

Plugged In



February 2010
Volunteer Report

Volunteer Opportunities and Updates from Eating Disorders Coalition of Tennessee

Fashion for a Fraction to Benefit EDCT

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Eating Disorders Awareness in Tennessee

Join us in spreading awareness

At the end of February, there's more to look forward to than the first hints of spring. EDCT has an event for practically everyone during Eating Disorder Awareness Week, held from Feb. 22-26. Check out the list below for details, or head to <http://www.edct.net/awarenessweek.aspx>.

Learn online: In conjunction with Awareness Week sponsor Center for Change, EDCT will kick off Awareness Week on Monday, Feb. 22, by launching "When Does Sexy Start?" online. This powerful video will address the disturbing trend of the sexualization of teenage girls and how it affects the ability of teens to connect to their bodies. Stay tuned to our social networking sites for launch details.

Especially for parents: This free event benefits parents with children of all ages. Join pediatric nutritionist Jill Castle, MS, RD, LDN, as she discusses "The Art of Feeding: Nurturing the Whole Child, From the Highchair Through High School" at Davis-Kidd Bookstore in Nashville, on Feb. 24, at 6 p.m. Learn how to handle common feeding challenges, how to teach children to listen to their bodies and eat accordingly, how to strengthen trust in the parent-child relationship through feeding, and more valuable skills.

Experience hope and recovery: EDCT will host Evening of Song & Story - an inspiring event of hope and recovery - on Thursday, Feb 25, from 6-9 p.m. at Richland Country Club in Nashville. The program features touching stories from the mother-daughter pair of Jean Grimes and Courtney Grimes Cuden (an eating disorder survivor) and musical entertainment from award-winning songwriter Tom

Douglas, as well as a cocktail reception and dinner.

Enhance your clinical practice: This don't-miss workshop is for clinicians wanting to broaden their knowledge of eating disorders. "Practice Essentials for Treating Eating Disorders," presented by Jill Baker, Ph.D., Kendra Gray, Ph.D., Beth Lamb, LCSW, and Reba Sloan, MPH, LRD, FAED, will be held Friday, Feb. 26, at The Hill Center in Green Hills. Save \$25 by registering before Feb. 12. Last fall's session sold out early, so register soon.

Speakers Bureau and YES! Team: Volunteers involved with EDCT's Speakers Bureau will raise eating disorder awareness by speaking to schools, organizations and clubs across the state. Throughout February, the awareness curriculum connected with our Youth Education and Support (YES!) Team will be taught in more than 30 middle and high schools in Middle Tennessee, Memphis, Jackson and Johnson City.

Knoxville premier of "America the Beautiful:" EDCT-Knox Area will present its Awareness Week event in the beginning of February. The award-winning documentary "America the Beautiful" will make its Knoxville premier on Tuesday, Feb. 9, at the Carolyn P. Brown Memorial University Center (located on campus at the University of Tennessee). This event is free and open to the public. Doors open at 6:00 p.m. Special guests will host a Q & A panel following the screening.

For more information about these and other programs, visit www.edct.net. Or, e-mail us at contactus@edct.net or call (615) 831-9838.

FASHION FOR A FRACTION

Join Nashville's fashionistas and savvy shoppers for entertainment, goody bags, and much more at Fashion for a Fraction, a chic and cheap shopping event sponsored by Her Nashville and EDCT. This warehouse boutique sale brings together Nashville's hottest stores to one location, SPACES in Belle Meade. Come to shop local boutiques showcasing deeply discounted denim, clothing, handbags, jewelry, and accessories - and support EDCT when you buy your tickets online or mention EDCT at the door.

Quick Event Summary:

Event: Fashion for a Fraction

Date: Saturday, February 6

Time: 10 a.m. to 4 p.m.

Location: SPACES, 6000 Highway 100 in Nashville

Cost: \$5 - Enter "coalition1" as the coupon code, so your ticket sale will benefit EDCT!

More info visit: <http://www.edct.net>

Upcoming Events and Volunteer Opportunities

February 6: Fashion for a Fraction, 10 a.m.-4 p.m. at SPACES.

February 8: EDCT-Northeast Meeting, 12:00 p.m. MSHA Wellness Center (Johnson City)

February 9: Knox-Area premier of America the Beautiful at Carolyn P. Brown Memorial University Center at University of Tennessee in Knoxville. Doors open at 6:00 p.m.

February 9: Middle-TN YES! Team Meeting, 6:00 p.m. EDCT office

February 12: Annual Forum Committee Planning Meeting, 7:30 a.m. EDCT office

February 16: Executive Committee meeting, 7:30 a.m., EDCT office

February 16: Middle-TN Awareness Week Community Chat Meeting, 6:00 p.m. EDCT office

February 22: Launch of our Web Video "When Does Sexy Start?"

February 24: Middle-TN Community Chat: "The Art of Feeding: Nurturing the Whole Child, from the Highchair through High School" 6 p.m. at Davis-Kidd Booksellers, Nashville

February 25: Evening of Song & Story, 6:00-9:00 p.m. at Richland Country Club

February 26: "Practice Essentials for Treating Eating Disorders" workshop, 9:00 a.m.-4:00 p.m. at 4015 Hillsboro Pike, Suite 211, Nashville

THANKS TO YOU!

Reba Sloan & Mallory Kimbrell for contributing to Weigh-in Wednesday and the EDCT Blog "Conversation Changers: A Blog for EveryBODY."

Megan Stauffer for helping us market the Junior League of Nashville Eating Disorders Resource Library through Twitter.

Megan Stauffer, Alyson Knop & Nancy Muse for helping run the Junior League of Nashville Eating Disorders Resource Library.

Betsy Bernstein for training the EDCT staff on the WebEx meeting program.

Emily Lane for tech support.

Courtney Grimes Cuden & Jill Castle for speaking on behalf of EDCT.

Sara-Taylor Sharpe & Jordan Buckey for help with administrative tasks.

Mindy Lawrence, Erin Hornsby & Lauren Ray for helping with the "When Does Sexy Start" awareness video.

Monnie Furlong, Karen Wetherall, Melissa Rogers, Seaneen Brown, Kristen Martin, Marky M'call Toon & Jessi Rust for serving on the EDCT-Knox Area "America the Beautiful" planning committee.

Lacey Newman, Jill Castle, Milton White & Lauren Ray for their help in marketing the "The Art of Feeding."

Courtney Grimes Cuden for donating office furniture.

Emily Lane & Clinton Lewis for graphic design help.

Cory Stromblad, Jordan Buckey & Stacey Kay Lawrence for serving as models for our Better Nashville segment featuring Fashion for a Fraction.

Carol Reynolds, Elizabeth Lewis, Kathy Gaston & Susan Akers for helping secure table hosts for the 2010 Evening of Song and Story planning committee.

Anna Rose Anderson for helping plan Awareness Week at Lipscomb University.

Kathleen Goodman, Brittany Wolff, Susan Akers, Kim Sewell, Holly Bishop & Carol Frazier for serving as YES! Team school liaisons.

Misty Bays and EDCT-Northeast volunteers for launching YES! in Johnson City.