

# Sentinel

 **Methodist**  
FAMILY HEALTH

SPRING 2013

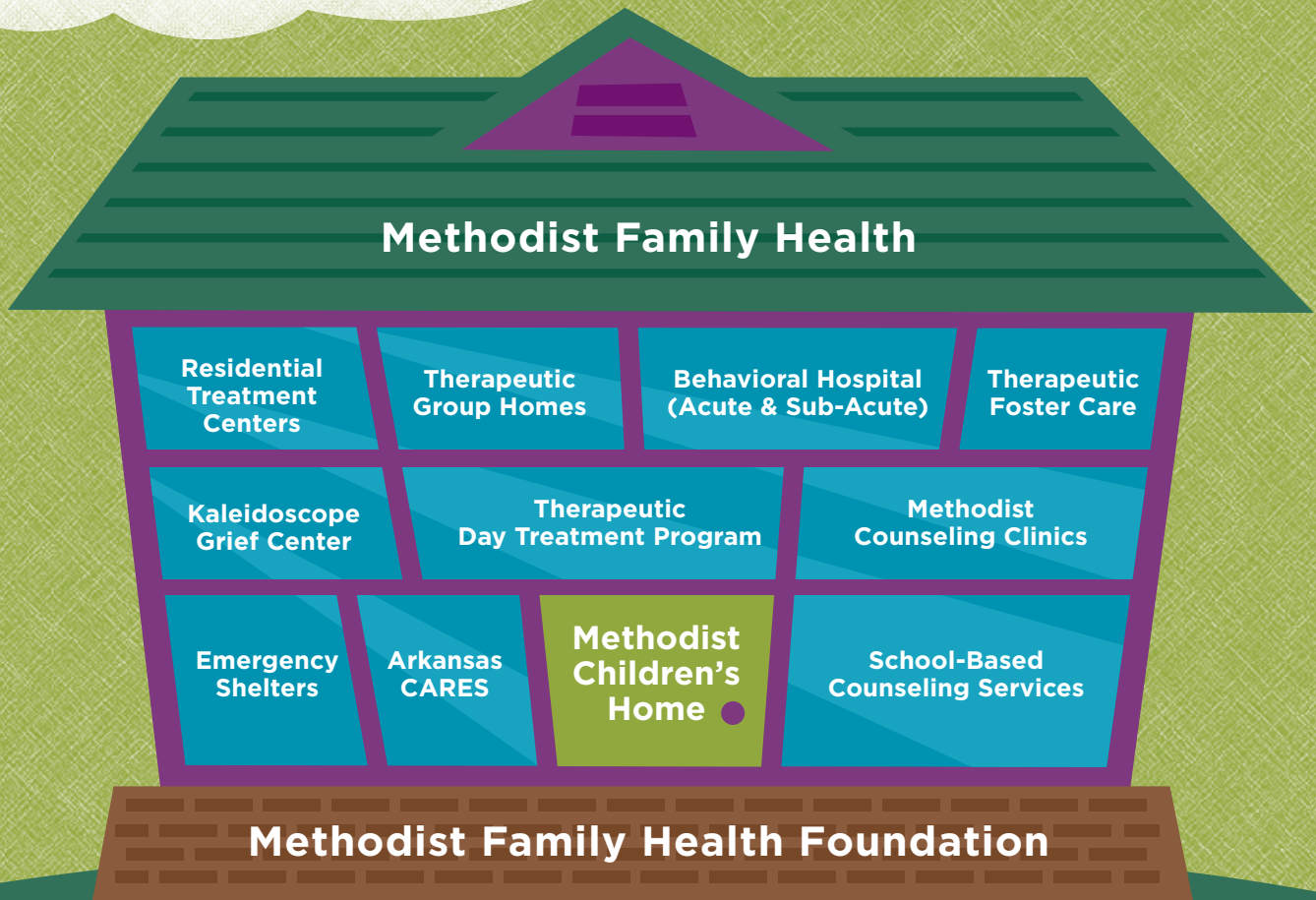


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**Methodist Family Health  
*Sentinel***

a publication of the Methodist Family  
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On the cover: Rhonda and Mark Coldren  
and children Connor and Ashlan are  
among the many Arkansas families who  
have benefited from the services of  
Methodist Counseling Clinic.

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**MethodistFamily.org**

# Welcome to *Sentinel*

The overwhelming common theme that faces all of us in the mental health provider arena is how to best serve families without insurance. Our hospital serves clients regardless of their ability to pay when they present themselves to us for care. In all of our programs we work with families to provide the best possible care we can. We have financial counselors to advise families on how to receive funding assistance for their children. In some cases we work with families through an income-based discounted care plan or charity care.

Unfortunately, uncompensated care creates a burden for our organization, so we are faced with having to set limits on how much we can do.

As a nonprofit organization, Methodist Family Health's first priority is giving quality mental health services to the children we serve, not making money for our stockholders. Our Operating Board ensures we are serving the children who need us while balancing a lean budget.

The Foundation's fundraising efforts - which provide funding for programmatic needs, capital improvements and recreational activities - go a long way in allowing Methodist Family Health to use operating funds to help cover the uncompensated care and better meet our mission to serve. Your support directly influences our success and our ability to fulfill our mission, which is to give the best possible care to those who may need our help.

Thanks for all the wonderful support you provide our organization.

Sincerely,



Andy Altom  
President and CEO



# Getting a Handle on Life's Challenges

**Methodist Family Health Counseling Clinics are an important entry point to MFH and resource for Arkansas children and families**

By Jane Dennis

Asking for help is difficult for many parents. Mom and Dad may feel like they're supposed to have all the answers and know what to do when faced with bumps in the road of parenting or raising a child. They may feel ill-equipped to handle a child's escalating mood swings. Some parents may worry that they will look weak or inadequate if they turn to professionals for help.

But they shouldn't.

Mental health professionals at Methodist Family Health are well equipped to lend a hand and offer sound advice and expertise to families with concerns or questions about their child's emotional state. The MFH Continuum of Care provides a range of psychiatric and behavioral healthcare at all levels, including counseling clinics, which are part of MFH Outpatient Services. The clinics are often an entry point for receiving help and a first introduction to MFH.

"Working with Methodist Family Health has helped our family to openly discuss and to better handle life's challenges," says Rhonda Coldren, a Little Rock mother of two whose family has received services at the Little Rock Counseling Clinic. "It has equipped us to cope effectively in a variety of ways, from one-on-one counseling to group therapy. For all of us, at some point, life can be hard. Methodist Family Health has given us the encouragement and support we need to successfully navigate through these difficult times."

When do you take that step and seek assistance from a mental health provider like MFH? "The answer to this lies in another question," says Ally Orsi, LSCW, a psychotherapist with MFH. "Are the problems with

your child getting in his or her way? Do they interfere with the major areas of a child's life, such as going to school, finishing schoolwork, family relationships, peer relationships? Has there been legal involvement? All of these are ways of looking at the impact your child's symptoms are having on him or her and the family."

Irritability is another early sign to watch for, "although this is a tough one, because most adolescents are irritable," says Courtney Lipscomb, LPC, who assesses children prior to admission to an MFH program.

"But I always tell people to try to gauge their child by other peers close to their age. Have there been sudden changes in behavior, especially withdrawing, a loss of interest in things they used to like — such as suddenly dropping out of an extracurricular activity, crying spells or sleep disturbance — such as difficulty falling asleep or waking in the middle of the night?"

Parents may notice their child cannot tolerate much stress without crying, or becomes angry and ill-tempered easily, Orsi adds. In young children, often stomachaches, headaches and other physical complaints can be correlated with feeling anxious or depressed.

"Children lack the vocabularies that adults have and often are confused by the physical feeling of depression or anxiety," Orsi notes. "Because of this, a child who feels worried or sad may complain that their stomach hurts. Most children are not familiar with the term 'anxiety' and will not know what it means. Therefore, they complain of the physical symptoms the anxiety and depression are causing."

Rhonda and Mark Coldren and children Connor and Ashlan are one Arkansas family that has benefited from services provided at a Methodist Family Health counseling clinic.



It's not wise to ignore signs of depression or anxiety. "In children, things may come to a boiling point if mood problems are not addressed," Orsi says. "You may notice your child is falling behind in school. You may notice they are isolating a lot and do not have the same friends. Or, perhaps your child is irritable, defiant and confused by his or her feelings. For this reason, communication is very important. Do not be afraid to talk to your children about emotions and emotional distress. Untreated, many unresolved mood symptoms can lead to more serious impairments in the major areas of a child's life and the family's."

Parents are urged to start and keep the lines of communication open with children from a very young age. It's never too late to start. Be mindful of the child's interests and pastimes. Does your child like to build Legos? Build with him or her and talk while you do. Ask questions about school, friends, teachers and whether your child feels like she or he is successful. Some children who struggle with academic and peer problems develop low self-esteem. Have family meetings. Go over their feelings (mad, sad, scared, confused, happy, etc.) and encourage or praise your child for talking.

**"Working with Methodist Family Health has helped our family to openly discuss and to better handle life's challenges."**

**– Rhonda Coldren**

In teenagers, this can be a difficult balance between their normal need to have more privacy and the parental need to ensure the child is safe. "I do not recommend sneaking around to find out how your teen is doing," Orsi warns. "Do not read his or her diary or texts. Unless your child has given you a reason to check these things, showing him or her you trust them is one way to gain their trust in return. Aside from that, children deserve some privacy. If you are concerned about your child or teen, tell them. Give specific changes you have noticed and why you are concerned."



“Untreated, many unresolved mood symptoms can lead to more serious impairments in the major areas of a child’s life and the family’s.”

– Ally Orsi, LSCW

Methodist Family Health psychotherapist Ally Orsi, LSCW, provides patient care services from the Methodist Counseling Clinic in Little Rock.

Parents will most likely have to initiate these conversations by asking questions, but once initiated they should become more of a listener, Lipscomb says. "Parents want to fix things for their kids and make them feel better immediately. With mental health issues, such as depression, this is not always possible. Parents tend to try to give their kids advice or tell them what to do to make it better, which then pushes the kid away and makes them less likely to open up to the parent again."

Ask your child for their input in deciding what to do. Ask if they want to see a therapist or if they want to go to the doctor. Yes, there are times that parents have to make these decisions regardless of what the child wants to do. "But if you start out with giving them some input," Lipscomb advises, "they will feel more empowered, like they have more control, and less like you are just trying to push them off onto someone else to deal with."

Finally, Rhonda Coldren speaks from experience when she offers this reminder: "You're never alone. Methodist Family Health recognizes and understands what you're

Methodist Family Health has Counseling Clinic locations in Batesville, Cherokee Village, Fayetteville, Heber Springs, Jonesboro, Little Rock, Magnolia and Mount Ida.

School-based counseling services are offered in the Harrisburg School District, Jonesboro Public Schools, Lincoln Consolidated School District, Nettleton Public Schools, Vilonia School District and White County Central School District, as well as Success Achievement Academy at Jonesboro, and Crossroads Learning Center at Quitman.

To learn more about MFH Counseling Clinics or any MFH programs and services, call (501) 661-0720.

going through. They have many ways to help you and your family. Everyone needs to know what a great and caring place MFH is. Please don't feel you have to handle life alone."

## NEW BOARD MEMBERS



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## Donor Profile

# Morgan Timbs steps out in faith, gives generously to MFH

At 14 years old, Morgan Timbs has already led three fundraising projects for Methodist Family Health. This creative, caring young lady doesn't wait around for anyone to tell her what to do. She just does it.

A video about MFH shown at a United Methodist youth rally in early 2012 "tugged at my heart," Morgan says, and prompted her to donate her allowance during the season of Lent to MFH and ask friends and family to contribute just \$1 each. She reasoned that just about everyone can afford to give \$1 to a good cause. She ended up with more than \$2,100, which she contributed to the Get Up & Give collection drive to provide necessity items for children in the care of MFH.

Next, the Bentonville High School ninth-grader responded to the tragic shooting of 21 children and teachers at Sandy Hook Elementary School in Newtown, Conn., in December. With her typical "let's do something positive" attitude, Morgan held a blanket drive during January in memory of those who died at Newtown. She collected more than 200 blankets and donated them to MFH for the children and youth in our therapeutic residential programs and group homes.

This spring, she once again observed Lent by donating her allowance and asking for \$1 donations for MFH.

"The hardest part has been stepping out on faith and putting complete trust in God," Morgan admits. "The rest is easy."

Trust is a cornerstone of Morgan's faith and why she feels led to help organizations like MFH. "I'm just a kid, but I want others to see if you trust in God anything is possible. And together we can make a difference!"

Last summer Morgan and other youth from Bentonville First United Methodist Church volunteered for several days at the Methodist Children's Home Fillmore campus in Little Rock. They led devotionals, played games, spent time in the nursery and created toothbrush/toothpaste kits.



Morgan Timbs, 14, of Bentonville loads up some of the more than 200 blankets she collected for children in the care of Methodist Family Health.

"I loved being there and actually getting to do hands-on things," Morgan says. "It also made me sad in ways just knowing some of the kids didn't have parents and didn't have their own homes with their own rooms."

Family is very important to Morgan. She feels both proud and lucky to be surrounded by the love of her large extended family. She has no qualms about sharing that love, too. "I want others who may not have as much to know there are people who care about them and care about their situation," she says.

From her parents and grandparents to siblings, aunts and uncles, Morgan acknowledges that she is "lucky to have such awesome Christian influences, because without them I wouldn't be me. ... I feel like I have been called to do things for others. Mission work is my passion, and I want to glorify my God in all things that I do."



## Helping children brings blessings to dedicated volunteer

Foundation board member Lynn Staten of Little Rock is a hands-on volunteer and dedicated ambassador for Methodist Family Health. She joined the board of directors in 2007 and has been a champion of MFH ever since.

### How did you first learn about Methodist Family Health?

Several years ago, I went to our CPA's office, which happened to be in the same building as Methodist Family Health. I decided to drop in on an old friend from college, Andy Altom. When he found out I wasn't working, I guess he decided I needed something worthwhile to do, because he said, "You need to be on the Methodist Family Health Foundation board."

### What appeals to you about service to MFH and the Foundation?

I feel that MFH is making a difference every day in the lives of the people they serve. I love that they are giving people a second chance by providing a safe and caring environment to each individual. No matter what program you visit, the staff and patients are all welcoming, and you can tell they are working together to improve lives.



Lynn Staten serves on the MFH Foundation board and also supports the organization through the Women in Mission team at St. James United Methodist Church.

### Tell about your volunteer service at MFH.

I've helped with the Walk for Children and Families as well as the Kaleidoscope Kids Auction. My favorite activities are the ones I do with my Sunday School mission group. We might help in the office stuffing thousands of envelopes, make goody bags for annual conference, organize the clothes closet, put on an Easter egg hunt, host field day games and activities, make crafts with the Kaleidoscope kids, bake cookies with the Arkansas CARES moms, or buy Christmas gifts.

### Have you had experiences that touched your heart and demonstrated the need for our programs and services?

When the Heber Springs group home opened, my daughter and I went to the open house. One of the boys from the home shook our hands, introduced himself and some of the staff around us, and took us on a tour of the home. He showed us where the recreation room was and told us they had to earn privileges to use it. Then he showed us the study room that looked like a cozy den. With a smile on his face, he immediately informed us that this was the room he saw the most. His attitude was so positive, and I knew he felt like he belonged there.

### What do you wish more people knew about MFH?

That it's not just for Methodists, and that MFH can always use your help. I thought I would give time and money to MFH and help others, but it turns out that I am the one who has been blessed.

### Tell a little about yourself.

I grew up in Clarendon, Ark., and received a master's degree in speech pathology from the University of Central Arkansas. I live in Little Rock with my husband, Bob, who works at Stephens Inc. We have two children: Brooke, who is 21 and attends the University of Arkansas, and Robert, who is 19 and attends Bossier Parish Community College in Louisiana.

Join the MFH  
Hope Builder  
donor program

Lynn Staten is a MFH Hope Builder. That means she has authorized an automatic monthly draft of a credit or debit card and makes a monthly contribution to MFH. You can be a Hope Builder, too! It's as easy as 1-2-3. Decide how much you want to give each month. Decide if you want to use a credit or debit card. Then call Jamie Griffith in the MFH Foundation office at (501) 661-0720 ext. 7304 or visit [www.methodistfamily.org](http://www.methodistfamily.org). Your monthly donation will begin changing lives right away.

# What's Happening

## October

### United Methodist clergy, laity visit Fillmore campus

"MFH 101" tours of the Fillmore campus were held in August, September and October to better acquaint United Methodist pastors and other church leaders with the history, programs and services of Methodist Family Health. Luncheons included presentations about the MFH Continuum of Care and program locations around the state.

### Arkansas CARES spotlighted at 'Power of the Purse'

Methodist Family Health's Arkansas CARES program was highlighted during the "Power of the Purse" luncheon in Little Rock Oct. 26. Hosted by the Women's Foundation of Arkansas, the annual event celebrates the work of the foundation and its grant recipients and the achievements of accomplished women. Arkansas CARES, a substance abuse treatment program for women, received a \$3,645 grant from the foundation to purchase GED preparation software. Arkansas CARES clients were featured in a video segment shown at the luncheon.

## November

### Kiddies cuddle gifted blankets

Blankets donated by crafters at Winfield United Methodist Church, Little Rock, were welcomed and quickly cuddled by children in the Arkansas CARES program. Winfield is a regular contributor of such special gifts to MFH programs.

### Bryant group donates handmade baby sweaters

The Knitting Circle at Bryant First United Methodist Church made and donated a number of beautiful sweaters for babies in the Arkansas CARES program. The group of eight to 10 women meets every Thursday at the church to knit, pray and share together.

### Visitors from Japan learn about Teaching-Family Model at MFH

In November, Methodist Family Health was honored to host visitors from Tokyo University who were interested in learning more about the Teaching-Family Model of care employed throughout MFH.

Naomi Matsuura, Ph.D., a professor of social welfare, and Dr. Tomita, also of the university, toured a number of MFH program sites, including Field Residential Treatment Center, the Little Rock Group Home and Early Childhood Development Center on the Fillmore Campus in Little Rock, and the Boys' Group Home in Heber Springs. They also made a presentation to MFH Administration describing the program they are associated with in Japan.

"We are involved in similar facilities as researchers and practitioners," said Dr. Matsuura. He expressed appreciation for being able to tour and study the MFH programs and compare MFH services to those available in Japan.

After their visit to Arkansas, the guests attended the Teaching-Family Association annual conference in Richmond, Va., where they were also presenters.



MFH Foundation Executive Director Ashley Coldiron addresses United Methodist church leaders touring the Fillmore campus.



Blankets donated by Winfield United Methodist are welcomed by children in the care of MFH.



Sweet baby sweaters were made and donated by the Knitting Circle at Bryant United Methodist Church.



Early Childhood Development program director Judy Green answers questions about the Teaching-Family Model posed by visitors from Tokyo University.

## MFH donors make Christmas extra special

A host of groups and individuals made sure Christmas 2012 was a memorable one for those in the care of Methodist Family Health. Many generous friends of MFH hosted Christmas parties, shopped for Christmas gifts, wrapped presents, made deliveries, donations and more. We sincerely appreciate these special friends.

David Alewine, Little Rock

Alma United Methodist Church  
United Methodist Women

Arkansas Department of Finance and Administration

Arkansas Record and CD Exchange, North Little Rock

Arkansas State Fraternal Order of Police

Asbury United Methodist Church, Little Rock, and  
Asbury's Emmanuel Class, Horizons Class, New  
Directions Class and Wilson Class

Lynn and Scott Beardsley, Paron

Bryant Civitan Club

Bryant First United Methodist Church and the Mary  
Rogers Circle

Calvary Baptist Church, Little Rock

Camden First United Methodist Church

Christy and Kerry Campbell

Christ Episcopal Church, Little Rock

CoreSource

Beth and Claude Cousins, Little Rock

Linda Crain, Little Rock

The Davis Family, Little Rock

Allison and Marvin Eason, Little Rock

Anna and Stephen Fisher, Fort Smith

Tanesha and Craig Forrest, Little Rock

Geyer Springs United Methodist Church, Little Rock

Mary Lue and William Gibbs, Camden

Heber Springs First United Methodist Church

Heritage United Methodist Church, Van Buren

Holly Grove United Methodist Church

Peggy Hundley, Little Rock

Joplin United Methodist Church

Keo United Methodist Church

Lakewood United Methodist Church, North Little Rock

Jean and Terry Landrum, Scott

Marshalls store, Little Rock

Maumelle First United Methodist Church Youth

Modern Woodmen of America

David Namir, Little Rock

Beth Page, Little Rock

New Prospect Co., Fort Smith

Doug Pierce, North Little Rock

St. James United Methodist Church, Little Rock, and  
St. James' Stepping Stone Class and Transitions Class

Searcy First United Methodist Church

Silver Hill United Methodist Church, Mount Holly

Trinity United Methodist Church, Little Rock, and  
Trinity's Miracle Team and New Beginnings Class

True Holiness Apostolic Church, Jacksonville

Cindy and Dwight Wallace, North Little Rock

Winfield United Methodist Church, Little Rock,  
Children's Ministry



A volunteer with CoreSource, a healthcare administration firm, assists a member of the Kaleidoscope Kids Club with a Christmas craft.



The Methodist Behavioral Hospital Christmas tree added sparkle to the Maumelle Public Library Winter Wonderland display.

## December

### New bishop gets acquainted with MFH

Bishop Gary Mueller, leader of the United Methodist Church in Arkansas, served communion to the women and children in the Arkansas CARES program on Christmas Eve. After touring the MFH Fillmore Campus earlier in the month, Bishop Mueller volunteered to return to lead a Christmas prayer service with communion. "We are honored that he is willing to share his time with our children and moms," says MFH Foundation executive director Ashley Coldiron. "It made Christmas very special."

During his early December visit, Bishop Mueller, who began his episcopal assignment in Arkansas in September, also toured Methodist Behavioral Hospital and the Little Rock Day Treatment program.

### Christmas carols shared by Kaleidoscope Kids Club members

A caroling party was a fun way to celebrate the holidays for children and families who are part of Kaleidoscope Grief Center's Kids Club. The caroling festivity was one of the special live auction items offered at the Kaleidoscope Kids Auction in October. High bidders were Kathleen Kennally and Mark Holder, who hosted the party Dec. 13 at their Little Rock home.

The children were driven by limousine, provided by Griffin-Leggett Funeral Homes, to Burger King, where all were treated to dinner, compliments of Burger King and Flis Management. Then the limo delivered the kids to the hosts' neighborhood, where they sang Christmas carols for several residents and were treated to refreshments provided by the hosts.

## February

### Teen recognized for project at MFH Emergency Shelter

Blake Abston, 13, of Little Rock, who led a team in creating a garden plot at the MFH Emergency Shelter, was one of two youth in Arkansas recognized with a Prudential Spirit of Community Award. The nationwide program honoring young people for outstanding acts of volunteerism is sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals.

Blake was nominated for the award by Pulaski Heights Middle School, where he is an eighth-grader. He received a \$1,000 award, engraved medallion and a trip to Washington, D.C.

Blake was searching for something meaningful to do for a Boy Scout project when he thought of MFH, which operates a temporary emergency shelter for children and teens who don't have parents or a safe place to live. "I couldn't imagine how that would feel," said Blake. "I wanted to do something to make their lives better."

Blake raised money, bought supplies, and recruited 15 Boy Scouts and friends to help, along with six shelter residents. They all spent an entire day building two raised garden beds and planting them with fruits and vegetables.

### 68 percent of MFH employees participate in payroll donor program

February was Employee Giving Month at Methodist Family Health. In 2012, MFH saw 318 (or 68 percent) of its 467 full-time employees participate in the Employee Giving payroll donor program. Contributions to the 2012 Employee Giving Campaign totaled \$24,000. Employee gifts have funded many special projects benefiting the children, youth and families in our care. Donors in each department make recommendations for the use of the funds raised in that department.



Winter warmers donated by members of Camden First United Methodist Church adorn a Christmas tree at the church.



United Methodist Bishop Gary Mueller (right) is greeted by a student at Little Rock Day Treatment as program director Shelton Walker looks on.



Blake Abston of Little Rock receives a community service award for his project at the MFH Emergency Shelter.

## March

### Little Rock Day Treatment holds art showcase of student work

Students in the Little Rock Day Treatment program showed off many creatively painted and decorated masks at an art showcase prior to the spring awards assembly March 13. Artist-in-residence Elizabeth Weber, whose service as art teacher is funded through an Arts-in-Education grant from the Arkansas Arts Council, was on hand to visit with parents and guests and show some of the masks created by students.

### Kaleidoscope Kids celebrate Easter

An Easter egg hunt on a chilly March 23 was a special occasion for members of the Kaleidoscope Kids Club, a program of MFH's Kaleidoscope Grief Center. The festivities, led by volunteers, included a cake walk, games, refreshments and a visit from the Easter Bunny.

### New security fence defines Fillmore campus

The installation of a security fence encompassing the Fillmore campus, known widely as the original home to the Methodist Children's Home, has been completed. The ornamental fence, made of black-coated steel and chain link, not only defines the property but provides an extra measure of safety for those who live and work there. A new cantilevered front gate at the Fillmore street entrance, which has been widened, provides controlled access to the 28-acre campus and its 16 buildings. Proceeds from the 2011 Walk for Children and Families financed the security fence project, along with contributions from the MFH Capital Improvements Fund and various donations and trust gifts.

### St. Patrick's Day games mark March holiday

The Women in Mission group from St. James United Methodist Church, Little Rock, hosted games and fun at the Little Rock Residential Treatment Center in March. With a St. Patrick's Day theme, prizes followed suit, with a neon green wig as the grand prize for Bingo.



Art teacher Elizabeth Weber (center) and parents admire masks made by students at Little Rock Day Treatment.



Easter treats are enjoyed by two members of Kaleidoscope Kids Club.



A new security fence has been installed at MFH's Fillmore Campus in Little Rock.

# Societies

## THE JAMES M. WORKMAN SOCIETY



Reverend James M. Workman, while pastor of Asbury Church in Little Rock, served as the first Agent of the Methodist Orphanage, beginning in 1899. In that role he was responsible for soliciting, managing and distributing funds for the creation and opening of the orphanage.

Membership in the James M. Workman Society recognizes an annual gift of \$1,000 or more to the Methodist Family Health system.

### Annual Workman Donation \$1,000-\$2,499

Anonymous (8)	Stacy L. Duckett North Little Rock, Arkansas	Jonesboro, Arkansas	Little Rock, Arkansas
Lewese and Jon Ahrens Mount Ida, Arkansas	Ellen and Don Edmondson Forrest City, Arkansas	Magnolia Junior Charity League Magnolia, Arkansas	Mr. and Mrs. D.K. Robinson Little Rock, Arkansas
Myra and Andy Altom Heber Springs, Arkansas	Pam and Robert Edwards Searcy, Arkansas	Karon and Bill Mann Little Rock, Arkansas	Kari and Dan Rohrbaugh Hope, Arkansas
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Dr. and Mrs. George M. Cone Jonesboro, Arkansas	Harriet and James Johnson Wilmot, Arkansas	Susie and Tom Pugh Little Rock, Arkansas	Margaret and Ron Wylie Clarksville, Arkansas
Roxie and John Culp Little Rock, Arkansas	Diane and Bill Johnston Heber Springs, Arkansas	Beverly and Harrison Ralph Crossett, Arkansas	Martha and David <sup>†</sup> Yocum El Dorado, Arkansas
Margaret and Kenneth Davis Hardy, Arkansas	Becky and Jerry Kossover Little Rock, Arkansas	Dee and Don Riggin Little Rock, Arkansas	
	Judith and Charles Long	Sally and Keith Riggs	

<sup>†</sup> Deceased

### Annual Workman Donation \$2,500-\$4,999

Mr. and Mrs. Cliff Albert Beebe, Arkansas	Barbara and John <sup>†</sup> Bragg Camden, Arkansas	Jean and Terry Landrum Scott, Arkansas	Trish and Kurt Searvogel Sheridan, Arkansas
Paul Arnold Nashville, Tennessee	Elaine and Bishop Kenneth Hicks Little Rock, Arkansas	Plum Creek Foundation Seattle, Washington	Nancy <sup>†</sup> and Neill Sloan Lake Village, Arkansas
Rebecca and Ritter Arnold Marked Tree, Arkansas	Kathleen Kennally and Mark Holder Little Rock, Arkansas	Augustus H. Pugh Portland, Arkansas	Melissa and Keith Wrenn Brentwood, Tennessee

<sup>†</sup> Deceased

## Annual Workman Donation \$5,000 and up

Anonymous (3)	Mary Lue and Bill Gibbs Camden, Arkansas	Karen and Mike Millar Searcy, Arkansas	Genevieve H. and William A. Strong Pine Bluff, Arkansas
Arkansas Arts Council Little Rock, Arkansas	Gill Ragon Owen, P.A. Little Rock, Arkansas	Angela and Chris Newell Newcastle, Washington	Sunderland Foundation Overland Park, Kansas
Mr. and Mrs. Bobby Edmonds Hot Springs, Arkansas	Iva and Bill Krogman Star City, Arkansas	Paula and Robert Reynolds El Dorado, Arkansas	United Methodist Foundation of Arkansas Little Rock, Arkansas
Charles A. Frueauff Foundation, Inc. Little Rock, Arkansas	Jane and Ben Meade Fayetteville/Little Rock, Arkansas	Riggs Benevolent Fund Little Rock, Arkansas	Windgate Charitable Foundation Siloam Springs, Arkansas

## THE GEORGE THORNBURGH SOCIETY

Col. George Thornburgh, Methodist layman and successful businessman, is generally regarded as the founder of the Arkansas Methodist Orphanage. Beginning in 1909, while serving as the third superintendent of the orphanage, he led one of the earliest fund drives in Arkansas, an ambitious and successful \$25,000 campaign to erect a new facility to serve as a modern new home of the orphanage.

Membership in the George Thornburgh Society recognizes one-time or cumulative gifts of \$25,000 or more to the Methodist Family Health system. This list features those who have given in the past decade.



Anonymous (4)	Aline Gill Estate	The Reverend Mitchell and Gladys Masters Sanford Endowment	Nancy and Neill M. Sloan
Myra M. Abrignani Estate	Maxine S. Gregg Estate	Rev. Curtis E. Monroe Estate	Elizabeth H. Snyder Trust
Arkansas Community Foundation	Hall Revocable Trust	Alline M. Montgomery Estate	Genevieve H. and William A. Strong
BancorpSouth Insurance Services, Inc.	John A. Henson Trust	Angela and Chris Newell*	Roy and Christine Sturgis Charitable & Educational Trust
Lillian Mae Clavert Living Revocable Trust	Mark Holder and Kathleen Kennally*	Nolan Foundation	W.P. Sturgis Foundation
Elizabeth W. Fries Estate	Walter B. Huff Estate	Mrs. Betty Regnier	United Methodist Foundation of Arkansas
Charles A. Frueauff Foundation, Inc.	Julia Mae Jackson Estate	Robert and Paula Reynolds	Alma Welton Trust
Dr. Rita Galloway	Kerkhoff Family Trust	Riggs Benevolent Fund	Windgate Charitable Foundation
Conway and Margaret George Charitable Trust	Iva and Bill Krogman	Rittwood Farms Company, Inc.	Juanita Annette Wood Estate
Mary Lue and Bill Gibbs	L.A. Logan Estate	Marion and Miriam Rose Trust	
	Nell S. Martin Endowment	Velma E. Shaffer Estate	
	Jane and Ben Meade	Shuler Drilling Company	
	Karen and Mike Millar		

\*Denotes new member

## THE COY-ROOTS-TABOR HERITAGE SOCIETY

Mrs. L.W. Coy, Mrs. L.H. Roots and Mrs. E.A. Tabor were three of the earliest benefactresses of the Methodist Orphanage, jointly donating a building and property at 15th and Commerce Streets in Little Rock, which became the first home of the orphanage, opening in 1902.

Membership in the Coy-Roots-Tabor Heritage Society recognizes a commitment to a future gift through trust, bequest or other means to the Methodist Family Health system.



Anonymous (2)	Conway and Margaret George Charitable Trust	Geneva I. Hughes Estate	Marion and Miriam Rose Trust
Myra and Andy Altom	Marjem and John Gill	Ura Mae Johnson Trust	Velma E. Shaffer
Mr. and Mrs. Robert G. Branch*	Mrs. Ina Mae Harris*	Jonelle Ryan and Billy Gene Jones	Mrs. Ruby Smith
Marguerite C. Burgess Trust	John A. Henson Trust	Clyde Langford Jr.	Warren Family Trust
Mary and Milton Campbell	Charles H. Hill Irrevocable Trust	Nell S. Martin Endowment	Imogene Simpson Westfall Trust
O'Neal Davidson Estate	Albert Victor Horton	Nancy and Earl McClure	Mildred Wilson Endowment Fund
Donald R. Dearing and Martha M. Dearing Trust	Mrs. Willa Retha Howard	Audrey Parkhill Estate	
Nina Hammond De Grandis		John H. Reese Memorial Endowment Fund	

\*Denotes new member

Please contact Maggie Beeler at (501) 661-0720 for more information regarding the Workman Society and other giving opportunities.

## Memories

# Couple's legacy of music launched at Children's Home

Music was therapy for residents of the Methodist Children's Home in the mid- to late-1960s. Martha Lynn and G. Felix Thompson served as directors of the music program at the Children's Home, which at the time consisted of boys' and girls' cottages at the Little Rock Fillmore Street campus. The youth, who yearned for both structure and affection — and got it in droves from the Thompsons — participated in vocal and handbell choirs. The Home's handbell program was one of the first in the state.



“Ringing bells tied in with what we wanted the kids to learn: discipline, commitment, expectation,” says Felix, who with his wife is now retired. During an interview at their Little Rock home, the Thompsons fondly recall the youth and the music they shared while traveling the state.

The former schoolteachers began in 1965 as part-time choral music leaders at the Children's Home and later became full-time employees. Soon after forming choral groups and introducing handbells to the children, the choirs hit the road, eventually traveling more than 32,000 miles to visit Methodist churches, perform and lead worship services, and perform in music festivals and other venues.

“We didn't know anything about bells when we started,” Martha Lynn says with a laugh, “and there was no one to help us.” So they created their own color-coding system to help the children follow along. Then, when faced with a void of music for handbells, Martha Lynn began writing and arranging music for the Children's Home choirs. Over the next three decades she published more than 300 works for handbells. Her compositions have been performed around the world.

“When we'd go some place and play, that church then wanted to start a bell choir,” Martha Lynn says. “There weren't too many churches that had handbells. Bells came to America in the early part of the 20th century,



but they didn't really catch on. The American Guild of English Handbell Ringers wasn't formed until 1954. We were in on the early years of handbell ringing in this country. But it was learn as you go for us.”

That didn't affect her enthusiasm for bells. “It was the Children's Home that got me started writing,” Martha Lynn says, “because the kids wanted to play something that was their own when they went to a festival. They were tired of hearing the same few pieces many times.”

Being a handbell ringer had a profound impact on the Children's Home residents. “It gave the kids something to be proud of and proved they could accomplish something,” Martha Lynn says. “It allowed them to participate in something musical at a level that most of them could not do as an individual.”

Leading worship services in churches — which the children did “most Sundays,” she recalls — had other benefits. The choir members “were used to speaking in public,” Felix says, “and this carried over to helping them in school. They weren't afraid of speaking in front of a large group. ... We were planting seeds that carried through in life for many of them.”

By 1969, a new Methodist congregation called St. James began meeting in the Children's Home chapel, and the Home's choirs initially led music for services. Thanks to its start at the Children's Home, St. James United Methodist Church moved to west Little Rock in 1970, and the Thompsons were hired — Felix as director of music, and Martha Lynn as organist. They went on to develop a 20-choir music program as St. James grew to one of the largest United Methodist churches in Arkansas. The Thompsons retired in 2002 but remain active in church activities and bell music there.

“Ringing bells is therapy,” says Jamie Griffith, a former St. James ringer who now serves as office manager for the Methodist Family Health Foundation. “It's the best therapy I've ever had in my entire life.”

Felix says, “We were just at the right place at the right time to start handbells. It was a good time in our lives. We have many good memories.”



# TOP GIVING CHURCHES

These congregations and their members make up the Top 30 Giving Churches in financial contributions to Methodist Family Health during the accounting period of Feb. 1, 2012, through Jan. 31, 2013. MFH is extremely grateful for the generosity and support of all churches and members who contribute gifts of money, in-kind goods, time and talent.

Church Name	Total Contribution	Number of Donors
El Dorado First	\$36,716	19
Little Rock First	\$24,399	29
Dumas First	\$22,525	14
St. James (Little Rock)	\$21,805	56
Pulaski Heights (Little Rock)	\$18,234	68
Searcy First	\$17,063	16
Hot Springs First	\$12,010	54
Lakewood (North Little Rock)	\$11,922	34
Camden First	\$11,285	26
Trinity (Little Rock)	\$10,362	34
Wesley (Fort Smith)	\$9,330	5
Heber Springs First	\$9,277	20
Wesley (Pine Bluff)	\$6,215	4
Asbury (Magnolia)	\$5,700	22
Jonesboro First	\$5,310	26
Harmony (Searcy)	\$5,300	2
Conway First	\$5,205	29
Sheridan First	\$4,575	23
Benton First	\$4,250	23
Fort Smith First	\$4,129	5
Lakeside (Lake Village)	\$4,022	7
Brinkley First	\$3,945	12
Portland	\$3,760	5
Christ of the Hills (Hot Springs Village)	\$3,705	7
Springdale First	\$3,431	11
Bentonville First	\$3,285	8
Bryant First	\$3,230	17
Fayetteville Central	\$3,210	21
Forrest City First	\$3,200	4
Paragould First	\$2,825	11

## Community

# Get Up & Give donations showered on MFH

Astounding, impressive and appreciated! Methodist Family Health's fourth annual Get Up & Give collection drive was all of that and more.

Churches, individuals and businesses from every corner of the state gave generously to the collection during the 40 days of Lent, Feb. 13-March 31. The gifts included necessity items such as socks, underwear, bed sheets, diapers, paper products and backpacks.

All donated items - including more than \$8,300 in cash contributions - touch the lives of the children, youth and families who are in the care of Methodist Family Health. Beneficiaries range from the infants and toddlers whose mothers are part of the Arkansas CARES program, to children who receive outpatient services through Methodist Counseling Clinic, to youth up to age 18 who live in our therapeutic group homes or receive care at Methodist Behavioral Hospital.

"We so appreciate the tremendous outpouring of donations," said Jane Dennis, MFH's Director of Communications. "Each item is a tangible sign to our children that someone cares. We are indebted to all those who participated in this year's Get Up & Give."



Holly Barton and her grandson Brody deliver items donated by Congo United Methodist Church in Benton.



Members of Mount Carmel United Methodist Church in Benton receive Get Up & Give T-shirts as thanks for making their church's delivery.



David Lowery drops off items collected at Fletcher & Bensky Furs in Little Rock, a corporate supporter of Get Up & Give.



Gretchen Diffie and Julie McMillen deliver items collected by Star City United Methodist Church.



## AUGUST 2, 2013

BIG DAM BRIDGE • NORTH LITTLE ROCK

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Good Food  
Live Music by  
The Gable Bradley Band

Registration 6 p.m.  
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\$50 Family

Methodist Family Health provides emotional, behavioral and spiritual support to more than 1,400 children and their families in Arkansas every day.

For more information, call Annie Davis at 501.661.0720 ext. 7301, email her at [adavis@methodistfamily.org](mailto:adavis@methodistfamily.org), or visit [www.methodistfamily.org](http://www.methodistfamily.org).

**Taking Steps to Provide Compassionate Care to Children and Families.**

# Helena's St. Francis Ministries deeds group home's building and property to MFH

A generous and most significant gift has been given to the Methodist Family Health Foundation. In March, St. Francis Ministries of Phillips County, associated with St. John's Episcopal Church in Helena, gifted the Ophelia Polk Moore Group Home and 2.5 acres of property to the Foundation.

Since its construction by St. Francis Ministries and dedication on Dec. 4, 2005, the home has been operated as a residential therapeutic group home for girls, thanks to an operational lease agreement between St. Francis Ministries and MFH. The ministry leased the property, located on Phillips Road 251 near Lexa, to MFH for \$1 per year. With the March transaction, the home is now the property of MFH.

The home is named in memory of the daughter of Naomi H. Moore, who in 1892 gave \$1,200 for the purpose of founding a home for destitute orphans. St. Francis Ministries is charged with continuing that legacy and did so by constructing the home. MFH was then engaged to operate it as a therapeutic group home.

Designed to accommodate eight youth and live-in teaching parents, the spacious, pillared, red-brick home was built for the express purpose of providing a place that would serve as a foster home for children and change the lives of disadvantaged youth in Phillips County.



Among those who facilitated the gift of the Ophelia Polk Moore Group Home to the Methodist Family Health Foundation were (left) St. Francis Ministries secretary Nancy Howe and president Bennette Morris, and (right) board member Pat Wheeler, along with attorney Charles Roscof, who handled the closing.

"St. Francis Ministries has truly been our partner in making this a special place and a loving, caring home for the girls who've lived here," says Ashley Coldiron, executive director of the Methodist Family Health Foundation. "The board members and supporters have volunteered, worked on the care and upkeep of the house, and shown such great love for the girls."

MFH is "grateful that St. Francis Ministries has gifted this home and has the faith in us that we will continue Mrs. Moore's legacy," Coldiron says.

## Methodist Children's Home in 1915



This idyllic photograph from 1915 shows the Methodist Children's Home at 14th and Commerce streets in Little Rock and its young charges, including Evelyn Pearl Wynn, who resided there from 1910-1916. The photograph and a related memoir were recently shared with the Methodist Family Health Foundation by Wynn's daughter, Mary Wood Gehring of New Blaine. Evelyn Pearl was born in November 1899 in Chester, Ark., the daughter of Anise and Bertch Painter. She was placed in the Home at age 10, after her mother died of tuberculosis. Emma and Morgan Bonner served as the Home's house parents at the time and cared for 29 children. Evelyn Pearl Wynn Wood attended the 100th anniversary of the Methodist Children's Home in 1999 and died later that year, just a few months shy of her 100th birthday.



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# Ginger Beebe

## First Lady of Arkansas and friend of Methodist Family Health

“Half-a-million Arkansans — adults and children alike — experience some form of mental illness, and these fellow Arkansans also struggle with the stigma attached to mental illness. Many others go undiagnosed and untreated. We must work together to help bring more awareness and understanding of the impact of mental illness on families and, ultimately, lessen its stigma.” — Ginger Beebe, First Lady of Arkansas

Ginger Beebe is compassionate about children, families and mental health awareness. So is Methodist Family Health. We were pleased to welcome our state’s First Lady for a tour of Methodist Behavioral Hospital earlier this year. She graciously greeted staff and patients, learned about the MFH Continuum of Care, and even made a few basketball tosses in the hospital’s “Priv Crib.” Methodist Family Health is honored to consider Mrs. Beebe a friend as we continue providing quality, compassionate psychiatric and behavioral healthcare to the children and families of Arkansas.



If you'd like to learn more about Methodist Family Health or lend your support, call the Methodist Family Health Foundation at 501.661.0720 ext. 7304 or visit [www.methodistfamily.org](http://www.methodistfamily.org).

