

Plugged In



March 2009
Volunteer Report

Volunteer Opportunities and Updates from Eating Disorders Coalition of Tennessee

America The Beautiful Premieres in Memphis



PANILISTS GINA PRIGOFF, PH.D., RON AMBUEHL, MS, NCC, MAC, ANGELA SALLIE, PH.D. & WRITER/PRODUCER DARRYL ROBERTS DISCUSS FILM AT UNIVERSITY OF MEMPHIS

Grammy Winner to Entertain at Evening of Song & Story

Evening of Song & Story Scheduled for April 2

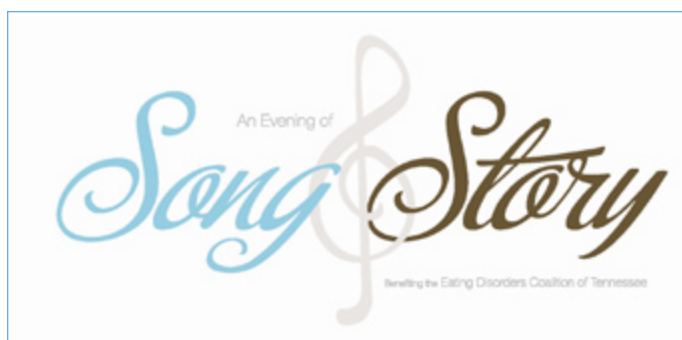
Eating Disorders Coalition of Tennessee (EDCT) will once again host an Evening of Song & Story – an inspiring event of hope and recovery. The evening's entertainment will feature retired Cincinnati Bengals defensive lineman, Grammy Award-winning country music artist, and Nashville Songwriter's Hall of Fame member Mike Reid. Mike Reid's songwriting career includes many hits songs like Ronnie Milsap's "Stranger in My House," which won a Grammy Award for Best Country Song in 1984, and Bonnie Raitt's pop standard "I Can't Make You Love Me."

This year's program will also feature writer, singer, anorexia survivor, and longtime active EDCT member Caroline Mitchell Lusk who will share her personal story of perseverance and offer an open and honest reflection of one woman's relentless and 'rollercoaster ride' pursuit of full recovery.

Table sponsorships are available for \$1000. In return, table sponsors will receive 10 invitations to be given to the individuals of your choice. The Sponsor will serve as the host of his or her table for

the evening. Formal invitations will be provided by the EDCT for the Sponsor to extend to his or her guests. Sponsors will receive recognition of their donation of \$1000 on all event publicity materials, the spring publication of Let's Talk, and our annual report. In addition, a verbal acknowledgement of support will be made during the event's opening and closing remarks.

This will truly be a significant event in Nashville and in the advancement of the EDCT's mission and outreach. We hope you will join us. For more information go to <http://www.edct.net/ess.aspx>



A Week of Eating Disorder Awareness

EDCT hosted events around the state in honor of National Eating Disorders Awareness Week (Feb. 23-28).

Events included a press conference at the state capitol to present The Worldwide Charter for Action on Eating Disorders with Rep. Sherry Jones-D, Marie Williams, Mental Health assistant commissioner; Shelli Yoder, executive director of Eating Disorders Coalition of Tennessee; Kitty Westin, founder of Anna Westin Foundation; and Amanda Bell and Nan Allison, RD, LDN.

The goal of the charter is to raise awareness among local legislators about the challenges people with eating disorders face in accessing adequate medical care, to advocate for prevention programs and to change state law to make treatment more widely available.

Other awareness events included: The Century Project Exhibit at Rhodes College in Memphis, *What Is Normal Eating: Revealing Disordered Eating in a High Stress Environment* a panel discussion at Vanderbilt Law School, the Memphis premiere of *America the Beautiful* at the University of Memphis, and a training for professionals in at UT Knoxville entitled *Creating a Positive Impact on Body Image*.

Upcoming Events and Volunteer Opportunities

March 4: EDCT-Middle TN Fashion for EveryBODY Committee Meeting at EDCT Office 6:00 p.m. Please R.S.V.P. to Elisabeth.Knott@iconplc.com

March 11: EDCT Membership Committee Meeting 7:30 a.m. EDCT Office. RSVP to rscarlata@bellsouth.net

March 13: Forum Committee Meeting at EDCT Office 7:30 a.m.

March 17: EDCT Board of Directors Meeting. 7:30 am EDCT Office.

April 2: *Evening of Song & Story* at Richland Country Club. Visit <http://www.edct.net/ess.aspx> for more information.

April 4: 6th Annual Forum, *Eating Disorders & Obesity: A National Crisis?* Lipscomb University. For more information visit www.edct.net

THANKS TO YOU!

Kathy Gaston & Susan Akers for planning the Annual Forum Appreciation Dinner

Emily Lane for designing the *America The Beautiful* program

Alyson Knop, Cheyenne Metzger & Raven Tilley for administrative assistance.

Karen Wetherall & Pamela Mathews for planning EDCT-Knoxville Professional Workshop.

Emily Lane, Lynn Lawyer, Waller McInnes, Kathy Gaston, Ashley Hamilton, Caroline West, Alyson Knop & Leigh McGinty for help with the Mary Catherine Strobel Volunteer Award application.

Carol Fraizer for contributing to Weigh-In Wednesday!

Carly McNeil, Nadine King, Amanda Bell, Jill Castle RD, Ashley Hamilton, Bill Evans, Kathleen Goodman, Angela Howell, Courtney Cuden, Irv Rubenstein, Julie Sandine, Kathy & Margot Gaston for speaking on EDCT's behalf.

Rachel Anderson, Kathy Gaston, Waller McInnes, Annie Farris, Amanda Hartberger, Heather Smith, Beth Lamb, Missy Williams, Leigh McGinty for helping with the Forum Brochure mailing.

Rachel Anderson & Kristen Kautan for planning the Forum lunch.

Mary Margaret Johnson, Michelle Massey, Erin Bladon, Carrie Dawkins, Susan Hulett, Brandy Hunter, Christie Lindsey, Cody Newman, Christy Osborn, Cheyenne Metzger & Amanda Womack for serving on the *America The Beautiful* planning committee.

Amanda Womack for contributing to the EDCT MySpace Blog.

Gina Prigoff, Ron Ambuehl, Angela Sallie & Darryl Roberts for serving on the *America The Beautiful* panel

Nan Allison, Elliott Moore, Kitty Westin, Holden Miller of McNeely Pigott & Fox Public Relations for help with the Charter Launch Press Conference

Leigh McGinty, Angela Howell, Kathleen Goodman, Amanda Hartberger, Joyce Hollins, Meghan Mouser, Krisi McCall for photographing YES! Team Activities

Beth Lamb, Reba Sloan, Thom Rutledge for serving on Vanderbilt Law School Awareness Week panel.

Amanda Harberger for staffing the booth at The FSSD Family Health Fair