?

Kitty: I am really excited. I have a house with a yard now and am excited to venture playing in the dirt and getting my fingernails dirty!



Volunteer Meetings

Mark your calendars for our monthly Volunteer meetings! We've been consistent (lately) with having meetings the third Wednesday of each month. Keri Clifton has been sending out the weekly email updates that will remind you of the next upcoming Volunteer meeting. Please be sure to note that Keri's email has changed to

Keri.Clifton@EmilyProgram.com.



Surprise moments can happen at any time during a volunteer meeting. Just get a crazy camera and a volunteer and your picture can be snapped in a second.

The Emily Program Foundation works to eliminate eating disorders through community support, advocacy, research, and education. Eating disorders are devastating, isolating conditions that strongly impact individuals, families, and communities. *Together we can make a difference.*

The Emily Program
Foundation

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Working to eliminate
eating disorders.

<http://emilyprogramfoundation.org>



Our Volunteer Focus

The focus of The Emily Program Foundation is going to be changing over the next several months towards a more clear purpose.

The Foundation is going to spend more time focusing on advocacy efforts to effect policy change so

that those struggling with eating disorders can continue to access the treatment they need.

If you currently working on more long-term projects (like research) this will not impact you right now.

Some volunteer activities will change, but the good news is that the work will be more focused and will help to impact others' ability to access treatment.

