



*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 that 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 includes physical, psychological, and spiritual guidance.**



March 2023

Newsletter

# PMRC



Contents:

- Administrator's Report pg. 3
- Board Member's Report pg. 6
- Feature Article *"What Causes (And  
Contributes) to Eating Disorders"* pg. 5
- From a Former Resident pg. 3
- General Information pg. 6
- Notes From Staff pg. 4
- Treasurer's Report pg. 4

A background image of a golf course with several tall trees in the foreground and a pond in the distance. The text is overlaid on this image.

**PMRC**  
**Recording Line:**  
712-432-3991  
pin# - 7326837

Options:  
Public Meeting #31  
Dietitian #13 & 14  
Equine Therapy #23 & 24

# Report

*"Peace I give unto you, Let not your heart be troubled neither let it be afraid..."*

As the new year lies before us, we want to focus on the many blessings we have received in the past years and place our confidence in the One who holds the future.

As we look into the past we see how time brings changes and we see changes all around us. Here at Peaceful Meadows we see changes taking place in eating habits and eating disorders. In the last newsletter we noticed how doctors have seen changes in eating habits that we now know as eating disorders. To fully recognize the problem, let us take a look at some data. (These numbers are from 2011 – 2012.) In 2012 America lost 34,000 people to breast cancer and 300,000 to eating disorders. In Ireland, 200,000 people have a diagnosed eating disorder and only 3 beds are available to treat them. In England 60% of people have to wait more than 6 months for a diagnosis/treatment. In Australia more people die from an eating disorder than the annual road death toll.

Eating Disorders are the deadliest mental health disorder. Global eating disorders increased from 3.4% in 2000 to 7.8% in 2018 and we know that in the past few years the number has increased. One person dies every hour from an eating disorder. 42% of first to third grade girls want to be thinner. 81% of ten to sixteen year old girls are unhappy with their bodies. 91% of college age girls admit to controlling their weight through dieting. And, no, we cannot say that the conservative circles are the exception and don't have trouble with this.

As we see and consider these numbers we realize society is driven by news media, advertisements, and peer pressure. Let us of the conservative circles be careful of what we are promoting.

– L.W.

# Resident

Greetings, on this beautiful morning, to all who read these lines. It is so worthwhile to get up early and enjoy peace and quiet, watching and listening as the sun comes up and the birds wake up and start their cheery songs. I usually was not a morning person, but that has changed and oh!, the rewards are worth it. We have a pair of winter wrens around here and their cheerful singing simply cheers anyone's morning! Could we possibly take a lesson from them? They sing in sunshine and rain!

*"And Jesus said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on.*

*The life is more than meat, and the body is more than raiment. Consider the ravens: for they sow not neither reap; which neither have storehouse nor bar; and God feedeth them; how much more are ye better than the fowls."*

Luke 12:22-24

So which of us by worrying can add a single hour to our lives? Since we cannot do this very little thing, why worry about the rest?

I was asked if I would like to write a brief report of my story and experience I went through at PMRC. If my story could help even one person, it would be well worth it.

After a few years of being sick, four different trips to Florida and not being able to care for my family, I was desperate, but when one of our ministers mentioned PMRC to my husband, I got upset. "No-way! I tried everything else, and nothing works long term, so this won't either."

I was not willing to leave my dear husband and children, but all that day a thought kept bothering me. *What if this would help? What if I could enjoy being a wife and mother again?* By evening I was desperate! *What did God want me to do?* At that time I couldn't sleep well at night so that evening I prayed earnestly for God to show me the way. My prayer was, that if I fall asleep almost right away and have a good night's rest, that would be my sign to

go, because, at that time, getting a good night's sleep seemed impossible. The unbelievable happened! I feel asleep shortly after going to bed and had a good night's sleep. So the next morning I told my Mom and husband that I'd be ready to try it.

A week later found me at PMRC. Was it easy? No! Was it worth it? A million times, yes! Am I struggle free? No! As long as we live on this earth, we will have struggles, trials, and emotions to work through. But – all honor and glory to God – I am once again enjoying life, caring for my family.

I came home from PMRC on Oct. 1, 2021. The next spring we had church services in our home (after missing two times) and by February and March I was out in the fields with the six-hitch team plowing, harrowing and enjoying nature.

Thanks be to our Heavenly Father for giving the staff, and everyone involved, the knowledge and caring hearts they have. My body went through a lot of changes and they were always there to encourage me.

After hardly eating pork and dairy for years, and no longer eating sugar, flour and more, I am once again enjoying to sit at the table and eat whatever the others do. No more packing a lunch to go to church, weddings, etc.

So, to all of you who are not feeling well, are depressed, discouraged, or dealing with panic attacks, anxiety..... Do you feel like no one understands? Are you taking lots of supplements and going to different doctors trying to find answers to your problems? I have been there. My prayer is that you, too, can find help and enjoy life and nature again. I would recommend PMRC.

Let us give all honor and glory to God.

- Rebecca Fisher

A Note From The

Staff



So, you want a Recovery Coach's viewpoint? (Keep in mind that these are just one R. C.'s thoughts and there are around a dozen of us!) I feel blessed to work with the team at PMRC. With God's help, we strive to point those, who enter our doors, to a life of hope and joy and show them that there can be a life without an eating disorder.

We start the day by writing Bible verses, having devotions and feeding the horses. After breakfast we take a walk out the lane and recently we start going through the woods for something different. I think the nature lovers in our group like that. (we have quite a bit around here!) During the day we do a variety of things... crafts, scrap-booking, sewing, making comforts and clothing kits for CAM etc. Sometimes we make macrame flowerpot hangers that you can buy here at PMRC. We go through a lot of puzzles too. There are also quite a few different workbooks for the residents to work on (and also staff – I find them very helpful for myself.) Before supper we take another walk and then feed the six horse, and some of us take time to pet the cats. After supper we do devotions and sing. We do a lot of singing – music is good for the heart and lifts the soul.. In the evening is more “free time”, reading, diamond art, playing games.... We've had some pretty hot Blokus games already. After that, it's upstairs and lights out at 9:00.

Yes, this job is stressful at times but the rewards are worth it. If you have a caring heart and are willing to learn, maybe this job is for you! These girls need people to support them, encourage them, stand by them when the going gets tough, rejoice in their success and just be their friend. The eating disorder is a cruel master, the more it gets, the more it wants. It is too tough to fight alone, as several experienced people knew, so they started PMRC to help fight eating disorders and to give hope that there is a life without it. If you desire to help others in some way, we could use your

| <b>Treasurer's Report</b>           |                                  |
|-------------------------------------|----------------------------------|
| <b>Feb. 1, 2022 – Jan. 31, 2023</b> |                                  |
| <b>Income:</b>                      | Donations: \$133,910             |
|                                     | Clients: \$1,516,696             |
|                                     | <u>Other income:</u> \$79,883    |
|                                     | Total: \$1,730,440               |
| <b>Expenses:</b>                    | Groceries: \$76,303              |
|                                     | Wages: \$1,040,379               |
|                                     | Travel: \$133,487                |
|                                     | Massage & Chiropractor: \$24,238 |
|                                     | Building Projects: \$56,925      |
|                                     | <u>Other Expenses:</u> \$302,526 |
|                                     | Total: \$1,633,858               |
| <i>Building Debt:</i> \$416,523     |                                  |

help. You might say you don't know a thing about eating disorders, but neither did I! You can always learn! Thank you for your support and prayers and may God bless you.

*"You can't go back and change the beginning,  
But you can start where you are and change the  
ending." - C. S. Lewis*



## What Causes (and Contributes) To Eating Disorders

### Psychological Factors:

- \*Low Self-esteem
- \*Feelings of inadequacy of lack of control in life
- \*Depression, anxiety, anger or loneliness

### Interpersonal Factors:

- \*Troubled family and personal relationships
- \*Difficulty of expressing emotions and feelings
- \*History of being teased or ridiculed on size and weight
- \*History of physical and sexual abuse

### Social Factors:

- \*Cultural pressures that glorify thinness and place value on obtaining the perfect body
- \*Cultural norms that value people on the basis of physical appearance instead of inner qualities and strengths

**The wind chime** dangled aimlessly in the late winter wind. Rose sighed. She pulled her warm coat tighter about her shoulders. "Enduring a little cold is better than being in that electricity-filled house," she muttered to herself. At the same time she strained to listen for any sound, any

raised voices, within the house.

Nothing. Maybe Dad hadn't totally lost his temper after all.

"If I would just not have said that." She berated herself. "I didn't know this is what it would start. Then, again, you never know. Sometimes you can do anything and it doesn't set him off. Next time some little silly thing is enough to make a huge fuss over. If I would just learn to keep my mouth shut..."

**Silently the girl** stood at the edge of the group, listening. Maybe if she was quiet enough, they wouldn't notice her. Suddenly the group leader caught sight of her. With a disdainful sniff, she turned sideways and lowered her voice to whisper so Melinda couldn't hear.

Tears stung Melinda's eyes. "How can I feel so alone in a group of 300 people?" She wondered for the thousandths time. If only Mom would just let her stay at home. There she fit in. There she could entertain her younger siblings. No one would call her fat or ugly. No one would act as if she was just a clod of misplaced earth. "Maybe if I would just tell Mom how I feel... But every time she asks, I end up saying that I just don't feel like going. Because, after all, if I would just do something right for once, they wouldn't act like that."

"Maybe if I weren't so fat...."

**What happens next?** In a desperate attempt to end mocking or abuse, to control one aspect of their world, or to fit in to the cultural pressure of what is an acceptable body, a person will turn to food, or away from food, as one way of controlling something controllable in their chaotic world.

What begins as a simple restriction (or binge) cycle starts a downward spiral into the darkest pit they have ever known. Even as they realize that this is not where they want to be, they find it a very effective way of numbing troublesome emotions and keeping their mind off the things that really bother them. What first was the one thing they could control, now becomes the very thing that controls them.

# Boardmember's Report



*Thoughts from a board member,*

Over 3 yrs ago when we were first asked if we were interested in helping to get a center started for women struggling with an eating disorder, we had no idea where it would lead. At the the time, we knew next to nothing about eating disorders, and – if possible – even less about how to help. But with willingness to learn and some time, we started to form a vision of what might be done. It has been an interesting journey. And we continue to learn.

At first I was sure that the building was way over sized It just didn't seem practical to spend so much money on a facility which we had no guarantee would ever be filled to capacity. However, as we moved ahead with plans and held informational meetings in different areas, it slowly started to sink in. The need was greater than we ever guessed. In faith we stepped out of our comfort zone and started to build in the fall of 2020. On April 8, 2021 we opened our doors for the first client.

As a board member, I was directly involved in the building phase, which was challenging and fun. But how do you set up guideline for residents, job descriptions for staff, etc. when you're not even sure how, what, when and where things are supposed to be done; much less the best way to do it all? Those were some of the biggest challenges in the beginning. It was like trying to find a destination with only a vague idea of where it is. But we did begin and people had enough confidence to send their loved ones in hopes they could receive the help they needed. The first months, the board was involved with enough things in different parts of the building that we got to meet many of the staff and some of the residents. This was rewarding. It wasn't long until the building was full and seemed too small.

Today, with our second anniversary just ahead, it sure is hard to remember how we got to where we are. The clients keep coming and, as they heal, move on to make room for the next ones. We keep hiring more staff to relieve

the overworked ones, and realize we really need more staff to do a better job and to achieve the goals we are setting for ourselves.

Board meetings are held in the basement meeting room and most board members rarely get to see the rest of the building. In fact, one of our newer board members had been serving for the better part of a year without seeing the rest of the facility. With the exception of the three administrators, who try to attend every board meeting, neither do we get to meet many of our staff except at the annual staff dinner. The board meets every three weeks, where the administrators give their reports in the duties they are responsible for, financial reports are read and discussed, and any other issues that need attention. Part of our duties are to guide PMRC toward our vision of what it could be, while keeping it aligned with our mission statement. The journey is still quite interesting, but some of the scenery has changed along the way. We need your prayers as we journey on!

*- David & Elva Hoover*

## Staff:

Administrator: Curtis & Michelle Martin  
Assistant Administrator: Irvin Shirk  
Assistant Administrator: Leon Weiler  
Recovery Coach: Sharon Zimmerman  
Recovery Coach: Grace Nolt  
Recovery Coach: Ida Zimmerman  
Recovery Coach: Rebecca King  
Recovery Coach: Katrina Bange  
Recovery Coach: Arie Wengerd  
Recovery Coach: Joann Hurst  
Recovery Coach: Anita Zimmerman  
Recovery Coach: Elsie Zimmerman  
Recovery Coach: Sherica Wilson  
Recovery Coach: LaShawna Zimmerman  
Recovery Coach: Sylvia Beiler  
Recovery Coach: Miriam Fox  
Recovery Coach: Sylvia Hoover  
Recovery Coach: Nicole Warkentin  
Night Shift: Linda Mast  
Night Shift: Annie Wengered  
Chef: Heidi Moser  
Chef: SaraBeth Martin  
Chef: Joann Hurst  
Chef: Kathy Reiff  
Counselor: Fannie Yoder  
Receptionist: Barbie Martin  
Nurse: Janet Shirk  
Nurse's Assistant: Mary Wenger  
Equine Therapy: Ruthann Weaver



## Board:

Chairman: Daniel Martin  
Vice Chairman:  
John Newswanger  
Treasurer: Leonard Martin  
Secretary: David Hoover  
Albert Herschberger  
Seth Yoder  
Jonas Stoltzfus  
Nevin Horst  
Jonathan Garman