

# Bulimia Anorexia Nervosa Association Board Meeting February 23, 2026

## AGENDA

Item	Person Responsible	Time Allotted
1. Accept Agenda	Kelly	1 minute
2. Accept Previous Minutes	Kelly	2 minutes
3. Matters Arising from last meeting	Kelly	2 minutes
4. President's Report	Kelly	20 minutes
5. Executive Dir Report:	Luciana Rosu-Sieza	20 minutes
5.1 Organization & Staff Updates		
5.2 Ontario Health Updates		
6. Treasurer's Report	Marzena	10 minutes
7. New Business	Board	10 minutes
8. Q&A/Adjourn	Board	10 minutes
9. Next Meeting	Board	March 23, 2026

# *Meet the Staff & Meet the Board*

*Alexis Sauls Ramos- Prevention Lead*

*Lisa Doan and Angela Rozema- Prevention  
Specialists*

# 4.0 President's Report

## President's Report



# **Executive Director Report**

Luciana Rosu-Sieza

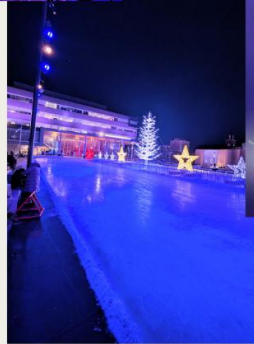
Executive Director, BANA

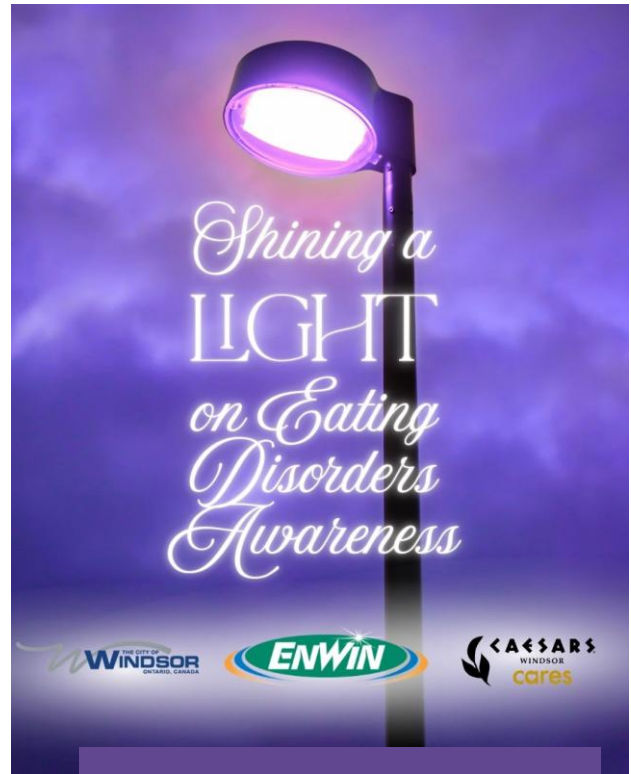
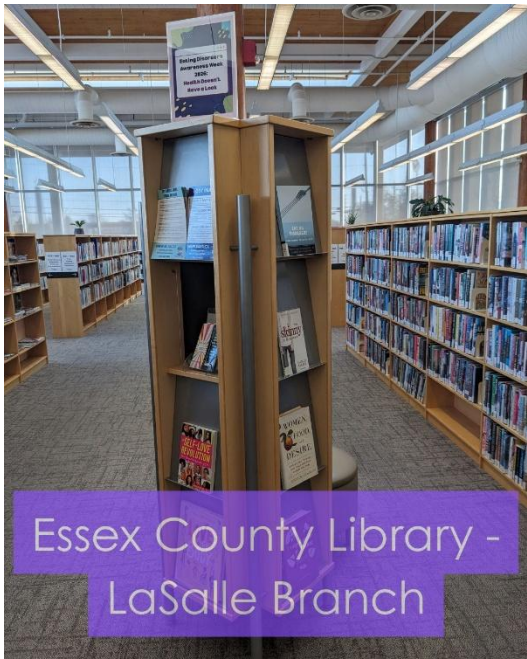
1500 Ouellette Ave Suite 100 Windsor, ON Canada N8X 1K7 P # 519-969-2112 F # 519-969-0227 [www.bana.ca](http://www.bana.ca)

# 5.1 Organization & Staff Updates

- All reports for Q3 are submitted
  - BANA will implement the new pay scale April 1, 2026- new fiscal year. Each staff will receive confidential communication reflecting their new scale
  - BANA will pay retro pay for staff using surplus from EDO-P , BANA and the 4% based funding increase which is reflected for 2025-26 year and must be spent by March 31<sup>st</sup> 2026.
- PDS- Provincial Data Set is mandatory and will be used for Ontario Health to gather information from all organizations. Only 4 EMR (Electronic Medical Record) Vendors have been approved as deemed compliant. BANA's EMR Accuro is not on the list. EMHware is the previous one we used- it is on the list but does not serve our medical needs. BANA is in touch with Accuro and has shared the spreadsheet of the data that we are going to be collecting for OH. BANA met with the PDS team and have a plan to submit the data via the manual portal
- Settlement Matter with past employee- settled as of February 13,2026
- Feedback forms created online with QR codes- looking for feedback from clients for WEIOP and Outpatient
- AMHO- Addictions Mental Health Ontario provided us a free IT & IM Assessment- will provide us with a report. Patrick, Ramsey and I met with the representative.
- The annual Eating Disorder Service Mapping Day will be held Feb 27 at WEST at the Roundhouse- full day event featuring a year in review- how did we move the dial forward, local HP presentation, EDO-P updates, Dr. Madigoe presenting on the WRH pathway and Order Set at WRH for Adult Inpatient Eating Disorder (APPROVED in DEC 2025), Dr. Omer presenting on Cannabis and the effect on Mental Health and Eating Disorders and future goals opportunities- BANA, weCHC and WRH host the event with Mia Tannous as our external facilitator. Many community partners including WECHU, school boards, child and youth sector and many other community partner attend. We are ordering lunch from the Welcome Centre- A shelter for women and families- they have created a social enterprise in offering catering!
- Leta and I attended a meeting with the Child and Youth sector to discuss ARFID in a child that was on the news-mother advocating for services and support in the schools. Lots of community partners attended- many accolades about BANA were shared
- Meet the board- if you did not participate, please consider doing so. We receive excellent feedback
- We posted for the EDO-P, Prevention Specialist position for Chatham Kent, Sarnia Lambton as a bilingual Prevention Specialist position
- Eating Disorder Awareness Week SUCCESS!  
<https://www.uwindsor.ca/news/2026-02-03/education-and-early-intervention-critical-eating-disorder-prevention>
- <https://windsorite.ca/2026/02/a-poetic-journey-toward-healing-indigo-windsor-and-bana-host-meet-the-author-with-stephanie-johnston/>
- <https://windsorstar.com/news/local-news/strike-a-pose-yoga-class-in-the-mall-raises-awareness-for-eating-disorders>
- <https://windsorite.ca/2026/02/photos-a-morning-of-joyful-movement-community-yoga-brings-awareness-to-devonshire-mall/>
- In addition we did 3 radio interviews this past week on AM 800 and a Windsor Star Interview
- RBC community fund \$1500 and volunteer time at Indigo

# EATING DISORDER AWARENESS WEEK 2026





— Exclusive Book Reading —

# MEET THE AUTHOR!

February 7<sup>th</sup>, 2026  
Indigo, Devonshire Mall

**Edible**  
A book of poetry meant to share real struggles in hopes that others won't feel alone in their recovery.  
Written by:  
**Stephanie Johnston**

**AM800**  
cklw — the information station

iHeartRADIO

Radio Host  
Kyle Horner

BANA  
Executive Director  
Luciana Rosu-Sieza

**MISSED US LIVE?**

**LISTEN NOW**

**EATING DISORDERS AWARENESS WEEK**

# EDAW 2026

**PURPLE TODAY,**  
*support every day.*

Eating Disorders Awareness Week  
#EDAW2026

**SHOW US YOUR PURPLE!**

**THE BANA BE YOURSELF PODCAST**  
HAPPY. HEALTHY. HOPEFUL.

**NEW EPISODE!**

SPECIAL GUEST  
**HEATHER LEBLANC, MSW BANA**

HOST  
**ADRIANA GRANDE**  
BANA HEALTH EDUCATOR

**NEW EPISODE # 27**

**AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)**

[www.bana.ca/podcast](http://www.bana.ca/podcast)

**PURPLE TODAY,**  
*support every day.*

Eating Disorders Awareness Week  
#EDAW2026

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**THE CITY OF WINDSOR**  
OFFICE OF THE MAYOR  
DREW DILKENS, OMA  
MAYOR

**PROCLAMATION**  
"Eating Disorders Awareness Week (EDAW)"  
February 1 to 7, 2026

**WHEREAS:** The Bulimia Anorexia Nervosa Association (BANA) is a not-for-profit, registered charity, community-based organization servicing Windsor-Essex County in Ontario, Canada. BANA is committed to the provision of specialized treatment, education, and support services for individuals affected directly and indirectly by eating disorders; and,

**WHEREAS:** Eating disorders are the second deadliest mental illness, and they can affect anyone, regardless of age, size, ethnicity, gender identity, sexuality, or socio-economic status; and,

**WHEREAS:** Stigma, secrecy, and stereotypes still surround eating disorders, causing many people who are suffering to refrain from seeking help; and,

**WHEREAS:** Open, supportive dialogue can help break the shame and silence that affect nearly 1 million Canadians living with diagnosable eating disorders and the millions of others who are struggling with food and weight preoccupation; and,

**WHEREAS:** Eating Disorders Awareness Week seeks to raise awareness of eating disorders, shed light on dangerous and pervasive myths, and promote prevention. It is also a time of year for Canadians to learn about available resources and appropriate services for themselves and/or loved ones; and,

**WHEREAS:** Eating Disorders Awareness Week aims to teach Canadians that eating disorders are not a choice, and that eating disorders are a serious and dangerous mental illness; and,

**THEREFORE:** I, Drew Dilkens, Mayor of the City of Windsor, do hereby proclaim

**February 1 to 7, 2026**  
"Eating Disorders Awareness Week (EDAW)"  
in the City of Windsor.

*[Signature]*  
Mayor

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Tel: 519-255-6313 • [www.cityofwindsor.ca](http://www.cityofwindsor.ca) • [mayor@cityofwindsor.ca](mailto:mayor@cityofwindsor.ca) • [www.facebook.com/drewdilkens](https://www.facebook.com/drewdilkens)

BANA.CA



EDAW2026

**INSTAGRAM LIVE**  
February 5, 2026, 10am

**SOCIAL MEDIA USE TIPS & TRICKS**

*[Photo of Adriana]*  
ADRIANA

*[Photo of Marisa]*  
MARISA

[@BANAWINDSOR](https://www.instagram.com/banawindsor)

**BANA BE YOURSELF MAGAZINE**  
WINTER 2026 ISSUE

**NEW ISSUE OUT TODAY!**

SPECIAL FEATURE:  
EATING DISORDER AWARENESS WEEK  
**EDAW 2026**  
*Health doesn't have a Look*

NOW AVAILABLE AT  
**WWW.BANA.CA/MAGAZINE**

**EATING DISORDERS 101**  
FREE LIVE WEBINAR

Increase your understanding of Eating Disorders, learn how to access support and promote positive body image

**WEDNESDAY 4 FEBRUARY**  
**12:00pm-1:00pm**

*[Webinar interface graphic]*

## Intake Board Report January 26, 2026 – February 23, 2026

	Total Amount Completed
General Inquiries	22
Centralized Psychosocial Assessment (Adult)	8
Complete Physical Examination (Adult)	3
Level of Care Self-Assessment (LoCSA)	9
Teen Intake	10
Teen Health Referral	9

# Health Promotions Team Report

**Dates:** January 26, 2026 - February 23, 2026

## Statistics

- Total # of Presentations, Workshops & Sessions: 23
- Total # of Participants: 1094
- Health Fairs: Devonshire Mall, Leddy Library, University of Windsor CAW
- Other locations: Problem Gambling, Lancers Recover, Youth Hub, University of Windsor, School of Social Work, Leddy Library, St. Clair College, Indigo, YMCA, CICMH Regional Forum, WE-SPARK Think Tank, House of Sophrosyne, Windsor Public Libraries, Essex County Libraries

## Updates

- HP participated in **23 sessions** with **1,094 participants**, majority of them taking place in schools and in the community during EDAW.
- We are fully booked until the middle of May. We had a productive meeting with Courtney, the new mental health lead from WECDSB. Our outreach to schools within the board has been relatively low this year, so she will connect us with high-need schools for the remainder of the year and then we'll regroup for the fall.
- EDAW 2026 Overview:
  - A huge success! We were able to reach new audiences this year through partnerships with the Windsor Public Library, the Essex County Library, Leddy Library, and Indigo.
  - Great support from volunteers! We had volunteers at all 4 booths.
  - Excellent feedback on the Be Yourself magazine - big thanks to Patrick.
  - Stephanie's book signing at Indigo was a huge success! She had a steady stream of fans, family, and friends. A wonderful way to celebrate her!
- Looking ahead to EDAW 2027:
  - Event Idea: Looking into doing a movie screening or partnering with WIFF.
  - Event Idea: Scale Donation - Host a "Scale Donation" drive where people "retire" their scales in exchange for a gift and resources on positive body image.
  - Community Partnership: Dine with Mindfulness – Partner with a local restaurant to include a small card with their menus that offers a 'Mindfulness Prompt' or a positive affirmation about nourishment. It meets people where they are and subtly challenges the 'good food/bad food' binary in a public setting.
  - Find a sponsor to support the week-of resources
- Podcast
  - The second podcast was launched on Friday February 6th, with Heather Leblanc, one of BANA's social workers, and is focused on ARFID.
  - Adriana has already recorded the episode to be launched in March with Erica Bassakos from WEOHT.
  - April's episode will be recorded with Alicia to discuss all things intake in hopes of removing barriers/concerns.

## EDO-P West Team

November 2025

<b>Team member &amp; Role</b>	<b>Sub-region</b>
<b>Alexis Sauls Ramos</b> Team Lead, Prevention Specialist	Windsor-Essex, Chatham-Kent, Sarnia-Lambton
<b>Mishal Javed</b> Prevention Specialist	Middlesex-London, Oxford, Elgin
<b>Angela Rozema</b> Prevention Specialist	Grey-Bruce, Huron-Perth/ covering Waterloo-Wellington
<b>Amanda Armstrong</b> Prevention Specialist - <i>maternity leave until July 2026</i>	Waterloo-Wellington
<b>Danya Walkingshaw*</b> Prevention Specialist - <i>contract until September 2026</i>	Covering Grey-Bruce, Huron-Perth
<b>Lucy Irvine</b> Prevention Specialist	Niagara, Brant, Haldimand, Norfolk
<b>Lisa Doan**</b> Prevention Specialist	Hamilton
<b>TBD</b> Prevention specialist	Chatham-Kent/Sarnia-Lambton Bilingual

The EDO-P West team continues to take a team oriented, supportive approach while each working to support their unique sub-regions. They also remain highly motivated to support provincial needs when called upon.

### Trainings delivered

1. **Foundational Training** – Full-day weight bias and weight stigma awareness
  - a. **February 19<sup>th</sup>** – Post-Secondary specific training day hosted for West region campuses, facilitated by members of the West regional team. Included participants from: Western, Waterloo, Guelph, Laurier, and Brock. 25 participants
  - b. **February 25<sup>th</sup>** – Hamilton Public Health reproductive and child health team specific training, facilitated by West region and BANA staff. 25 Participants
2. **Multisession Facilitator Training** - small group intervention for middle-school students. Training is coordinated and facilitated provincially by Alexis Sauls Ramos.
  - a. **February 4<sup>th</sup>** – trained 24 professionals across the province, including several West region partners.
3. **Western University** – Presentation to graduate students in Health Promotion on EDO-P strategy
4. **Enhanced Training** (Foundational Training) – additional training provided to Wellington region Mental Health and Addictions nurses with a focus on application of Foundational Training themes in their daily work.

### Ongoing implementation support and partnerships

- Reconnection successfully underway in Hamilton area including return to partnership with Hamilton Public Health school team, planning for additional training, and seeking out of new relationships in the region

### Provincial resource development support

- Members of the West region team are supporting EDO-P provincially and BANA on continued, meaningful engagement with Indigenous partners, including support for meaningful changes in day-to-day work and materials to ensure safe, inclusive practices.
- Members of the EDO-P West led or supported ongoing resource development on behalf of the provincial program during this period.
- Work underway to further development on several provincial portfolios (Community, Home Environment, Post-secondary), which is being supported by members of the West region team. Alexis Continues to lead the K-8 (elementary) portfolio provincially and is working to continue expanding offerings in this area.

# 5.2 Ontario Health/Partnership Updates

## ONTARIO HEALTH

- Windsor Essex Ontario Health Team Partnership Meetings quarterly – next one scheduled for April 2026
- Intake and Assessment committee and Coordinated Access (a sub-committee of the Mental Health and Addiction table) and Data committee
- Reports for Q3 were submitted
- 4% base funding confirmed by Ontario Health- EMBARGO for staff retention and inflation/cost of living
- Provincial Data Set (PDS) will be BANA's next undertaking
- Eating Disorder Service Mapping Day- Feb 27<sup>th</sup> 2026 in partnership with weCHC and WRH

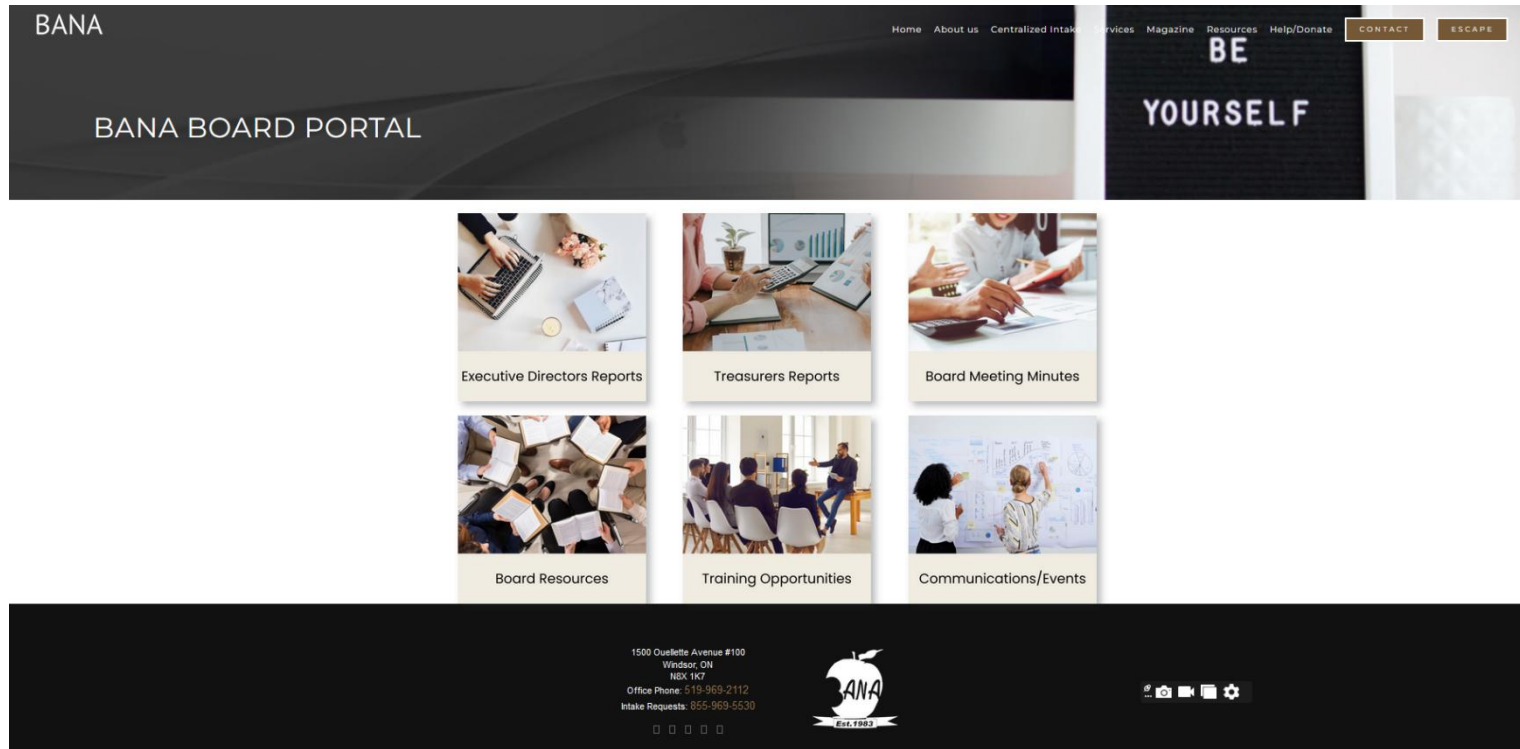
## 6.0 Internal Financial Statement January 2026

**DEFERRED**

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**DEFERRED**

# BOARD PORTAL



## Instructions:

1. Go to [www.bana.ca/boardportal](http://www.bana.ca/boardportal)
2. Enter password- BANABoard@ (case sensitive)
3. Click and open any of the folders

You will be able to find all reports, minutes, communication and resources in the portal

# BANA Board Meeting February 23, 2026

Agenda Item 7  
New/Old Business

Agenda Item 8  
Q&A

Agenda Item 9

***Meeting:***  
***March 23, 2026***  
***April 27, 2026***