

# Bulimia Anorexia Nervosa Association

## Board Meeting May 25, 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	September, 2026

***AGM June 17, 2026***

# *Meet the Staff & Meet the Board*

*Eating Disorders Ontario- Prevention*

*Lucy Irvine*

*Danya Walkingshaw*

*Lisa Doan*

*Auditor- Julia Lee Presenting Audited Statements  
for approval*

# 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

- Julia Lee- To present audited financial statements for approval
- We are preparing for Q4 submissions- all of our statistics are completed and reports will be submitted in the next month
- New Board of Directors Candidates (motion)
- We would like to create a Capital Campaign committee with board, staff and community- Patrick
- PDS- Provincial Data Set is mandatory and will be used for Ontario Health to gather information from all organizations. We continue to work with Accuro and OH to develop the best plan for submissions of this data
- EDAC conference was excellent- great learning, networking and connecting. Halifax was absolutely beautiful
- I will be on AM800 Roundtable on May 29, 2026 at 10 am
- Eating Disorders Nova Scotia Presentation-Heather presented May 25, 2026
- We posted for the EDO-P, Prevention Specialist position for Chatham Kent, Sarnia Lambton as a bilingual Prevention Specialist position. It is a fully bilingual position, which has been a challenge to fill. We are waiting for approval from EDO to hire an English speaking Specialist
- CONGRATULATIONS BANA was the recipient of the PLATINUM level 2025 Gord Smith Healthy Workplace Award! May 13<sup>th</sup> – **10 years!**
- Accessibility – BANA applied for an accessibility grant for our front door, washrooms and we are trying to evaluate anyway that we make our office more accessible
- AGM date- June 17<sup>th</sup> at 5 pm at Eastern Flavours- Award recipients:
  - Outstanding Individual – Anna Millerman Lachance
  - Outstanding Business – Elizabeth Elias-Hernandez (Pirkko Marketing)
  - Outstanding Individual - Charysse Pawley (GECDSD)
  - Outstanding Volunteer – Sarah Hussain

Voting for new board members 7 out of 8 members voted:

## VOTES Ranked

**1. Yesmina**

**2. Jeevan**

**3. Allie**

4. Danielle

5. Katie

Motion to vote three new board members 1. 2. 3. to fill the upcoming three vacancies to the BANA board of directors

\*Delaney and Dana will be leaving the board (thank you to them) and we will fill one vacancy and their two spots- 3 total

## Yesmina Captan

I currently work as the Program and Communications Coordinator at Women's Enterprise Skills Training of Windsor Inc. (WEST), where I lead an employment program for young women facing barriers to employment. Through this role, I support participants in building confidence, skills, and pathways to meaningful employment, while also engaging with community partners to create opportunities. I have had the opportunity to collaborate with BANA through this work, which has given me valuable insight into the impact of your organization and strengthened my appreciation for the critical support you provide to individuals affected by eating disorders.

I bring over 10 years of experience in the non-profit sector, working closely with youth, vulnerable populations, immigrants, and newcomers. I also previously served as Board President for McBride Youth United Association, where I gained governance experience in leadership, strategic planning, and community-focused decision-making.

I am deeply interested in joining BANA's Board because I value organizations that address both the visible and invisible challenges people face. BANA's work stands out in the way it creates a safe, supportive space for individuals navigating complex relationships with food, body image, and mental health. Through my work, I have seen how interconnected these challenges can be with broader barriers such as self-esteem, trauma, and social isolation. I would be honored to contribute my experience, perspective, and passion to support BANA's continued growth, strengthen community partnerships, and help expand access to its vital services.

# Jeevan Matharu

My name is Jeevan Matharu and I am entering my second year of university at the University of Windsor. I am currently pursuing my Bachelor of Science (Honours) in Mathematics with the hopes of going to teachers college upon the completion of my degree. Health and wellness - physically, mentally, and spiritually - are particularly important to me and all of the commitments within my life reflect this. I highly value discipline, consistency and self awareness which leads to personal growth and I approach all of my commitments with responsibility and genuine intention.

I am deeply interested in this organization as I understand the importance of advocacy, education and awareness within healthcare through my experience working at Belle River Diagnostic Imaging. The work BANA does within this community is indispensable. There is so much stigma and a multitude of negative connotations surrounding eating disorders; hence BANA's thoughtful, empathetic, support and education of this sensitive topic is so important within the community. The excellent work BANA does is what has called me to apply to this position and is why I would like to be a member of this board. As a member of the Sikh community I strongly value the importance of what we call 'seva', otherwise stated as "selfless service" and I see this position as an excellent way to make an impact within the community.

Being a younger individual myself I bring a unique perspective especially in terms of understanding and approaching younger demographics including minority communities. I would love the opportunity to contribute to the board of this wonderful organisation and learn and grow as an individual alongside such experienced members. I thank you deeply for the time and consideration for this opportunity.

# Allie Telfer

My name is Allie Telfer and I am expressing interest in joining BANA's Board of Directors. I have spent the last thirteen years coaching softball, ages twelve up to college level in our local community, where I have seen teens and young women face many obstacles that directly impact their mental health and overall well-being.

I currently sit on my union's EAP committee where we work together to create a less stigmatized environment for my coworkers; we make sure mental health assistance is readily available and easily accessible. Recently, we developed a poster with a QR code that has been placed in all of our workplaces that fall under Unifor 444. This poster is both in open areas and as well in more secluded areas for those who want to be more discreet about looking into getting assistance. The link takes employees to a website where they can access both internal and external support. We also do fundraiser events a few times throughout the year to help out local agencies the best we can. In the past, we have raised money for Noah's House, The Downtown Mission, and the Children's Youth Centre; places we know that do amazing things for people who are struggling with different life situations. I take a lot of pride in being a part of this committee.

I, myself have not struggled with an eating disorder, but I have witnessed young females that I have coached go through the struggle with it at varying degrees. Without community support and support from agencies, a lot more lives are put at risk and I would like to put my name forward to join you in helping you create change.



VIRTUAL WORKSHOP

# The History of Western Body Ideals

Pt. I – Ancient Greece to WWI

May 25 @ 7 p.m. Atlantic  
(6 p.m. Eastern)

**FREE ONLINE EVENT**

eating disorders Nova Scotia



**Platinum Level Recipient**



## THE BANA BE YOURSELF PODCAST

HAPPY. HEALTHY. HOPEFUL.

**NEW EPISODE!**

HOST **ADRIANA GRANDE**  
BANA HEALTH EDUCATOR

SPECIAL GUEST  
**MARTHA MUNROE, MSC**  
AUTHOR, ATTUNED EXERCISE

**NEW EPISODE #30**  
REIMAGINING YOUR RELATIONSHIP WITH EXERCISE

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



May 2026



Eating Disorders Association of Canada

# 8th Biennial Conference

Halifax April 27-28, 2026



#EDAC2026  
#BANAWindsor  
#weCHC519



Eating Disorders Association of Canada

# 8th Biennial Conference

Halifax April 27-28, 2026

## Day Two...



#EDAC2026

#BANAWindsor

#weCHC519

# CLINICAL April 25- May 22

## Intake Board Report April 25, 2026 – May 25, 2026

	Total Amount Completed
General Inquiries	23
Centralized Psychosocial Assessment (Adult)	7
Complete Physical Examination (Adult)	7
Level of Care Self-Assessment (LoCSA)	9
Teen Intake	11
Teen Health Referral	10

### Outpatient:

- In person appointments: 62
- Virtual appointments: 74
- Consultation: 2 hours per month with Dr. Masson for RSW's and consultation with Dr. Debbie Wilkes-Whitehall for NP.
- All staff can connect with Psychiatry during monthly rounds.
- Wait list is currently 16
- RSW Heather will be facilitating a 2 part workshop on Monday May 25th and Monday July 6th from 6-7:15pm our time. Eating Disorder Nova Scotia's workshops are open to anybody in Canada and have quite a broad attendance including lived experience, professionals in the field of Eating Disorders, caregivers etc..

### IOP :

- RSW's receive 2 hours of consultation per month from Dr. Masson.
- NP has monthly consultation with Dr. Debbie Wilkes-Whitehall and Dr. Madigoe (Psychiatry)
- All staff can connect with Psychiatry during monthly rounds.
- No wait list for treatment

### General:

- BANA's MSW intern Ashley Altomare completed her placement with us as of Tuesday, April 28th. Exciting news - she has accepted a job at CMHA! We hope to stay connected to her.
- BANA, IOP and weCHC staff attended a Canadian Eating Disorder Conference in Halifax April 27th and 28th. The conference was put on by EDAC and was well attended by non profit and private practitioners from all over.
- BANA is planning to take a masters of counselling psychology student from Yorkville University. Zach plans to complete his placement from September 2026 to May 2027. He will be supervised by RSW Alicia Regier and will work within both the IOP and outpatient programs.

# Health Promotions Team Report

**Dates:** April 23, 2026 - May 25, 2026

## Statistics

- Total # of Presentations, Workshops & Sessions: 27
- Total # of Participants: 2,046
- Health Fairs: L'Essor high school, St. Anne French Immersion, Assumption high school and middle school, FJ Brennan high school
- Other locations: WEAVA Volunteer Appreciation Event, GECD SB SHSM Point Pelee Event, House of Sophrosyne, SACC Open House, Villanova Lunch and Learn

## Updates

- HP participated in **27 sessions** with **2,046 participants**, majority of them taking place in schools and in the community.
- The HP team is booked for the rest of the school year and bookings for summer camps are starting.
- 4 new volunteers were onboarded and had orientation with Marisa.
- We have spoken with the mental health professional from Villanova to discuss a partnership with their [Jack.org](http://Jack.org) chapter. We've received approval from the principal at Villanova and mental health lead at WECD SB, as this school has a significantly higher rate of disordered eating and eating disorders. 40 students attended the 'Developing a Healthy Relationship with Food' lunch and learn. They've requested another presentation about how to talk to someone if you're concerned if they have an eating disorder before the end of the school.
- Podcast
  - The podcast episode with Martha Munroe on attuned exercise was launched at the beginning of May. A copy of her book has been purchased for the BANA library.
  - Recording with Karen Bellemore from the health unit was recorded on food neutrality and food security, and will be released in June.
  - A podcast recording with Joanna Roselli on her lived experience and Recovery Road exhibit is scheduled to be recorded in August and released in October before the art exhibit.
- HP team has developed a 'How to Grocery Shop' presentation that was piloted with the GECD SB SHSM students at their Point Pelee event on April 29th. We will be adapting it to present to the YMCA YWorks group in June.

## 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.

### Highlights of implementation support and partnerships

- **Wellington/Waterloo**
  - Planning underway to expand reach and implementation to existing school boards
  - Planning underway with Waterloo Catholic DSB for implementation in fall 2026
- **Hamilton**
  - Continued partnership with Hamilton Public Health, including continued training for staff
  - Continued reach out underway to post-secondary and community partners.
- **Grey/Bruce**
  - Maintaining contact with local boards and partners, continuing to support public health through weight-bias training.
- **Niagara**
  - Planning continues with Niagara Catholic DSB for implementation of school climate and classroom resources in fall 2026
  - Planning underway with Niagara College and Six Nations Polytechnic for EVERYbody training (summer/fall 2026) with delivery to students planned for fall 2026.
- **London-Middlesex**
  - Multisession small group intervention carried out with students at Thames Valley DSB with work underway to pilot classroom lessons.
  - Two more deliveries of the EVERYbody project (EBP) carried out with students on Western campus.
- **Windsor-Essex**
  - Connection made with CYMH lead to explore local needs for prevention
  - Weight bias training delivered to 8 local mental health providers ahead of small group intervention training next month
  - Contact made with St. Clair College to explore opportunities for partnership and training for staff and students.

### Provincial resource development support

- Ongoing development underway for supplemental resources to support uptake of materials in schools. This has involved consultation and feedback from West region school boards and support from West team members and external experts
  - Pending final consultation from School Mental Health Ontario, additional resources will be provided to school partners
- 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.

## 5.2 Ontario Health/Partnership Updates

### ONTARIO HEALTH

- Windsor Essex Ontario Health Team Partnership Meetings taking place quarterly
- Coordinated Access and Provincial Data Set is the priority for Ontario Health in addition to Primary Care attachment
- Reports for Q4 will be submitted- WEIOP submitted
- Provincial Data Set (PDS), BANA working with our EMR Accuro to customize reports for easier data submission

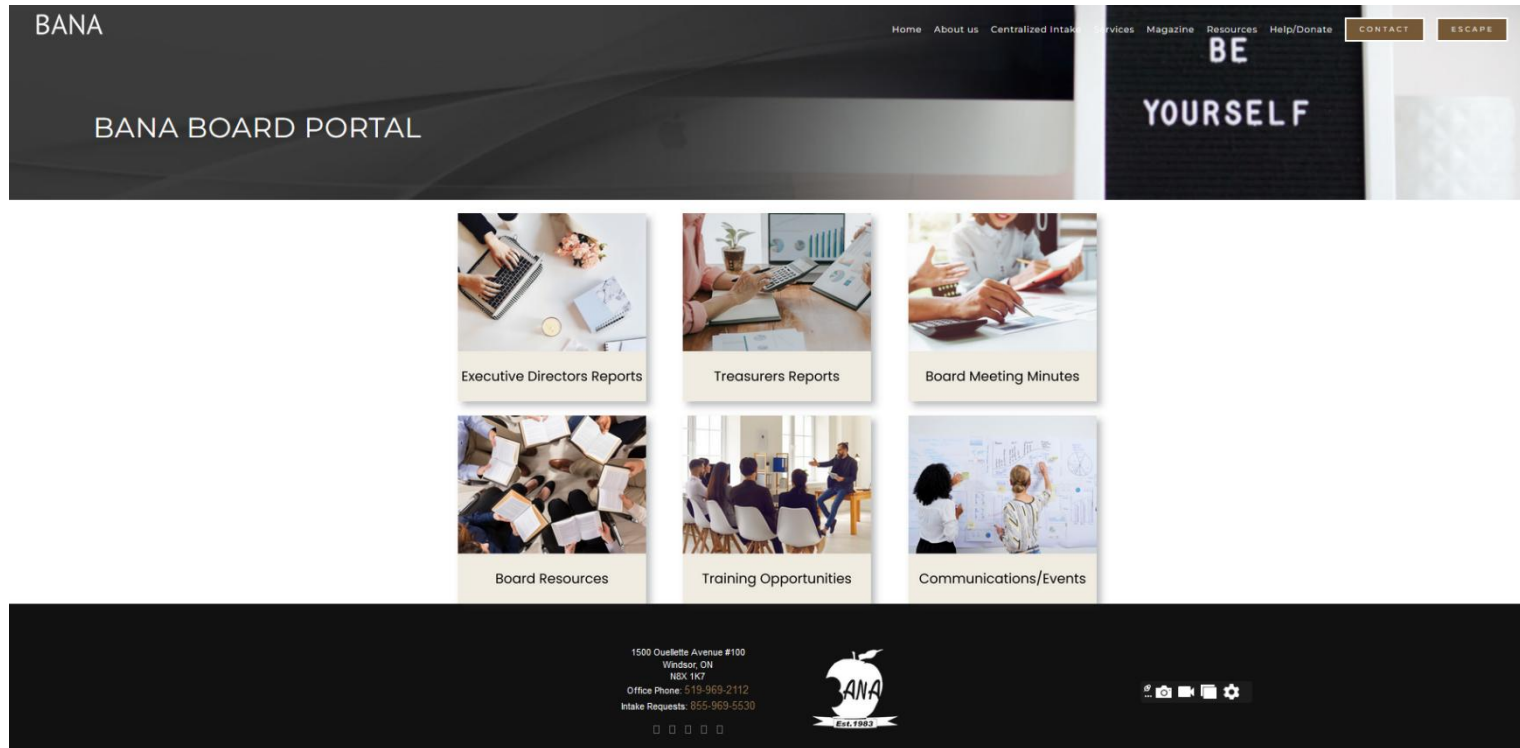
# 6.0 Internal Financial Statement April 2026

<b>Bulimia Anorexia Nervosa Association</b>		
<b>Statement of Financial Position</b>		
<b>As of 04/30/2026</b>		
<b>Account Type</b>	<b>Description</b>	<b>Balance</b>
<b>Asset</b>	Petty Cash	100.00
	Bank - Operating Motor City-Sub 1	132,217.73
	Bank - Term D-GIC	41,755.24
	Bank - Term D-Sub 19	46,365.84
	Term Deposit-Sub 18	68,594.33
	Share Account	100.00
	Bank - Bingo	18,020.76
	Grant Receivable	71,486.00
	AR Miscellaneous	5,948.00
	AR Current - Employee	-37.32
	AR Current - Rebates GST Federal	3,283.08
	AR Current - Rebates PST Provincial	8,618.67
	Prepaid Expenses	13,754.15
	Office Furniture & Equipment	124,154.47
	Leasehold Improvements	<u>20,984.48</u>
		<b>Total Asset:</b>
<b>Liability</b>	Accounts Payable –Current	3,399.35
	Accrued Current Liab - Audit fees	4,961.77
	Accrued Other	345.00
	Due to Receiver General	28,425.43
	Due to RRSP	983.14
	Accrued Cur Liab - Salaries and Wages General	17,749.53
	Due to HOOPP	21,926.82
	Deferred_MED	4,250.00
	Deferred_Bingo	23,633.61
	Deferred_Magazine	4,774.31
	Deferred_Staff Development	56,668.75
	Deferred_UWSA	1,000.00
	Deferred Grant - EDO-G	130,129.02
	Deferred Capital	57,659.36
	Restricted Reserve Fund	<u>14,229.23</u>
	<b>Total Liability:</b>	<b>370,135.32</b>
<b>Net Assets</b>	Invested in Capital	145,138.95
	Current Year Earnings for Period	6,550.62
	Unrestricted Reserve Fund	<u>33,520.54</u>
	<b>Total Net Assets:</b>	<b>Total Net Assets:</b>
	<b>Total Liabilities and Net Asse</b>	<b><u>\$555,345.43</u></b>

# 6.0 Internal Financial Statement April 2026

<b>Bulimia Anorexia Nervosa Association</b>						
<b>Statement of Activities</b>						
<b>For the period ended April 30, 2026</b>						
	<u>Current Month</u>			<u>Year to Date</u>		
Description	Actual	Budget	Variance	Actual	Budget	Variance
<b><u>Operating Income</u></b>						
Investment Revenue - Interest In	\$45	\$42	\$3	\$45	\$42	\$3
Funding - LHIN	43,755	43,736	\$19	43,755	43,736	\$19
Pay Master Ministry Of Health	23,416	23,416	\$0	23,416	23,416	\$0
<b>Total Operating Income</b>	<b>\$67,216</b>	<b>\$67,194</b>	<b>\$23</b>	<b>67,216</b>	<b>67,194</b>	<b>\$23</b>
<b><u>Operating Expense</u></b>						
ED_BANA S Salaries and rela	60,796	60,921	125	60,796	60,921	125
<b>Total Other Expenses</b>	<b>7,681</b>	<b>8,559</b>	<b>878</b>	<b>7,681</b>	<b>8,559</b>	<b>878</b>
Total Operating Expenses	68,477	69,480	1,003	68,477	69,480	1,003
<b>Operating Surplus / (Deficit)</b>	<b>(\$1,260)</b>	<b>(\$2,286)</b>	<b>\$1,026</b>	<b>(\$1,260)</b>	<b>(\$2,286)</b>	<b>(\$1,026)</b>
<b><u>Fund Raising, Grants, &amp; Miscellaneous Net</u></b>						
Donations - Individual/Corporate	176	725	-549	176	725	-549
Other Revenue	0	227	-227	0	227	-227
<b>Income from FR/Donations/G</b>	<b>176</b>	<b>952</b>	<b>-776</b>	<b>176</b>	<b>952</b>	<b>-776</b>
<b>BANA Net -Surplus/ (Def</b>	<b>(\$1,084)</b>	<b>(\$1,334)</b>	<b>\$250</b>	<b>(\$1,084)</b>	<b>(\$1,334)</b>	<b>\$250</b>
<b><u>Special Fundraising Programs</u></b>						
Bingo Income	2,977	2,500	477	2,977	2,500	477
Bingo Expense	300	2,500	2,200	300	2,500	2,200
<b>Bingo Net Income</b>	<b>\$2,677</b>	<b>\$0</b>	<b>\$2,677</b>	<b>\$2,677</b>	<b>\$0</b>	<b>\$2,677</b>
<b>BANA Net S/D after Bingo</b>	<b>\$1,593</b>	<b>(\$1,334)</b>	<b>\$2,927</b>	<b>\$1,593</b>	<b>(\$1,334)</b>	<b>\$2,927</b>
<b><u>Grants / IOP Funding</u></b>						
IOP Income	55,029	56,392	-1,363	55,029	56,392	-1,363
IOP Salaries & Related OH	47,097	46,394	-703	47,097	46,394	-703
Total IOP other expenses	6,688	10,172	3,484	6,688	10,172	3,484
<b>IOP Net -Surplus/ (Defici</b>	<b>\$1,245</b>	<b>(\$174)</b>	<b>\$1,419</b>	<b>1,245.09</b>	<b>(\$174)</b>	<b>\$1,419</b>
EDO-P Prevention	71,486	71,486	0	71,486	71,486	0
EDO-P prevention Salaries & Re	67,059	66,469	-590	67,059	66,469	-590
EDO-P Expense	715	2,883	2,168	715	2,883	2,168
<b>EDO-P Net -Surplus/ (Def</b>	<b>\$3,713</b>	<b>\$2,134</b>	<b>\$1,579</b>	<b>3,712.65</b>	<b>\$2,134</b>	<b>\$1,579</b>
Checking	\$6,551	\$626	\$5,925	\$6,551	\$626	\$5,925

# 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 May 25, 2026

Agenda Item 7  
New/Old Business

Agenda Item 8  
Q&A

Agenda Item 9

**Meeting:**  
**June 17, 2026**  
**July/August (NO MEETINGS)**  
**September 28, 2026**