

Quarterly Newsletter

October 2013



**On a mission to save lives,
change minds, and work to
eliminate eating disorders.**

Together we can make a difference

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Did you know?

The most
common behavior
that will lead to an
EATING DISORDER IS DIETING



**25% OF AMERICAN MEN &
45% OF AMERICAN WOMEN**
are on a diet on any given day

Upcoming Events:

1st Annual ED Event

Give to the Max Day 2014!

On November 14, Minnesota's Give to the Max Day, **your gift may help us win an extra \$1,000** for our work in the community.

Every gift made on November 14 helps our chances of winning a \$1,000 Golden Ticket! By partnering with GiveMN, an online giving website for Minnesota nonprofits, The Emily Program Foundation will have 25 chances to maximize your gift on Give to the Max Day!



Here's the really exciting part: **At the end of Give to the Max Day, one donation from across Minnesota will be randomly selected for a \$10,000 Super-sized Golden Ticket!**

The more gifts we receive online on November 14, the more our chances increase to receive that magical Golden Ticket!

All gifts you make to The Emily Program Foundation on November 14 **will** increase our impact by allowing us reach more students, families, professionals to increase awareness for eating disorders, and develop even more tools to change the conversation.

Visit <http://givemn.razoo.com/story/The-Emily-Program-Foundation> to make your gift on November 14th!

St. Joseph Worker Joins The Foundation

Emily Monson, LSW has been a member of The Emily Program Foundation's team since late August 2013. She has begun to visit area schools to conduct classroom presentations about eating disorders. Through informed conversations, she helps students examine their views on health and wellness. She helps them discover how they can live a happy and



Mark your calendar for our next event – *unmaskED*. The masquerade themed Gala event symbolizes the removal – or “unmasking” – of the secrecy, stigma, and shame associated with eating disorders (ED).

Saturday, March 1, 2014
Muse Event Center,
Minneapolis

In addition to attending the event, there are a few other ways you can be involved in cause marketing at *unmaskED*: event sponsorship; donate an item or experience to the auction; in-kind donation. Contact [Sue Riesgraf](#) for more details on participating.



Art and Eating Disorders – Building Community Awareness

In partnership with Forecast Public Art and Hennepin County’s Multicultural Arts Committee, we bring you an innovative Creative Care: Arts and Healing Exhibition. Artwork is on display November 4, 2013 - January 29, 2014 at Hennepin Gallery (300 S. 6th St. Minneapolis (A Level)). For more information visit <http://www.hennepin.us/hennepingallery>.

Recovery Night

The second Tuesday of each month at 6:30 p.m. Hear speakers share their stories of hope and success on their road to recovery from eating disorders.

Located at 2265 Como Ave.

healthy life without struggling with body image or an eating disorder.



Emily’s position with the Foundation holds a unique component, as she brings with her the experience of a St. Joseph Worker. This one-year volunteer program for women was founded by the Sisters of St. Joseph of Carondelet, participants volunteer one year of full-time work to a non-profit organization with a mission related to social justice issues. The SJW women live in intentional community together and participate in program responsibilities outside of work that build skills in leadership, spirituality, simple living, and social justice.

The Foundation is lucky to have Emily on staff to help us grow our reach in the community.

Volunteers Experience Lobby Day



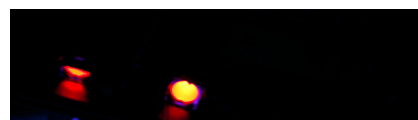
A team of eight volunteers from Minnesota and Wisconsin participated in the Eating Disorder Coalition's Lobby Day in September 2013. Together, they were able to meet with legislators and explain how they have been personally impacted by an eating disorder. By telling these important stories to Congress, we hope to pass the Federal Response to Eliminate Eating Disorders (FREED) Act. One volunteer said of her experience that

"We will forge ahead as individuals and as a group, educating, listening, caring, and taking back the lives that eating disorders have stolen. Those who have perished, they will not have passed in vain. We are their voice." And, we will continue to be their voice.

'Be Comfortable in Your Genes' 1st Annual Fashion Show Fundraiser a Success

On October 11th, The Emily Program Foundation hosted our first annual fundraising event, *Be Comfortable in your Genes*. By all accounts it was a tremendous success. The high energy fashion show featured Minnesota Vikings wives walking the runway in clothing from local retailer Hot Mama and emceed by Cities 97 Keri Noble. Foundation volunteers also walked the runway in their jeans carrying inspirational messages to counteract the negative messages we encounter every day.

This event was made



St. Paul, MN 55108
[Click here for more information.](#)

Friends and Family Support Group

The Emily Program offers two FREE Friends and Family Support Groups. Open to the public, these evening support groups meet in St. Paul and St. Louis Park. [Click here for more information.](#)

The Emily Program

Foundation is on a mission to save lives, change minds, and work to eliminate eating disorders.

We envision a world without stigma and misconceptions about eating disorders and disordered eating. We will be the catalyst in shaping new, informed conversations through advocacy, social outreach, and collaboration with community partners.

Board Members:

Larry Espel, Jillian Lampert, Mary Mathiowetz, Dan Mehls, Dirk Miller, Mary Ann Stump, Matt Walzer, Kitty Westin, Mary Westin, and Jennifer Cramer Miller

Get Involved!

Consider getting more involved by volunteering. Volunteers are vital to our operation and do many things, including:

1. Educate the community
2. Run awareness events
3. Advocate for access to treatment
4. Fundraise to ensure our ongoing success

[Email us](#) to get involved today.

possible through the support of sponsors RBC Wealth Management, Pope Architects, and Avionte Hope Foundation. Special thanks to those organizations as well as the Minnesota Vikings wives, Hot Mama, Render Photography, Prairie Organic Spirits, Crave Catering, the Brave New Workshop, and the many volunteers that worked so hard to make the event happen.



[Click here](#) to see the entire photo gallery.

Interested in an 'I am Beautiful' t-shirt? Let us know, we have them in stock!



Support for Non-Medical Basic Needs

The Emily Program Foundation is excited to announce the recent launch of our Financial Assistance Program to help people who are struggling with an eating disorder overcome some barriers that may prevent them from entering long-term care. We understand that people have non-medical expenses that need to be paid while they are in residential treatment and therefore unable to work. These expenses include such things as rent and utilities. The Financial Assistance Program was created to help people who are going into residential treatment overcome these barriers by offering financial assistance. To learn more about the program, or to apply for assistance, visit emilyprogramfoundation.org for more information.

Annual Report

The Emily Program Foundation made the move from a calendar fiscal year to a July-June fiscal year to align better with the work we do in schools and the legislative calendars. This change also better aligns our organization with the non-profit community. As a result of the change, we closed our books June 30, 2013 and began a new fiscal year July 1st. This report covers the first six months of 2013 – and what a busy time it was! Read the full report [here](#).

Please visit our website at emilyprogramfoundation.org.
Donate to our cause at emilyprogramfoundation.org/donate.

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Address postal inquiries to:
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