

LIGHT BEARERS



Dennis Rowland, former resident of the Methodist Children's Home in Little Rock and current donor to Methodist Family Health Foundation

Dennis Rowland

How gratifying it is to see a person's life come full circle. At Methodist Family Health, we have had that distinct honor with Dennis Rowland. He and his two brothers, Philip and Garry, were residents of the Methodist Children's Home in 1963 and 1964. Dennis was 10 years old and in the 5th grade at the time, and he remembers fondly being paired with a family at Christmas.

In 2013, Dennis returned to Methodist Family Health for a tour of his childhood home, which was the first opportunity he'd had to visit and tour the entire facility since living there in the 60s.

"During my tour, I could see vast improvements in the care of children needing services," he said. "I recall that the focus on us was immediate care such as shelter and nutrition while insuring attendance at the local schools and church. We were also given swimming classes and other basic care, but I can't recall anything to the extent you are currently providing to the kids. I observed the current focus not only on outside education, but in-house education and teaching respect for the children and others with whom they will expect to meet as they reach adulthood. I don't recall our care having any focus on preparation for adulthood."

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Contributions to Art Programs Help Children Express Their Feelings

For many children and teens in our programs, they are unable to express their feelings except through art. Whether a child is so traumatized that he can't bring himself to verbalize his emotions, or a teen has suppressed her feelings so deeply that art is the only way for her to tell her story, the use of expressive arts in Methodist Family Health programs is rendering incredible work and results.

Recently, Frankie Stovall, our recreational therapist at Methodist Behavioral Hospital in Maumelle, became a PeaceLove creator. As a front-line professional, Frankie is able to deliver expressive arts curriculum to the children in the acute and sub-acute units of our hospital, including workshops on dual emotions and what PeaceLove refers to as story shoes.

Through the dual emotions workshop, participants begin the process of transforming unhealthy behaviors and thought patterns that are holding them back in their lives. Our kids made and then took apart and reconstructed their artwork to create images that provided inspiration for positive change. Through this process of alteration, our kids were encouraged to deeper self-awareness and embark on a journey of change and healing.

In the story shoes experience, our kids were invited to consider each person's unique story and the idea that our journeys are similar even though each person walks down a different path. Through creative writing and artistic transformation, the children and teens in our care can witness the lives of others while expressing what it means to "walk in my shoes" to the rest of the group. Learning objectives are to demonstrate a personal connection between artistic experiences and emotions, express multiple aspects of self and how they interrelate.

Art supplies are always in demand by programs in Methodist Family Health's continuum of care. Our therapeutic day treatment programs in Benton and Little Rock as well as our psychiatric residential treatment centers in Bono and Little Rock use a variety of mediums to help our children. If you would like to contribute, contact Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation, at CMcCone@MethodistFamily.org or 501-906-4202.



PRESIDENT'S CORNER



Dear Friend:

This year has been a whirlwind so far. Returning from the holidays, getting back in the groove of life and looking toward the future certainly has taken up the bulk of our time.

While these winter days are short and, for the most part, wet, cold and gray, I see glimmers of bright things to come for us at Methodist Family Health. The Children's Home continues to grow as our therapeutic group homes transition to Qualified Residential Treatment Programs (QRTPs). As the State of Arkansas determines its needs for preventative care homes, we at Methodist Family Health hope to adapt with them. Our outpatient and school-based counseling clinics are making strides in working with Optum and the provider-led managed care organizations (PASSEs) to get independent assessments done in a timelier manner to prevent our clients' loss of benefits. Our acute hospital in Maumelle and psychiatric residential treatment centers in Bono and Little Rock have a growing census thanks to our fabulous business development department, which provides excellent customer care and referral services.

The Methodist Family Health Foundation exceeded its fundraising goal during the Share the Light Christmas campaign in 2019, and they are gearing up for Get Up & Give, the Lenten collection project at the end of this month. As we continue to build on this momentum, I want to thank you for the assistance you give our organization so we can provide the best possible care to those who may need our help.

Sincerely,

Andy Altom, President and CEO

LATEST NEWS & EVENTS



Donors Let Their Light Shine in 2019

It was an exceptional year for the 2019 Share the Light Christmas Appeal. Methodist Family Health Foundation was able to exceed our fundraising goal of \$330,000, and more is continuing to arrive. The funds contributed through the November and December campaign will go directly to helping Arkansas children and their families in our care.

"I can't remember a time when we have received so many gifts for those who are abandoned, abused and neglected," said Carolyn McCone, CFRE, executive director of Methodist Family Health Foundation. "The generosity our donors demonstrate every year proves to me that Methodist Family Health is near to the hearts of Arkansans. Our contributors make lives of peace a stability possible for those in our care, and that is the ultimate gift of Christmas."



11th Annual Get Up & Give Will Launch Feb. 26

With the holidays behind us and the 40 days of Lent just ahead, Methodist Family Health has a way for Arkansans to honor the Lenten season by contributing to our state's children and families who are abandoned, abused, neglected and managing psychiatric, behavioral, emotional and spiritual issues.



The 11th Annual Get Up & Give collection project asks Arkansans to contribute necessities to the children and families in our care. The project is during the entire 40 days of Lent – Wed., Feb. 26 through Thurs., Apr. 9 – and both children and adults can participate by donating personal hygiene items, clothes, shoes, school supplies, bedding, funds and other necessities to the Methodist Counseling Clinic in their community. Methodist Family Health asks that all items contributed through Get Up & Give are new. Monetary donations also can be contributed so specific items can be purchased to meet the needs of the Arkansas children and families in our care. For more information, visit <https://www.methodistfamily.org/get-up-and-give.html> or call 501-906-4201.

LIGHT BEARERS

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Dennis made a contribution to Methodist Family Health, which he was able to get matched by Union Pacific before he retired. Every year since, Dennis has contributed annually to the Methodist Family Health Foundation and says he will continue to donate as long as he can.

"I have no doubt that my contribution will be used well and to the benefit of the children," he said. "I observed that upon my visit. I also want to let you know that I have never felt more respected than when I visited. If possible, I would like to occasionally visit again."

In December, Dennis lost his brother, Garry, who lived in long-term care after the stroke he suffered in 2009. Dennis is a supporter of organ donation and encourages everyone to consider becoming a registered organ donor to prolong the life of a loved one.

Increase Your Income Now Leave a Legacy to Methodist Family Health

Charitable Gift Annuities (CGA) through The Methodist Foundation of Arkansas (MFA) allow you to increase your current income now and leave a legacy for Methodist Family Health after your lifetime.

CGAs are powerful giving tools that offer:

- Increased income through fixed, guaranteed payments for life. A substantial portion of the annuity income may be tax-free.
- An immediate income tax deduction.
- No setup or document expense.
- Funds remaining at your death support Methodist Family Health.
- MFA reserves provide solid backing to safeguard future income.

The amount of income depends upon your age, whether it is a one-life or two-life agreement, and the amount of the annuity.



SAMPLE GIFT ANNUITY RATES — ONE-LIFE, CASH GIFT

| AGE | RATE | DEDUCTION AMOUNT | % TAX FREE | EQUIVALENT RETURN |
|-----|------|------------------|------------|-------------------|
| 65 | 4.7% | 32.0% | 72.0% | 6.2% |
| 70 | 5.1% | 39.0% | 75.0% | 6.9% |
| 75 | 5.8% | 44.0% | 78.0% | 8.0% |
| 80 | 6.9% | 48.0% | 80.0% | 9.8% |
| 85 | 8.0% | 48.0% | 83.0% | 11.6% |

SAMPLE GIFT ANNUITY RATES — TWO LIFE, CASH GIFT

| AGE | RATE | DEDUCTION AMOUNT | % TAX FREE | EQUIVALENT RETURN |
|-------|------|------------------|------------|-------------------|
| 65/60 | 4.0% | 22.0% | 70.0% | 5.7% |
| 70/65 | 4.4% | 26.0% | 73.0% | 5.8% |
| 75/70 | 4.8% | 32.0% | 75.0% | 6.4% |
| 80/75 | 5.3% | 39.0% | 77.0% | 7.3% |
| 85/80 | 6.2% | 43.0% | 80.0% | 8.7% |

To receive a no-cost, confidential, personalized analysis of how a CGA to benefit Methodist Family Health could work for you, contact MFH Executive

Director Carolyn McCone, CFRE at cmccone@methodistfamily.org or **501-906-4202** or MFA Vice President of Development Janet Marshall at jmarshall@methodistfoundationar.org or **501-664-8632**.



601 Wellington Village Road Little Rock, AR 72211
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Scholarships Available Today to Former Residents of Methodist Family Health

Funds are available today to anyone who has spent one night in long-term care at Methodist Family Health psychiatric residential treatment centers, the subacute unit at Methodist Behavioral Hospital in Maumelle, and the therapeutic group homes and qualified residential treatment programs in Little Rock, Fayetteville, Springdale, Heber Springs, Searcy, Helena-West Helena and Magnolia, and mothers and their children enrolled in the Arkansas CARES program in Little Rock. For information on eligibility or how to apply, visit MethodistFamily.org/Scholarship or e-mail Scholarship@MethodistFamily.org.



Methodist Family Health

SENTINEL

a publication of the Methodist Family Health Foundation

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

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