



***SINCE MARCH OF 2010, WE HAVE PROVIDED AWARDS TO 109 APPLICANTS FOR A TOTAL OF MORE THAN \$270,000***



## **Meet Sara our 60<sup>th</sup> award recipient**

**Sara was 17 years old, and entering her senior year of high school, when she applied for financial assistance in May of 2017. She was seeking residential treatment and wrote about her passion and drive to recover.**

**She recently shared her journey and where life has taken her in the last six years.**

“Throughout my high school years, I struggled greatly with an eating disorder. It quickly took over my life in a way that I needed a lot of outside help. Moonshadow’s Spirit came into my life and helped me receive treatment.

Recovery absolutely changed my life. It was certainly difficult at first, but it opened my world to many different opportunities I never thought I would have.

Today, I consider myself fully recovered. I live with my partner of six years and enjoy living life to the fullest. I recently received my Master’s in Clinical Mental Health Counselor to pursue a career as a therapist. This has been a dream of mine since I started my own recovery, and it has now become my reality.

To this day, I am still incredibly grateful to have received help from so many, including Moonshadow’s Spirit (I, of course, still have the shawl!).

If there is a message I want anyone to take away from this, it is that recovery is worth it.”

## 2022/2023 School Year

### Health Class Presentations to 543 Students!!!

Total of **5,828** students since **2015**

When Jennifer began full recovery, she shared her story by giving a presentation to high school students, and this is what we continue to do to this day.

#### Why high schools?

- **11%** of high school students suffer with an eating disorder; this increases to **13%** for college students
- **12%** of adolescent girls have some form of eating disorder

#### Questions? We get questions. Here is a sample from Webster Thomas students.

- Does dieting become a struggle even if the diet is for a legitimate reason?
- If you had another chance what would you do differently with Jennifer?
- What advice would you give to kids like us?
- I thought it was interesting how eating disorders can present themselves very differently for everyone, and how they stem from different reasons.
- I liked how they said that you can help others by just being there to listen.
- If social media didn't exist would the eating disorder numbers go down?

Contact us if your school or community group is interested in a presentation.

### *DID YOU KNOW THAT IN THE UNITED STATES*

- **28.8 million** Americans will have an eating disorder in their lifetime
- Only **35-40%** of people with anorexia or Bulimia receive treatment
- Inpatient treatment typically costs up to **\$60,000** for a 30 day program
- **10%** of people with anorexia nervosa die from complications
- **10,200** deaths per year as a direct result of an eating disorder
- That equates to **1 death every 52 minutes**



### *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.

## HOW TO HELP US

### PRA YER SHAWLS ARE ALWAYS WELCOME

*"I absolutely will be wearing the shawl its so pretty and again from the bottom of my heart thank you for your generous gift you have renewed my belief that there are great people still in this world. "*  
From our 100<sup>th</sup> recipient



If you are in the position to make a donation please consider giving to Moonshadow's Spirit so we can continue to offer support to those seeking help. We truly thank you for your generosity! You can donate confidentially on our web site or by using the enclosed envelope.

<https://www.moonshadowsspirit.org/donations>

Does your employer offer matching gifts? Please consider identifying us for a match.

facebook

Host a Facebook fundraiser  
for Moonshadow's Spirit.

Visit our etsy page:

<https://www.etsy.com/shop/Moonshadowsspirit>

Purchase journals or suncatchers  
featuring Jennifer's artwork.

#### Financial Summary (July 1, 2022 to June 30, 2023)

Balance (June 30, 2022)	\$ 24,622
<b>Income:</b>	
Donations:	\$22,423
Fundraisers (net):	\$19,172
Merchandise:	\$222
Miscellaneous sales	\$399
<b>Total Income:</b>	<b>\$42,216</b>
<b>Expenses:</b>	
Printing and postage:	\$1,872
Education Mission:	\$1091
Insurance:	\$487
Merchandise:	\$562
Supplies	\$1014
Miscellaneous:	\$678
<b>Total Expenses:</b>	<b>\$5,704</b>
<b>Awards Given:</b>	<b>\$23,365</b>
<b>Cash Balance (June 30, 2023):</b>	<b>\$37,769</b>



## AN EVENING OF MUSIC & MOONSHADOW



*"I keep looking desperately for someone to save me. ...  
{Now} I have the opportunity to GET WELL. TO stop living this  
hell that has consumed me for 8 years. I have the chance to  
save myself."*

—Jenn's journal entries Mar/Apr 2003

Those who attended agree that *An Evening of Music and Moonshadow* on June 6 at the Old Farm Cafe in Rochester was our most impactful fundraiser yet.

Concept and direction were provided by Jennifer's friend, J Simmons. The evening was poignant, playful, quirky, and sophisticated. Solo performers interspersed specially-selected songs with readings from Jennifer's diary.

Uplifting and moving at the same time, the show embraced Jennifer so well that those who knew her felt that it really captured her. Some who thought they had heard it all---even Jennifer's story---were moved to tears as they could feel new aspects of Jennifer's pain and hope.



**Check out the Moonshadow's Spirit YouTube page for a video of one of the readings.**