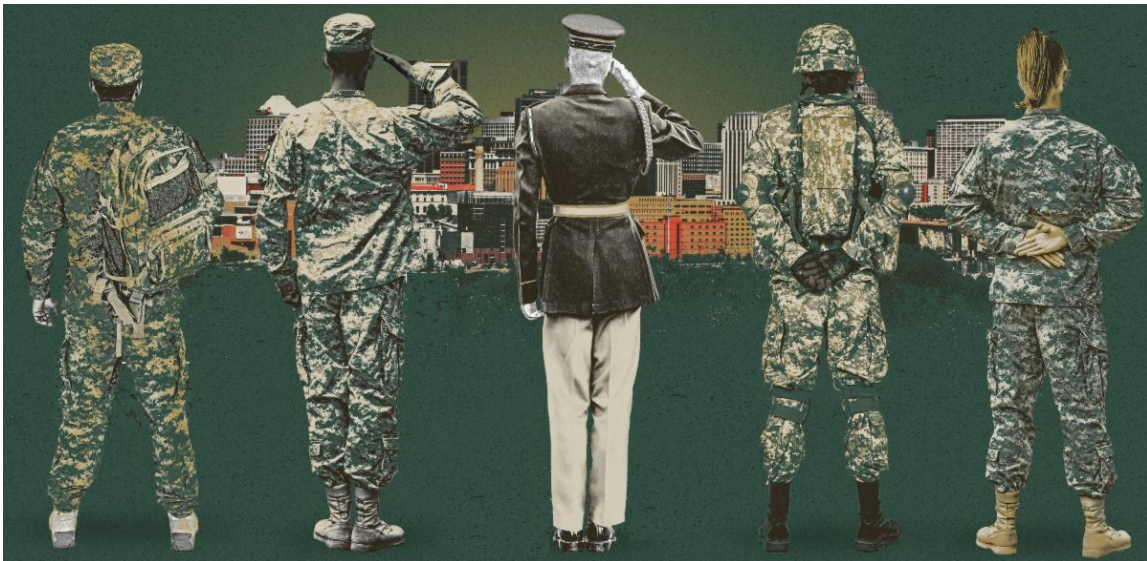




SENTINEL

News & Updates from Methodist Family Health Foundation

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CARES Act Grant Helps Methodist Family Health Employees, Community

Methodist Family Health employs several veterans throughout its continuum of care. Our mission to provide the best possible care to those who may need our help extends to our team members and their families. With thanks to Wallace Smith, commander of the Veterans of Foreign Wars Post 9095, Methodist Family Health Foundation was able to assist some of our employees and their neighbors with funds from a CARES act grant.

“Recently, I had a unique opportunity come to my attention,” Wallace explained. “Through federal funds from the Cares Act, I was able to submit a grant request to assist veterans in need of food and shelter. Amazingly, this request was granted, and in my role as the commander of the Veterans of Foreign Wars Post 9095, I was given \$95,000 to help veterans who have been adversely impacted by the pandemic. The challenge was to spend the entire amount per the provided criteria and within 3 weeks.

“We went to work on this immediately, and as of June 16, we expended all funds. We ended up directly helping former veterans from the Army, Navy, Air Force, Marines, and the National Guard, and we also decided to spend funds with organizations that had the

ability to directly benefit veterans in meaningful ways. I helped some veterans by meeting with them at local grocery stores, and we went on two grocery-cart shopping sprees. For some veterans, we interacted with their utility companies and paid their water and/or electric bills to get them to a zero balance and avoid utility shut-off. Some veterans needed help with their house mortgage, we paid their bill and late fees.”

Methodist Family Health distributed information throughout its continuum and to its e-newsletter subscribers, making them aware of the funds if they or someone they knew in need could benefit. As a result, 11 people, who are either employed by Methodist Family Health or associated with the organization, received assistance.

Some veterans had unique and special stories, which made us proud to help them in their time of need:

- A veteran in Sheridan, Arkansas is currently in hospice and has only months to live. The veteran’s family reached out for assistance to build a handicapped ramp at his home so they could take him outside daily with the time he has left.
- We provided funds to Ronald McDonald House to house veterans and their families whenever they need a place to stay while visiting Arkansas Children’s Hospital. Within days of our donation, we were notified that a Marine was staying at the facility, courtesy of our funds, while his young daughter was receiving a new heart.
- A widow of a former Army veteran, who has her own medical troubles, asked us to help restore her water service, which was leaking and causing foundation problems. We fixed the house, put in a new water heater, and took this widow grocery shopping to stock her with food for a couple of months.
- We provided funds to Saint Francis House so they could feed veterans and their families. These families can go to the shelter and receive free meals.
- An Army veteran, who recently became a widower, was facing mobility issues at home. Without the help of his wife, he had problems entering and exiting the bathtub. We utilized funds to renovate this veteran’s bathroom to make it completely handicapped accessible, making it possible for him to continue to live in his home safely.
- We provided funds to Goodness Village so veterans from across the state can have a place to stay when visiting hospitals in the central Arkansas area. Cancer patients, surgical patients, and long-term treatment patients are some of the veterans helped with funds from this grant.
- A naval veteran, who is deaf, received help in paying his monthly car note.
- For the Veteran Villages of America, we set aside funds in conjunction with the
- Arkansas Food Bank to provide emergency food boxes to veterans and their families. There will be multiple dates in the coming months where this food will be made available at the Veteran Villages of America facility.

These veterans represented all branches of our armed forces. Some are unemployed, and others are in transition. Some have jobs but are struggling to make ends meet. Regardless, every veteran is a brother and sister-in-arms to every other veteran, and we were proud to provide this assistance. Each veteran who was helped was required to send a copy of their DD Form 214 to confirm their status as a veteran before receiving financial assistance. Each veteran also was asked: During this pandemic, as a veteran or dependent of a veteran, are you struggling to provide food or shelter for your family? Some said they would rather the funds go to veterans in more dire need. For any veteran who said they needed assistance, funds from this grant helped them.

LIGHT BEARERS



Wallace Smith



The Coronavirus Aid, Relief, and Economic Security Act, also known as the CARES Act, is a \$2.2 trillion economic stimulus bill passed by the 116th U.S. Congress in 2020 in response to the economic fallout of the COVID-19 pandemic in the United States. Wallace Smith, donor, and volunteer at Methodist Family Health obtained a CARES Act grant for veterans and their families to assist them with groceries, utility bills, home repair, and other necessities. As the commander of the Veterans of Foreign Wars Post 9095 in Little Rock, Wallace understands our veterans and their families need financial assistance sometimes to help maintain responsibilities to their communities and themselves. Thanks to Wallace, who worked with the Methodist Family Health Foundation to provide financial grants to our employees and neighbors through the CARES Act grant many individuals were helped.

Q: Tell us a little about yourself.

A: I'm Wallace C. Smith, P.E., the director of federal services at Garver, LLC. I'm the chair-elect of the board of directors at Women and Children First, the commander of the Veterans of Foreign Wars Post 9095, an advisory board member of Goodness Village, and a donor to and volunteer for Methodist Family Health.

Q: How long have you been involved with Methodist Family Health?

A: Two years.

Q: How did you get involved with Methodist Family Health?

A: My wife of 18 years, Amanda Smith, works at the Methodist Family Health

Foundation. As a husband who long ago learned the meaning of “happy wife, happy life,” I support my wife’s efforts with this wonderful organization by volunteering time and service as needed to do my part to help those in need.

Q: Why is our mission - to give the best possible care to those who may need our help - important to you?

A: Helping children achieve a level of social and independent living skills so they can rejoin their families or simply live their lives is a noble mission. That mission speaks volumes to me. Methodist Family Health is the safety net that is helping so many children in our state. Without Methodist Family Health, I'm not sure what would become of some of these children. One of my bible favorites is the very simple verse, “Blessed are the peacemakers, for they will be called the children of God.” Well, at Methodist Family Health, many people are doing their best to bring peace to the minds of these children. The staff at Methodist Family Health are truly doing their part to be peacemakers.

Q: When did you first hear about Methodist Family Health?

A: When my wife became the director of development at Methodist Family Health Foundation two years ago. That was my signal to begin educating myself about this organization.

Q: With so many great organizations to support, why should others choose Methodist Family Health?

A: The Methodist Family Health family has been helping people since 1899 with a focus on children throughout our state of Arkansas. Whether you live in Little Rock, Northwest Arkansas, or any place in this state, you can get involved and contribute your time, energy, and resources if you wish. As an organization that has been around for more than a century, Methodist Family Health has stability. You can count on it to live up to its commitments when you donate financially. This is not an organization that spends half your donation on administrative costs. Your gifts to Methodist Family Health go where it most needed: helping the kids.

Q: Is there a particular moment or memory that stands out for you regarding your involvement with Methodist Family Health?

A: Before COVID-19 changed the ways we could interact with each other, I dressed up as Santa Claus while my wife, daughter, and 77-year-old parents all dressed up as elves, and we brought a zillion presents for the kids at Methodist Behavioral Hospital on Christmas Eve. In small groups, one group at a time, we were able to bring smiles to children’s faces with presents. As you might expect, some children in Methodist Family Health are truly in need of that care. Seeing so many kids and the different ways they reacted to our attempted kindness was uplifting and saddening at the same time. These children need us, all of us. I feel like a lot of these kids are outside the day-to-day thoughts of the average person in our state and a little bit forgotten. That Christmas Eve reminded me, as it should remind us all, that these children are at this facility out of necessity. There are issues to resolve so they can hopefully take their place in society one day and live their lives as fully as we do now.

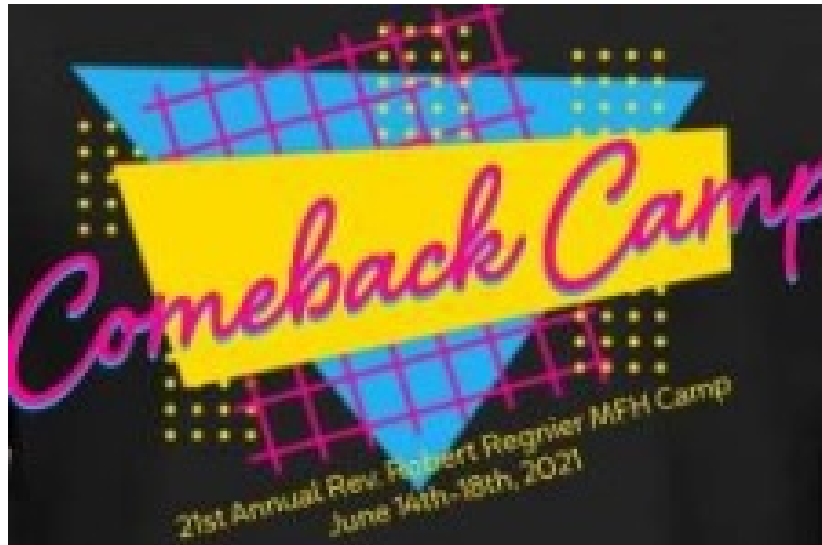
Q: What would you say to someone considering supporting Methodist Family Health?

A: Get involved! You can be involved and support in so many ways. Although financial contributions are the lifeblood of any 501©3 organization, there are so many ways to be involved directly. Be a volunteer. Gather a group of volunteers. Go forth and be a champion for this great cause. Call the Methodist Family Health Foundation office and ask what you and your friends can do to take a direct role in helping people. Donate items that are needed. Participate in the upcoming Southern Silks Stakes event and have a fantastic time while also being part of the solution. Don’t wait to call and take the first step to get involved. You will hopefully find it as rewarding as I do.

LATEST NEWS & EVENTS



Camp Comeback Throws It Back to the 80s



Summer camp is an exciting part of the Methodist Family Health qualified residential treatment program each year. For the children in these therapeutic group homes, camp is a way to successfully take our kids with their diverse needs and provide them with a traditional childhood experience they wouldn't normally be able to enjoy. When we bring all our kids together, we take the one thing that makes them an outsider at regular summer camps (being in foster care) and makes it the one thing that everyone has in common.

This year was called Camp Comeback since our therapeutic group home kids couldn't attend camp in person last year because of the COVID-19 pandemic. It was a totally tubular time for all.



Gill Family Gifts Awning



Marjem Gill gifts her husband, John Gill, with the new awning at the front door of Methodist Family Health's headquarters in Little Rock.

All Aboard to Stuff the Bus!

Only a few short weeks remain before it's back to school. Help us give the children and teens in our care a great start to the school year by collecting and donating school supplies. Look for more information on where, when and how in the August 2021 issue of the Sentinel.



**Mashburn Gift Provides for
Multiple Continuum Needs**



TURN YOUR GYM INTO A GIANT **ACTIVE** VIDEO GAME

A recent \$75,000 gift from Cynthia and Walt Mashburn of Little Rock was used to fulfill several needs within the continuum. Among them are two mobile Lu Interactive Gyms for the Methodist Behavioral Hospital in Maumelle and the Little Rock Psychiatric Residential Treatment Center. This equipment provides interactive video for exercising both the mind and body.

Funds were also used to purchase and install a lighted sign for the Methodist Behavioral Hospital so the facility can be seen better at night, acquire new furniture for our Arkansas CARES program, and placed in the Methodist Family Health Foundation's compassion fund, which is this year's special appeal during Southern Silks Stakes.

Bookmarks For Bibles

Our girls in the Little Rock Psychiatric Residential Treatment Center made these bookmarks using a marbling technique, and our boys in the subacute unit at Methodist Behavioral Hospital in Maumelle created the bubble painting pieces, which look like watercolor paintings. The Methodist Family Health Foundation will enclose these bookmarks in thank-you notes going to donors who made financial gifts to our Bible Fund.



Donors Contribute Almost \$25,000 to Bible Fund



This past year is one we will never forget. Constant change and uncertainty are difficult and sometimes overwhelming for us as adults, so think how hard it is for children and teens. Whether they are struggling with abuse, abandonment, neglect, or psychiatric, behavioral, emotional, or spiritual issues, Methodist Family Health is a resource for Arkansas children and families in need.

Our pastoral care director, Amy Shores, makes sure to encourage the children in our residential programs by providing them with their own bible storybook or teen devotional bible as a gift made possible through donations by our supporters. These spiritual items are used as the children attend church, spirituality services, and bible studies, conducted consistently throughout the year by Amy Shores.

"It's such a huge blessing to know we have funds to be able to provide bibles to each child and teen who enters our care," she said. "For some, it's the first Bible they have ever had, while for others it is a much-needed comfort to help them through a very difficult time. Either way, our clients are so happy to choose and receive their bibles, and it brings me so much joy to be able to give them without the worry of running out of them."

Giving the gift of God's word to a child during this time is essential in letting them know they are – and have always and will always be – loved and cherished. Because of you, Methodist Family Health Foundation raised almost \$25,000 to purchase bibles, devotionals, and other spiritual study books for the Arkansas children and families in our care.



Artist mid-stroke

Camp Success at Day Treatment

Camp Success is the annual summer program for approximately 20 students in the Methodist Family Health Day Treatment program. This camp will be staffed by our behavioral instructors and therapists. The youth will have the opportunity to continue working on their behavioral and social skills through group activities with the staff, participate in games, arts and crafts, field trips, and have loads of fun. The purpose of camp is to provide a setting for youth, which is supervised and structured but fun. This allows our kids to continue making progress and preparing for the coming



Wings mural

school year by working with their therapist in individual and group activities. In addition to one-on-one counseling sessions, camp also provides group and family therapy. Some facts about Camp Success include:



Kids making masks



Finished art project



Sample of clay sculpture



Samples of masks



Collection of masks



Peek-a-boo at the splash pad



Kids enjoying the water during a hot day at camp



Taking aim at the splash pad



Kids enjoying the splash pad on a camp field trip

Scripture and Mindfulness Calendar

July 2021

HOW SHOULD I TREAT OTHERS?

1. Look for 3 things to be thankful for today.
2. Spend 15 minutes journaling about what is on your heart.
3. Watch a symphony on YouTube, noting all you see and hear.
4. Thank a service member.
5. Send a card to a loved one.
6. Share something that makes you laugh with someone else.
7. Try 3 new yoga poses.
8. Give thanks for everything you eat today.
9. Research the answer to a question you have.
10. Read and reflect on a passage of Scripture with your family members.
11. Exercise outdoors.
12. Compliment someone.
13. Make a list of the names of God that you find meaningful right now.
14. Fast for 6 hours.
15. Meditate for 10 minutes about where God may be calling you.
16. Take a walk outside and keep count of the different noises you hear.
17. Pray for an enemy.
18. Be intentional about really taking Sabbath today.
19. Spend time outside noticing how the sky changes.
20. As you do daily chores, notice the Spirituality in the tasks.
21. Spend an hour in quiet solitude.
22. Do something creative today.
23. Pray a prayer of confession.
24. Set a goal for yourself.
25. Have a conversation with someone about your Spiritual journey.
26. Share a good piece of advice.
27. Take a Spiritual Gifts test and reflect on how you see those in your life.
28. Celebrate national milk chocolate day by savoring a piece of chocolate.
29. Spend time being a generous listener.
30. Drink 100 ounces of water today.
31. Start a book you have been wanting to read.

1. Luke 6:31
2. Ephesians 4:29-32
3. Romans 15:1-2
4. Proverbs 24:17
5. Romans 12:10
6. 1 John 4:20-21
7. Matthew 7:12
8. John 15:12
9. 1 Peter 3:8-12
10. Philippians 2:3-4
11. Colossians 3:12-14
12. 1 Timothy 5:1-2
13. Romans 12:18
14. 1 Corinthians 13:4-13
15. James 2:1-13
16. Romans 12:17-21
17. John 13:34
18. Romans 10:12
19. Matthew 19:19
20. 1 John 3:18
21. Matthew 7:3-5
22. Hebrews 10:24
23. Ephesians 4:2
24. 1 Corinthians 16:14
25. 1 Peter 3:8
26. Matthew 5:43-48
27. James 1:19
28. 1 Thessalonians 5:11
29. Galatians 5:26
30. Matthew 25:40
31. Proverbs 16:28



www.methodistfamily.org

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What is Your Legacy?

If you view your will as one last act of love in your life's story, it takes on a very different hue.

Unique as your life is, you will not only pass property to the individuals you choose, but it can also provide a way to make a gift to reflect your life's meaning.

Email Carolyn McCone

A will is the easiest way to leave a gift to Methodist Family Health Foundation and be certain it will make a significant, positive

difference.

For information about how to include Methodist Family Health in your will, contact Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation, at 501-906-4202 or CMcCone@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](#).

Methodist Family Health SENTINEL *a publication of the [Methodist Family Health Foundation](#)*

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The Sentinel is published 12 times a year.

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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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to give the best possible care
to those who may need our help.**