



Moonshadow's Spirit 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 (hospitals or privately owned) or intensive partial hospitalization program facilities.

Second Annual Dinner and Fundraiser a Huge Success! Over \$9,000 Raised!!

On October 1, we were pleased to host 136 guests for our second annual Moonshadow's Spirit fundraising dinner at The Green Lantern Inn in Fairport, New York.

Although most of our guests were supporters from the Rochester area, we were also fortunate to have visitors from Boston, Minneapolis, Detroit and Boise. Guests enjoyed a wonderful buffet dinner and were free to "shop" at our silent auction, buy raffle tickets and purchase Moonshadow merchandise.

Over 50 items including wine baskets, snack baskets, dinner certificates, jewelry, beauty products, beauty certificates, six crystal Irish coffee cups, sports paraphernalia and souvenirs from Santorini were on display.



Erika Fillmore

We also sold our note cards (song birds, raptors, or Jenn's paintings) and matted prints of Jenn's paintings (Moonshadow, Girl with Cat, and Dandelion Wish).

Our guest speaker was Erika Fillmore who "met" Jenn on an online site for people with eating disorders. Jenn and Erika became close friends online and met in person in New York City while Erika was recovering from her eating disorder. Erika first raised the idea for our foundation and is an active Board member. Erika shared insights into her own personal journey of recovery and told us the different ways Jenn helped her and others. In addition, Erika revealed some common myths surrounding eating disorders, one of which appears below.

Inside find these articles as well as information on upcoming events and our financial summary:

1. Over \$20,000 in financial assistance awarded since March 2010. See how award dollars are determined and spent.
2. Read one mother's story of her daughter's eating disorder and how Moonshadow's Spirit helped.

Eating disorder myth:

"Just eat already"/eating or weight gain as the cure.

Eating healthfully and weight gain are necessary parts of recovery, but these are only the medical components. It does not recognize the emotional and psychological turmoil that the individual is experiencing through this process. If weight gain is too quick, the individual is highly likely to want to lose the weight again.

Erika Fillmore, Specialist on Body Image, Nutrition, and Eating Disorders© 2011

For more information on eating disorders go to <http://www.nationaleatingdisorders.org>

“THANK YOU so much! the financial burden that we have been through is devastating but we just keep seeking the help that [she] needs. I am grateful that you guys have started this and I hope to be of help to others in the future.”

One Mother’s Story

My daughter was diagnosed in July 2008 when a school physical showed that she had lost 14 pounds since her previous physical. Since that time, our journey has been difficult and, seemingly, without end.

Between July of 2008 and April 2009, she had been admitted to two partial hospitalization programs and five in-patient treatment programs. She had also been rushed by ambulance to local hospitals on three different occasions because of a heart rate in the low 30’s and dangerously low potassium levels (2.2). We have seen her weight go from extreme lows to low-normal, and various levels in between. Hospitalization was required to stabilize her before she was admitted to Harmony Place in Rochester, NY.

Throughout her numerous stays at hospitals and treatment centers, I have been able to attend parent information sessions. I have met a lot of parents who are also going through this. You never really understand this disease unless you actually have a loved one who is suffering. Even then, it is hard to fully understand. This disease not only affects the person with it, but also the friends and family who love them.

After reading numerous books and trying to figure out what the right thing to do is, you finally realize that it is completely up to the person who has the disease. You can only support and encourage them to get better but until they are ready....it is hopeless.

There have been times with my daughter when I was sure she was on the path to recovery. And she has had some wonderful and dedicated treatment teams – nutritionist, psychiatrist, and medical doctor. At times, she reads books on recovery, such as *Life Without Ed* and even stops to read parts to me and has asked me to read it after her.

One thing that is apparent is that you find out who you can count on when you go through tough things in life. This has been a learning process for all of us and hopefully we will continue to stick together and help her through this. We had over \$160,000 in medical bills when Harmony Place told us about [Moonshadow’s Spirit](#). It was inspiring to find complete strangers who were willing to help us, even in a small way. The difficult path of helping our daughter reach recovery was made a little smoother by this foundation.

Written by the mother of our first scholarship recipient, May 2010

In Memoriam – Mary Mathiason

On February 8 we lost Jenn’s dear Aunt Mary. In fact, Jennifer was basically a younger version of Mary. They could spend hours comparing different shades of blue eye shadow or experimenting with various facial products or buying clothes. Mary was in Rochester when Jenn graduated, she visited Cornell with us, and she spoke to Jenn often. In 2007, Mary and Jenn went on a cruise to Norway together. Mary supported Moonshadow’s Spirit and flew from Minneapolis to attend last year’s fundraising dinner. We miss her.

Memorial Gifts

Mary Mathiason

We received memorial donations from many of Mary’s friends and family.

Clarice Jahr

Donation in memory of wife, mother, grandmother and great-grandmother

The **Clyde Central School Class of 1970** donated to Moonshadow’s Spirit in memory of four children lost to fellow classmates -

Andrew Delisio, Sean Hughes, Matthew Schultz, and Robert Witter Jr.

"thank you...thank you thank you...I hope you realize the great impact this will have on me here....when I began this journey I could have never have predicted my life would change so much...I will make it! Thank you does not seem like enough but it's all I know...but how do you thank someone for giving you a chance to live...I am very humbled and extremely grateful. God Bless each and everyone"
 (email from one of our June recipients)

About Our Scholarships

We began accepting applications for scholarships in February of 2010. Since that time we have awarded eight scholarships with dollar amounts between \$1200 and \$5000. Our recipients have received treatment in centers across the country.

Who can apply? Applications are accepted from anyone seeking treatment at an in-patient treatment center or a partial hospitalization program in the United States.

How are awards determined? Applications are reviewed once per quarter by our Application Committee. The treasurer determines the amount of funding available for the quarter. All applications received by the deadline are reviewed against the published criteria and dollar amounts are allocated within the funding limit.

What are the criteria?

Urgency of need (based on treatment team recommendations and presenting information)

Financial need

Commitment to treatment program and desire to change behaviors

Strength of support structure post treatment

How is the award dispersed? The money is sent directly to the treatment center.

Are there exceptions? The committee is considering an update to their process to include travel expenses under very specific circumstances. That update will be reviewed at the September meeting.

Is there a typical award? No. Everything is based upon funds available, number of applications and the specified criteria.

Financial Summary (July 1, 2010 to June 30, 2011)

Income:

Donations:	\$10,112
Fundraisers:	\$11,842
Merchandise:	\$346
Interest:	\$12
Total Income:	\$22,312

Expenses:

Fundraising:	\$5,602
(Primarily expenses for Oct 1 dinner)	
Merchandise:	\$72
Postage/Printing:	\$1,429
Miscellaneous:	\$420
Total Expenses:	\$7523

Awards Given: \$11,777

Cash Balance: \$21,444

How to find us

You can email us at
info@moonshadowspirit.org

Or visit our web site
www.moonshadowspirit.org

Or visit our Moonshadow's Spirit facebook page

Or follow us on Twitter
 (@mshadowspirit)

Prayer Shawls

Thanks to our knitting friends, we have begun sending prayer shawls to our award recipients. If you would like to knit a shawl, please contact us. We'll supply directions and yarn.

- 11 million people have eating disorders in the United States
- 20% of people with anorexia nervosa die from complications
- Eating disorders have the highest mortality rate of any mental illness
- 11% of high school students have been diagnosed with an eating disorder
- Only 6 % of people with bulimia receive mental health care
- 4% of college aged women have bulimia
- 25 million people struggle with binge eating disorder
- Only 1 in 10 people with an eating disorder receive treatment
- 40% of new anorexia cases are girls 15 – 19 years old
- Death rate is 12 times higher than all other causes of death for females 15 – 24 years old
- Anorexia is the 3rd most common chronic illness among adolescents
- 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.

"On behalf of [my sister] and myself, thank you so much for your generosity and for your care. You are indeed a true blessing for [my sister] and your kindness and care have and will continue to make a tremendous difference in her life (as well as mine). Thank you again, from the depth of our hearts,"
 (email from the sister of a recent recipient)



"I don't know it just strikes me every once in a while...people die from eating disorders...who's it going to be? I don't know what i would do if someone i knew died."

...moonshadow3561 (from Jenn's online journal, May 1, 2004)

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

Friday, September 30, 2011
Green Lantern Inn Fairport, New York

This year's auction and raffle will include Longaberger® baskets, Orrefors® and Waterford® crystal, Bijou Buyea jewelry, lia sophia® jewelry, wine and more.

Help us break last year's record.

For more information and updates on auction and raffle items, visit our web site www.moonshadowsspirit.org.



Third Annual Moonshadow's Spirit Jennifer Mathiason Memorial Garage Sale a Big Success

Our third annual garage sale was held June 10 and 11. Thanks to donations from 23 families and assistance from 18 volunteer workers, we raised over **\$2,000** in sales and donations.

Thank You

We would like to give special thanks to the **Xerox Community Involvement Program** for their continued financial support of our fundraising efforts.

Thank you to **Rochelle Richardson** for donating the Xerox Phaser 6130 laser printer.

Thank you to **Roxanne Tavano Kise** and **John and Doris Waud** for donating photos.

Most importantly, we want to thank **all our volunteers**. There are too many names to list here. We could not do this without you.

If you wish to volunteer contact us at info@moonshadowsspirit.org

We Need You

The number of applications we receive is steadily increasing. The need is great and financial assistance is very difficult to find. You can donate on our web site or by using the enclosed envelope.

Moonshadow's Spirit in the News

- In December, *The New York Times* online edition published an article about the cost of eating disorder treatment. The article mentions Moonshadow's Spirit. (http://www.nytimes.com/2010/12/04/health/04patient.html?_r=1&ref=health)
- The Spring 2011 edition of the *Nutrition Clinic Newsletter* devoted an entire article to Moonshadow's Spirit. A copy of the newsletter can be found on our web site.
- In June, our Board President was interviewed by Beth Adams Pitoniak of WHAM1180. Broadcast dates not currently available.

Merchandise for Sale

We sell note cards (Jenn's paintings, song birds, raptors), and matted prints of Jenn's paintings. We will soon be adding cards with butterfly photos and "Birds Not in Your Backyard." We also plan to sell journals with Jenn's paintings on the cover and calendars featuring our nature photos.

Visit our web site to order.

Our Board of Directors

Sharon Mathiason (President and Secretary), Debora Hoskinson (Vice President), David Mathiason (Treasurer), Nancy Rees, Jeff Koff, Erika Fillmore, Matthew Terp, Lisa Paine

Jennifer – You inspire us all.