

## LIGHT BEARERS



### Eli Alexander Secret Santa and Philanthropist

The only thing more beautiful than this young man is his heart. Eli Alexander of Little Rock, who just turned 11 years old, already understands the immense power of giving, regardless of age or station in life. Eli heard about the Secret Santa program at Methodist Family Health, in which donors could “adopt” a child in our residential programs and provide them gifts on Christmas Day.

According to his mom, Jan, “This kid! He contributed half of his Christmas money to a kid he doesn’t even know. He said he has everything he needs, but this kid doesn’t. I hope at least one of my friends is as committed to helping a kid in need as my son is!”

Because of Eli’s interest and contribution, Jan shared Methodist Family Health’s Facebook post about how to participate as a Secret Santa, and together, they raised \$30 and had friends register to provide even more items on our kids’ wish lists.

“What a privilege to be able to help a child and have a discussion about it with my own,” Jan said. “He said, ‘Just spend half of my money on this kid, because he really needs it.’ Proud momma moment.”

*continued on page 2*

## MIKE MILLAR SPIRITUAL LIFE CENTER

### A Building to Keep Rebuilding Lives

*By Carolyn McCone, CFRE, Executive Director, Methodist Family Health*

Mental illness. Abuse, abandonment and neglect. Behavioral and emotional issues. ADHD. Bullying. Foster children. Substance abuse. At Methodist Family Health (MFH), we work with Arkansas children and families each day who have been traumatized by these issues, and without specialized treatment including spiritual guidance, they won’t be able to navigate life in the face of these challenges.

The MFH Fillmore Campus in Little Rock houses a psychiatric residential treatment center, a therapeutic group home, an on-campus school, Arkansas CARES, and a gymnasium as well as a chapel.

The Methodist Children’s Home Chapel was built in 1954, and through 66 years of use has become worn out, unsafe and in need of replacement – leaving our children without a dedicated place to worship.

Friends and supporters of Methodist Family Health have this opportunity to help us construct a new multipurpose Spiritual Life Center on our Fillmore Campus. Named in memory of Methodist Family Health’s long-time operations board president, Mike Millar, the facility will serve as the hub for spiritual development for the children, youth and families we serve.

### SPIRITUAL DEVELOPMENT

Each week, the children and families on the Fillmore Campus can participate in spiritual services and Bible studies, including communion, in the Center’s chapel. United Methodist Church groups throughout the state generously and continually volunteer to serve at MFH, providing worship experiences like music, devotionals, vacation bible school and other spirituality services. With a new reverent space for worship and spiritual learning, our kids will continue to connect with the community

*continued on page 2*





and feed their spirits in a place where they feel love, peace and hope for their futures.

## WELCOMING ENVIRONMENT

In addition to the chapel, the Center will include administrative space for our directors to include trainings for staff. Today, there is no room for Children’s Home directors and administrators to work on the Fillmore Campus, but this new Center will serve as the pivotal point of arrival, admission coordination and general information about our services. With the knowledgeable, experienced and able directors in one space, the Spiritual Life Center will mean more efficient and timely response from administrators, and more personalized care for our children and families.

## COMMUNITY ENGAGEMENT

Our new Center will offer our best first impression to families and visitors. The facility will also provide space for community partners to meet for neighborhood association meetings and community education. In fact, MFH is proud to be a part of the Fair Park neighborhood in Little Rock for more than 50 years, and we look forward to even more community involvement.

We are very pleased to share that the MFH Foundation began the quiet phase of a capital campaign in 2019 to raise funds to build a Spiritual Life Center on our oldest campus.

We have been seeking financial commitments of \$5.2 million over three years to build the new multipurpose Spiritual Life Center. All members of both the MFH Operations and Foundation Boards have personally committed to the success of this campaign. In January 2021, we announced the public phase of the campaign and the \$950,000 challenge grant awarded by the J.E. and L.E. Mabee Foundation. We have until October 2021 to meet the challenge of raising the remaining funds to complete our campaign.

## PLEASE JOIN US

Just as the chapel constructed more than 66 years ago played a vital role in the lives of our children and families, the opening of the new Spiritual Life Center will continue the care of the whole person – mentally, emotionally, behaviorally and spiritually.

We now invite you to join us in building this new Spiritual Life Center, which will serve the spiritual, emotional and physical needs of those we serve now and for years to come.

## LIGHT BEARERS

*continued from page 1*

Greg, Eli’s father, says it makes his dad’s heart proud as well.

In addition to being a philanthropist, Eli began his first year in middle school in 2020. His family, including parents Greg and Jan, and sister Amelia, make it a priority to contribute to others in their community. In addition to Methodist Family Health, the Alexanders are autism advocates and support CASA of Pulaski County among other causes.

“Be a good human is our motto,” Jan said. “I am so proud Eli and Amelia are taking this to heart.”



## Connect with Us!

If your Sunday School class, church group or community group would like to have a Zoom presentation about Methodist Family Health, the Methodist Family Health Foundation, our programs and work, please reach out to Amanda Smith, director of development, at [Amanda.Smith@methodistfamily.org](mailto:Amanda.Smith@methodistfamily.org).



Amanda Smith

You also can keep up to date on what’s going on with our clients, their families, our staff, sponsors and supporters by signing up for the Sentinel. You can e-mail [Foundation@MethodistFamily.org](mailto:Foundation@MethodistFamily.org) to be added to our e-mail and mailing distribution list.

## Supervised Independent Living Home in Fayetteville Arkansas Opens

Methodist Family Health added a much-needed program to our continuum of care in October 2020. Our new supervised independent living home in Fayetteville received our first two clients just before Halloween.



The new program is for young adults 18-21 and offers them the opportunity to live in a safe setting, receiving coaching and guidance on life skills, while taking responsibility for themselves. The young men in our program focus on continuing their education, developing employment skills and learning important life skills such as budgeting, personal finances, meal planning, wardrobe management and using community resources. We provide a safety net as they run into the inevitable struggles that trip up young adults.

We have a resident assistant trained in the teaching-family model, who lives in the home and works with the youth 40 hours each week. The director of our qualified residential treatment programs and supervised independent living program is also acting as the program consultant for this new endeavor. She meets face-to-face with each client weekly and is available to them via telephone, text or email 24/7. Although the youth can stay until they are 21, they can move on to the next phase of life as soon as they reach their personal goals, and Methodist Family Health will continue to work with them to transition into the community.

## 12th Annual Get Up & Give Collection Project Kicks off Feb. 17

### Here's How You Can Participate During the 40 Days of Lent (Feb. 17 – April 1)

Anyone can participate by contributing necessities to the Arkansas children and families in our care. Some of the items needed are personal hygiene items, clothes, school supplies, bedding, underwear and other necessities. Items can be dropped off at any one of the eight Methodist Counseling Clinics throughout the state. Methodist Family Health asks that all items contributed through Get Up & Give are new. Monetary donations also can be contributed so that specific items can be purchased to meet the needs of the Arkansas children and families in our care. For more information, visit the Get Up & Give segment on our website or call 501-906-4201.



For contactless shopping and delivery options during COVID-19, visit our website at <https://www.methodistfamily.org/get-up-and-give.html>. Here you will find shopping lists where you can purchase from Amazon.com or Walmart.com and have the items delivered directly to us.

### Support Methodist Family Health Foundation

Your donation helps the Arkansas children and their families in our care. Will you give today to those in our care who are abandoned, abused, neglected and suffering psychiatric, behavioral, emotional and spiritual issues? Here are easy ways to give.

- Text GIVE to 501-881-2258 to initiate a donation you can easily manage on the go.
- Donate online now using our secure online donation form. In the designation box, please choose "Donation Closet" so your contribution will go to Get Up & Give.
- Call 501-906-4201 to make a secure contribution with your debit or credit card.
- Mail your cash or check donation to Methodist Family Health Foundation, P.O. Box 56050, Little Rock, AR 72215-6050. Please note "GUAG" in the memo field of your check.
- PayPal. Visit PayPal.com and search for Methodist Family Health Foundation.

Methodist Family Health

## SENTINEL

a publication of the Methodist Family Health Foundation

**Carolyn McCone**, CFRE, Executive Director

**Amanda Smith**, Director of Development

**Kelli Reep**, Director of Communications

**Jamie Griffith**, Foundation Project Manager

**Christy McCreight**, Foundation Assistant

1600 Aldersgate Road  
Little Rock, AR 72205  
501.906.4209

The Sentinel is published four times a year. For more information, contact:  
Kelli Reep, Editor  
501-906-4210  
[kreep@methodistfamily.org](mailto:kreep@methodistfamily.org)

Photos: Mark Fonville, Greg Alexander and Methodist Family Health staff

© Methodist Family Health Foundation  
**MethodistFamily.org**

Methodist Family Health is the management company of:

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

### FOLLOW US

[facebook.com/methodistfamilyhealth](https://facebook.com/methodistfamilyhealth)

@MethodistFamily

[instagram.com/methodistfamilyhealth](https://instagram.com/methodistfamilyhealth)

[YouTube.com/MethodistFamilyHealth](https://YouTube.com/MethodistFamilyHealth)

### Methodist Family Health Board of Directors

Chairperson Bill Mann, Little Rock  
Ritter Arnold, Marked Tree  
Scott Beardsley, Paron  
Harry Clerget, Little Rock  
Dr. Charles Clogston, Little Rock  
Russ Hannah, Jonesboro  
Betty L. Hanson, Little Rock  
Rev. Nathan Kilbourne, Sherwood  
Rev. Michael Mattox, Rogers  
Rev. C.E. McAdoo, Little Rock  
Judge Robert McCallum, Hot Springs  
W.A. McCormick, Little Rock  
Bishop Gary Mueller, Little Rock  
Jamilyn Noble, North Little Rock  
Rev. Jim Polk, Benton  
Neill Sloan, Lake Village  
Don Weaver, Conway

### Methodist Family Health Foundation Board of Directors

Chairperson Jan Green, Little Rock  
Ritter Arnold, Marked Tree  
Linda Barnes, Little Rock  
Misty Baugh, Little Rock  
Laura Borg, Little Rock  
Ray Dillon, Little Rock  
Jim Duckett, Little Rock  
Pam Gadberry, Little Rock  
Clay Gordon, Little Rock  
Marci Hall, Little Rock  
Karla Hilburn, Little Rock  
Arita Jewart, Little Rock  
Becky Kossover, Little Rock  
Rev. Annie Lankford, Little Rock  
Sherry Rowbotham, Little Rock  
Max Sharp, Little Rock  
Cody Simon, Little Rock  
Neill Sloan, Lake Village  
Bill Spivey, Little Rock  
Clefton Vaughan, Little Rock, emeritus  
Don Weaver, Conway

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



P.O. Box 56050  
Little Rock, AR 72215-6050

Nonprofit Org.  
U.S. Postage  
**PAID**  
Little Rock, AR 72204  
Permit No. 387

Simply everyone  
is getting  
excited about

# Southern Silks

A DERBY DAY SOIREE

BENEFITING  
Methodist Family Health

September 18, 2021

Ticket and Sponsor Information:  
[methodistfamily.org/southern-silks](http://methodistfamily.org/southern-silks)  
or 501-906-4209

