

Quarterly Newsletter

April 2014



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

Together we can make a difference

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Buy Note Cards

Note cards were created as a means to inspire and remind us that eating disorder recovery is possible. The artwork was created by those healing from or in recovery from an eating disorder.

Order Your Card Pack at our [ONLINE STORE](#)



\$12 Per Pack
 10 Cards in each pack

Proceeds benefit the

Showing Support for Truth in Advertising



Ten people from Minnesota traveled to Washington, D.C. on April 3rd to attend the Eating Disorders Coalition Spring Lobby Day. The Minnesota team joined over 100 people from across the United States to talk about eating disorder issues and to ask our elected officials to support two pieces of legislation: The Federal Response to Eliminate Eating Disorders Act (FREED) and the recently introduced Truth in Advertising Act (TIA). The FREED Act is an eating disorder specific bill that addresses research, education/prevention, and treatment of eating disorders. The TIA is asking the Federal Trade Commission to conduct a study to determine a strategy to reduce the use of altering bodies in advertisements, widely known as "photoshopping".

TIA is a joint effort by the Eating Disorders Coalition, Seth Matlins, and the Brave Girls Alliance who believe that "an epidemic of health and economic issues are being created by manipulated images that amounts to false advertising". The purpose of TIA is to reduce the impact of altered or "photoshopped" images in advertising that are promoting unrealistic body image expectations and leading to tragic physical and mental health issues like eating disorders. Once enacted, it would require the Federal Trade Commission to develop a strategy to reduce use of these images and recommend to Congress ways to regulate use.

work of The Emily Program Foundation.

Upcoming Events:

Art and Eating Disorders

If you have ever created artwork inspired by eating disorder recovery, please submit to this unique show! Themes include, but are not limited to, eating disorders, body image, and recovery.

The Emily Program Foundation is having our second art show at **The Art Institutes International Art Gallery** to build awareness and education around eating disorders in our community. The art will be on display from **July 19th – August 12th 2014**. To learn more or submit artwork [click here](#).

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

Friends and Family Support Group

The Emily Program offers three FREE Friends and Family Support Groups. Open

The Emily Program Foundation is a member of The Eating Disorders Coalition, and biannually the Foundation encourages people from across MN to join us in Washington, D.C. for Lobby Day. The impact on team members is always memorable. MN team member Elizabeth Wrobel described the power of the day by saying, "Joining the collective forces with such a wide range of intelligent voices, was not only inspirational but also incredibly empowering. So often, you can feel 'small' as you fight this cause on your own. However, when your efforts are matched by other advocates, you feel the strength in numbers and realize that change can and will happen through our collective efforts." MN team co-leader Katie Bird reflected on the experience by saying "we had such a strong team from MN this spring. It was so exciting to advocate for the new TIA bill, especially because it already has bipartisan support!"

Consider sharing your voice at the next Lobby Day! Contact the Foundation at info@emilyprogramfoundation.org to learn more about attending and scholarship opportunities.

**** [Click here to read more about the experience.](#)**

Welcome our new Advocacy/Social Media Associate!

We welcome Julia Birdsall as our new Advocacy/Social Media Associate. Julia comes to us from Planned Parenthood where she most recently worked as a MNsure Navigator, helping increase access to health care by providing information about the new health care laws and providing assistance enrolling in insurance plans. Julia also works as a birth doula, serving expecting families through education, emotional support, and physical support at the end of pregnancy and during labor and birth. Julia is a graduate of NARAL Pro-Choice Minnesota's Choice Leadership Institute and Fellowship and a founding member of the SPIRAL Collective- a full spectrum doula organization whose mission is to break down barriers to pregnancy support. Already a strong advocate for health, Julia is excited to be joining The Emily Program Foundation. Issues around positive body image and healthy relationships with food are close to her heart and she has considered herself a personal advocate on this front.



unmaskED

On March 1st, The Emily Program Foundation hosted our 1st Annual ED Event - *unmaskED*. The masquerade theme of this

to the public, these evening support groups meet in Woodbury, 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, Wendy Blackshaw, Matt Walzer, Kitty Westin, Mary Westin, Jennifer Cramer Miller, Diane Amer, Katie Miller, and Frank Schlick

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

Gala event symbolizes the removal—or "unmasking"—of the secrecy, stigma, and shame associated with eating disorders (ED).

By all accounts, the event was a tremendous success. A special thanks to all of our sponsors, our Gala Planning Committee, as well as the many volunteers who helped in making the event a success.

Watch for details regarding next year's event! And, if you were not able to attend the event, there are many ways you can support the efforts of The Emily Program Foundation. Visit us at emilyprogramfoundation.org to learn the many ways you can give.



Financial Assistance Program

The Emily Program Foundation launched its Financial Assistance Program last fall 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. Since its launch we have provided assistance to four recipients in need of support. We look forward to expanding this program to provide support to more individuals who are struggling with eating disorders. To learn more about the program, or to apply for assistance, visit emilyprogramfoundation.org.

ongoing success

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

Please visit our website at emilyprogramfoundation.org.
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