

LIGHT BEARERS



Bishop Ken and Elaine Hicks

We are saddened by the loss of Bishop Kenneth W. Hicks and his wife, Elaine. Bishop Hicks was a retired United Methodist Bishop and resident bishop at Pulaski Heights United Methodist Church since 1992 as well as a very special mentor to the Methodist Family Health staff.

As a member of the MFH administrative leadership team for many years, Bishop Hicks provided us with inspiration and purpose as we met about the clients and care we provide. He also acted as an advisor on church relations to MFH senior management and board members.

The Hicks enjoyed lending their support in time and money toward the care of the children we serve. Married for 72 years, the Hicks will always be remembered for their devotion to Methodist Family Health's mission of providing the best possible care to those who may need our help. Our prayers go out to the Hicks's daughters, Linda Hicks and Debra Gottschalk, and their grandchildren Kiley and Spencer Gottschalk.

Boys and Girls Have a Ball at

BRIGHT NIGHT



The third annual Bright Night brought a bouncing good time for supporters of Methodist Family Health. From 5-9 p.m. on Friday, August 2, youth groups, families, sponsors, volunteers and kids of every age barreled in to Big Rock Mini Golf and Fun Park in Little Rock to challenge each other at bumper boats, go-karts, lazer frenzy, mini-golf and much more. More than 400 people attended, and more than \$45,000 was raised.

"This summer celebration has become a unique way for kids and families to have a great time while helping the children and their families in our care," said Carolyn McCone, CFRE, executive director of Methodist Family Health Foundation. "We are grateful to everyone who makes this event such a success."

Proceeds from the event help Methodist Family Health pursue our mission of providing the best possible care to those who may need our help by rebuilding the lives of Arkansas children and families who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues.



Summer is always the busiest time of the year. With longer, brighter days comes three months of celebrations, vacations and preparation for the new school year as well as more time outdoors. This summer at Methodist Family Health has been no different for us: our kids are tending gardens they planted in the Spring, looking back on memories made at summer camps, and planning for the Fall. While we celebrate the end of summer with our Bright Night event, we temper our elation with sadness at the loss of two stalwart supporters who embodied the mission of Methodist Family Health: to provide the best possible care to those who may need our help. Bishop Kenneth Hicks and his wife, Elaine, helped guide Methodist Family Health into the statewide continuum of care it is today. We will miss their encouragement and dedication while continuing their legacy of compassion, hope and stability for Arkansas's children and families.

Sincerely,

Andy Altom
President and CEO

Church Awards

GENEROSITY RECOGNIZES CHURCHES THAT HAVE MADE SIGNIFICANT FINANCIAL CONTRIBUTIONS TO METHODIST FAMILY HEALTH	OUTSTANDING VOLUNTEERS RECOGNIZES CHURCHES THAT HAVE PROVIDED EXCEPTIONAL VOLUNTEER SUPPORT TO METHODIST FAMILY HEALTH
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NORTHWEST DISTRICT FIRST UNITED METHODIST CHURCH, BELLA VISTA VESTA UNITED METHODIST CHURCH, CHARLESTON BLAND CHAPEL UNITED METHODIST CHURCH, ROGERS	NORTHWEST DISTRICT SEQUOYAH UNITED METHODIST CHURCH, FAYETTEVILLE
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SOUTHEAST DISTRICT FIRST UNITED METHODIST CHURCH, STAR CITY	SOUTHEAST DISTRICT FIRST UNITED METHODIST CHURCH, MONTICELLO

2019 Church Award Winners Announced

Each year, the Methodist Family Health Foundation recognizes United Methodist Churches in the Arkansas District for their generosity and outstanding volunteerism during the previous year. This year, the awards were presented to church members attending the Annual Conference of the Arkansas Conference of the United Methodist Church. We thank each and every church and member who help us rebuild the lives of Arkansas children and families.



Simmons Ba... to Grill Up B... Healing Hea...

The good folks at S... as they braved the... burgers for our fam... 2019 this weekend... these folks from ma... families working th... tasty time.

Magnolia Counseling Clinic Welcomes New Therapist



Methodist Family Health recently welcomed Michelle G. Davis, M.S., L.P.C. to our Magnolia Counseling Clinic as our newest therapist.

Davis completed her bachelor's degree in psychology and a master's degree in mental health counseling from Texas A&M University in Texarkana where she also taught undergraduate classes in psychology as well as counseling services courses. With more than 20 years of experience across a variety of settings — including outpatient community care clinics, inpatient psychiatric hospitals and nonprofit organizations — Davis can provide individual, family and group therapy as well as therapeutic services for patients with depression, anxiety disorders, post-traumatic stress disorder (PTSD), trauma and abuse, family and relationship issues, self-image and self-esteem issues, complicated grief reactions, anger and stress management, and behavioral and discipline challenges.



Little Rock RTC Holds College and Career Week

The staff at our psychiatric residential treatment center in Little Rock rocked their college colors in April. The goal? To engage our clients in planning for their future. Universities represented included University of Arkansas at Monticello, Southern Methodist University, Henderson State University, University of Arkansas at Pine Bluff, Arkansas State University, University of Arkansas at Little Rock, LSU, Stanford University and many more.



Methodist Family Health

SENTINEL

a publication of the Methodist Family Health Foundation

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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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The mission of Methodist Family Health is to give the best possible care to those who may need our help.



Bank Braves Weather Burgers for Camp Starts

Simmons Bank were great sports in the weather to grill hot dogs and hamburgers at Camp Healing Hearts. No storm or torrential rains kept us making sure the children and their families had a relaxing and



Gardening Gets Girls and Boys Back Outside

June 6 was National Gardening Exercise Day, a day intended to recognize the important physical health benefits of gardening. Our kids participating in the gardening therapy program at Methodist Behavioral Hospital celebrated by harvesting, and the day was as sunny as the patients' smiles as they gathered their first crop – cabbage.

The recreational therapy program at Methodist Behavioral Hospital in Maumelle recently established a new gardening program aimed at educating our patients about basic agriculture and food production. The hospital's maintenance department constructed a series of raised beds and an arbor area to serve as a unique outdoor learning space.

Not only is gardening good for your physical health, gardening has been found as a positive way to release stress and anxiety while teaching confidence and pride. Currently, our kids have planted broccoli, cabbage, cucumbers, squash, tomatoes, peppers, strawberries and a variety of herbs.

Residents Grateful for Recent Camp Experience

The kids in our therapeutic group homes returned from a week-long church camp at Camp Tanako on Lake Catherine in Hot Springs in July. Here are some of their thoughts and thanks on their experiences. A profound thank you to our donors who make it possible for our kids to enjoy summer camp each year!

Thank you for helping our kids have a fantastic week at Camp Tanako! For many of us at UMCH, it is our favorite week of the year - both kids and staff. The opportunity to fish, swim, kayak, and explore has been a wonderful gift!

Gratefully,
 Emily Shields
 Program Consultant

BECAUSE I HAD A GREAT TIME AND MADE A LOT OF NEW FRIENDS. IT WAS KIND OF YOU TO LET ME COME AND I AM VERY THANKFUL. I HOPE THAT GOD BLESSED YOU IN MANY WAYS AND ONCE AGAIN THANK YOU

Sign JOSHUA ☺

Thank you for Camp Tanako this is my first second year at Camp here and its amazing I love it sooo much and its the best vacation its the best camp I ever been to. and I really like it. thank you very much you deserve alot of thank yous

Love-Amiisa

Thank you so much



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