

"My daughter is proof that your organization does help save lives. Thank you for saving my little girl!"

A Mother's Story

I write this letter today as a mother; a grateful mother who has dedicated the last 2 years of her life trying to help her daughter's battle with Anorexia Nervosa. It's been a long, hard, and exhausting fight, but I am beyond grateful for everyone involved at Moonshadow's Spirit - The Jennifer Mathiason Fund (Jenn's Legacy) and what you have done for not only my daughter, but for our family, and me personally.

My daughter has been battling Anorexia since the age of 11. At first I was unsure as to what was even going on. Her new interest in healthy eating and exercise seemed so innocent and I was in a sense proud of her for such dedication towards a healthier lifestyle. But her new interest in being healthy gradually turned into a deadly obsession. My once healthy little girl turned into a frail, fragile, and pale little girl. Our once normal family life was now consumed with extended hospital stays, Dr.'s visits, and numerous trips to the emergency room. Hospitalizations reached over 150 days in less than a year's time.

Afraid and exhausted I continued to do everything I could to get her into an inpatient treatment facility. I worked with Dr.'s, case workers, hospital staff, nutritionists, friends, and family, but all with no success. Part of the problem was her young age, and the other part was that insurance would not cover the cost; even after two appeals. One year was turning into two years. I thought there has got to be more that I can do. I began a fundraiser and collected donations from friends, family, and complete strangers. My husband and I put every dime we could towards getting her help as well. I called NEDA and they mailed me a list of foundations to try. Moonshadow's Spirit was one of them. I frantically began filling out applications and was hopeful that my little girl would finally get the help she so desperately needed and deserved. The fundraiser was going well, but after sometime the donations stopped coming and we still had not met our goal. Then in

December of 2013 I received a letter from Moonshadow's Spirit with the wonderful news that my daughter's application had been approved and a generous donation would be made to help her get the care she needed. I called the facility we were working with and with the addition of your donation they finally accepted her. Our prayers had been answered.

I'm no writer that's for sure. In fact I probably question if what I write even makes sense, but one thing is certain and that is I need no scripted lines or perfectly written story to express how very grateful our entire family is for the help and support of Moonshadow's Spirit. My daughter went away to treatment and has been in recovery for 3 months. She is doing very well, and we are so proud of how far she has come. You gave us our daughter back - a sister, a cousin, a granddaughter, a friend. You gave her a second chance at life. She is enjoying spending time with her friends canoeing, hanging out, and doing cartwheels on the front lawn. Her beautiful smile is back and I could never thank you enough. It's nice to see her feeling good. If it weren't for you and your organization I cannot be certain I would experience her smile again, and for that I cannot repay you.

I will donate to Moonshadow's Spirit. I know that this money is so desperately needed to help others and I plan to do everything possible to help make that happen. My daughter is proof that your organization does help save lives. Thank you for saving my little girl!

With Love, Melanie Giglio

Melanie's daughter battled anorexia from the age of 11.

- 42% of 1st to 3rd graders want to be thinner
- 81% of 10 year olds are afraid of being fat
- 33% of adolescent males use unhealthy weight control behaviors

Our mission: Moonshadow's Spirit, Inc. honors the memory of Jennifer Mathiason by offering need-based financial assistance to individuals with an eating disorder diagnosis who are seeking treatment at residential facilities or intensive partial hospitalization program facilities. Moonshadow's Spirit seeks to remove the myths and stereotypes surrounding eating disorders through increased awareness by sharing personal stories and providing research-based literature.

Myths and Misconceptions

Myth #1: Eating disorders are not serious; they are a lifestyle choice or about vanity. The truth is that eating disorders have the highest death rate of any psychiatric diagnoses. Anorexia has a 20% mortality rate from physical complications such as heart failure or suicide.

Myth #2: Eating disorders only affect white, middle class females, particularly adolescent girls. Medical literature has shown eating disorders spreading across class, race, gender and age. Approximately 1 million males struggle. And disorders are appearing in children as young as 9 and in older adults.

Myth #3: Families, particularly parents, are to blame for eating disorders. There is strong evidence that eating disorders have a genetic basis. However, although a person's genetics may predispose them to developing an eating disorder (similar to some cancers), this is certainly not the fault of the family.

Myth#4: Persons who have eating disorders are all slender. As our namesake, moonshadow, once said, "Bulimia can kill at any weight." Bulimics may have a normal or slightly above normal weight. For anorexia, just like many diseases, treatment is more successful when started early. Waiting until a sufferer is very thin, has the double results of serious physical damage as well as a much stronger emotional reliance on the disorder.

6 Ways To Help Us Help Others

There are several different ways to help us raise money in addition to your individual donations.

1. Attend our fundraising dinner and/or help gather donations to the auction/raffle.
2. If you make purchases on Amazon.com, use AmazonSmile (<https://smile.amazon.com>) and choose Moonshadow's Spirit to receive a percentage of your purchase.
3. Have you ever hosted a home shopping party such as Pampered Chef or Party Lites? Many of these companies have a process where a percentage of the proceeds can go to a charity.
4. Planning to sell your car and live in Colorado, DC, Los Angeles, Maryland, Michigan, Texas or Virginia? Contact Charity Motors (www.charitymotors.org) to donate the sale to Moonshadow's Spirit.
5. Hold your own 5K or zumbathon or wine tasting or whatever and donate the proceeds to Moonshadow's Spirit.
6. Purchase any of the merchandise on our web site (www.moonshadowsspirit.org/sales).

Awareness. In our efforts to increase eating disorder awareness, information sessions were held at Fairport, Hamburg, Webster Schroeder, and Webster Thomas High Schools. We were also invited by the Delta Phi Sorority to speak at RIT during their be-You-tiful week. And a class was held at the Rochester Brainerdy. If you have a group that is interested in learning more about eating disorders, please contact us at info@moonshadowsspirit.org

Walk to Support Moonshadow's Spirit Sept. 27, 2014

Moonshadow's Spirit will once again participate in the Eastman Photo Finish 5K. You can join the walk at <http://photofinish5k.eastmanhouse.org> or donate through <http://www.crowdrise.com/moonshadowsspirit>. Any questions contact us at info@moonshadowsspirit.org



This is Tammy...our daughter has struggled with anorexia for several years and after spending 6 months in and out of a treatment place close by that our insurance covered, it was clear that she needed something different. We chose to send her to Remuda in AZ, which our insurance would not cover. It cost us over \$30,000 and we are VERY thankful to Moonshadow's Spirit for donating \$1,000 to help us help our precious daughter!

"I am so grateful for your financial help, support, and encouragement. I would not be in the place that I am at now without your help. I have been able to seek treatment and be able to work towards finding freedom from the demons that have hunted me for more than half my life. Your scholarship gift helped me get into the treatment that I desperately needed for years but have been unable to afford. With the money I began the long road of recovery, a road that I was and am eager to continue down. " **Laura Matthiesen**

About Our Financial Awards

We began accepting applications in February of 2010. Since that time the Application Committee has reviewed **85** applications and provided **40** awards totaling more than **\$88,000**. The number of applications continues to increase every year. The good news is that you can help! Your donations have helped sustain us. You can also help by telling your friends and family about this cause and participating in events. This work would not be possible without you. We truly thank you for your generosity! You can donate confidentially on our web site (<http://www.moonshadowsspirit.org/donations>) or by using the enclosed envelope.

Financial Summary

(July 1, 2013 to June 30, 2014)

Balance (June 30, 2013):	\$9,334.36
Income:	
Donations:	\$12,122.80
Fundraisers:	\$24,003.70
Merchandise:	\$150.40
Outreach Event	\$290.86
Interest:	\$1.36
Total Income:	\$36,569.12
Expenses:	
Fundraising:	\$6,848.21
Merchandise:	\$307.90
Outreach Event	\$142.78
Office:	\$1,736.87
Insurance:	\$970.00
Miscellaneous:	\$33.82
Total Expenses:	\$10,004.58
Awards Given:	\$26,650.00
Cash Balance (July 1, 2014):	\$9,213.90



Proud to be a participant and partner in the MOM (Mothers and Others) March in Washington on September 30, 2014 and Lobby Day on October 1st.

Prayer Shawls

Last year you responded to our request for prayer shawls for our award recipients. My basket is now empty. If you would like to knit a shawl, please contact us. We'll supply directions and yarn.



Sixth Annual Moonshadow's Spirit Dinner, Raffle and Silent Auction

Friday, October 24, 2014 at the Burgundy Basin Inn, Pittsford, New York

Invite your friends and help us break last year's record!



Our Board of Directors

Sharon Mathiason (President and Secretary), Helen DeNero (Vice President), David Mathiason (Treasurer), Nancy Rees, Jeff Koff, Erika Fillmore, Matthew Terp, Helena Boersma

How To Find Us

Our E-mail is: info@moonshadowsspirit.org
Visit the Moonshadow's Spirit facebook page

Visit our web site www.moonshadowsspirit.org
Follow us on Twitter (@mshadowsspirit)



A Very Busy Year for Moonshadow's Spirit

Awareness Day March 29, 2014



Bo Krop discusses nutrition with Cara and Rhian Morgan

Dr Fran Carns: *"I am safe; I am calm; I am relaxed; I am in control."*

5K October 4, 2014



Our team placed fourth in fundraising at the Eastman Photo Finish 5K by raising nearly \$6,000 for Moonshadow's Spirit.

Benefit Concert February 27, 2014



The Morgan Twins
From *The Voice*



RIT's Delta Phi Epsilon be-You-tiful Week



\$11,500 Profit at 5th Annual Moonshadow's Spirit Dinner, Raffle and Silent Auction A new record!!!



Erin Ford, and her mother, Marianne, spoke about Erin's journey and the help provided by Moonshadow's Spirit.



Marlene Leach spoke about her own eating disorder journey and her friendship with Jennifer (Moonshadow).



Our inspiration, Jennifer (Moonshadow) Mathiason.