



*Peaceful
Meadows
Recovery
Center*

Mission Statement: We wish to provide a safe place for women and girls who are struggling with an eating disorder while providing physical, emotional, and spiritual healing in a conservative Anabaptist setting.

Bear ye one another's burdens and so fulfill the law of Christ. Gal. 6:2

What is an eating disorder?

The academic definition of an eating disorder is; any range of psychological disorders characterized by abnormal or disturbed eating habits (such as anorexia nervosa or bulimia)

To translate into layman's term would be to say that an eating disorder is any unhealthy or disturbed eating habits or patterns that emerge as an outward sign of an inner struggle or disturbance. It is an all-consuming, life threatening disorder.

Symptoms vary, depending on the type of eating disorder. Anorexia nervosa, bulimia nervosa and binge eating are the most common eating disorders. Other eating disorders include: rumination disorder and avoidant/restrictant food intake. **The treatment of an eating disorder is an intense journey that involves three key parts of the victim's life. Successful treatment include physical, psychological, and spiritual guidance.**



PMRC

april 2022
newsletter



For all questions and comments,
call our office
@ 315-759-6010.

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PMRC Recording Line:

712-432-3991 pin# -7326837

Options:

Equine Therapy #21

Equine Therapy #22

Dietitian #11

Public Meeting #31



Feature Article

What is an Eating Disorder?

a glimpse from one who knows

An eating disorder is a controlling force that takes over a person's mind and life. It starts out small. Maybe an insecure childhood, maybe not feeling accepted with your friends, or maybe feeling like your life is so out of your control. Maybe simply feelings and struggles you can't define, making you discouraged and vulnerable. No matter how it starts, it has the potential to consume you and destroy your life.

An eating disorder is the persistent voice in your head yelling that you're fat. It doesn't matter if you're extremely underweight, that nagging voice will still tell you that you're not skinny enough. You will look into the mirror and be overwhelmed by all the fat that you think you see.

Those struggling with eating disorders are constantly comparing themselves with others, trying to determine who's skinnier. They engage in a lot of body checking trying to decide whether they've gained any weight. What they find determines whether they have a good day or not.

An eating disorder controls your moods. If you're having a "skinny" day, you feel good. If it's "fat" day, you feel bad. It makes you extremely insecure being around other people, because you feel as if they are judging you. You feel as if others are skinnier than you, and therefore, better and more successful. It takes away your enjoyment of social life, making sure you can't enjoy hanging out with your friends if there's any food involved.

You are constantly thinking about food. Such as, "How can I avoid it?" "What can I eat that I'll be okay with?" "Can I make myself pass

up this food I crave?" And for some there's the driving urge to binge - the more the better- and then get rid of it. An eating disorder brings a lot of shame. It makes you feel like hiding. Many will hide behind a sweater or loose-fitting clothing. Many people are obsessed with weighing themselves, but there are also those who are terrified of the scale, and need to learn to see their weight and accept it.

An eating disorder is an enemy that lives with you day in and day out. It's a monster that tells you that certain foods are okay and certain foods are forbidden. If you dare to eat a forbidden food, you feel awful -- like the biggest loser. It causes some people to eat very slowly or pick at their food. It sets in place a bunch of rigid food rules, and brings a lot of anxiety if you break them.

An eating disorder is the haunting voice in your head that insists you're a failure - not worth anything. It tells you that your value is determined by your size or the number on the scales. It's always telling you that you're not sick enough; you haven't been successful yet. And it tries to make you believe that you don't deserve (or need) any help. It makes eating your meals and snacks feel like hard work. Sometimes it makes your stomach a churning ball of nerves, so that you feel you can't eat. Most of the time it makes the food sit heavy in your stomach so that you feel grossly full. It tells you that the food you've eaten is more than you can possibly be okay with, and you simply can't go on.

It strains relationships. Many people do not know how to respond to those with disordered eating. They feel powerless to know how to help, so they tend to back off. It takes brave people to stand by and support those with eating disorders.

Depression and eating disorders go hand in hand. It consumes your life until that's all you can think about. It may make some individuals withdraw into silence and loneliness. It produces an intense dread of the future. For some, it

manifests itself through self-harm and others wish they could simply die and escape it all. Finding a way through looks hopeless.

So what hope is there? What can be done? Friends, your loved one with an eating disorder needs your support. You don't need to have an answer, just let them talk. Tell them that you may not understand, but you know it's very real to them.

Assure them of the truth. They are not fat, and let them know how precious and valued they are. They may need someone to hold them accountable. Be there for them. Above all, don't give up! Most times those with eating disorders feel like there is no hope. They need you to hold onto that hope for them.

Recovery is a long hard road. It requires much hard work. It means feeling the awful, yucky feelings, accepting that you feel them, but clinging to the hope that they will pass. It means every meal, every snack, you have to eat whether you feel like it or not. It means getting up when you fall, and trying again. It means learning to accept yourself the way God made you, and opening your heart to the truth that you are special, precious and loved. It means believing God has a beautiful plan and purpose for you. It means taking one step at a time on a path to a life that is better than you could ever imagine!

"As for me, I will call upon God: and the Lord shall save me. Evening, morning and at noon, will I pray, and cry aloud: and he shall hear my voice. He hath delivered my soul in peace from the battle that was against me: for there were many with me."

Psalms 55:16-18

-- by a PMRC Resident

A Note From The
Stabb 

At 6:00 is wake up call. The girls have until 7:00 to come downstairs. This allows them to get ready for the day and have personal devotions. During this time they also see the nurse who checks their vital signs.

7:10, we walk out to the horse barn to feed our therapy horses.

Breakfast and devotions are at 7:15-8:00. The house father reads from Beside the Still Waters and the Bible passage that goes with it. After prayer we have breakfast.

From 8 - 8:30 we copy Bible verses. Not only does this give us a great start to our day, it also gives us something positive to think about. By reading and copying, it helps us focus on the words.

At 8:30 we walk out the lane and back twice. Some mornings are cold and crispy; others are sunshiny and the birds are singing! Once back from our walk, we sing for a while. Praising God in song is another way to lift our spirits.

At 9:30 we go to the basement where we do a lot of crafts. We sew CAM dresses, comforts, diapers, and we have crafts of our own - cards, macrame', puzzles, painting, and inspirational quote jars.

10:15 is snack.

10:30 - 12:15 we work on lessons. Each day we do a different book. The girls work through 8 Keys To Recovery which helps them understand their eating disorder, work through it, and teaches them to use coping skills. Lies Woman Believe is one which helps us discern what is truth and what is lies about our worth and body. We also have other books that not everyone does. Getting Along With People God's Way, Boundaries, and The Wounded Heart.

12:15 is lunch. Afterwards the girls have until 2:30 to nap or do something quiet.

3:30 - 4:45 is lessons. At 4:45 we again go on a walk

Treasurers Report

February 1, 2021 to February 28, 2022

Income:	Donations:	\$730,977.00
	Operations:	\$2,023,326.00
Expenses:	Total:	\$949,171.00
Debt:		\$440,529.00

and feed the horses.

6:00 is supper. After supper the girls have the privilege of helping with the dishes. 7:00 is evening devotions.

7:20-8:10 is shower time. 8:10 snack.

9:00 upstairs - 9:15 lights out.

As recovery coach we work closely with the girls, during the day, providing meal support, helping with lessons and activities, which allows us to create lots of memories together!

I have learned a lot since working at PMRC. God created each of the girls just as he did the rest of us and each one has their own journey of healing and recovery. They need our love, prayers and support as they press on. Even after your loved one is at home, they NEED you. God will make a way when there seems to be no way.

A staff, S.M.R.

Sometimes God uses us and our past hurts to help others find Him.

"Man's mental and emotional state is made or unmade by himself. In the armory of his thoughts, he forges weapons by which he destroys himself or fashions the tools with which he builds heavenly mansions of Joy, Strength, and Peace."

- Curtis

From a Resident

I treasure in my heart all the wisdom, knowledge and understanding that was attained at PMRC. Also for new friends & memories made, new songs learned and most of all, for the well-seasoned -with-humor, relaxed atmosphere. I am so grateful for the healing found emotionally, spiritually, mentally and physically. All the honor and glory is God's.

Thanks to the staff for helping to make our days fun with various crafts and projects and for patiently teaching us how to do them.

"A time to grieve, a time to heal, a time to lose, a time to find, a time to cry, a time to laugh, but though God has planted eternity in the hearts of men, so man cannot see the whole scope of God's work from beginning to end." Eccl. 3

Wishing God's blessings to each one,
Sincerely, R.H.

Boardmember's

Report 

The foundation of the treatment plan at Peaceful Meadows Recovery Center is the meal plan. PMRC uses the services of a Registered Dietitian to design the meal plans with a proper balance of nutrients to meet the goals for recovery from an eating disorder.

A correct meal plan is important and so is making sure proper amounts are consumed on schedule. The chef is responsible to prepare the meal according to the plan. Then everyone's portion is put on their plate and taken to the table.

Recovery coaches eat with the residents and monitor table activity. After a meal, a

Administrator's Report

Greetings from the administrator's desk.

As I write this article, and reflect over the past year, there are many things I could write about. With 20 women and girls, ages 11 - 68, going through our program (and a full house of 10 residents), we have learned to know families from B.C. Canada, Wisconsin, Michigan, Ohio, Kentucky, Pennsylvania, Maryland, New York, Illinois, Iowa, Missouri, and Montana.

As we help each resident work through the program, it is heartbreaking at times to watch as they try so hard then fall short. Then there are many times we can rejoice as we see them gain a great victory and work towards complete healing.

As we look ahead we have to wonder what the future holds for PMRC. With a long waiting list and needed expansion here plus an agreement to build a similar facility in Michigan, the work is great, but God is faithful. Thank you, everyone, for your prayers and support. Will close with a quote that has become one of my favorites.

a written report is made on food and water consumption.

Besides the three meals per day there are also three snacks. Each snack is part of the meal plan. All meals and snacks are on a schedule that is followed closely.

Another important part of PMRC program is activities. Personal devotions, including copying Bible verses, devotions as a group with the house parents and singing help promote spiritual growth. Group study and discussion with eating disorder workbooks help them better understand how they got to where they are and what they need to do to recover.

In the basement there are different projects. Sewing, making comfort tops for Christian Aid Ministries, cardmaking, painting, diamond art and more.

Horse therapy and one on one mentoring help explore and process emotions.

Residents and staff at PMRC are like a big family. Some days are easy and some are difficult, but always interesting and a learning experience. It is rewarding to see residents progress and recover.

We are still looking for more recovery coaches and houseparents.

PMRC board is considering another building for out of state staff quarters and a meeting room for family education.

Staff Needs

Recovery Coach

Looking for qualified persons, 18 or older, to work closely with the residents

Horse Therapist

Looking for qualified individual, 20 or older. Not a short term commitment. Training available.

House Parents

No home is complete without parents. We are searching for couples with considerable life experience to be "Mom & Dad" to our group of residents.

Staff

Administrator: Curtis Martin
Assistant Administrator: Irvin Shirk
Assisant Administrator: Leon Weiler
Recovery Coach: Sarah Reiff
Recovery Coach: Sharon Horst
Recovery Coach: Grace Nolt
Recovery Coach: Rebecca King
Recovery Coach: Ida Zimmerman
Recovery Coach: Ranita Penrod
Recovery Coach: Katrina Bange
Recovery Coach: Arie Wengerd
Recovery Coach: Susan Miller
Recovery Coach: Marilyn Hoover
Recovery Coach: Anita Zimmerman
Night Shift: Rachel Swarey
Night Shift: Linda Mast
Chef: Heidi Moser
Chef: SaraBeth Martin
Chef: Joann Garman
Receptionist: Faith High
Nurse: Laura Flint LPN
Nurse: Janet Shirk
Equine Therapy:
Ruth Martin
Equine Therapy:
Ruthann Weaver

Board

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Seth Yoder
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John Newswanger
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For all inquiries call the office phone number below!



Life is too important to pursue only what seems good at the moment.

