In a room filled with more than 150 Quad City health care professionals and school educators, world-renowned neuropsychiatrist, author and researcher, Dr. James E. Mitchell, addressed the issue and nature of eating disorders at the first Q.C. Eating Disorders Consortium Symposium on October 21, 2009.

A leading expert in the subject, Dr. Mitchell discussed screening tools, diagnosis and treatments. Identifying the need for medical management of eating disorders, he emphasized the important role that nurses and social workers play for patients diagnosed with an eating disorder.

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

A leading expert in the subject, Dr. Mitchell discussed screening tools, diagnosis and treatments. Identifying the need for medical management of eating disorders, he emphasized the important role that nurses and social workers play for patients diagnosed with an eating disorder.

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“We had hoped for 20 doctors and 50 individuals from the community to attend the symposium and we are thrilled with the high level of interest,” Barbara Lynch, Q.C. Eating Disorders Consortium Coordinator, said. “Dr. Mitchell’s reputation was a huge draw. The Consortium brought one of the best in the field of eating disorders.”

“When the attendance was almost triple what we had expected and I believe this points out the need for more information and more education about eating disorders,” - Bud Helpenstell

Franz ‘Bud’ Helpenstell, President of The Amy Helpenstell Foundation, was more than pleased with the symposium’s success. “The attendance was almost triple what we had expected and I believe this points out the need for more information and more education about eating disorders,” said Helpenstell as he reflected on the event.

“Plans are already underway for an enlarged symposium in 2010 and we are pleased to continue the funding from The Amy Helpenstell Foundation.”

Continued
A similar symposium specifically for physicians, nurses, therapists and other healthcare professionals was held the night before on October 20, 2007 at Hope Link, the Amy Helpenstell Foundation Board Member, and Betty Zimuda Swanson, a therapist for Marriage and Family Services in Rock Island, co-presented. The evening consisted of Huiskamp’s personal experience with eating disorders, Zimuda Swanson then presented the current status of eating disorders in Illinois, primarily focused on patients with eating disorders.

Attendee Sally O’Donnell shared, “The professionalism of all involved, the knowledge the group has and teamwork they shared pulled together a very interesting and informative evening.”

In addition to holding the symposiums, the Consortium has created a Web site (www.qceatingdisorders.com), established a bimonthly Q.C. Eating Disorders Newsletter, and supported the establishment of the Eating Disorder Consortium (www.rebuildingtogetherqc.org) to provide educational opportunities for therapists and offered presentations to schools.

The Amy Helpenstell Foundation is proud to partner with the Consortium, and to support its work in this community.

**Grant Highlight**

**Rebuilding Together**

For some elderly and disabled Quad City residents, home repairs are out of the question. Some lack the financial means to pay for everyday repairs, others lack the physical capabilities of undertaking a simple task that many don’t give a second thought to, such as changing the batteries in a smoke alarm.

Families bring on a restricted income find it challenging to care for their aging homes. They face tough choices – do they replace the broken window in the living room or buy clothing for their children? Do they hire a plumber to fix the leaky tap or put food on the table?

Without help, these homeowners may face losing without the warmth, security and freedom a well-maintained home would provide. A luxury many take for granted.

Rebuilding Together Quad Cities’ core mission is to repair homes for those least able, making the homes warmer, safer, dryer and more accessible. Serving these members of the community since 1980, the organization has rebuilt and repaired more than 625 homes and has critical success of 8,000 volunteers.

In 2009, the Amy Helpenstell Foundation granted Rebuilding Together Quad Cities $20,000 for basic and emergency home repairs. This grant ensures Rebuilding Together can continue to touch the lives of the less fortunate in our community, helping these residents live independently and safely. Rebuilding Together Quad Cities Executive Director Rod Jennings was elated about the grant. “We appreciate the fact that The Amy Helpenstell Foundation believes in what we do and I believe that in some small way Amy agrees as well.”

Rebuilding Together’s work is made possible by the time and talents of local volunteers and the generosity of donors who wish to lend a helping hand. Their service is free of charge to the homeowners they help. “With the money from this grant, we are able to go from 60 houses to 65-70 or more on a general workday or emergency basis. Emergency projects have become a staple of our service missions and the demands are increasing every year, Jennings explained. The grant allows Rebuilding Together to focus on their core mission to make the same time think about the future. “As our largest single source of funding, TAHF allows us to work other growth funds and continue to provide our services without the fear of doing less.”

With the economic downturn that began in 2008, the Amy Helpenstell Foundation saw its assets shrink like those of almost every other nonprofit in the Quad Cities area. Feeling the strain of the weakened economy, the Foundation made the difficult decision to extend fewer invitations for grant applications in 2009. The Foundation board also saw the economic situation as an opportunity. This year, the nonprofits invited to apply for grants were asked to focus on their request on support of core mission programs, rather than on the development of new or expanded programming. This focus allowed the Foundation to maximize its impact in the community with the most limited resources it had available. It also encouraged the recipients to focus on doing what they do best during these difficult times.

### Grantmaking Policy

The Amy Helpenstell Foundation awards grants to area organizations that honor the memory of Amy E. Helpenstell and her charitable objectives. Grant applications are considered twice each year by invitation only. Unsolicited grant applications are not accepted.

### Mission

The mission of The Amy Helpenstell Foundation, Inc. is to improve the quality of life in the Quad Cities area by funding educational programs and by funding grants for health, community development, youth development and cultural activities.

### Grantmaking Policy

The Amy Helpenstell Foundation awards grants to area organizations that honor the memory of Amy E. Helpenstell and her charitable objectives. Grant applications are considered twice each year by invitation only. Unsolicited grant applications are not accepted.

### Grantmaking Policy

The Amy Helpenstell Foundation awards grants to area organizations that honor the memory of Amy E. Helpenstell and her charitable objectives. Grant applications are considered twice each year by invitation only. Unsolicited grant applications are not accepted.