

Share the Light and

S H * N E



 *Methodist*
FAMILY HEALTH

SENTINEL

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S H  N E

Methodist Family Health Foundation Board of Directors

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Christmas at Methodist Family Health

Participating in this year's online gift-giving for the children and adolescents of Methodist Family Health is easier than ever before! Visit ChristmasAtMFH.com to explore all the ways you can share your light and joy with the Arkansas children and families in our care this season. Here's how:

1. To purchase all the items on a child's wish list, choose his or her name from our angel tree to view, buy and ship their gifts.
2. If you would like to purchase one or a few gifts for a child, look for the general wish list on our angel tree. These gifts will be given to children and adolescents who come into our care but have not had a chance to provide us with their Christmas wish lists.
3. Make a contribution to Methodist Family Health's Share the Light Christmas appeal at MethodistFamily.org/Donate.html. Please select "Share the Light Christmas Donations" from the drop-down menu.

If you have questions or concerns, please contact our chief elf, Carolee Cook, at CCook@MethodistFamily.org or 501-906-4307.



When You Share the Light ... YOU SHINE

Dear Friend,

It's been another stressful, uncertain and trying year. Unlike 2020, we have good news in effective vaccines to minimize the spread of the COVID-19 global pandemic and save lives. The impact this century's pandemic has had on all of us - including the youngest and most innocent among us - is only now coming to light.

When I think of the people in my community who are struggling with psychiatric, behavioral, emotional and spiritual issues around the holidays, I wonder how they are managing the isolation and fear around this virus. It brings to mind this passage: the people living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned. - Matthew 4:16.

We aren't dissimilar from the followers of Jesus Christ in his time. They were dealing with uncertainty and fear as much as we are today. It took someone who could see the hope in each of us to bring about positive change, stability and peace. I know you have this light in you as well, and I hope you will share that light with your family, friends, church, employer and community. It only takes one spark to start a blaze of light for others to see, follow and join. If you share the light this season and always, YOU shine.

Sincerely,



Andy Altom



Andy Altom, President and CEO

a publication of
Methodist Family Health Foundation

- Carolyn McCone, CFRE
Executive Director
- Amanda Smith
Director of Development
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Director of Communications
- Jamie Griffith
Foundation Project Manager
- Christy McCreight
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Volunteer Coordinator
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Church Relations Associate

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Methodist Family Health is the management company of:

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

FOLLOW US at:

- Facebook.com/MethodistFamilyHealth
- Instagram.com/MethodistFamilyHealth
- Twitter.com/MethodistFamily
- YouTube.com/MethodistFamilyHealth

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



Share the Light and

SHINE

You never know how your kindness will impact someone. This is true of one of Methodist Family Health's clients. A graduate of our Arkansas Centers for Addictions Research, Education and Services (Arkansas CARES), Lauren and her daughter were able to work together through therapy and rehabilitation to become a stronger family. Arkansas CARES is an intense substance abuse rehabilitation program for mothers who have a dual diagnosis of a mental health issue and a substance addiction. This program allows the moms to keep their children with them as they navigate their way to sobriety and stability. Because the children learn coping and effective communication skills as well as their moms, they can work together once the mom graduates so she can remain sober and the family can move on to brighter futures.

"Arkansas CARES worked for me," Lauren said. "I have remained sober and am going on four years clean of all substances. I've worked on me the last few years. I have a job, and my daughter is starting Kindergarten. Now I am working on my bachelor's degree in business communications and being a solid parent."

Both Lauren and her daughter are eligible for funds to help them attend college. The Methodist Family Health Foundation Scholarship Fund provides these funds for any of our clients in our residential programs who have spent at least one night in our care. Lauren is using her scholarship to further her education and get ahead in her career.

"This unexpected scholarship and the belief in me has really given me extra motivation, knowing you all are backing me," she said.

It's because of people like you sharing your light of time, talent and financial gifts that Lauren and her daughter can see their way to a future filled with stability, peace and hope instead of uncertainty, fear and doubt. The services we provide at Arkansas CARES and all of our residential and outpatient programs are not possible without your support and assistance.

It's because of you that Methodist Family Health developed our newest campaign, Share the Light and Shine, which you will be seeing on television, in publications and on social media this month and throughout the coming year. You can even hear us on the radio with our original song written and performed by Arkansan Jason Lee Hale, "This is the Time to Shine." We see your light, and when we ask you to use it to help guide the way for others, you do not hesitate. For this reason, we honor you for sharing your light and helping us SHINE.

"In the 33-year history of
Christ of the Hills in Hot Springs Village
- UNTIL COVID -

each worship service has ended with
the joining of hands to sing The Lord's Prayer
(We're not yet back to holding hands,
but when we began to sing The Lord's Prayer again
to close our services, tears of joy flowed
throughout the congregation).

Covid may have changed much in each our lives,
but it hasn't dented or derailed our determination
to join hands with Methodist Family Health.

Our Missions Team enthusiastically supports
the vision of Methodist Family Health,
is proud of playing a part in its long history
of impacting lives with God's love,
often at the very moment of their greatest need.

Christ of the Hills' giving to support Methodist Family Health
is offered with great joy." - Reverend Siegfried Johnson,
Christ of the Hills United Methodist Church,
Hot Springs Village, Arkansas

Pictured to below left is the congregation at
Christ of the Hills United Methodist Church



LIGHT BEARERS



Methodist Family Health Foundation Honors Arkansas's United Methodist Churches for Their Generosity

Traditionally, the Methodist Family Health Foundation annually awards to two churches in the Arkansas Conference of the United Methodist Church, per district, the Volunteer Award and the Generosity Award. Faced with the challenges of COVID-19 this past year and the lack of in-person volunteer opportunities, Methodist Family Health Foundation chose to only recognize churches with the Generosity Award.

Congratulations to these award winners throughout Arkansas. We hope to see you soon in 2022 so we may honor you with the Volunteer Award as well. We appreciate your support, dedication and partnership.



Searcy First
United Methodist Church



Pulaski Heights
United Methodist Church



Grace
United Methodist Church



Leslie
United Methodist Church



Brinkley First
United Methodist Church



First Church Springdale



Forrest City
United Methodist Church



Mt. Pisgah
United Methodist Church



Foreman First
United Methodist Church



Christ of the Hills
United Methodist Church

Our Gratitude

2021 CHURCH AWARDS - GENEROSITY

GRACE UNITED METHODIST CHURCH, CONWAY - CENTRAL DISTRICT

PULASKI HEIGHTS UNITED METHODIST CHURCH, LITTLE ROCK - CENTRAL DISTRICT

CHRIST OF THE HILLS UNITED METHODIST CHURCH, HOT SPRINGS VILLAGE - SOUTHWEST DISTRICT

FOREMAN UNITED METHODIST CHURCH, FOREMAN - SOUTHWEST DISTRICT

BRINKLEY UNITED METHODIST CHURCH, BRINKLEY - SOUTHEAST DISTRICT

FORREST CITY FIRST UNITED METHODIST CHURCH, FORREST CITY - SOUTHEAST DISTRICT

FIRST CHURCH SPRINGDALE, SPRINGDALE - NORTHWEST DISTRICT

LESLIE UNITED METHODIST CHURCH, LESLIE - NORTHWEST DISTRICT

MT. PISGAH UNITED METHODIST CHURCH, SEARCY - NORTHEAST DISTRICT

SEARCY FIRST UNITED METHODIST CHURCH, SEARCY - NORTHEAST DISTRICT



A close-up photograph of a woman and a young child looking at a Christmas tree. The scene is warmly lit with bokeh lights from the tree, creating a soft, intimate atmosphere. The woman is on the right, leaning in towards the child on the left. They are both looking down at the tree, which is filled with numerous warm, glowing lights.

This is the Time to

S H * N E

You can share your light of peace, stability and hope with the Arkansas children and their families in our care who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues. Here are some easy ways you can share your light this season:

- Visit MethodistFamily.org/Donate.html to contribute online
- Text GIVE to 501-881-2258
- Call Christy at 501-906-4201 to make a secure contribution using your debit or credit card
- Mail a cash or check donation to Methodist Family Health Foundation, P.O. Box 56050, Little Rock, Arkansas 72215
- Place a check or offering envelope addressed to Methodist Family Health Foundation in the offering plate at your church
- PayPal @MethodistFamily
- Venmo @MFHFoundation

The logo for the Methodist Family Health Foundation. It features a stylized mountain range in purple and green, with a white wave-like shape above it. To the right of the graphic, the word "Methodist" is written in a large, purple, cursive font. Below "Methodist", the words "FAMILY HEALTH FOUNDATION" are written in a smaller, green, sans-serif font.

Methodist
FAMILY HEALTH FOUNDATION

These are the Good Works YOU Helped Accomplish

Even in the midst of a global pandemic, your financial gift in 2021 to Methodist Family Health Foundation helped us care for 4,692 Arkansas children and families and provide 127,582 services throughout our statewide continuum of care.

Because of your generosity, Methodist Family Health was able to help Arkansans who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues - last year, today and always.

These contributions from YOU made all of this possible:

- Art activities
- Bibles and spiritual guides
- Birthday gift cards
- Christmas gifts
- Clothing and personal care
- Facilities improvements
- Hospital technology upgrades
- Interactive gym at Methodist Behavioral Hospital and Methodist Children's Home
- Kindles
- Playground upgrade at Methodist Children's Home
- Personal protective equipment, including face masks
- Recreational items
- Resources for Arkansas CARES clients
- Scholarships
- Summer camp
- Therapy tools and resources
- Travel assistance for clients and their families

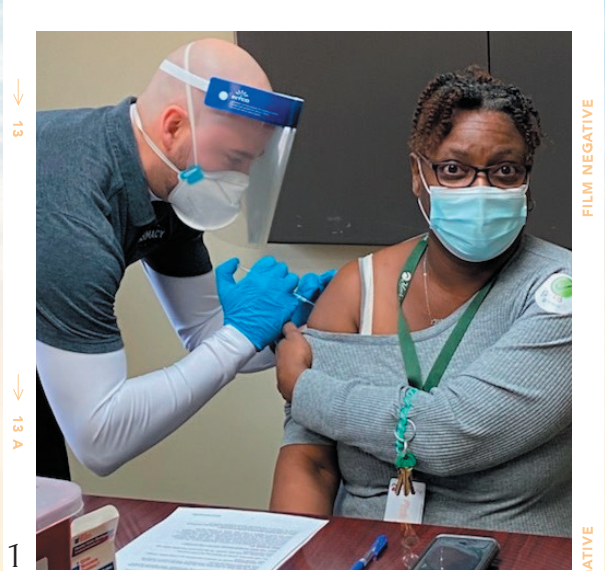


2021 Year in Review

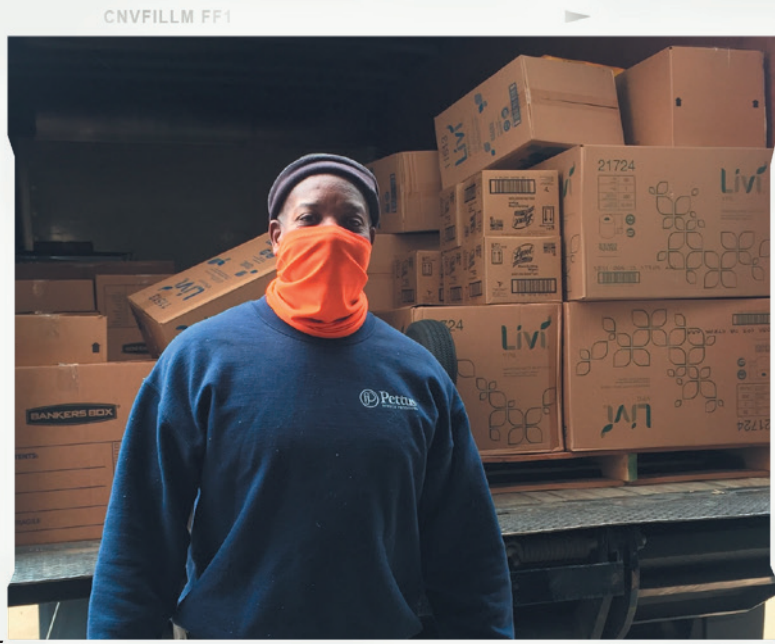
1. In January, Methodist Family Health employees received the first dose of the Pfizer vaccine to combat COVID-19.
2. Volunteers organize and store donations collected through the 12th Annual Get Up & Give Lenten Collection Project, which kicked off in February.
3. Methodist Family Health Foundation kicks off the public phase of the capital campaign for the Mike Millar Spiritual Life Center.
4. Members of Martha Circle at Christ of the Hills United Methodist Church receive a gift for their contributions of hand-sewn, fleece blankets for the children in our care.
5. Pettus Office Products delivers their Get Up & Give contributions to Methodist Family Health Foundation in March.



3 23 ▶ CANVA STORIES



4 23 ▶ CANVA STORIES



5 23 ▶ CANVA STORIES



23 ▶

CANVA STORIES

Methodist FAMILY HEALTH

2021 Year in Review

- 6. The kids in our therapeutic group homes were able to return to Camp Tanako in June. Here, they take aim at staff with paper plates full of shaving cream.
- 7. Little Rock Day Treatment students also got to enjoy a little summer camp fun by cooling off in the splash pad at War Memorial Park.
- 8. Cornerstone United Methodist Church in Jonesboro collected games for our children in our Methodist Behavioral Hospital. Christi Crawford, minister to youth, children and families, and her helpers delivered the donations and played games with our kids.
- 9. See Yourself a Winner at Southern Silks Stakes.
- 10. The improvements to the playground on the grounds of Methodist Children's Home are completed.



23 ▶

CANVA STORIES



23 ▶

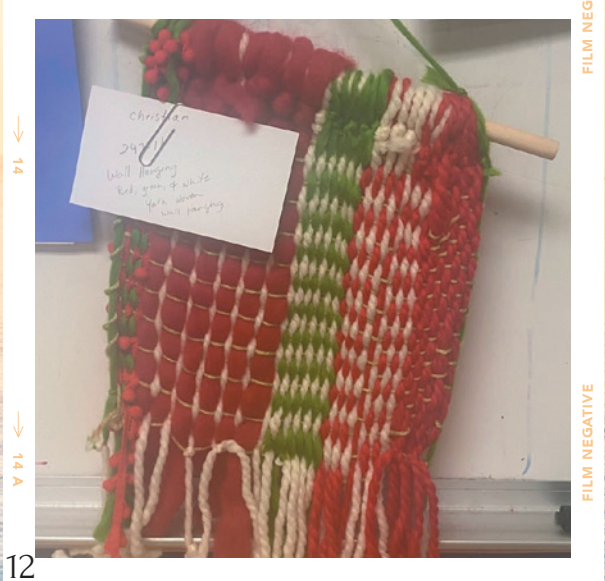
CANVA STORIES

2021 Year in Review

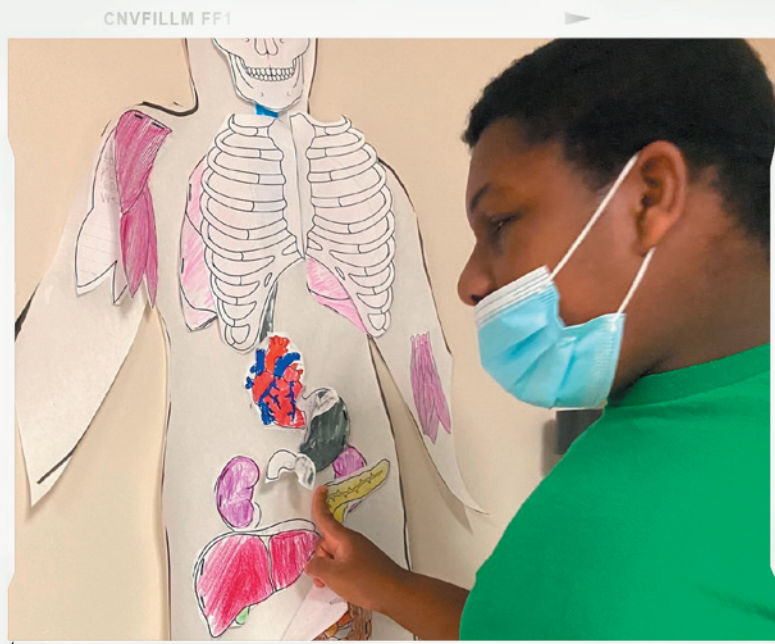
- 11. Methodist Family Health Foundation hosts a virtual groundbreaking for completion of the Mike Millar Spiritual Life Center capital campaign, which raised \$4.2 million for the new multi-use center on the Methodist Children's Home campus.
- 12. Little Rock Day Treatment students enter their original arts and crafts in the Arkansas State Fair competitions.
- 13. Jason Lee Hale, an Arkansas singer-songwriter, creates an original song for Methodist Family Health's new awareness campaign, "This is the Time to Shine."
- 14. The 9-12 grade students at our Little Rock day treatment facility made a human body model of the major organ systems. They put definitions under each organ to tell the role that each plays in the human body.
- 15. With thanks to donors, our behavioral hospital in Maumelle now has an illuminated sign.



13 23 ▶ CANVA STORIES



11 13 A FILM NEGATIVE
12 14 A FILM NEGATIVE



14 23 ▶ CANVA STORIES



15 23 ▶ CANVA STORIES



Methodist Family Health Foundation Breaks Ground on \$4.2 Million Multi-Use Center

Methodist Family Health broke ground - virtually - on its newest, multi-use building at its oldest campus in Little Rock at 10:30 a.m. on its YouTube channel and Facebook page on Tues., Oct. 12. You can watch the groundbreaking video on our YouTube channel.

The state's only complete continuum of care for Arkansas children and families who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues, Methodist Family Health Foundation raised \$4.2 million to construct the Mike Millar Spiritual Life Center on the campus of the Methodist Children's Home at 2002 S. Fillmore St. in Little Rock. The new center is named in memory of Mike Millar, a lifelong United Methodist from Searcy, Arkansas who served on both Methodist Family Health's operations and foundation boards of directors. Millar was a prominent attorney, philanthropist and volunteer who died in 2020. The chapel of the center is named in memory of Elaine and Bishop Kenneth Hicks, longtime supporters of Methodist Family Health.

Construction of this facility began in October and should be completed in summer 2022. It will replace the original chapel on Methodist Family Health's oldest campus, Methodist Children's Home.

Sponsors Share the Light During Year-End Appeal



The Share the Light Christmas Appeal is our most important fundraising campaign of the year. Methodist Family Health receives no apportionment support from the Arkansas Conference of the United Methodist Church; instead, we rely heavily on donations made through this special offering at Christmas.

Contributions are used to support the Arkansas children and families who receive care from Methodist Family Health's programs and services, including inpatient psychiatric hospitalization, outpatient counseling clinics, grief counseling services, psychiatric residential treatment centers, therapeutic group homes, and so much more.

By sponsoring this year-end appeal, our Share the Light sponsors will be helping Methodist Family Health rebuild the lives of children and families in Arkansas by providing necessities like clothes, shoes, personal hygiene items, school supplies, bedding, specialized therapies and other crucial resources.

By sharing their light of peace, stability and hope with the Arkansas children and their families in our care, their light shines brighter.

Will you share the light with Methodist Family Health? To inquire about becoming a Share the Light sponsor, contact Jamie Griffith, Foundation project manager, at JGriffith@MethodistFamily.org or 501-906-4209.

Methodist Family Health Foundation's Giving Societies

Please note that * denotes a new member while † denotes a member who is deceased. If you would like more information about how to contribute to Methodist Family Health and become members of these giving societies, please contact Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation, at 501-906-4202 or Amanda Smith, director of development, at 501-906-4220.



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 Methodist Family Health.

Please let us know if you have included Methodist Family Health in your estate plan and allow us the opportunity to thank you and verify how you would like to be listed in our Coy-Roots-Tabor Heritage Society. Call 501.906.4202 or email cmccone@methodistfamily.org.

Anonymous (2)

Myra and Andy Altom

Jane and William Arthurs

Mr.† and Mrs.† Robert G. Branch

Catherine and Howard Cockrill*

Ashley Riggin Coldiron

O'Neal Davidson Estate

Donald R. Dearing† and Martha M.
Dearing† Trust

Ellen† and Don Edmondson

Cecile and Gil† Foresman

Marjem and John Gill

Max Goolsby*

Jan Green

Mrs. Ina Mae Harris

Jonelle Ryan and Billy Gene Jones

Nancy and Earl† McClure

Carolyn and Craig McCone

Mr. Robert McPherson†

Jacquelyn P. Murphy

Jerry L. Patterson†

Kari and Dan Rohrbaugh

Geraldine and Paul Stiedle

Steven C. Trolinger

Judy Vasser

Mary and Cleifton Vaughan*

Warren Family Trust

Imogene Simpson Westfall Trust

Cap Whitley

Merle D. Wilson Revocable Trust*†



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.

Anonymous (7) Beth Abbot*
Myra M. Abrignani Estate
Lewes† and Jon Ahrens
Myra and Andy Altom
Arkansas Arts Council
Arkansas Community Foundation
Arkansas Economic Development
Commission
Paul Arnold
Rebecca and Ritter Arnold
Seth W. Baker, Jr. Annuity*
Bancorp South Insurance Services, Inc.
John and Barbara Bragg Charitable
Remainder Trust
Mary† and Robert† Branch
Lillian Mae Calvert Living Revocable
Trust
Milton D. and Mary C. Campbell Joint
Revocable Trust
Rev. J. Wayne and Rynett Clark*
Mr. and Mrs. Harry Clerget*
Rachel and Jake Commer
Dr.† and Mrs. George Cone
Crews & Associates
Datamax, Inc.
Donald R. Dearing and Martha M.
Dearing Trust
Deborah and Ray Dillon
E Ritter Companies*
Ellen† and Don Edmondson
Judy Waddell Fletcher
Cecile and Gil† Foresman
Elizabeth W. Fries Estate
Charles A. Frueauff Foundation, Inc.
Dr. Rita Galloway
Conway and Margaret George
Charitable Trust
Corinne W. George Trust
Mary Lue and Bill Gibbs

Gill Ragon Owen Attorneys
Aline Gill Estate
Marjem and John Gill*
Jan Green
Maxine S. Gregg Estate
Hall Revocable Trust
HealthSCOPE Benefits, Inc.*
Carolyn M. Henslee
John A. Henson Trust
Walter B. Huff Estate
Geneva I. Hughes Estate
Julia Mae Jackson Estate
Kerry and Charlie Jackson*
Ura Mae Johnston Trust
Kathleen Kennally and Mark Holder
Kerkhoff Family Trust
Iva and Bill Krogman
Terry and Jean Landrum
Clyde Langford Jr. Estate
L.A. Logan Estate
Mr. and Mrs. Carl Long
Judith and Charles Long
Magale Endowment Trust*
Nell S. Martin Endowment
Cynthia and Walt Mashburn
Robert McPherson Trust
Jane Hunt Meade
Methodist Family Health
Karen and Mike† Millar
Rev. Curtis E. Monroe Estate
Alline M. Montgomery Estate
Angela and Chris Newell
The William C. and Theodosia Murphy
Nolan Foundation
Mrs. M.E. Peace
B.C. Pickens Trust
Joyce and Chris Poole*
Augustus H. Pugh

John H. Reese Endowment Fund
Mrs. Betty Regnier
Robert and Paula Reynolds
Riggs Benevolent Fund
Lila and Jack† Riggs
Sally and Keith Riggs
Thomas Edward Rimmerman Trust
Rittwood Farms Company, Inc.
Marion and Miriam Rose Trust
Mr. and Mrs. Jeff Ryan
The Reverend Mitchell and Gladys
Masters Sanford Endowment
Trish and Kurt Searvogel
Velma E. Shaffer Estate
Shuler Drilling Company
Nancy† and Neill M. Sloan
Elizabeth H. Snyder Trust
Cathy and Bill Spivey
St. Francis Ministries of Phillips County
Melda Strickland Estate
Genevieve H. and William A.† Strong
William A. Strong Charitable
Remainder Trust
Roy and Christine Sturgis Charitable &
Educational Trust
W. P. Sturgis Foundation
The Methodist Foundation for AR
Mary and Clefton D. Vaughan
Charles and Mary Vinzant Joint
Irrevocable Trust
Pat and James Wallis
Debbie and Don Weaver
Alma Welton Trust
Mildred L. Wilson Memorial Trust*
Windgate Charitable Foundation
Juanita Annette Wood Estate
Melissa and Keith Wrenn
Hazel Marie Wright Estate

†Deceased *Denotes new member



The James M. Workman Society

While a pastor of Asbury Church in Little Rock, Reverend James M. Workman 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 continuum of care during the last fiscal year, which is from July 1, 2018 to June 30, 2019.

Annual Workman Donation \$5,000 or More

Anonymous (2)

Beth Abbott
Conway, Arkansas"

Lewese+ and Jon Ahrens
Mount Ida, Arkansas

Arkansas Arts Council
Little Rock, Arkansas

Arkansas Children's Hospital
Little Rock, Arkansas

Arkansas Economic Development
Commission*
Little Rock, Arkansas

Rebecca and Ritter Arnold
Marked Tree, Arkansas

Debbie and Keith Bennett
Little Rock, Arkansas

Ann Jones Clayton
Benton, Arkansas

Crain Automotive*
Searcy, Arkansas

Datamax, Inc.
Little Rock, Arkansas

Mr. and Mrs. Fred W. Edick*
Little Rock, Arkansas

First Security Bank*
Searcy, Arkansas

Judy Waddell Fletcher
Little Rock, Arkansas

Gene Fortson*
Little Rock, Arkansas

Charles A. Frueauff Foundation, Inc.
Little Rock, Arkansas

Marjem and John Gill*
Little Rock, Arkansas

Gill Ragon Owen Attorneys
Little Rock, Arkansas

Jan Green
Little Rock, Arkansas

HCJ CPAs & Advisors
Little Rock, Arkansas

Kerry and Charlie Jackson
El Dorado, Arkansas

W.W. and Anne Jones Charitable Trust
Little Rock, Arkansas

Kinco Constructors
Little Rock, Arkansas

Cynthia and Walt Mashburn
Little Rock, Arkansas

Carolyn and Craig McCone
Little Rock, Arkansas

Jane Hunt Meade
Fayetteville, Arkansas

Karen and Mike+ Miller
Searcy, Arkansas

Angela and Chris Newell
Trophy Club, Texas

Mrs. Jack Phillips
Bella Vista, Arkansas

Psychiatric Services, PLLC
Little Rock, Arkansas

Cathy and Bill Spivey
Little Rock, Arkansas

Roy & Christine Sturgis Charitable and
Educational Trust
Little Rock, Arkansas

The W.P. Sturgis Foundation
Arkadelphia, Arkansas

The Methodist Foundation for Arkansas
Little Rock, Arkansas

Debbie and Don Weaver
Conway, Arkansas

Pete Whitehurst*
Little Rock, Arkansas

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

Anonymous (1)

Myra and Andy Altom
Heber Springs, Arkansas

Bank OZK
Little Rock, Arkansas

Linda Barnes*
Little Rock, Arkansas

Bi-Partisan Strategies, Inc.
Little Rock, Arkansas

Roger and Mary Jean Cannell*
Hot Springs Village, Arkansas

Rhonda and Jim Carroll
Brinkley, Arkansas

Caterpillar, Inc.*
North Little Rock, Arkansas

Kim and Steve Cox
Maumelle, Arkansas

Edward Jones - Kevin Kordsmeier*
Little Rock, Arkansas

Charlotte and Jim Gadberry
Little Rock, Arkansas

HealthSCOPE Benefits, Inc.
Little Rock, Arkansas

Palmer and Al Johnston
Savannah, Georgia

Jean and Terry Landrum
Scott, Arkansas

Dr. and Mrs. Kim Light*
Little Rock, Arkansas

The Magale Foundation, Inc.*
Shreveport, Louisiana

Karon and Bill Mann
Little Rock, Arkansas

Mr. and Mrs. W.A. McCormick*
Little Rock, Arkansas

Methodist Behavioral Hospital
Maumelle, Arkansas

Methodist Family Health
Little Rock, Arkansas

Joyce and Chris Poole
Benton, Arkansas

Nancy+ and Neill Sloan
Lake Village, Arkansas

Kellye and Steven Smith
Tontitown, Arkansas

Rene and Joe Starr
Little Rock, Arkansas

Billie Jo Starr
Fayetteville, Arkansas

U.S. Bank
Little Rock, Arkansas

Becka and Brian Webb*
Little Rock, Arkansas

Annual Workman Donation \$1,000–\$2,499

Anonymous (4)	Mr. and Mrs. Andy Estes* Fayetteville, Arkansas	Mrs. Cherry Light* Little Rock, Arkansas	ProAct, Inc. Pharmacy Benefit Management East Syracuse, New York
Arkansas Capital Corporation* Little Rock, Arkansas	Mr. and Mrs. Trent Felton Marianna, Arkansas	Carole Liles North Little Rock, Arkansas	Qualifacts Systems Inc. Nashville, Arkansas
Mr. and Mrs. William Arthurs Little Rock, Arkansas	First Security Bank Little Rock, Arkansas	Mr. and Mrs. Vernon Lockhart Forrest City, Arkansas	Quattlebaum, Grooms & Tull PLLC* Little Rock, Arkansas
Steve W. Babcock Paragould, Arkansas	Dr. Debra Fiser Little Rock, Arkansas	Deborah and Michael Malek Hope, Arkansas	Anne and Ben Queen Conway, Arkansas
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Nancy and Charles Banks* Little Rock, Arkansas	Alicia and Craig Gammon Vilonia, Arkansas	Mrs. Frances McGill Little Rock, Arkansas	Paula and Robert Reynolds El Dorado, Arkansas
Mr. and Mrs. Robert M. Berry Gillett, Arkansas	Dr. and Mrs. Charles Glasier* Little Rock, Arkansas	Mr. and Mrs. Travis McKamie Rosston, Arkansas	Mr. and Mrs. D.K. Robinson Little Rock, Arkansas
Blue and You Foundation Little Rock, Arkansas	Mr. Max Goolsby* Little Rock, Arkansas	Angela and Chad † McLain Wheatley, Arkansas	Mr. and Mrs. Tom R. Roth* Stuttgart, Arkansas
Deborah and Perry M. Bolding North Little Rock, Arkansas	Marci Hall* Little Rock, Arkansas	Middleton Heat & Air Little Rock, Arkansas	Sherry Rowbotham Little Rock, Arkansas
Laura and Douglas Borg Little Rock, Arkansas	Teresa and Leo Hauser Little Rock, Arkansas	Mr. and Mrs. Eugene Miller Hazen, Arkansas	Mr. and Mrs. Dennis Rowland Kansas City, Missouri
Joann and Jim Bowling North Little Rock, Arkansas	Nancy and Tim Head* Conway, Arkansas	Carl Miller, Jr. Little Rock, Arkansas	Mr. Mark Saviers* Little Rock, Arkansas
Mrs. Luana Bracy Little Rock, Arkansas	Dr. and Mrs. Mike Hillis Texarkana, Arkansas	Caroline and Chuck Mischke Lake Village, Arkansas	Kristi and Gary Sewell El Dorado, Arkansas
Sid and Sue Brain Harrison, Arkansas	B. Louise and Charles Holmes Little Rock, Arkansas	Dorothy C. Morey Maumelle, Arkansas	Deborah and John Shannon Hot Springs, Arkansas
Melanie and Matt Buchanan* Little Rock, Arkansas	Susan Insell* Little Rock, Arkansas	Alicia H. Mosley Camden, Arkansas	Sara Shinn* Mayflower, Arkansas
C. B. Foundation Little Rock, Arkansas	Arita and Tom Jewart Little Rock, Arkansas	Karen and Bill Nelson, Jr. Jonesboro, Arkansas	Simmons Bank Little Rock, Arkansas
CenterPoint Energy Little Rock, Arkansas	Dr. and Mrs. Ricky Johnson* Searcy, Arkansas	Marilyn and Joel Newcome Portland, Arkansas	Sharon and Dean Skaer Little Rock, Arkansas
Rev. J Wayne and Rynette Clark Conway, Arkansas	Harriet and James Johnson Wilmot, Arkansas	Omnicare A CVS Health Company* North Little Rock, Arkansas	Russell Spiess* Sherwood, Arkansas
Mr. and Mrs. Harry Clerget Little Rock, Arkansas	Vicky and Marcell Jones* Little Rock, Arkansas	One Digital Health & Benefits Little Rock, Arkansas	The Starr Foundation Fayetteville, Arkansas
Rachel and Jake Commer Gulf Breeze, Florida	Mr. and Mrs. Grady H. Keith Lake Village, Arkansas	Mary Catherine and Trevor Person Dallas, Texas	David Steinquest Jonesboro, Arkansas
Crews & Associates Little Rock, Arkansas	Kathleen Kennally and Mark Holder Little Rock, Arkansas	Pettus Office Products Little Rock, Arkansas	Genevieve H. and William A.† Strong Pine Bluff, Arkansas
Mr. and Mrs. Bill Derickson Leslie, Arkansas	Jane and James R. Kimzey Malvern, Arkansas	B.C. Pickens Trust Pickens, Arkansas	Mr. and Mrs. Richard F. Taylor* Camden, Arkansas
Toni Donovan* Colt, Arkansas	Janna and David Knight Little Rock, Arkansas	Kirby Pickens and Family North Little Rock, Arkansas	Mary and Cleifton D. Vaughan Santa Rosa Beach, Florida
Maurica and William Dooley Little Rock, Arkansas	Dr. and Mrs. Brian Kubacak* Little Rock, Arkansas	Mr. Edgar D. Poag Osceola, Arkansas	Frances West* Little Rock, Arkansas
Mr. and Mrs. Jim Duckett Little Rock, Arkansas	Pam Langston and Family Little Rock, Arkansas	Ella Mae and Edgar † Poag Osceola, Arkansas	Mr. and Mrs. Jim Wilson Searcy, Arkansas
Pam and Robert Edwards Searcy, Arkansas	Annie and Jack Lankford* Little Rock, Arkansas	Angie and Dylan Potts* Little Rock, Arkansas	Leslie Wilson Little Rock, Arkansas
Susan Elliott Little Rock, Arkansas	Mr. David Leech* Stuttgart, Arkansas	Ms. Lee Powell Lewisville, Arkansas	Elizabeth Teague and John S.† Workman Ridgewood, New Jersey
Dr. Randy Ennen Fort Smith, Arkansas	Lewis Architects Engineers Little Rock, Arkansas		

Attention Retirees: These are the Benefits of Donating from an IRA via a Qualified Charitable Distribution

If you are 70 ½ or older you can transfer up to \$100,000 to charity via your IRA tax free each year. This strategy may also satisfy your Required Minimum Distribution (RMD) at age 72 and reduce your adjusted gross income.

A Qualified Charitable Distribution (QCD) can be a very tax-effective way to support a charity of your choosing, such as Methodist Family Health Foundation. However, as with any financial and tax strategy, it's important to first understand the details and limitations. QCDs do not provide a charitable deduction for taxpayers, regardless of whether you itemize deductions. Instead, with a QCD, a check is sent directly from your IRA to the charities of your choosing. This allows you, the donor, to exclude the amount of your distribution from taxable income.

Key IRS rules for a QCD:

- The retirement account owner must be age 70 1/2 or older.
- The annual QCD limit is \$100,000 per account owner. For married couples, each spouse can make QCDs up to the \$100,000 limit for a potential total of \$200,000. Note: the limit can exceed the annual required minimum distribution.
- Donations must go directly from your IRA to the qualified public charity.
- Most types of IRAs qualify: traditional IRA, rollover IRA, inherited IRA, and inactive SEP and SIMPLE IRAs. Sometimes QCDs from Roth IRAs are allowed, but since distributions are usually tax-free, it probably doesn't make sense.
- QCDs only apply to taxable distributions. So, if you've previously made non-deductible contributions, you'll need to do some extra math to figure out the tax benefits.
- Making tax-deductible IRA contributions can reduce your deduction for qualified charitable distributions when both are made in the same tax year.

Conclusion: A QCD is an attractive tax effective strategy (lowering your Adjusted Gross Income (AGI)), for IRA holders aged 70 ½ or older who wish to make donations to their favorite charities. If used properly, the QCD rule will provide charitably minded IRA owners with a convenient tax deduction for years to come.

Information provided by: Brian Bush, executive vice president, Stephens; and Doug Seelicke, managing director, Stephens

This information is provided to you for educational purposes and is not intended as tax advice applicable to your personal situation. Please consult your tax adviser.

When You Share Your Light, You

S H * N E



When you share your light of peace, stability and hope with the abandoned, abused and neglected children and their families in our care, your light shines brighter. Will you light the way for those in our care who are struggling with psychiatric, behavioral, emotional and spiritual issues? Here are easy ways to give a financial gift to Methodist Family Health Foundation this season or any time:

- Text GIVE to 501-881-2258
- Donate Online at <https://MethodistFamily.org/Donate.html>
- Call 501-906-4201 to make a secure contribution with your debit or credit card
- Mail a cash or check donation to Methodist Family Health Foundation, P.O. Box 56050, Little Rock, AR 72215-6050
- Include a contribution in the enclosed envelope and drop in the mail to Methodist Family Health Foundation
- Make a donation at church during Special Offering Sundays on December 12 and 19
- PayPal @MethodistFamily
- Venmo @MFHFoundation



To Everything, There is a Season

To everything there is a season, and a time
to every purpose under the heaven.
Ecclesiastes 3:1 (KJV)

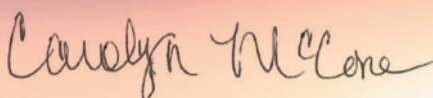
At one time or another, all of us will face times of uncertainty. Retirement can be one of those times. For me, it is definitely a bit uncertain, so I try to remember, “For everything there is a season.”

I have mixed feelings about leaving Methodist Family Health Foundation. I have loved my time here. Some days I think I could stay forever. The work we do at Methodist Family Health resonates with me on many levels. I am so proud of the work Methodist Family Health Foundation does to enhance the experience for the Arkansas children, youth and families we serve. And I am extremely proud of the Mike Millar Spiritual Life Center. The Center will be the perfect addition to the Methodist Children’s Home campus. I am looking forward to the dedication next year....and I won’t have to plan it!

But it is time. Time to turn over Methodist Family Health Foundation leadership to someone else. It is now my turn to enjoy extra time with family and friends, travel, volunteer and lots more.

I have had GREAT staff, boards of directors, donors, volunteers and colleagues around Methodist Family Health's continuum of care. AND I couldn’t ask for a better boss than Andy Altom.

I look forward to a new season for myself and for Methodist Family Health Foundation. I am blessed.



Carolyn McCone, CFRE

Executive Director, Methodist Family Health Foundation



A Special Farewell to Our Outgoing Board Members

Our thanks to the following Methodist Family Health Foundation board members for their dedication and service to the Arkansas children and families in our care:

- Ritter Arnold, Marked Tree
- Misty Baugh, Little Rock
- Laura Borg, Little Rock
- Bill Spivey, Little Rock

These individuals have served on and held leadership positions for the Methodist Family Health Foundation board of directors for many years. We are so appreciative of their years of service and grateful for their generosity. Because of their counsel, Methodist Family Health is able to enhance the services provided to the Arkansas children and families in our care.



Thank You to Our 2021 Heroes FOR Families SPONSORSHIP PROGRAM

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FAMILY ALLY

FAMILY FRIEND



WE SAW OURSELVES A WINNER, AND IT WAS YOU!

THANK YOU TO OUR SPONSORS!

OWNERS



LEAD PONIES

TRAINERS



JOCKEYS



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PRESENTED BY:



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EMBASSY SUITES LITTLE ROCK
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METHODISTFAMILY.ORG/SOUTHERN-SILKS
OR 501-906-4209





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



Give Back During the 2022 Lenten Season

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 13th 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., Mar. 2 - Thurs., April 14, 2022** - 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.



Visit MethodistFamily.org/Get-Up-and-Give.html for details