



**SINCE MARCH OF 2010, WE HAVE PROVIDED AWARDS TO 126 APPLICANTS FOR A TOTAL OF MORE THAN \$311,000**

## Meet Kylie our 94<sup>th</sup> award recipient

**Kylie was 24 years old, and had suffered with anorexia for two years. She was making her second attempt at residential treatment and wrote about wanting to live her life to the fullest.**

**She recently shared her journey and where life has taken her since November 2021.**



“March of 2024 will be two years since I’ve gotten out of treatment. Since then I’ve gotten my associates degree in pre-professional studies. Currently I’m working towards a bachelor in psychology with a minor in human development and family studies. I’m working towards becoming a counselor or therapist someday.

Since I’ve gotten out of treatment I’ve really learned to accept that recovery isn’t linear and I’ve learned to work with my team to adapt my recovery to my lifestyle. I’ve come to have a good relationship with myself and be honest with those close to me when I am triggered and need extra support.

Going to treatment not only saved my life but allowed me to gain a new perspective.”

### ***PRAYER SHAWLS ARE ALWAYS WELCOME***

“I just received the shawl in the mail, and I wanted to say how appreciative I am. It is absolutely beautiful and the message behind it is so moving and impactful. Thank you again for everything your organization has done to help me in my recovery. I know your daughter would be so proud.” From our 119<sup>th</sup> recipient



## 2023/2024 School Year

### Health Class Presentations to 628 Students!!!

Total of **6,554** students since **2015**

When Jennifer began full recovery, she shared her story by giving a presentation to high school students, and we continue to follow her example 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.

### *IS IT WORTH IT?*

Here's a note from a student who attended one of our presentations.

**"One week during school we had assignments on eating disorders. The last day of the week this lady came in to talk about her daughter that took her own life due to struggling with an eating disorder. As she left and the class ended I asked my teacher for information about the lady's eating disorder campaign. That's when I decided to get help."**



### *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

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. 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. Moonshadow's Spirit is a 501(c)3 nonprofit.

## OTHER WAYS TO HELP

Host a Facebook fundraiser for Moonshadow's Spirit. In the 23/24 fiscal year we received \$2009 from birthday fundraisers.

## ATTEND ONE OF OUR FUNDRAISERS

## OR ORGANIZE YOUR OWN FUNDRAISER



***"FOR THE LOVE OF IT" MAY 2024***

It is the mission of The Caring Music Group to sponsor cabaret fundraisers for local small nonprofits.

They provided the venue, original music by Tony Falzano, and a talented group of singers. We sold tickets, gathered donations and provided raffle items. Moonshadow's Spirit raised \$5400!!!



## ***"ANOTHER EVENING OF MOONSHADOW" JUNE 2024***

**Check out the Moonshadow's Spirit YouTube page for videos of journal readings.**

Jennifer's friend, J Simmons coordinated the entire event. 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 and really captured her. All were moved to tears as they could feel Jennifer's pain and hope. Through ticket sales, donations and sponsorships, Moonshadow's Spirit raised \$2500!!

## BY THE NUMBERS

### Financial Summary (July 1, 2023 to June 30, 2024)

|                                      |                 |
|--------------------------------------|-----------------|
| Balance (June 30, 2023)              | \$37,769        |
| <b>Income:</b>                       |                 |
| Donations:                           | \$14,637        |
| Fundraisers (net):                   | \$9,828         |
| <b>Total Income:</b>                 | <b>\$24,465</b> |
| <b>Expenses:</b>                     |                 |
| Printing and postage:                | \$1,136         |
| Education Mission:                   | \$995           |
| Insurance:                           | \$467           |
| Merchandise:                         | \$620           |
| Supplies                             | \$518           |
| Miscellaneous:                       | \$923           |
| <b>Total Expenses:</b>               | <b>\$4,659</b>  |
| <b>Awards Given:</b>                 | <b>\$22,975</b> |
| <b>Cash Balance (June 30, 2024):</b> | <b>\$34,600</b> |

8 recipients this fiscal year

#### AGES

- 5 are in their twenties
- Others range between 34 and 55 years old

#### WHERE THEY'RE FROM

- 3 are from Florida
- 2 are from Colorado
- 1 each from Nebraska, Oregon and New York

#### AWARDS

- Awards ranged from \$500 to \$6,000
- Average award was \$1625

*"Hello Sharon, I just want to take a moment to express my gratitude towards moonshadow's spirit...*

*I have been in treatment for the past six months. My stay here would not have been possible without financial assistance. Because of foundations like you, who offer scholarships to those who want recovery from ED, my journey towards recovery has been possible. I am grateful to have been given a second chance to live, and the opportunity to recover."*

## 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**