



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 Christian setting.



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

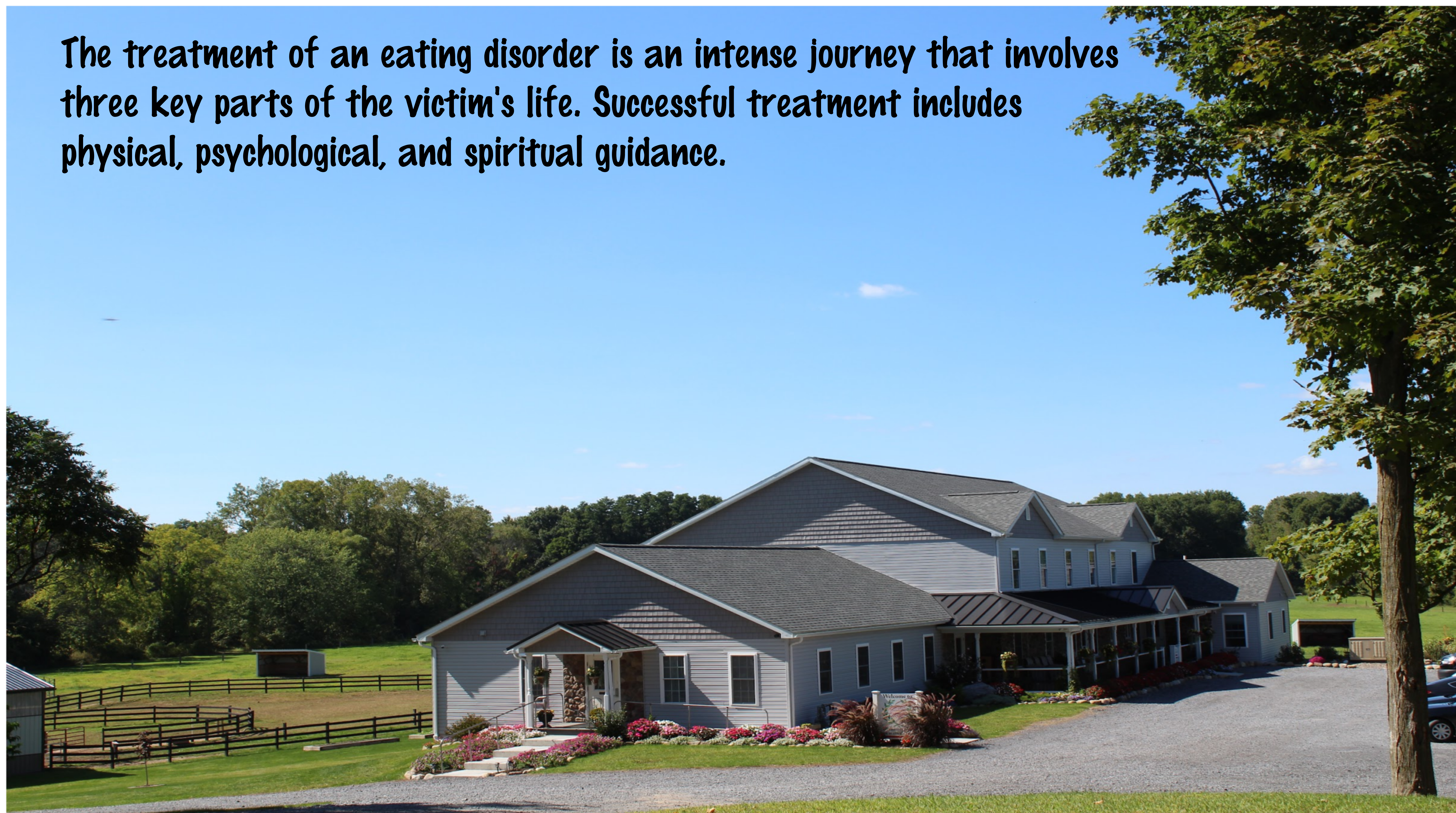
April 2025 Newsletter



What is an eating disorder?

Eating disorders are serious health conditions that affect both your physical and mental health. These conditions include problems in how you think about food, eating, weight, body image, and in your eating behaviors. These symptoms can affect your health, your emotions, and your ability to function in important areas of life. If not treated effectively, eating disorders can become long-term problems and in some cases cause death. The most common eating disorders are anorexia, bulimia, binge-eating disorder, and orthorexia.

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.



CONTENTS:

A Parent's Perspective, pg 2,3

Staff Notes, pg 3,4

Administrator's Report pg. 4

Feature Article: *Where Is Our Mission?* pg. 5

Board Member's Report pg. 6

General Information pg. 6

Treasurer's Report pg. 6

From a Parents Perspective



An Eating Disorder Journey

When we were approached about writing a story for the PMRC newsletter as parents of a daughter with an eating disorder, we thought there's no way we could write this without being a discouragement to our daughter or other parents in the same circumstances. We will try to share a few things that we learned through this difficult journey. Eating disorders try to isolate, control, and separate their victims from society and even their own families.

When we recognized our daughter was in serious trouble, we started reaching out for help wherever we could find it quickly, thinking we could get help, and get rid of this monster before it got worse. This was the first lesson we had to learn. Eating disorders don't have a quick fix! The first treatment facility she was involved with did not fully understand eating disorders. It only fueled her eating disorder more, so we would encourage everyone to be very careful where you take your loved one for treatment.

When we finally got to PMRC, the real work started for our daughter and us as parents. Yes, our daughter was the one who had to be taught a new way of thinking, but we as parents needed to be

PMRC RECORDING LINE

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there to support the ones helping our daughter. We needed to be willing to learn, too! When your loved one comes home, they will be in the same setting as where the eating disorder started. They will most definitely lose the ground they gained if they don't have support and understanding.

While a resident at PMRC, our daughter's eating disorder was slowly being driven back to its cage from where it escaped. Yes, it is true that trauma often causes this animal to escape. However, we learned in this experience that many smaller things can open the door on this cage, also, such as OCD, perfectionism, trying to be above average, never being satisfied with who we are or what we look like, overly concerned about what others think of us, feeling pressure to do better and be better, forgetting that God is in control of our lives and we are not! We as parents can help loosen the door of this cage in our speech, views, and walk.

"Let your conversation be without covetousness and be content with such things as ye have; for he hath said, I will never leave thee nor forsake thee. So that we may boldly say, the Lord is my helper, and I will not fear what man shall do unto me." Hebrews 13:5-6. Remember, as a team working together with God, this animal named ED can be put back in its cage where it belongs.

After discharge from a treatment center, it can be a frustrating time for the patient and parents. We as parents were taught over and over that many actions, attitudes, and even disrespect are coming from the eating disorder. Parents, please do not take this personally, as it is not a true reflection of the individual, just more of the brutal voice of the eating disorder.

Mealtimes need to be established three times a day. This was one of the many mistakes we made prior to the eating disorder taking its position in our family. A consistent schedule with family meals provides better nutrition and supplements our body evenly, which creates better energy and health throughout the day.

We have learned through this experience that it is a huge mistake to discuss with your family what food is bad or good for you. We as a family must recognize that all food is put on the earth by God. Balance and moderation lead to a healthy body. God created no two people alike from the beginning of time. So, this question begs to be answered: why should we compare weight and body size with others around us when God created each one as He wants us?

We as parents or extended family may talk at social gatherings about avoiding certain foods because of the fats, sugar, and starch in them. Remember someone may be listening. That someone may be obsessed with these thoughts, which can become a full-blown eating disorder.

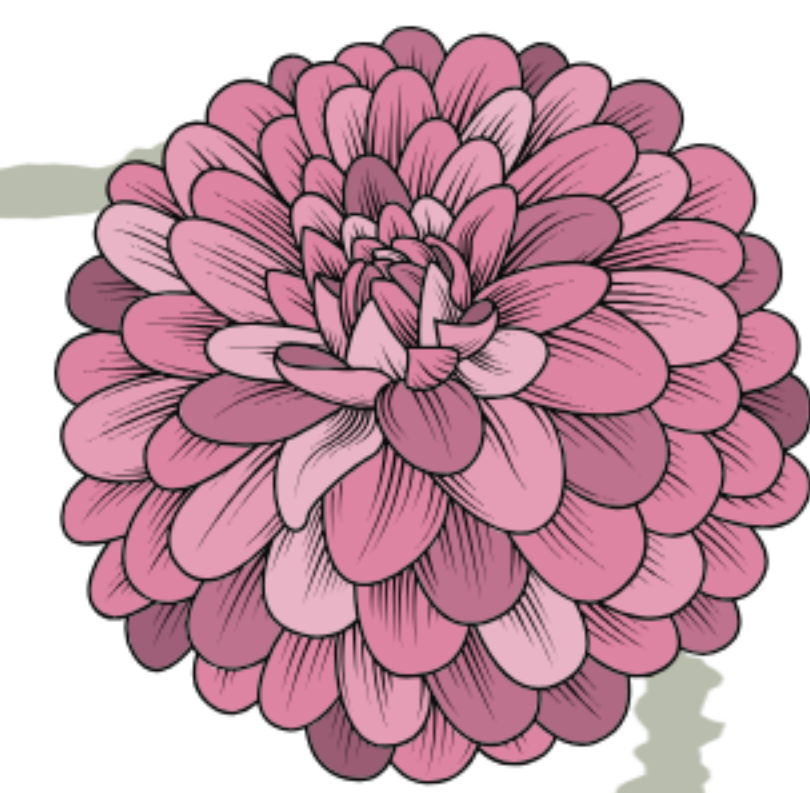
We feel our prayers are being answered by God, PMRC, and our church and community. After two years, our struggles are very real and ongoing, even though we have a physically healthy daughter at home with us. The eating disorder is still attempting many times to take control. But the more areas of support these loved ones have, the less of a chance the eating disorder has of getting control. We as a family feel there have been many blessings that have come to us through this experience in our lives.

~From parents who are on an eating disorder journey with their daughter

"You are where you are to help others where they are. You don't get a roof over your head and food on your table because you deserve more, but so you can serve more."



From a Staff



Asked to give a perspective from a staff at PMRC, one wonders where to begin. So many memories of time spent at the recovery center come to mind. They run the spectrum from joy and laughter to despair and heartbreak.

It can require incredible courage to allow oneself to not only face, but walk toward and into the depth and core of your pain, whether it be despair, betrayal, rejection, or whatever form of heartbreak we all tend to experience in a fallen world. Allowing oneself to feel such harrowing emotions might seem as if they will destroy you. Thus the initially easier choice seems to be to turn away, to distance, to pretend it's not there, or to cover it with an addiction.

In my work at the recovery center, trauma is defined as "anything that overwhelms an individual's ability to cope." Many different factors determine one's ability to cope. What may be traumatic for one might not be for the next person. "They that compare themselves among themselves are not wise." Trauma is not defined by specific events. It is *how alone you feel in your hurt*. Those with a sense of connection and support from family, friends, and community can experience seemingly traumatic events and not be traumatized by them.

We also differentiate between big T and little t trauma. Big T trauma includes happenings most people think of as trauma: death, accidents, severe illness, natural disasters, or domestic violence. Little t trauma is defined as "unrelenting (often relational) stress that an individual lives with day in and day out with seemingly no escape." People tend to notice, reach out to, think of, and sympathize with those who are dealing with events that look like Big T trauma. For those dealing with events or circumstances that might be little t trauma, it first of all, often doesn't get recognized as potentially traumatizing, and second, identification, sympathy, or validation isn't as readily forthcoming. A common remark or admonition might be to look at others who have it worse. The truth is that little t trauma can traumatize as much as Big T trauma.

If how alone you feel in your hurt is one factor that determines whether or not an event or circumstance

Report from the Administrator



will be traumatizing or not, connection in relationships is another factor that determines whether or not a happening or circumstance will traumatize or not. We are made for connection and were never intended to live without it, since we were created to live in the Garden of Eden. Consciously or unconsciously, intentionally or unintentionally, we will seek connection from those around us. If rejection is experienced instead, there will be pain. How much pain is felt likely depends on the level of vulnerability felt by the person making the initial request for connection, whether verbally or in some other way.

"What is broken in relationships must be healed in relationships." If we have not had healthy connected relationships in our lives to help us buffer the suffering life might bring, we will find ourselves using unhealthy ways of coping. An eating disorder is one among many and varied examples of unhealthy coping.

Our ultimate connection is with our Creator. Unlike all the other relationships in our lives, He will never leave or forsake and is able to do above all that we can ask or think. Healing from all kinds of brokenness is a lifelong journey, and our fullest and truest healing will only be with Jesus. "If God be for us, who can be against us?" (Romans 8:31) Recovery doesn't just happen at the recovery center. We are all involved in our personal processes of recovery. In this, we have Jesus' promise, "Be of good cheer; I have overcome the world" (John 16:33).

Pain is never wasted. Daring to walk straight into it will eventually result in being able to experience fuller and richer joy. Deadening, ignoring, and distracting from the pain results in a diminished ability to feel any emotions, including the ones you do want.

I have personally felt, since the beginning of working at PMRC, that this job was "given," rather than having searched it out myself. It seems that what I have to teach or give is far outweighed by what I have learned and received. His ways are higher than ours (Isaiah 55:8)..

~by a staff member



"But the God of all grace, who has called us to his eternal glory by Christ Jesus, after that ye have suffered awhile, make you perfect, stablish, strengthen, settle you." 1 Peter 5:10

Since it is time for another newsletter, I sit here and ponder what is interesting to you readers. What is happening here at PMRC? When I think of what has happened since we were involved, I think of feedback from former clients. This gives our team encouragement to carry on. If we look at the past clients we had, as they leave here and follow the meal plan we recommend, we have around an eighty percent recovery rate. This is after an average stay of 6 to 9 months. In contrast, a secular facility's recovery rate is about 20 percent, or perhaps up to 4 relapses for clients before full recovery.

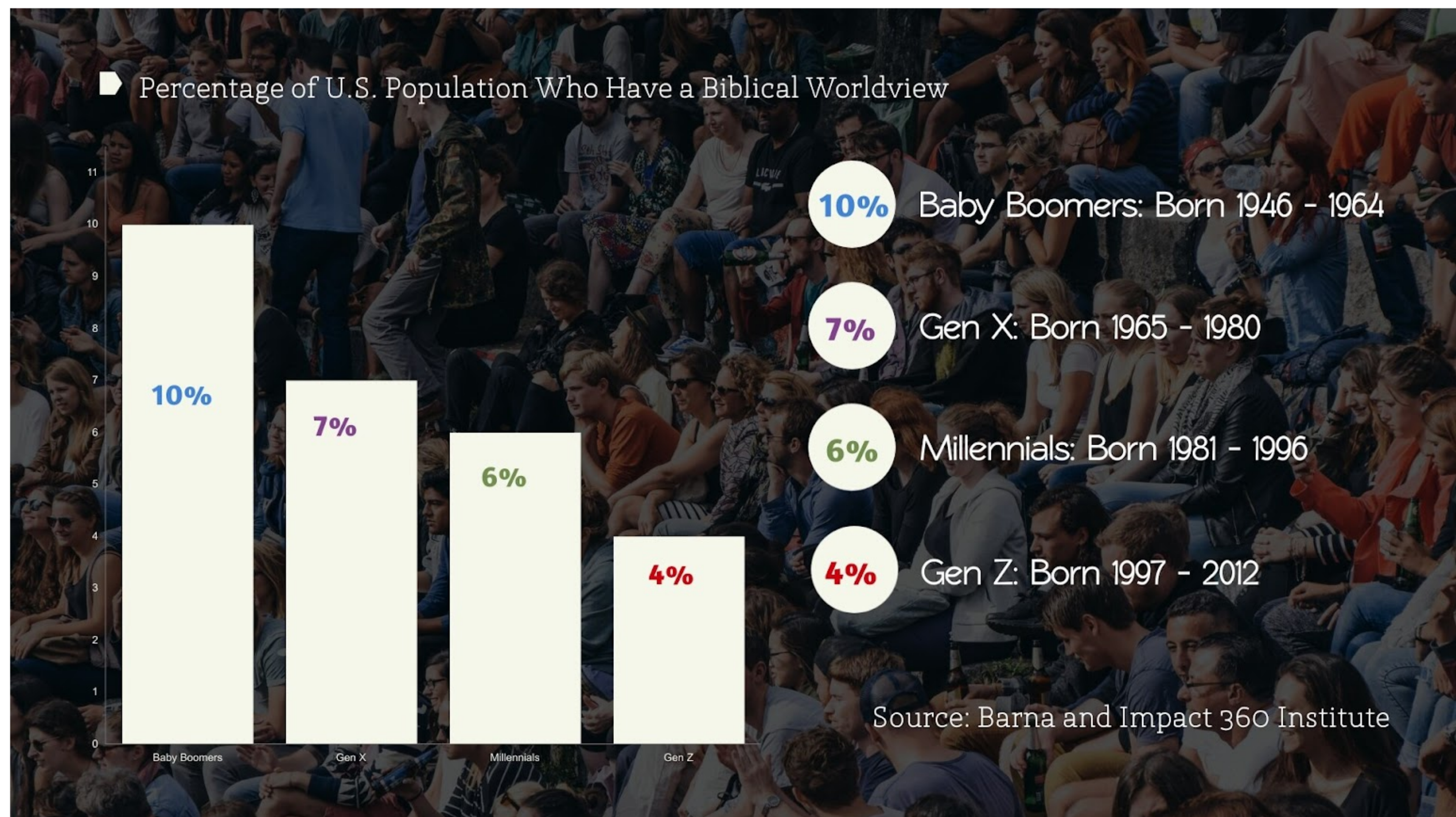
When we consider this, we feel that eating a balanced diet is a secret to a lot of our health problems today. Here we see bodies that are shut down come back to functioning as they should work. When clients come in to PMRC, we do blood work to check for other problems that they may be suffering from. From test results, we place them on medicine or supplements as needed, to help the body recover. A doctor and a registered dietician work with us to help bring their bodies back to health.

In recovery, not only the physical part must be considered, but also mental, emotional, and spiritual healing. There is usually an underlying factor that brings the body to this condition. Usually past trauma must be addressed to bring full recovery. As well as the emotional damage it brings, trauma also has an effect on physical brain health. There are also physical effects from nutrition restriction; damage done by 90 days of restriction can take up to 2 years to fully heal. For this reason, we can understand why healing takes months.

As we think of all this, let us stop and consider our discussions of food, food groups, and body image. Why are these so important? Let's stop and consider the price that comes with that and what it can do to young, unstable minds.

Wishing you all God's blessing as you continue life's journey.

~By Leon Weiler



Significant donations to any number of charities. Short-term mission trips to Haiti. Long-term missionaries to Africa. The opportunities abound for those of us who live in North America to impact the lives of people halfway around the globe from us and improve their living conditions while spreading the Gospel to them. These opportunities have a rightful place in our lives.

Yet what about here at home? The above graph shows us the significant decline right around us of people who profess a Biblical worldview. "Oh, I knew that," you might say. "Just look at the condition of the world around us."

Yes, we look. We sigh. But do we see? Psychiatrist Jonathan Haidt tells us that up to about 2010, the number of teenage girls admitted to the hospital yearly due to cutting or other self-harm behaviors was fairly stable. After 2010, as the number of teens and their parents who professed Biblical worldview further decreased and technology increased, the number rose 62% for older teen girls and 189% for preteens. The same pattern has followed for suicide and teen girls, as Biblical moorings decrease in the U.S. Statistics regarding older teen girls and suicide have risen 70%. For preteen girls, statistics regarding suicide have exploded 151%.

Less drastic statistics are also sobering. The World Happiness Report tells us that the U.S. has reached its lowest ever position in rating the happiness of its citizens in comparison to the countries around it. It now ranks 24th in comparison to other countries, dropped from 15th place in just 2023. This is in part due to loneliness and declining social trust, which is at its lowest level in 50 years.

All visible actions communicate inner conditions. Just as physical symptoms like fever, coughing, and body aches may communicate the truth that someone is dealing with a virus, circumstances in plain communities point to the truth of what is within. Consider a few questions: how many facilities have been built in the last twenty years for plain people who are struggling with things like depression, anxiety, eating disorders, self-harm behaviors, or suicidal thoughts? The above statistics come from the secular world, yes. Yet if those conditions are mainly found there, why is the world not looking to plain communities as examples of lives finding victory from these struggles?

Where is our mission?

Sources: Brad Huddleston Ministries, Plain News



Report from a Board Member

"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

In this setting, it is sisters in the faith that feel less than the least. When I think of the work here at PMRC, my thoughts go to the song, "When your work is my work, and our work is God's work, when we all pull together, how happy we'll be."

I want to thank everyone involved in this work. First to all the supporters that give of their time as houseparents, chefs, coaches, administrators, receptionists, etc.

Thank you also for the prayer support and the financial support that makes it possible for us as a board as we sit together and look to God for direction. Pray that all can be done to the honor and glory of God. Also pray for the well-being and healing of the hearts, minds, and souls of those that are here searching for peace and freedom from the grip of despair that caused them to turn to or away from, food.

When we as board members sit together (approximately every three weeks) there are many decisions to make, from what is sound material to use for resident coaching or staff training to how to balance the financial needs of the facility. We are all poor mortals in need of help trying to help people in need of help and look for God's blessings on our efforts as we humbly work in His vineyard.

~ by Nevin Horst




Board:

Chairman: John Newswanger
Vice Chairman: Daniel Martin
Treasurer: Leonard Martin
Secretary: David Hoover
 Albert Hershberger
 Jonas Stoltzfus
 Nevin Horst
 Jonathan Garman
 Daniel F. Stoltzfus

PMRC Treasurer Report		
August 1, 2024- January 31, 2025		
Income:	Donations:	\$91,834
	Clients:	\$844,597
	Other Income:	\$67,471
	Total:	\$1,003,902
Expenses:	Groceries:	\$49,530
	Wages:	\$505,571
	Travel:	\$94,687
	Massage/Chiropractor:	\$16,190
	Building Projects/maintenance	\$10,723
	Insurance	\$14,224
	Horse Related:	\$11,603
	Interest on Loans:	\$16,863
	Reimbursable Expenses:	\$57,905
	Other Expenses:	\$134,185
	Total:	\$853,577
Building Debt:		\$522,846

Staff:

- Administrator: Curtis and Michelle Martin
- Assistant Administrator: Leon Weiler
- Recovery Coach: Sharon Zimmerman
- Recovery Coach: Ida Zimmerman
- Recovery Coach: Anita Zimmerman
- Recovery Coach: Miriam Fox
- Recovery Coach: Rhonda Lehman
- Recovery Coach: Ruthann Yoder
- Recovery Coach: Corinne Rudolph
- Recovery Coach: Krystal Ringlar
- Recovery Coach: Ruth Shirk
- Night Shift: Linda Mast
- Night Shift: Annie Wengerd
- Night Shift: Earl and Martha Sauder
- Chef: Heidi Shertzer
- Chef: LaShawna Zimmerman
- Chef:Kathy Martin
- Chef: Sylvia Sauder
- Nurse: Mary Wenger
- Nurse: Kandis Martin
- Receptionist: Barbie Martin
- Receptionist: Faith Nolt
- Receptionist: Ashleigh Peachey
- Mentor: Rebecca King
- Mentor: Nevin and Joyce Horst
- Equine Therapist: Ruthann Weaver
- Equine Therapist: Arie Fisher
- Equine Therapist: Edna Martin
- Equine Therapist: Rosetta Burkholder
- Equine Assistant: Luanne Wenger
- Cleaning: Diane Burkholder
- Cleaning: Barbie Yoder



Fill-in Staff: Michelle Martin, Susan Byler, Arie Stoltzfus, Mary Yoder, Wendy Good