

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

"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. " LM

"Thank you very much for believing in my commitment for recovery!! Being chosen as a recipient for your scholarship is an honor and blessing. ... I'm so anxious yet so so thankful at the opportunity that lays before me for healing! What a blessing!! Thank you for being a part of opening this door for me. I hope to bring light and honor to your daughter's name. "- AT

"I wish i had the words to adequately express my gratefulness to you, the application committee and the donors, for how you take the applicants seriously and the sacrifices that are made to help us. Your courage and understanding has given me courage to get through another day."

"I just wanted to thank you and the board again from the bottom of my heart for helping me through one of the darkest times in my life. I am fighting so hard for my recovery and even with bumps and setbacks along the way these last few weeks have helped me grow and bring to the surface some intense pieces of my life to deal with.

I also wanted to let you know I am SO thankful for the prayer shawl. It truly comforts me during tough times and I sleep with it at the head of my bed each night. The kindness and warm thoughts ... comfort me immensely. All my best," - MP

5 Years, 45 Awards, More than \$100,000

"Thank you so much for all of the support. It truly helps me out in this journey. Most importantly, Jennifer's story and legacy has inspired me to follow my passion in being an ED awareness advocate. I am starting to network and start support groups, advocacy, and hopefully begin some events to raise funds for others in need. Thank you for all that you've done for me and others who have the desire to live in peace and happiness. Although I did not know Jennifer while she was here, continuing her legacy like you do has allowed me to feel her spirit and I have thanked her as well. Thank you again," - GJ

"I just wanted to drop you a quick note to say thank you so, very much to you and your application committee. I cried when I read the acceptance letter. Your generous award will bring me one step closer to the recovery that I am so desperate for." - Kathy

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/donations>

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.

St John Fisher College to Launch Eating Disorders Support Group Fall 2015

St John Fisher College's Health & Wellness Center will launch an eating disorders support group this fall. The group is aimed at serving students who struggle with disordered eating. A partnership between Fisher and Nazareth College's Wellness Center will encourage students on both campuses to attend. Supported by the local eating disorders foundation KMBforAnswers, the group will be facilitated by Helena Boersma, EdD, LMHC, and a Moonshadow's Spirit Board member. This is the latest body image and eating disorders awareness initiative at Fisher in the past two years, as the Health & Wellness Center expands its health education programming in this area. For more information, please contact Lee Ann Cocco, LMHC, lcocco@sjfc.edu.

Lynn Grefe

Lynn Grefe, 65, long-time president and CEO of National Eating Disorder Association and a noted political and social activist, passed away in April from cancer. Lynn helmed NEDA for more than a decade, bringing her expertise, drive and dedication to the cause in 2003. Throughout her tenure, Lynn was passionate about providing hope to the millions of Americans who struggled with eating disorders and worked to ensure that they, as well as their families and loved ones, had a voice. During her tenure, Lynn launched, or grew, numerous innovative and groundbreaking programs, including National Eating Disorders Awareness Week, the NEDA Helpline, the Navigators program, Loss Support Network, the annual NEDA conference and Proud2BMe.org. She created NEDA's walk program, which grew to 65 events across the country with more than 15,000 participants annually. Her contributions also included legislative victories in eating disorders education, awareness and treatment access; as well as successful public media advocacy campaigns, sponsorships and alliances. She will be greatly missed.

Kitty Westin Writes About the Anna Westin Act

It is official! The Anna Westin Act of 2015 (HR 2515) was introduced in the US House of Representatives on May 21, 2015. The Anna Westin Act will be introduced with bipartisan support in the Senate by the time you read this. This is the first eating disorders specific legislation to have bipartisan support at introduction in the history of Congress!

My daughter Anna Westin, who died from an eating disorder, is the face of the Anna Westin Act. While I would much rather have her with me, I am proud that her name is attached to this essential legislation. It will prevent suffering and save lives.

Enactment of the Anna Westin Act of 2015 will address eating disorders by providing training for health professionals, school personnel, and the public to improve early detection and intervention. It will also address gaps in treatment coverage and look at the effects that digitally altered photos in advertising have on the body image of young people. The bill combats eating disorders by addressing the "Three T's," training, treatment and truth in advertising.

For more information about the Anna Westin Act go to www.eatingdisorderscoalition.org.

Thank you, Kitty Westin

For more information about the Anna Westin Act go to www.eatingdisorderscoalition.org.

Your voice does make a difference. Together we can pass legislation that will end the suffering of millions of Americans! Join us for the MOM March and Lobby Day October 27 and 28.



**Anna Westin
November 27, 1978 -
February 17, 2000**

Our Board of Directors

Sharon Mathiason (President), Helen DeNero (Vice President)/Secretary, David Mathiason (Treasurer), Nancy Rees, Jeff Koff, Erika Fillmore, Matthew Terp, Helena Boersma, Ryan Scott, Larissa Pieper

Financial Summary (July 1, 2014 to June 30, 2015)

Balance (June 30, 2014):	\$ 9,213.90
Income:	
Donations:	\$11830.51
Fundraisers:	\$20,056.56
Merchandise:	\$168.00
Interest:	\$1.00
Total Income:	\$32,056.07
Expenses:	
Fundraising:	\$5710.75
Merchandise:	\$242.05
Office:	\$853.78
Insurance:	\$970.00
Miscellaneous:	\$81.46
Total Expenses:	\$7,858.04
Awards Given:	\$10,350.00
Cash Balance (July 1, 2015):	\$23,061.93

Awareness

In our efforts to increase eating disorder awareness, information sessions were held at Fairport, 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

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.

Upcoming Events

Walk to Support Moonshadow's Spirit October 3, 2015

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



Moonshadow's Spirit Seventh Annual Fundraising Dinner

New this year. Our fundraiser will be a casino night!
Gaming tables provided and staffed by Upstate Vegas Events
Raffle and Silent Auction

Friday, October 23, 2015 at the Burgundy Basin Inn, Pittsford, New York



NEW EVENT!! Moonshadow's Spirit Cabaret Night

The Caring Music Group will perform an upbeat cabaret, "Crazy 'bout you", which is sure to be light and fun, with comedic moments.

Wall of Wine Raffle

Saturday, November 21, 2015 at St. Mary's Church, Rochester, NY

The Caring Music Group
MUSIC WITH PURPOSE

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)



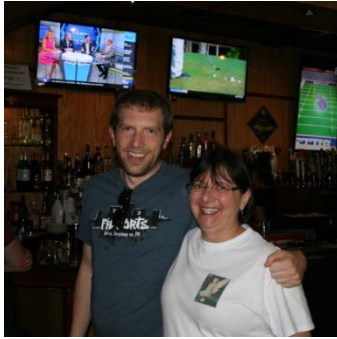
A Very Busy Year for Moonshadow's Spirit

Pour House Fundraiser June 23, 2015



Board member, Larissa Pieper, smiles as she serves drinks to our supporters.

One of Jenn's high school friends, Peter Maurer, joined in the fun and support.



5K September 27, 2014



Our team placed second in fundraising at the Eastman Photo Finish 5K by raising more than \$7300 for Moonshadow's Spirit.

\$9,600 Profit at 6th Annual Moonshadow's Spirit Dinner, Raffle and Silent Auction



Kaitlin Quinn Kelly (with her husband, Adam Reeves) spoke about her friend, moonshadow, and their struggle against eating disorders.

Nancy and Gerald Hemendinger spoke about receiving a Moonshadow's Spirit award for treatment for their daughter, Ashtyn..



Guests getting into the masquerade theme.



MOM March and Lobby Day Washington, DC September 30 and October 1, 2014



Our inspiration, Jennifer (Moonshadow) Mathiason.