

LIGHT BEARERS



Amy Shores, director of pastoral care at Methodist Family Health

New Director of Pastoral Care

Amy Shores is closing in on her first year with Methodist Family Health, but in that short time, she has made a big impact on our clients, staff and community. As director of pastoral care at Methodist Family Health, Amy sees to the spiritual needs of the Arkansas children and families in our care. She brings new energy and ideas to our locations throughout the state, and she is growing the spiritual component of care for children, youth, their families and our staff. Get to know a little more about this vibrant young lady.

Q: Are you an Arkansas native?

A: I grew up in Haughton, Louisiana (a small town just east of Shreveport.) While I was finishing seminary, I worked in college ministry and taught 6th grade in Louisiana then I moved to Milledgeville, Georgia where I was in college and youth ministry for about five years. I decided I wanted to be closer to my family so I moved to Arkansas and worked as the associate director for Habitat for Humanity of Saline County. I loved it, but I missed working with students so I took a position serving as the director of

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Givers Have a Glowing-Good Time at 2nd Annual Bright Night

A hot August day led to a Bright Night of fun for Methodist Family Health. From 5-9 p.m. on Friday, August 3, youth groups, families, sponsors, volunteers and kids of every age flocked to Big Rock Mini Golf and Fun Park in Little Rock to play games and have a great time. More than 350 people attended, and more than \$55,000 was raised to benefit the Arkansas children and families at Methodist Family Health.

Whether they chose a round of mini golf or go-karts, beat the heat at bumper boats or the arcade games, tagged each other in lazer frenzy or the amazing aerial maze, or took a swing in the batting cages, Bright Nighters helped raise funds and awareness for Methodist Family Health.

"Last year, we were so pleased with the response we got for our first-ever Bright Night," said Carolyn McCone, CFRE, executive director of Methodist Family Health Foundation. "This year, we were thrilled to see it was just as well received and attended. We are grateful to everyone who made this event a success."

Proceeds from the event help rebuild the lives of Arkansas children and families who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues.



Dear Friend:

The hot days continue to linger, but I know the cooler days of autumn aren't too far away.

We started the summer with a wonderful time at our Kentucky Derby-inspired fundraiser, Southern Silks, and we just celebrated summer's end with our newest event, Bright Night. Both of these events raise awareness of our mission and ministry, build funds to help the children and families we serve, and bring us together as a community.

It's these three things that make possible our revitalization and growth. Southern Silks made it possible for us to remodel the kitchens in the cottages used by Arkansas CARES. Bright Night is making it possible for us to provide therapy resources, services and personnel to clients throughout the state. In a few months, we'll be focused on Share the Light, our Christmas appeal to United Methodist Churches in Arkansas, for continued program support throughout the state, all year long.

This progress reminds me that each of us makes an impact, and together, we make change. It's a joy to see this progress positively influence the lives of the people we serve at Methodist Family Health. Thank you for that opportunity.

Sincerely,

Andy Altom
CEO

Redesigned Website Launched in June

Methodist Family Health's website, MethodistFamily.org, received a redesign and launched in June. The new site is responsive, which means it can be viewed easily on a computer, laptop, tablet or smart phone, and reorganized for visitors to find information quickly.



The new homepage features a slideshow in which the latest news about Methodist Family Health can be accessed as the first thing a visitor encounters. The blog, which includes the devotionals by Director of Pastoral Care Amy Shores, is updated regularly to keep visitors informed and engaged. New information for clients and families helps answer questions, address fears and concerns, and reassure next steps in our continuum's process.

Save the Date to Share the Light

As a Methodist Family Health donor, you have seen how a contribution – whatever the amount – has shined the light of stability, peace and healing on the Arkansas children and families we serve. This November and December, Methodist Family Health will ask you to share your light with our state's kids who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues. Please keep Methodist Family Health in mind as you make your plans to give during the holiday season.

Dates to Remember

Special Offering Sundays in Arkansas's United Methodist Churches

- Sunday, December 9, 2018
- Sunday, December 16, 2018



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youth and young adults at Asbury United Methodist Church. I became familiar with Methodist Family Health during my time at Asbury, and when the director of pastoral care position became available, it was something I knew I wanted to explore.

Q: What made you want to pursue a career working with kids?

A: I've always enjoyed working with children, youth and young adults. Once they know you really care about them, they are so open to hearing what you have to say, and they aren't afraid to express their thoughts and questions. One of my favorite things about this position is that, in the course of a normal week, I am able to minister to six-year-olds to 36-year-olds and all ages in between. Our programs at the Methodist Children's Home, Methodist Behavioral Hospital and Arkansas CARES are all so different, but I enjoy them all.

Q: What goals do you have for working with our clients?

A: We developed a spiritual mission statement for Methodist Family Health a couple of months ago: the spiritual mission of Methodist Family Health is for those receiving our help to find the love, worth and acceptance offered by God, along with the resources to help them grow as they begin or continue their spiritual journey to wellness. My goals are aligned with our mission statement—I want to be sure our kids understand (as much as any of us can understand) the love that God has for each of them.

Q: What has been the highlight of your time with Methodist Family Health so far?

A: There have been a few times where I felt I saw some life change happen. You can tell by conversation when someone actually "gets" what you are talking about, and it's so encouraging to have clients make that



Methodist Family Health

SENTINEL

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Methodist Family Health is the management company of:

- Methodist Children's Home
- Methodist Behavioral Hospital
- Methodist Counseling Clinics
- Arkansas CARES

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New Residential Treatment Center Set to Open in September

Methodist Family Health will move residents into its new psychiatric residential treatment center at its Fillmore campus in Little Rock in September. This state-of-the-art residential treatment center houses what was formally offered in five separate buildings - three housing units, a school and a gym - at Methodist Children's Home, which has been in operation for a century. This new facility will be more efficient, providing better service to children, families and staff, and the other buildings will remain to be used for other purposes.



The building is two stories and encompass 33,625 sq. ft. Methodist Family Health originally expected to open the doors of this new facility in January 2019 but is welcoming residents five months sooner.

Rev. Robert Regnier Memorial Camp Cruises into Summer



In June, the kids in our group homes traveled to Camp Tanako on Lake Catherine in Hot Springs to cruise into summer. The week-long summer camp named in honor of Rev. Robert Regnier ended with a carnival with games, prizes, food, drinks and fun. The camp's cruisers got to swim, fish, canoe, create crafts, eat s'mores and experience all the things camps provide.

Bishop Mueller Serves Communion at Methodist Behavioral Hospital

In July, members of the First United Methodist Church from Sachse, Texas youth group came to the Methodist Behavioral Hospital to share vacation bible school with our kids. Bishop Gary Mueller of the Arkansas Conference of the United Methodist Church talked with the kids and served communion during the last day. Bishop Mueller explained the meaning behind communion before serving more than 50 people in attendance. The communion included a devotional and live music.



connection to Christ, and to furthering their spiritual journey, in an almost visible way.

Q: What change would you like to see at Methodist Family Health that would help our kids and families most?

A: *I honestly don't have something that I want to change, but something that I don't want to change is this: I think our staff does an amazing job of helping guide and encourage our students in their spiritual walks. It is so encouraging to hear about Bible studies, prayer times, worship times and other spiritual pursuits that are staff-led.*

The thing I hear over and over again from youth groups that come to our campuses to help is how much they enjoy our kids, how open our kids are to what they have to say, and how much our kids are just like them, I encourage everyone to consider signing up for a time to come to campus to minister to our kids—whether it's for a worship service, a holiday party, or even just a game day. Our kids - just like all kids - thrive on being made to feel special and loved.



Our Gratitude for a **Glowing-Good Time**

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