



SENTINEL

News & Updates from Methodist Family Health Foundation

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(left to right) Dr. Mindy Lester, psychologist with Methodist Family Health; Linda Barnes, Methodist Family Health Foundation board member and Get Up & Give project volunteer; and Sarah Greubel and Cathy Sing, volunteers with the Get Up & Give project

Lenten Collection Project Helps Arkansas Children, Families in Our Care

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, emotional, behavioral and spiritual issues.

The 12th 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. 17 through Thurs., Apr. 1 – 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.

“Many of the children in our care are abandoned, abused and neglected,” said Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation. “Others are in the foster care system or have families with few monetary resources. By providing them things like new underwear, deodorant, their own school supplies – even books and toys – our community demonstrates to them that there are people who care about them and their well-being.”

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. Please know we at Methodist Family Health know you are dealing with uncertainty related to the COVID-19 pandemic. To donate virtually and maintain health and safety guidelines, you can shop online and have your donations delivered directly to us.

Here’s how:

- Visit [Walmart.com](https://www.walmart.com/.../40018a96-5358-4ac5-9a4d.../view) – Registry – Registry for Good – search Methodist Family Health Foundation or use the following link:
<https://www.walmart.com/.../40018a96-5358-4ac5-9a4d.../view>
- Visit [Amazon.com](https://www.amazon.com/hz/wishlist/genericItemsPage/3C8JX3X6ZWYDZ?filter=&ref_&ref_pdp_new_wl&sort=default&type=wishlist&encoding=UTF8) at this link:
https://www.amazon.com/hz/wishlist/genericItemsPage/3C8JX3X6ZWYDZ?filter=&ref_&ref_pdp_new_wl&sort=default&type=wishlist&encoding=UTF8

While you are shopping on these sites, please check the “this is a gift” box and put your name and address in the gift message field. This will enable us to send you a tax receipt and thank you letter.

Contributions also can be delivered to the following locations, including:

- Alma: 1209 Hwy 71N, Suite B, Alma, AR 72921; phone 479.632.1022
- Batesville: 500 E. Main St., Suite 310, Batesville, AR 72501; phone 870.569.4890
- Fayetteville: 74 W. Sunbridge Dr., Fayetteville, AR 72703; phone 479.582.5565
- Heber Springs: 515 N. Main St., Heber Springs, AR 72543; phone 501.365.3022
- Hot Springs: 100 Ridgeway, Suite 5, Hot Springs, AR 71901; phone 501.318.6066
- Jonesboro: 2239 S. Caraway, Suite M, Jonesboro, AR 72401; phone 870.910.3757
- Little Rock: 1600 Aldersgate Road, Suite 100B, Little Rock, AR 72205; phone 501.537.3991
- Magnolia: 621 E. North St., Magnolia, AR 71753; phone 870.234.0739

If delivering to the Methodist Family Health Foundation, please follow these steps for a contactless delivery:

- Call 501-906-4201 to schedule a time to drop off items. This ensures a staff member is there to meet and assist you.
- When you arrive, call or text the phone number on the sign you see on the front door of the building.
- Drive around to the back of the building where you will see a garage door to our warehouse. This is on the right side of the Little Rock counseling clinic entrance.
- Someone will meet you at the garage door to unload your vehicle.
- If possible, please open your hatchback, trunk or truck bed cover and remain in your vehicle. Staff will unload your car for a contactless delivery.
- If you get out of your vehicle, we require you to wear a mask. If you don’t have one, we will provide one for you to wear while outside of the vehicle.
- If you have questions or concerns, please call 501-906-4201 or email CMcCreight@MethodistFamily.org.

For a list of necessities we are requesting, a Get Up & Give flyer or more information, visit <https://www.methodistfamily.org/get-up-and-give.html> or call 501-906-4201.

LIGHT BEARERS



(left to right) Taylor Honeycutt, pharmacy student, and Brandon Achor, PharmD with Achor Family Pharmacy in Maumelle

Brandon Achor Achor Family Pharmacy

Courtesy of Jeremy Peppas, editor, [Arkansas Newsroom](#)

When the first vaccine for COVID-19 became available, Methodist Family Health sought a pharmacy that could administer the vaccine to our frontline healthcare workers. Brandon and Kaley Achor, owners of and pharmacists at Achor Pharmacy in Maumelle, stepped up to help. Not only did they set up a clinic in our Methodist Behavioral Hospital, they also set up clinics for our central Arkansas qualified residential treatment program, psychiatric residential treatment center, Arkansas CARES program, day treatment program, outpatient and school-based counseling and administration.

A former swimming instructor at the Jess Odom Community Center in Maumelle, he was born and raised here before going to the University of Arkansas, then Pharmacy School at UAMS.

He previously worked at Argenta Drug in North Little Rock and Lackie Drug in Lonoke. Brandon Achor is the District 3 Representative for the Arkansas Pharmacists Association, also serves as Vice Chairman of the Arkansas Community Pharmacy Enhanced Services Network and received the Distinguished Young Pharmacists of the Year in 2019.

Achor Family Pharmacy is the only pharmacy in Maumelle to be selected as a site for the Covid-19 vaccine.

“The initial roll out required vaccination sites to obtain Centers for Disease Control (CDC) and Manufacturer-specific training on storage, product handling, direct data reporting to the Arkansas Department of Health, delivery and scheduling logistics, as well as provide a detailed Plan of Action for their respective community,” Achor said. “We began working on these in late fall and our pharmacy was approved late December as a primary vaccinator for Maumelle and Pulaski County.”

According to Achor, the pharmacy has been assigned 100 to 200 vaccines each week to budget the needs of the community. This is assessed weekly and is also at the purview of state authorities to adjust.

“I understand and I am here to listen to people who have concerns about the COVID-19 vaccine,” Achor said. “I want people to decide to vaccinate because they feel confident in the support of their healthcare team, not just faith in the product itself. As the most accessible healthcare provider, pharmacists play a unique and intimate role in a patient's trust of the healthcare system and it is my responsibility to honor that level of accessibility and trust by meeting people ‘where they stand’ on their reluctance with a goal of instilling confidence. The current data shows tremendous efficacy with now millions of safely vaccinated persons, but most importantly, it puts people in a position to now protect everyone they come in contact with as opposed to endangering everyone they come in contact with.”

Achor Family Pharmacy is located at 1900 Club Manor Dr., Suite 101, Maumelle. They can be reached by phone at 501-274-1130 and the hours there are from 8 a.m. to 8 p.m. Monday through Friday and on Saturday they're open from 8 a.m. to 1 p.m.

Q&A with Brandon Achor, PharmD



Amanda Smith, Methodist Family Health Foundation's director of development, recently had a chance to chat with Brandon and ask him his thoughts on the importance of volunteering in the community Achor Family Pharmacy and Methodist Family Health both serve. Most recently, Brandon and pharmacy student Taylor Honeycutt administering the COVID-19 vaccine to one of our team members at Methodist Behavioral Hospital. Here is what he shared:

- Number of years involved with MFH/MFHF: **1st year volunteering.**
- How are you involved with MFH/MFHF?: **My wife and I are the pharmacists and owners of Achor Family Pharmacy in Maumelle and coordinated with MFH leadership to do multiple on-site COVID 19 vaccination clinics.**
- Why is the mission of MFH ("To give the best possible care to those who may need our help") important to you/What about the mission of MFH speaks to you?: **This mission is very near and dear to our own mission at Achor Family Pharmacy. When it comes to illness or need, no matter the size, it is scary. It is scary to take care of an ill child, it is scary to be told you have a new chronic illness for the first or 100th time, it is scary to be responsible for caring for an aging loved one. Our mission at Achor Family Pharmacy is to reinforce that none of our patients have to battle these uncertainties alone. We never promise an answer but we always promise a helping hand. I have witnessed and felt that this is synonymous with MFH's mission.**
- When did you first hear about MFH?: **We have always been familiar with the Maumelle campus through the healthcare community but became actively involved once fellow pharmacist, Shelly Siler, reached out about COVID19 vaccinations.**
- What attracted you to be involved with MFH?: **The exceptional professionalism and streamlined logistical organization for our COVID19 Vaccination clinic was essential to properly and safely vaccinating the staff.**

- With so many great organizations to support, why should others choose to support MFH?: **It is rare to see such genuine concern for a whole community and MFH exudes that at all of its sites.**
- What have you learned about MFH?: **How extensive their reach is into their neighborhood communities. I value a community health organization that recognizes the needs of their nearby neighbors as well as nationwide initiatives.**
- What was most surprising to you about MFH?: **How supportive and outgoing the administration and leadership was to us.**
- Is there a particular moment or memory that stands out for you regarding your involvement with MFH?: **The vaccine stability is very time sensitive, and I was amazed at the protocols the facilitators had in place to make sure we did not waste a single vaccine!**
- What would you say to someone considering supporting MFH?: **Do it! With national resources focused on LOCAL outreach there is an endless amount of positive impacts MFH can provide.**

LATEST NEWS & EVENTS

Methodist Family Health Foundation Announces New Board Members

Please help Methodist Family Health Foundation welcome its 2021 slate of officers and members to its board of directors. New members are:



Linda Barnes of Little Rock. Linda retired from Entergy in 2012 and is a lifelong United Methodist. She is a member of St. James United Methodist Church in Little Rock.



Karla Hilburn of Little Rock. Karla is co-owner of Corky's Ribs & BBQ and is an independent consultant with Rodan & Fields. She is a member of St. James United Methodist Church in Little Rock.



Rev. Annie Lankford, JD, of Little Rock. Annie is associate pastor of North Little Rock First United Methodist Church.



Max Sharp of Little Rock. A banker and senior analyst of First Security Finance and Crews & Associates, Max is a member of St. James United Methodist Church in Little Rock.



Cody Simon of Little Rock. Cody is the area sales manager at Datamax. He is the vice president and president-elect of the Rotaract Club of Little Rock, which is an affiliate of the Rotary Club of Little Rock. Cody also is a member of St. James United Methodist Church in Little Rock.

The executive committee of the 2021 Methodist Family Health Foundation board of directors includes Jan Green, chair; Andy Altom, board vice chair and Methodist Family Health president and CEO; Jim Duckett, secretary; and Ray Dillon, treasurer. Ray Dillon is chair and treasurer of the investment and finance committee; Laura Borg is chair of the nominations committee; and Pam Gadberry is chair of the scholarship committee.

Also on the Methodist Family Health Foundation board of directors are Ritter Arnold, Marked Tree; Misty Baugh, Little Rock; Laura Borg, Little Rock; Clay Gordon, Little Rock; Marci Hall, Little Rock; Arita Jewart, Little Rock; Becky Kossover, Little Rock; Sherry Rowbotham, Little Rock; Neill Sloan, Lake Village; Bill Spivey, Little Rock; Cleifton Vaughan, Little Rock, emeritus; and Don Weaver, Conway.

For more information about Methodist Family Health, the Methodist Family Health Foundation or its leadership, visit MethodistFamily.org or e-mail Foundation@MethodistFamily.org.



Pettus Office Products Donates Necessities

Pettus Office Products donated boxes and boxes of toilet paper, facial tissue, Bounty paper towels, Lysol disinfectant wipes, #2 pencils, washable crayons and composition notebooks. We cannot thank the good folks at Pettus enough for helping meet the needs of the Arkansas children and families in our care. In this time of the COVID-19 pandemic, these supplies will keep them and our communities healthy and safe.



Children in Our Care Seek Your Prayers

The Arkansas children and youth in our care submitted the following prayer requests for their loved ones and themselves. Would you remember them in your hearts and prayers?

- Jalaysia - my family, my best friend, my discharge, and for me to see my family and my best friend.
 - Teryn - that I rebuild my bond with my family, that I get over my toxic ex, and that my anxiety will go away when I think of him.
 - Kenzi - my sister, my treatment, my grandmother has COVID, my mom needs back surgery, and my stepdad to sell enough cars to take care of my family.
 - Nakyra - my discharge.
 - Alexis - my discharge date, my mimma, mother, and father.
 - Emily - for my daddy in jail, for my momma's cancer, my brother playing basketball for his school.
 - Scarlett - my family, for me to have successful treatment, to continue the progress I have made.
 - Kayleigh - for my depression, my family's health. I'm a wreck without my mom here with me.
 - Crystal - my newborn baby—that he stays healthy, that he is favored, happy, and that God uses him and is with him throughout his life.
 - Alexandria - that I discharge soon, that my doctor's appointment goes well, that the rest of my days in here are good and that I stay happy.
 - Izzy - my discharge.
 - Isaiah - my pop, as he is feeling unhealthy at the moment.
 - Eli - my mom and brother fighting COVID.
 - Henry - my family.
 - Josh - my family and my discharge.
 - Avery - my friends, pets, and family.
-



Arkansas Cares Graduates Two Clients

This year is off to a great start for two of our Arkansas CARES clients. Ashley recently graduated from this program, and to celebrate her achievement, Methodist Family Health Foundation put together some necessities and a few goodies for her and her son.

Please also help us congratulate Guadalupe in her recent graduation from our Arkansas CARES program. Guadalupe was determined to put her issues behind her and move into a better future for her children and herself. She also received a bag of necessities and goodies to celebrate her achievement. Please join us as we share in her joy.

Thank you to every donor who makes it possible for the moms and their children in our care to achieve sobriety, a stable home and a new future. For these gifts and so much more, Ashley, her son, Guadalupe, her family and all of us are so grateful.



(left to right) Susan Insell and Rosemary Trehy, members of Martha's Circle at Christ of the Hills United Methodist Church in Hot Springs Village



Cozy Blankets Contributed to Our Children by Martha's Circle

The seamstresses at the Christ of the Hills United Methodist Church's Martha's Circle handmade more fleece blankets for the children and families in our care. The Hot Springs Village church group sews from home to ensure the group's members are safe from COVID-19. However, the pandemic hasn't stemmed their production or creativity.



Methodist Family Health Employees Contribute \$40,000 in 2020

The 2020 Methodist Family Health Employee Giving Campaign raised \$40,258.22 from 404 employee donors. During an unprecedented and challenging year, this amount demonstrates the investment our team members have in our mission of providing the best possible care to those who may need our help.

Marjem Gill Donates Canopy for Methodist Family Health Administrative Building in Honor of Husband

A 24-foot wide canopy over the entrance to Methodist Family Health's administrative offices in Little Rock was donated by Marjem Gill in honor of her husband, John Gill.

A plaque will be installed on the outside of the building stating: This entrance commemorates 55 years of service by John P. Gill as attorney for Methodist Family Health organizations. Given by Marjem Gill, December, 2020.



Playground Renovation Will Begin Soon on Methodist Children’s Home Campus

Our playground serves children and youth, ages 1 -17, who are in treatment at the Methodist Children’s Home campus in Little Rock. The playground serves approximately 150 children and youth each year and is an integral component of treatment to help patients improve their overall health and well-being. The playground was initially installed in 2008 and is used daily when weather permits.

The existing playground structure is a PlayWorld Systems set which offers 11 activities for up to 40 children at one time, ages 2-12. The equipment contains 3 slides, a wall climber, a walkway, ADA stairs, and climbing bridge. The structure is made with top-quality, commercial-grade materials that resist corrosion, color fading and mildew.

The playground is in need of major repairs and upgrades; safety is the main concern driving this initiative.

Once the renovation is complete, the playground will serve clients from four MFH programs (all located on MCH campus).

A total of \$56,121 has been raised for the playground repairs and upgrades. As soon as the weather warms up the work will begin. Once the upgrades are completed, the playground will be a safe, secure, and attractive place for play.

Funders to the project include:

- Arkansas Department of Health Great Strides grant
- Christ of the Hills United Methodist Church grant
- The Helen and Robert Johnson Endowment
- Marion and Miriam Rose Trust
- The Starr Foundation
- Southern Silks 2020 Special Appeal donors



MFH Foundation Closes Gap on Fundraising Goal for Mike Millar Spiritual Life Center

The new Spiritual Life Center planned for the Methodist Children's Home campus in Little Rock is being named for Mike Millar, a longtime supporter and board member of Methodist Family Health. To ensure the construction of the center, the Methodist Family Health Foundation must raise \$4,256,175 by October 2021. To date, the Foundation has raised \$3,649,44.09, leaving just over \$600,000 to raise.

If you would like to donate to the project, please contact Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation, at 501-906-4202 or CMcCone@MethodistFamily.org. You also can contribute through our website at MethodistFamily.org.

Southern Silks STAKES

BENEFITING Methodist Family Health

Saddle Up and Save the Date for the Southern Silks Stakes

**Ride to the Rescue of Children and Families in Arkansas
8th Annual Southern Silks Stakes Benefits
Methodist Family Health throughout Arkansas**

Methodist Family Health will saddle up its stable of stick ponies in 2021 to help raise funds to rebuild the lives of Arkansas children and families. Southern Silks Stakes, the organization's signature fundraiser, is set for 6 p.m. at Embassy Suites by Hilton Little Rock, 11301 Financial Centre Parkway on Sat., Sept. 18, 2021.

This faux horse race soiree includes thoroughbred stick horses jockeyed by sponsors and their guests, celebrity color commentators, prizes for winners of each race, a Southern-styled dinner and libations, live and silent auctions, a hat contest, and much, much more.

For sponsorship opportunities, tickets or more information, contact Jamie Griffith, Foundation project manager, at JGriffith@MethodistFamily.org or 501-906-4209.



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.
- **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.
- **PayPal** app. To donate via PayPal.com, click [here](#).
- **Venmo** app. To donate via Venmo.com, click [here](#).

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MethodistFamily.org

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.**