

*"This is incredible news. I'm shaking! Thank you! Thank you! We can have Christmas now! I'm crying with joy! Thank you!"* **Read this mother's story below.**

We are born from our mothers into a journey deep with history. So many decisions are made for us before we arrive. We already have genetic predispositions, our own unique family dynamic, and a culture specific to the plot of earth where we grow. Nature...nurture...they work hand in hand. It's always been hard for me to pinpoint where my daughter's eating disorder "came from" or when it began. These are questions I am asked often by friends and family. People like to be able to draw a straight line to a problem and a solution. But, if you are reading this, you know that eating disorders are illusive.

My daughter was a gymnast, a swimmer, and a competitive dancer. She always excelled in school. Full of grace, beauty, love, and kindness, she was always willing to lend a hand to others. She was the quintessential perfectionist and people pleaser. She was the child we never thought we'd have to worry about. So, when told us that she had an eating disorder, we didn't believe her.

She had no visible signs. We watched her eat both breakfast and dinner daily. I always packed a healthy lunch and it was never brought home. Her weight was stable. Yes, we were in denial. However, I still took action. To be safe, I alerted her school guidance counselor and prevention specialist at her school. She started with individual therapy, and also met with her pediatrician bi-weekly.

As our daughter moved through life, even with her accomplishments, she endured normal struggles and changes. Eventually, she came to a point where she could no longer bear the weight of perfectionism or people pleasing. There was one too many "catty" middle school spats. She had one too many days of staring at herself in a mirror for four hours at a time in dance class. Something shifted inside of her.

The girl we knew seemed to have been abducted and replaced with a manipulative, negative introvert with violent mood swings. She would use her ED as a tool to get what she wanted. She would refuse to eat when she didn't get her way.

She quickly became anemic. Her schoolwork began to suffer. She started to have all of the symptoms of ADHD and Bi-polar disorder. Her brain and heart were deprived of nutrition and she literally couldn't think straight or cope with her emotions. My first born, beloved little girl was sick with a deadly and confounding condition. I've never felt so heartbroken, but I knew this was one time I couldn't crack.

I was beside myself with anger. I felt helpless, but I knew better. I focused on what I could do as her mother. I spent countless hours on the phone every day with insurance companies. I spoke with nearly every ED clinic and treatment center in the country. I worked with a Care Manager with our insurance company to secure excellent, quality care for my daughter. It took a lot of fighting. I mean focused, fact-driven, passionate, aggressive, persistent Love to give my daughter what she needed. Eventually, she came home. Our relationship is stronger than ever because she knows that I've been here all along, supporting her whether she fell or not.

We think we can give our children everything. We think we can heal our children. My biggest moment of peace was realizing that this is her journey. She eventually received the education, the coping skills, the counseling, and the meal plans that equipped her to start the healing process. Each day, it is her choice to do the next right thing. She has relapsed a couple of times, with less intensity over time. And each time I love her more for her honesty and her bravery. I continue to do the things I can. While letting it be her journey. And, I believe in her.

My life and my journey are separate and I need to take care of myself, too. One of the things I can do to love her is to continue to love myself. I have to practice kindness toward myself. This is the advice I needed when this journey along the path of her eating disorder began.

**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.

## Help Us SOCK It To ED



As part of our awareness mission at high schools we have built upon the Sock It To ED program. When students ask questions we give them a pair of colorful ankle socks. We would love sock donations – adult sizes in color. Here is the story behind this special mission.

Kitty Westin was scheduled to speak at the 2010 international conference of the Academy of Eating Disorder in Salzburg, Austria when she received news that Erin Reiderer (26) had died from the effects of Anorexia Nervosa. The women sitting with Kitty struggled to find tissues as Kitty worked to gain composure before she was to appear on the main stage. Instead of tissue, June Alexander pulled a pair of socks from her purse. Socks she had laundered and planned to return to her daughter. Kitty dried her tears with that sock and brought it home with her to use when she attended Erin's funeral. That Crying Sock is now known as Erin's Sock of Hope. For more information please go to the Sock It To ED facebook page or the Erin Reiderer Foundation. (Thanks to Joan Reiderer for allowing us to share this story.)

## 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 donate a shawl, please contact us. We'll supply directions and yarn.

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. We truly thank you for your generosity! You can donate confidentially on our web site or by using the enclosed envelope.

<http://www.moonshadowsspirit.org/donate>

## Upcoming Events in 2016

Fourth Annual Moonshadow's Spirit 5K Run/Walk  
**October 1, 2016**

Moonshadow's Spirit Eighth Annual Fundraising  
Dinner

Casino, Silent Auction and Raffle.

**Friday, October 21 ~ 6:30 to 9:30**

Burgundy Basin, 1361 Marsh Road, Pittsford, NY

Alex and ANI Charmed By Charity Fundraiser

15% of sales go to Moonshadow's Spirit

**Sunday, December 11 – 3:00 to 6:00**

Culver Road Armory, Rochester, NY



Our inspiration,  
**Jennifer  
(Moonshadow)  
Mathiason.**

We wish a fond farewell and owe a debt of thanks to past Board members, **Erika Fillmore** and **Helena Boersma**. Erika and Helena have been with us since the beginning and have represented the population we serve. We welcome new members Minette Beabes, Lauren Silveri, Nikki Patrick and Janie Lober.

## Our Board of Directors

Sharon Mathiason (President), Helen DeNero (Vice President/Secretary), David Mathiason (Treasurer), Nancy Rees, Jeff Koff, Matthew Terp, Ryan Scott, Larissa Pieper, Minette Beabes, Lauren Silveri, Nikki Patrick, Janie Lober

## How To Find Us

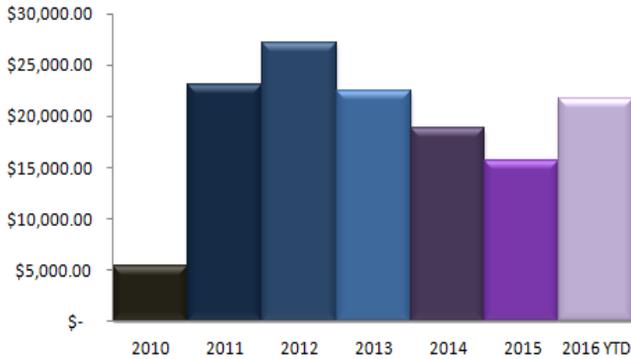
Our E-mail is: [info@moonshadowsspirit.org](mailto:info@moonshadowsspirit.org)  
Visit the Moonshadow's Spirit facebook page

Visit our web site [www.moonshadowsspirit.org](http://www.moonshadowsspirit.org)  
Follow us on Twitter (@mshadowsspirit)

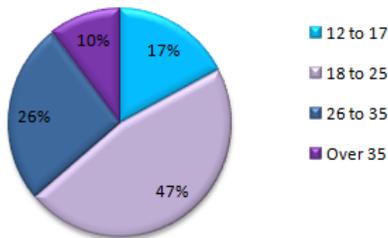


Since we began accepting applications in February, 2010, Moonshadow's Spirit has provided **58 awards totaling more than \$134,000.**

### Award \$s by Year

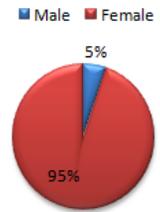


### Ages of Award Recipients



State	Recipients
CA	7
CO	3
Outside US	1
FL	4
GA	2
IA	1
ID	2
IL	3
IN	1
ME	1
MI	1
MO	3
NC	2
NJ	1
NY	9
OH	7
OR	2
PA	1
SC	1
TX	1
WA	1
WI	3

### Gender



- Only **1 in 10** people with an eating disorder receive treatment.
- Treatment can cost **\$1500 to \$2000** per day - with initial inpatient treatment of more than **\$50,000.**
- The cost of outpatient treatment, including therapy and medical monitoring, can extend to **\$100,000.**

### Financial Summary (July 1, 2015 to June 30, 2016)

Balance (June 30, 2015):	<b>\$23,061.93</b>
<b>Income:</b>	
Donations:	\$13,919.59
Fundraisers (net):	\$16,867.51
Merchandise:	\$219.40
Interest:	\$1.00
<b>Total Income:</b>	<b>\$31,007.50</b>
<b>Expenses:</b>	
Merchandise:	\$100.00
Office:	\$2102.03
Insurance:	\$598.00
Miscellaneous:	\$101.69
<b>Total Expenses:</b>	<b>\$2901.72</b>
<b>Awards Given:</b>	<b>\$22,843.40</b>
<b>Cash Balance (June 30, 2016):</b>	<b>\$28,324.31</b>

### Awareness

In our efforts to increase eating disorder awareness, **between October 2015 and June 2016, we reached 1096 students** in health classes at Leroy, Livonia, Geneseo, Hamburg, Webster Schroeder, and Webster Thomas High Schools. If you have a group that is interested in learning more about eating disorders, please contact us at [info@moonshadowsspirit.org](mailto:info@moonshadowsspirit.org)

### Special Thanks

Moonshadow's Spirit wants to express a special thanks to those organizations who have given us grants this year: Xerox Community Involvement Program, Pen-Web Rotary, and Greater Rochester Masonic Service Bureau. Thanks to the Pour House, Savage-Katz Productions, and ROCBoxing with Sophie Goldstein for sponsoring fundraiser events.

## A Very Busy Year for Moonshadow's Spirit

**5K Oct 3, 2015  
(\$2661.51 Raised)**



**ROCBoxing Feb 27, 2016  
(\$1080 Raised)**



**Pour House Jun 14, 2016  
(\$747 Raised)**



**Casino, Raffle and Silent Auction Oct 23, 2016 (\$9887.23 Raised )**



**Cabaret and Wall of Wine Raffle Nov 21, 2016 (\$ 7482.11 Raised )**

