



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.



October 2023

Newsletter

PMRC



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Report

Greetings from the administrator's desk.

I will lift up mine eyes unto the hills from whence cometh my help. My help comes from the Lord, which made heaven and earth. Psalms 121:1-2

As we look over the last few years, and the start up of PMRC, what plans had been and how God has led us, we feel we have learned a much deeper meaning of this verse. This is not to say that it has been easy, but God is faithful, and He has given strength day by day. For each setting we faced there is a quote that often goes through my mind: "Many times I have been driven to my knees by the overwhelming conviction that I have nowhere else to go." -Abraham Lincoln. This quote often goes through my mind as we try to make decisions for the residents and also the team of staff here at PMRC. Now for an update on what we see in treatment of eating disorders and a few things we are facing. How many of our readers know what the word Orthorexia means?

This is an eating disorder that comes from focusing on clean eating, fad diets, ingredient lists, and food planning to the point where it starts to affect our health. This is a sickness where a moral value is placed on food; that some food is good and some food is bad, etc. Now to be clear, we are for locally grown nutrient dense food, but God has made our bodies to digest and use a variety of foods, and each food supplies different nutrients to our body. We are in a time when many are troubled in this area and many are searching for answers. We have a number of different articles on these things that are free to all who ask for them. We would like to take a moment to plead with you. Do not go down the path of Orthorexia; this can and does lead to a dangerous place. How would you help someone who is sitting at the table with tears running down their face and asking the question, "If I eat this will I go to Hell because it's not organic?" The only way we can lead the team at a time like this is going back to the verse I started with.

Now on the good side of things, we want to remember the 42 residents that have graduated from our residential side of the program, and the many that have gotten help through our outpatient program. Since the opening of PMRC we also want to take time to say THANK YOU to the many that are praying for the team here at PMRC, because we certainly need it!

-Curtis & Michelle Martin

Resident

May this journey bring a blessing, may I rise on wings of faith, and at the end of my heart's testing, with Your likeness let me wake....

The words of this song take my mind back to my first days at PMRC, since this was one of the first songs I learned there. Little did I realize then, how much meaning those words would hold in my life, later on in my journey to recovery. Am I RECOVERED? No....not completely, but I am well on my way. Recovery is a journey; for some it will be more intense and longer than for others. Each case is individualized, but it largely depends on how long you've had this sickness. Realistically, a sickness that has gradually developed over 5-10 years will not be fixed in one month or one year. For me, although it started small, I've struggled with my physical, mental, and emotional health for 15 yrs. It kept getting worse so gradually that neither I nor anyone else around me realized what's going on. This, of course had a majorly destructive influence on my spiritual health far more than I realized. I was a troubled, lonely teenager who longed for acceptance and love like everyone else, but I held it all inside, pretending to be fine for many years.

Oh, my friend! If you are one of those girls, PLEASE talk to someone you trust, let someone in! Just knowing there's more of you out there who are silently suffering and struggling gives me heartache because I know the pain; it makes me long to put my arm around you and take you by the hand. None of us is able to walk alone and if we never let others help us, how can we expect to ever be able to help others?

At the age of 21, I had my first mental breakdown; I crashed! Over the next years, I sought help from many different resources: psychiatric, therapists, nutritionist, supplements, diets, clinics, specialists, medication, testing continuously. I knew I had health issues, but what was it? The temporary relief I found again and again, never lasted and I became so depressed, lost all my energy and even my desire to live. I was ready to give up!

Then I was brought to PMRC, but I didn't expect this place to be any different than all the rest. There they told me I have a serious eating disorder and I thought they couldn't be further from the truth. Even though I was gradually restricting more and more foods and totally eliminated some food groups to the point where I could count on one hand the foods I considered safe for me to

eat. But yet, I declared, "I don't have an eating disorder, I'm trying to be healthy!"

My eyes were blinded and unknown to me, the ED had totally taken over and my healthy self was buried so deep, I didn't know who I was. I "thought" I knew what life was, but guess what? I didn't! What I considered life in my cold, dark, isolated shell was actually bondage! I was entangled in the chains of that cruel slave master, not seeing the danger of the road I was traveling on.

God has performed many miracles in my heart and life and through the support of the caring staff team, I've been guided to freedom and a life I didn't know I could have. I thank God over and over for His mercy and the understanding people He brought into my life, for now I have tasted a LIFE I never knew before. I've never felt anything more wonderful than peace with God and freedom in Christ. That's exactly what He wants for each of us: yes, it's for you too! Have you ever thought that you don't deserve a happy life or it's not meant for you? I've been there for years and that mindset takes you on a downward spiral. Please, don't allow yourself to believe that; it's a lie coming from the father of lies.

I wish I could tell every young girl with an ED or who has ever harmed herself in any way that she is worthy of life. I now recognize that ED's are serious and they are self-harm! I used to say, "I don't want my ED, but I'm not willing to change the way I eat or live." Not possible. I had to give it all up to be shown a better way. If there is hope for me, there is hope for anyone! There is help available if you want it, but the choice is yours; nobody can make you let go and no one can do the work for you. ED's are not a choice but recovery is a choice. We all need others to help us make the right choices; "Bear ye one another's burdens..." If you are battling with an ED; at PMRC you will find a caring staff team who understands your struggles and ED behaviors like no one else ever has. I feel so grateful to God that we have places like this for our conservative people, where we are in a Christian environment, shielded from the outside world, where Christ is in control and His Word is taught. It's a safe haven and we rejoice with each soul that has found a better way of life. I believe God has called many of His servants to help support and pray and make this possible and I'm so thankful for each one that is willing to sacrifice and answer when God calls them.

Today I'm so grateful to testify that I've become alive spiritually. Healing for my mental, emotional, and physical health is well on its way and I never thought I could feel so good or be joyful again. Praise the Lord! Thru Christ we are more than conquerors!

-Blessed to be a Victor

A Note From The

Stabb



If someone is falling behind in life, you don't have to remind them. Believe me, they already know. If someone is struggling in their relationships; with money, with self-image, they know. It's what consumes their thoughts each day. What you need to do for those who are struggling is not to reprimand them but encourage them. Tell them what's good about their lives; show them the potential that you see. Love them where they are. When we can't see clearly for ourselves, we need others to speak greatness over us. People don't need you to tell them what's wrong with their lives, they already know. They need you to reassure them that they can still make it right.

-Author Unknown

Don't we all need each other in this journey called life? Being a part of PMRC has been a wonderful, challenging experience. It's seeing the good and the bad, victory and defeat. It's seeing people fighting in the front lines of a difficult and sometimes brutal battle. There's no easy way out but facing the truth and fighting for freedom. These people have courage. They know what it's like to strive valiantly, fall short, stand up and try again.

But who can describe the joy of healing, the high achievement of recovery? The light and hope in their eyes on the day of their discharge? God is truly good! Please pray for these individuals and also for those of us who stand along beside them, cheering them on.

Written by a staff member

Treasurer's Report		
Feb. 1st 2023 - August 31st 2023		
Income:	Donations:	\$55,853
	Clients:	\$892,869
	Other Income:	\$36,871
	Total:	\$985,593
Expenses:	Groceries:	\$47,167
	Wages:	\$605,622
	Travel:	\$99,419
	Massage/Chiropractor:	\$17,485
	Building Projects:	\$12,201
	Other Expenses:	\$161,887
	Total:	\$943,781
<i>Building Debt:</i>		\$398,516



Feature Article

Prior to coming to PMRC as a resident, I learned that equine assisted therapy is part of the program, but I could not find much information on what that is or how a horse might help me recover from an eating disorder. Now, months later, I have my own horse and am happy to talk about what I have learned.

Why horses?

A horse's brain develops similar to a traumatized human's brain. As prey animals in their natural habitat, horses are always prepared to fight or flee. Their brains develop and organize around the need for constant vigilance and immediate reactions to threat. This is why we work with horses (though donkeys, goats, and other animals have also been used.) They provide a bridge for those of us working through the same issues. The principles we can learn can be applied in any relationship.

The ultimate goal is to build connected relationships, for relationships are where healing and change happen. A horse creates a safe environment to learn new ways of being in a relationship. Personally, my horse never talks to me about diets or tells me I look good. She never judges me harshly or shares my secrets with others. She is present and allows me to take comfort in her nearness. When my way of relating doesn't really work, I am given the opportunity to work through the struggles in this non-threatening, non-confrontational way, leading me to think my horse is a very gentle counselor.

In the round pen:

We begin with the principle of pressure - every request brings some pressure to the relationship and once there is an appropriate response, the pressure goes away. Responses to requests are met with either cooperation, ignoring, or resistance.

In the round pen we begin with the lowest level of pressure, perhaps a soft cluck, paying attention to our body energy because this is a form of pressure. If the lowest level of pressure is ignored, we increase it gradually. We might move our body and bring up the energy level, then begin to swing a rope or whip till we get a response. If there is resistance, we maintain pressure.

Resistance in a horse can be as subtle as a glare or it can be a toss of the head and a kick. We try to notice resistance before it builds up to kicking or biting, but we do not punish it. Resistance is the search for an answer, and our horse is allowed to keep searching till it finds the answer that will bring release of pressure. If we release pressure prematurely, we tell our horse that resistance is the

answer. If we increase pressure, things escalate and we engage in a power struggle.

We want the horses to have a relationship in which they have choices so we ask for consent before petting, brushing, or putting on a halter, etc. To halter my horse, I hold up the halter and wait for her to give consent by turning an ear in my direction or slightly lowering her head. When she gives consent, I am free to slip it over her head. If she ignores my request, I shake the halter. If she moves away from me or her ears go back, I maintain pressure. When she stands still or brings her ears forward I release the pressure for a bit before beginning again with another request. By now we have done this so often that if I notice resistance I look for what is going on. Did she try to tell me something I missed? Is she afraid of an unusual object? Is she overwhelmed with too many new things or doesn't she want to leave the other horses in the pasture? Last week it was because I was standing in the way for her to chase away a fly.

The first task we learn is attachment: asking our horse to be with us and stay connected. We request this by facing the horse's tail and directing our body energy at the tail. This position gives her many options - she can choose to go to the other end of the pasture, throw me a kick (so I am sure to allow space for this option) or to come connect. Will she face me, giving me an ear or eye, and then follow by my side as we walk around the round pen? What about stepping over a log? Can she stay connected to me when the other horses are whinnying in the pasture or she hears a tractor nearby?

When attachment is comfortable for both of us we are ready to move to detachment. The goal of detachment work is to build a strong internal sense of connection. A healthy internal sense of connection results in a felt belief that I am not alone in this world; even though I am not physically with an important other, I remain connected to them. In detachment work we ask for connection with distance. In detachment we direct our energy toward their shoulder, perhaps waving them out of away from us to walk or trot around us. Can she stay connected for four rounds before we ask her back in? Can she navigate obstacles? Can she change directions and do figure eights? All these and more are tasks we do in detachment as part of ground work before we are ready to ride. Eventually we ride if we want to, but connection remains the goal. We usually ride bareback so that communication is not hindered and we can notice the rhythm of her movement, another way to help our brains. In these ways I get to reflect on what works best in relationships, especially my relationship with God. Also encouraging is noticing that as my relationships grow, my ED loses power.

-A PMRC Resident

Boardmember's

Report 

Thoughts from a board member,

Greetings to all in the name of Jesus Christ our Savior. Summer is fading into fall and God has blessed us with a bountiful growing season. Are we thankful enough for His blessings?

I was asked to write an article for the fall newsletter for PMRC on horse therapy. This is one of the many parts at PMRC to help the clients recover. Being involved for two-and one-half years and seeing the struggles the patients have and trying to understand why they have these issues has been a huge learning curve for me. With PMRC being an eating disorder facility and the physical eating needing to be addressed first, next comes mental, emotional, and spiritual healing. This can be a lot more challenging for the staff to help them through their emotional challenges. One thing they can do is work with the horses. A lot of people ask, "Why work with horses?" A few of the staff are trained to help clients see their own behaviors through working with a horse, kind of like looking in a mirror and seeing one's own self. Asking a horse to do something and demanding him to do something are two different things.

They can learn multiple things such as talking to a horse and telling him things they don't share with anyone else and afterwards writing a journal about what they told their horse. Another thing is the horse needs to give his consent before they can ride or even catch them. One example is, a client wanted to ride a horse in the worst way. Staff said, "Sure you can ride him if he gives you his ok." Every time she came with the saddle blanket he would step away from her, just one step. After about a week she learned how to approach him in a way that he was comfortable. Another example: a new horse was brought in with some scars on her. One client instantly bonded with the horse saying "This horse needs me, it has been abused". The client had a lot of emotional struggles and had a hard time accepting what the staff did for her. The horse was not bonding like she thought it should, and one day in a session with her mentor, the mentor told her, "You should go down in the horse barn, open the stall door of the new horse and I hope she kicks you out of the stall on the concrete alley." Her response, "Why?" The mentor answered, "Compare yourself with that horse; we are trying to help you." She got very quiet for awhile then she said, "Am I resisting you the same

way the horse resists my kindness?" Answer, "Exactly!" At PMRC horse barn we are seeing examples like these every week.

Some clients are starting to work with special needs children and horses and are gaining a self worth esteem which is very helpful for somebody struggling with feelings of no self worth.

Currently, we are in the process of building a large horse arena to keep the horse program in use over the winter.

Written by: Jonas F. Stoltzfus

Have not I commanded thee? Be strong and of good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:9

Staff:

Administrator: Curtis & Michelle Martin
Assistant Administrator: Leon Weiler
Recovery Coach: Sharon Zimmerman
Recovery Coach: Ida Zimmerman
Recovery Coach: Katrina Bange
Recovery Coach: Arie Wengerd
Recovery Coach: Anita Zimmerman
Recovery Coach: Elsie Zimmerman
Recovery Coach: Miriam Fox
Recovery Coach: Nicole Warkentin
Recovery Coach: Lovina Kempf
Recovery Coach: Anna Fisher
Recovery Coach: LuEllen Leid
Recovery Coach: Emmalou Martin
Recovery Coach: Rhonda Lehman
Night Shift: Linda Mast
Night Shift: Annie Wengerd
Chef: Heidi Shertzer
Chef: Sara Beth Martin
Chef: Joann Hurst
Chef: LaShawna Zimmerman
Nurse: Mary Wenger
Nurse: Kandis Martin
Receptionist: Barbie Martin
Receptionist: Jennica Weaver
Counselor: Rebecca King
Counselor: Ruthann Yoder
Equine Therapist: Ruthann Weaver
Equine Therapist: Arie Fisher
Equine Therapist: Jane Hoover
Cleaning: Marlene Burkholder
Cleaning: Fannie Yoder



Board:

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Vice Chairman: John Newswanger
Treasurer: Leonard Martin
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