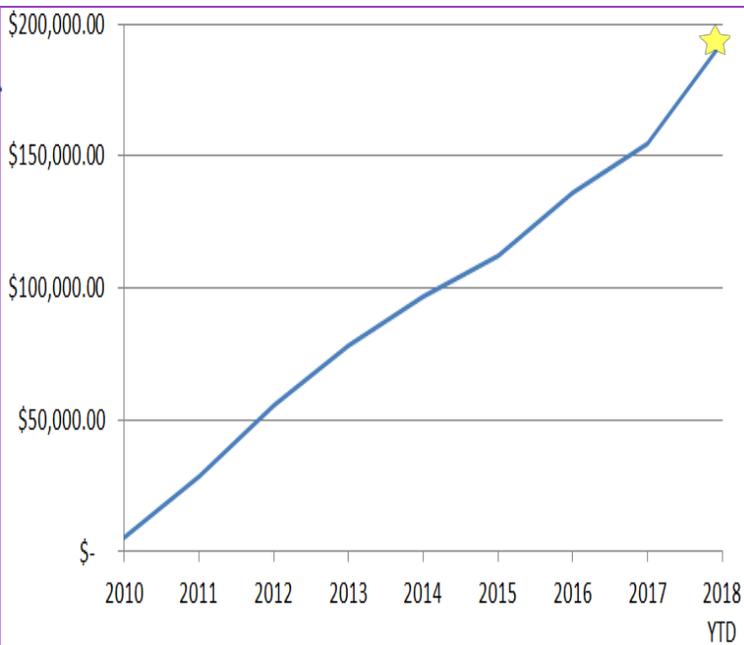


***THANKS TO OUR DONORS WE ARE APPROACHING A TOTAL OF \$200,000
IN FINANCIAL AWARDS!***



We began processing applications in March of 2010. In slightly more than eight years, we have awarded financial assistance to 75 applicants since for a total of more than \$191,000. Thanks to people like you, our foundation has had the funds to help so many. The need is great and we are happy to be able to provide some assistance.

BE A PART OF OUR "JUST 2 WEEKS" CAMPAIGN

***READ HOW WE HELPED ONE RECIPIENT EXTEND HER STAY AFTER
INSURANCE CANCELLED***

Hi Sharon. I just wanted to let you know I returned from treatment (insurance decided not to cover me after one week of being there). But, because of the scholarship, I was able to stay for 2 more weeks. I just really wanted to thank you for the opportunity to get help. Though I wasn't able to stay long, I did learn a lot, and am even eating solid food now. (That is a HUGE deal for me). I just wanted to update you, and let you know that I am doing a bit better. I appreciate your help, and feel so blessed to have been a recipient of your scholarship.

Have a blessed day!!
Thank you.

**Just 2
More
Weeks**

IN ADDITION TO PROVIDING FINANCIAL ASSISTANCE, MOONSHADOW'S SPIRIT HAS THREE SPECIAL MISSIONS.

Prayer Shawls

When Jennifer was preparing to enter residential treatment, our friend, Sue Mitchell, stopped by to say goodbye. Sue brought a prayer shawl for Jenn. Sue told Jenn that the shawl was from the women of United Church of Christ, Congregational in Webster. And she said to Jennifer, "When you wear this shawl think of 40 women hugging you." That cherished shawl was used by Jenn.

We continue that ministry as part of our mission. Every award recipient receives a prayer shawl. We enclose a card telling this story and a wish that when the shawl is worn the recipient will feel Jenn's spirit hugging him or her. We thank everyone who has contributed a prayer shawl for this special mission.



Awareness

During the 2017/2018 school year, we reached 822 students in health classes at Leroy, Hamburg, Webster Schroeder, and Webster Thomas High Schools.

We give a pair of **socks** to any student who asks a question. You can help us by donating adult-sized, colorful ankle socks.

If you have a group that is interested in learning more about eating disorders, please contact us at info@moonshadowspirit.org



Body Project

Moonshadow's Spirit also feels it is also important to try to prevent the illness from occurring. That is why we teamed with **KMB for Answers** to bring Body Project training to western New York.

According to the Body Project web site: "The Body Project intervention is designed to help high school and college-age women resist pressures to conform to the thin-ideal and reduce their pursuit of thinness. "

In May of 2017, Chelsea Kronengold of NEDA (National Eating Disorder Association) came to Rochester to train 24 Body Project facilitators and 3 trainers (**Dr Fran Carns, Ellen Bennett and Sharon Mathiason**).

Bennett and Mathiason led two facilitator training sessions in 2018 and are planning another for February 7, 2019. Each new facilitator will be able to lead Body Project workshops with high school and college women. Contact us if you are interested.

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, 2017 to June 30, 2018)**

Balance (June 30, 2017):	\$ 34,526
Income:	
Donations:	\$17,867
Fundraisers (net):	\$7,735
Merchandise:	\$55
Interest:	\$1
Total Income:	\$25,658
Expenses:	
Printing and postage:	\$1,283
Education Mission:	\$923
Insurance:	\$478
Office Supplies:	\$473
Web site:	\$315
Miscellaneous:	\$702
Total Expenses:	\$4,174
Awards Given:	\$41,873
Cash Balance (June 30, 2018):	\$14,137

Special Thanks

Moonshadow's Spirit wants to express a special thanks to those organizations who have given us grants this year: **Pen-Web Rotary**. Thanks to **Dicky's** for sponsoring our June fundraiser.

Thanks to those who held Facebook fundraisers for Moonshadow's Spirit. A total of **\$1473** was raised by June 30. **Darlene Reynolds, Tamara MacDuff, Tanja Birke, Brad Peloquin and Phyllis Lochner.**

When you shop on Amazon, please use Amazon Smile and specify Moonshadow's Spirit. **\$82.54** raised by June 30.

In **the first half of 2018**, Moonshadow's Spirit awarded **\$28,650** to our applicants. This was **more** than was awarded in any **past full year!**

Since we began accepting applications in February of 2010, Moonshadow's Spirit has provided more than **\$183,000** in financial assistance to **73** applicants.

Awards range from less than **\$100** to nearly **\$7,000** with an average award of **\$2500**.

This is all thanks to you, our donors. And you can help us to do more.

The number of applications continues to increase every year. The good news is that you can help! For a list of upcoming events <http://www.moonshadowsspirit.org/events>
Your donations have helped sustain us. 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>

Written by Janet, the mother of a daughter with an eating disorder.



Wow! How does a mother's, or father's heart describe an eating disorder? Describe the way her daughter, or son, lives through each day. The pain, hurt, agony, sorrow, sadness, hope, loss of hope, joy, loss of joy, and fear felt each day.

How does a parent's heart explain her own sense of fear, of hurt, sadness, loss of hope? How does she explain the

deep desire for her child to have hope? The desire for her child to function each day? How to explain the sadness as we watch the struggle for life, the struggle for completeness, the constant daily struggle. I am so grateful for Moonshadow's Spirit. So grateful for the legacy that Jennifer left. I am so grateful for the recovery that she achieved. I am grateful for what her parents have done. I am grateful that my daughter was chosen to go through treatment with the help of Jennifer's legacy. I am grateful that my daughter was given the chance to live, to contribute more to society, to contribute to others.

Read her full story on our blog.

Jenn's Journal Entry Sept 15, 2002

"it must be so nice to wake up and like who you are. To look in the mirror and feel something other than disgust for the hideous thing - the thing you have created - staring back at you.

It must be so nice...to not try on ten outfits in a desperate attempt not to look like a totally fat cow, to look in the mirror and actually think you look, dare i say it, good.

It must be ... amazing to eat a meal when you are hungry and stop when you are full, and ENJOY food. to not see it as an adversary. To not see it as evil, something that is out to destroy you.

It must be nice to acknowledge that fact that you need to eat, not to be disgusted by it.

It must be so nice to not hate yourself like this. To just live life. To not have weight and food occupy your EVERY thought.

That must be really freakin nice."

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2017



Jennifer (Moonshadow) Mathiason

How To Find Us

E-mail: info@moonshadowspirit.org Visit our web site www.moonshadowspirit.org

Follow us on Facebook and Instagram or Call: 585-353-2205