

"I cannot ever express the gratitude I have for you (Sharon), your daughter (Jenn), and everyone involved with Moonshadow's Spirit. I really believe that you helped to save my life because I was so unhealthy and was much sicker than I realized. I now have the tools to control my urges and I feel so much better than I have in years. I could not have gone to Rain Rock if it wasn't for Moonshadow's Spirit." - Sarah Gowdy

One applicant, Sarah, shares her story.

Since the age of seven I had been overweight. Traumatic events and family issues affected me greatly and led to an emotional attachment to food. I gained weight and, at the age of 23, was medically obese. I decided on gastric bypass surgery. I attended classes and knew that I needed to heal my stomach by eating soft foods, initially, and continuing with healthy choices and small portions, but the urge to eat the foods I loved took over.

When I came home I ate some macaroni and cheese and got sick from it and threw up. It wasn't hard for me to get sick and I got satisfaction from eating the foods I loved and not digesting the calories. I lost weight very quickly because I purged every meal. That led to bingeing and purging, sometimes three times a day. Within a year I lost so much weight my health was in jeopardy. I was spending up to \$90 per day on eating. Everyone I saw told me how great I looked and, in my mind, this was a perfect way to stay thin.

When my father passed away, my disease took control of my life. I met my husband in 2005. He is amazing and I have been with him ever since. In 2006 my daughter was born. When I got pregnant, I went through hypnosis in order to help me give her the nutrition she needed. And, although I still binged, it was much less, and I did keep some things down such as yogurt and nutrition shakes. I also took vitamins. My son was born sixteen months later and once again I managed a normal pregnancy.

After having my children, my bingeing and purging started up again full force. Financial worries added to the normal stresses of family life and my behaviors worsened. I would binge and purge after getting home from work. I always ate in my

bedroom because I was ashamed and wanted to be alone. My daughter wanted me to eat with the family, but I just couldn't. And I could see the pain in my husband's eyes whenever I walked upstairs to begin my bingeing.

My lab work showed my electrolytes and potassium were low and my blood pressure was always low. I was even hospitalized for having dangerously low potassium levels. After a hospital stay for pneumonia, the physician said that I was in poor health and that if I continued the bulimia, I would die very soon.

I remember a specific moment, 5 or 6 years ago, when I was in a restaurant with my husband. I guess a woman knew I was throwing up and I assume she saw me go back and forth to the bathroom. When I got out of the restroom she grabbed my hand and said, "My daughter passed away last year from doing what you are doing, please take care of yourself and I pray for you." I was shocked and speechless, but seeing the pain in her eyes really impacted me.

I finally realized how serious my condition was and that I could die. The only thing stopping me from entering a facility was the cost of the program. That's when I applied to Moonshadow's Spirit for assistance and received financial support and entered the Rain Rock residential treatment center for eating disorders.

I am back home now and am doing very well. I feel so much stronger and my mind is much clearer. The stress of daily life can be challenging. In the past I would have used my eating disorder to feel better. I have to remind myself of the horrible state I was in. It is not worth it at all and my new release is playing with my children and meditation.

"Prior to this most recent time of treatment, I continually struggled to get to a place of recovery.... I requested financial help because I had finally found the right therapist and program and motivation to tackle the ED. I was unable to afford it though. I received financial assistance from Moonshadow, and it's now been several months and am happy to say I'm closer to recovery. The sentiment and shawl I was given by Moonshadow really helped keep my motivation high. ... Something that has been very powerful to me is that whenever I am having urges to engage in behaviors, I try to remember to get my shawl, and remember that people in the world care and want recovery for everyone suffering from an ED. It has helped me so much to know so many people understand and want to help. I needed a partial hospitalization level of care for several months, and my insurance cut me off half way through. My scholarship allowed me to receive PHP [Partial Hospitalization] level of care for the time I needed it. I am happy to say I feel I'm closer to recovery than I ever have been, and am very grateful to Moonshadow for this. It is such an amazing blessing and motivator. I sincerely thank everyone that was part of the process."

- JL

Eating Disorder Facts:

- Death rate is 12 times higher than all other causes of death for females 15 – 24 years old.
- Treatment can cost \$1500 to \$2000 per day - with initial inpatient treatment of more than \$50,000.
- 10-15% of people with anorexia are males.
- High school and college wrestlers are 7-10 times more likely to develop bulimia nervosa than the average male.
- 20% of people suffering from anorexia will die prematurely from complications related to their eating disorder.
- 8% of women over the age of 50 are engaging in unhealthy weight control methods such as purging and the use of laxatives.

Definitions

- **Residential treatment** is for patients who need 24-hour care, but do not require medical stabilization. **Residential** involves round-the-clock observation, therapy, and slow re-entry to real world situations such as meal preparation and eating out. **Cost: \$1,000** or more per day.
- **Partial hospitalization** programs are typically 6 or more hours per day, 5 to 7 days per week. Patients can practice recovery skills at home or apartments provided by the treatment center. **Cost: \$500** or more per day (apartments extra).

What do you say to someone with an eating disorder?

We asked current sufferers and this was the response:

What to Say

- "Offer to accompany the person to a therapy appointment. If the person is not in therapy, offer to set up an appointment and go with him/her."
- "Call or visit and ask how I'm doing. Just listen, don't judge or give me unsolicited advice."
- "Honestly, just being supportive and loving would make a world of difference."
- "I love you no matter what."
- "Do you want me to help problem solve or just listen right now?"
- "Is there anything I can do to help you right now?"
- "I think just being THERE for the person is really important. For me I think a large part of getting better was having someone who simply loved me and supported me."
- "Giving compliments that have absolutely nothing to do with physical appearance"

What Not to Say

- Resist any urges to talk about your diets. ED is not a diet.
- Never criticize or shame the individual.
- Don't be a food monitor or insist the problem is just a matter of eating.
- Don't make comments like, "You're not fat." or "You're too thin." These comments redirect attention to body shape and weight, and these are not the true issues.
- Never say, "I wish I had that problem. I need to lose weight." Eating disorders are deadly and you wouldn't want that problem any more than you would want cancer.

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.

**Financial Summary
(July 1, 2012 to June 30, 2013)**

Balance (June 30, 2012):	\$15,459.78
Income:	
Donations:	\$10,549.02
Fundraisers:	\$13,896.95
Merchandise:	\$329.00
Interest:	\$3.82
Total Income:	\$24,778.79
Expenses:	
Fundraising:	\$6,173.87
Outreach Event:	\$260.00
Merchandise:	\$154.52
Office:	\$1,549.93
Insurance:	\$970.00
Miscellaneous:	\$136.09
Total Expenses:	\$9,244.41
Awards Given:	\$21,659.80
Cash Balance (July 1, 2013):	\$9,334.36

About Our Financial Awards

We began accepting applications in February of 2010. Since that time the Application Committee has reviewed **61** applications and provided **27** awards totaling more than **\$70,000**. 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.



**Fifth Annual Moonshadow's Spirit
Jennifer Mathiason Memorial
Garage Collectibles Sale a Big Success**

Our fifth annual garage sale focused on collectibles only. We had donations of Hess trucks, coins, sports memorabilia, sports cards, Longaberger baskets, fine china, and much more. Over **\$2300** was raised and the sale continues on eBay.

**Walk to Support Moonshadow's Spirit
Oct. 5, 2013**

Moonshadow's Spirit will participate in the Eastman Photo Finish 5K. Thanks to **Megan Thompson** for coordinating our participation. 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

Spreading Awareness

In May of 2013 we were able to share Jennifer's story and provide eating disorder information to 10th grade classes at Webster Schroeder High School. If you have a group that is interested in hearing Jenn's story and learning more about eating disorders, please contact us at info@moonshadowsspirit.org

Prayer Shawls

Last year many of you responded to our request for prayer shawls for our award recipients. They are very appreciative:

- "The prayer shawl is beautiful and I wrapped up in it every day."
- "I received the ...beautiful shawl. I can't express to you how much this means to me. I will always value this very much. I am in tears (happy tears :)."
- "... We took it to her ... knowing it would encourage her. SHE LOVED IT and said she will be wearing it every day now!

My basket is empty. If you would like to knit a shawl, please contact us. We'll supply directions and yarn.

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)



\$8,900 Raised at 4th Annual Moonshadow's Spirit Dinner, Raffle and Silent Auction

A new record!!!

(photos courtesy of Cindy Christian)



Lauren Silveri shared the story of her son, **Matt's**, struggle with an eating disorder while serving in the Navy.



Harriet Brown read an excerpt from her book, *brave girl eating* and spoke of her daughter, **Kitty's**, struggle.



Caitlyn Moore spoke of her own 10 year struggle and how **Moonshadow's Spirit** helped her to get the treatment she needed.



Two of the **141** guests, **Larry and Shirley Lozipone**, enjoyed the atmosphere at the **Burgundy Basin**.



Volunteers, **Chris Tandy** and **Jo Ann Gaedeke**, enjoy the music of **Double Trouble** while selling chances to win 2 cases of wine.



Ed and Nancy Currier do a little shopping. There were **29** silent auction items and **34** raffle items on display.



Our inspiration, **Jennifer Mathiason**.



Dr Fran Carns and her husband, **Marty**, admire **Moonshadow** merchandise.



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

Friday, October 4, 2013 at the Burgundy Basin Inn, Pittsford, New York

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

