

Issue 21 | January 2022



# SENTINEL

## News & Updates from Methodist Family Health Foundation

[Visit our Website](#)



**2021 Share the Light Christmas Appeal a  
Success Because of Supporters Like You**

Donors and supporters like you have shared your light of peace, stability, and hope with the Arkansas children and families in our care. To date, almost \$275,000 has been given to Methodist Family Health Foundation to help those in the care of Methodist Family Health throughout the state who are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual issues. In addition, our donors made Christmas gifts possible for 250 children in our care throughout our statewide programs.

Methodist Family Health Foundation's Share the Light Christmas Appeal is its 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 sharing the light of peace, stability, and hope with the Arkansas children and their families in our care, our donors' light shines brighter.

In addition to the Christmas Appeal, Methodist Family Health collected gifts from Arkansas donors who wanted the children in our care on Christmas day to experience the joy of the season. Everything from clothes to toys was contributed by individuals



**Trinity United Methodist Church in Little Rock  
has been a steadfast supporter of Methodist  
Family Health for more than 40 years**



It's not every church that can count its beginnings in a movie theater with popcorn boxes serving as offering plates, but Trinity United Methodist can. Founded in 1958,



UNITED METHODIST CHURCH

Trinity held its first service in June of that year in the Heights Theater on Kavanaugh Blvd. in Little Rock. About 50 people were in attendance that day, but in less than a year, Trinity United Methodist Church was worshipping in its own dedicated space at the corner of Mississippi and Evergreen with attendance growing with each service.

Since that time, Trinity United Methodist Church has been a resolute supporter of the Arkansas children and families in the care of Methodist Family Health. As part of its central focus to address the needs of children and young people, Trinity has extended this mission to a program particular to Methodist Family Health - the Arkansas Center for Addictions Research, Education and Services (Arkansas CARES). In fact, Arkansas CARES came to Methodist Family Health through a connection at Trinity - Cindy Crone, a member of the church, was the founding director of this program when it was established at the University of Arkansas for Medical Sciences. Cindy and Methodist Family Health developed a partnership, and Arkansas CARES located its family treatment program on the original Methodist Children's Home campus, where it remains today, in 2006.

Arkansas CARES works with mothers who have a dual diagnosis of a mental health disorder and a substance use disorder. At Arkansas CARES, moms and their children up to the age of 12 can stay together while getting treatment for their psychiatric, behavioral, emotional, and spiritual issues. They learn to work together as a family team, and when the moms graduate from the program, these families are more apt to be successful in remaining together and leaving generational addiction and poverty in the past.

Trinity has served Arkansas CARES clients throughout the years in several ways, including an annual Christmas luncheon in which the congregation plans, cooks and serves a festive meal - complete with desserts - for the mothers and children currently enrolled in Arkansas CARES. The families get a chance to meet Santa Claus, open gifts, play with others and make crafts, and meet the people in their community who not only support some of their physical needs but also their spiritual needs through prayer and fellowship.

Trinity United Methodist Church has hosted this annual Christmas celebration luncheon for the moms and children in the program for more than 20 years. What began as a project of the mission team at Trinity, the Christmas celebration then moved to a few Sunday School

classes within the church to plan. This year, the church's Earthen Vessel/Boanerges class took charge of the project.

Trinity also contributes monetarily to Methodist Family Health Foundation to provide the best possible care to those who need our help. During this year's Christmas Eve service, Trinity's congregation contributed their evening's offering to Methodist Family Health, and over the summer, Trinity granted \$1,000 from their rummage sale proceeds to be used to purchase gas cards for families who need help getting to and from our locations as well as diapers and other needs for the families in Arkansas CARES. Trinity's members also help with Christmas presents for adolescents at Methodist Family Health and donate needed goods through our annual Get Up and Give Lenten collection.

In addition, Trinity gives the time and expertise of its congregants to Methodist Family Health. Arita Jewart, Becky Kossover, Sherry Rowbotham, and Sandy Smith - all members of Trinity United Methodist Church - currently serve on Methodist Family Health Foundation's board of directors, and Betty Hanson serves on the organization's operations board. Because Trinity exists to serve people in its primary mission field of Little Rock by changing lives, making disciples, and transforming the world, the Arkansas children and families in our care at Methodist Family Health benefit from this church's dedication and contributions. We at Methodist Family Health are deeply grateful for the attention, care and commitment Trinity United Methodist Church continually and consistently gives to us and those in our care.



## LATEST NEWS & EVENTS

Rise, Shine and Get Up & Give



With the holidays behind us and the 40 days of Lent just ahead, Methodist Family Health Foundation has a way for Arkansans to honor the Lenten season: sharing your light of peace, stability, and hope with our state's children and families who are abandoned, abused, neglected and managing psychiatric, behavioral, emotional and spiritual issues.

Churches, small groups, workplaces, organizations, and individuals can share the light of belonging, self-worth, and love by donating necessities to the Arkansas children and families in the care of Methodist Family Health. From Ash Wednesday on March 2, 2022, to Easter on Sunday, April 17, we ask Arkansans to gather the following necessities, purchase them online or donate funds to purchase them and deliver them to the closest Methodist Counseling Clinic in their community.

#### **Items in Most Need**

For the health and safety of the Arkansas children and families in our care, we ask all items donated are new. The following items are in most demand all year long by our patients and clients throughout the state:

- White towels and white washcloths
- Body wash
- Non-aerosol spray or solid deodorant
- Shampoo
- Conditioner
- White and twin-size-only sheets, mattress pads, comforter sets, pillows and pillowcases
- Paper towels
- Tampons and pads (all sizes)
- T-shirts in men and women size small to 4X
- Boxer briefs for men (all sizes)
- Crayons
- Canvases and paint brushes

- Art sets
- Card and board games
- Hot Wheels cars and road mats

### **Bath**

- Individual shower caddies
- Shaving cream
- Disposable razors
- Facial tissue
- Toilet paper

### **Bedding**

- Bedspreads, twin-size only, any color or pattern

### **Gift Cards**

- Walmart, Visa, and Amazon in any amount

### **Household Items**

- Small laundry baskets

### **Feminine Hygiene**

- Pantyliners

### **Baby Care**

- Diapers of all sizes
- Baby wash
- Infant Tylenol
- Thermometers
- A&D ointment
- Vaseline (small jars)
- Infant nail clippers
- Infant nasal aspirators

### **Clothes and Shoes**

- Sweatpants and shirts (pullover with no hoods) in men and women sizes small to 4X
- Black leggings for women in sizes small to 4X
- Pajamas in men and women size small to 4X (any color or pattern)
- Lightweight jackets with no hoods in men and women sizes small to 4X
- Shorts in men and women sizes small to 4X
- Khaki pants in all child and adult sizes (these are used for school uniforms)
- Hunter green polo shirts in all child and adult sizes (these are used for school uniforms)
- Panties for women in sizes 7 to 14
- Non-underwire bras in sizes 34 to 40 in B, C, D, and DD cups
- Socks in all adult sizes
- Slip-on and Velcro tennis shoes (no shoes with laces) in adult sizes 5 to 14

### **School Supplies**

- Backpacks in clear and solid colors
- Pens
- Non-spiral notebooks and journals
- Composition notebooks
- Perler bead supplies and kits

### **Books and Toys**

- Paperback books for young adults (book series are particularly needed)

- Bibles and devotionals in paperback only. (For a list of books used most, visit [MethodistFamily.org/Ways-to-Give](http://MethodistFamily.org/Ways-to-Give))
- Coloring books for adults and children
- Xbox and PlayStation games
- Building blocks of all kinds (Legos, Lincoln Logs, etc.)
- Basketballs, footballs, soccer balls, volleyballs

### Shop Online

- Walmart.com – Registry – Registry for Good, under "Find a cause in your community" search for Methodist Family Health Foundation, or

Visit <https://www.walmart.com/registry/registryforgood/40018a96-5358-4ac5-9a4d-d8324c8625e1/view>

- Amazon.com at <https://www.amazon.com/hz/wishlist/genericItemsPage/3C8JX3X6ZWYDZ>

*Note: When shopping on either website, 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*

### Donate Funds

ONLINE at [MethodistFamily.org/Donate](http://MethodistFamily.org/Donate)

TEXT GUAG to 501-881-2258

CALL Christy at 501-906-4201 to make a secure donation over the phone using your debit or credit card

MAIL a check made payable to Methodist Family Health Foundation and addressed to P.O. Box 56050, Little Rock, Arkansas 72215

PLACE an offering in the collection plate at church for Methodist Family Health Foundation. Note GUAG on your check or offering envelope

PAYPAL @MethodistFamily

VENMO @MFHFoundation

### Where to Donate

Methodist Family Health's counseling clinics will accept donations from 8:30 a.m. to 4:30 p.m. Monday through Friday. Our clinic locations are:

- 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 W. 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 501-906-4201
- Magnolia: 621 E. North St., Magnolia, AR 71753; phone 870-234-0739



STEAL FROM THE STABLE  
AND SAVE THE DATE FOR

*Southern*  
**Silks**  
STAKES  
*Methodist*  
FAMILY HEALTH FOUNDATION

6 P.M.

SATURDAY, SEPTEMBER 17, 2022  
EMBASSY SUITES LITTLE ROCK  
11301 FINANCIAL CENTRE PKWY

TICKET AND SPONSOR INFORMATION AT  
[METHODISTFAMILY.ORG/SOUTHERN-SILKS](http://METHODISTFAMILY.ORG/SOUTHERN-SILKS)  
OR 501-906-4209

## Martha Circle Makes, Donates Fleece Blankets to Methodist Family Health Foundation



Hot Springs Village's Christ of the Hills United Methodist Church has been a staunch supporter of the Arkansas children and families in our care at Methodist Family Health. This year, the church's Martha Circle donated an additional 56 handmade fleece blankets to provide to those in our facilities this winter. Methodist Family Health Foundation's Executive Director, Amanda Smith, met for lunch with some of the Circle's members at



Tanner's Restaurant in December. In 2021 alone, Martha Circle has donated 179 handmade fleece blankets and three baby-sized blankets to Methodist Family Health Foundation. We and those in our care cherish these gifts of creativity, solace and comfort.

## Local UMW Adopts Arkansas CARES for Christmas Service Project



Oak Forest United Methodist Church is only a few blocks from Methodist Family Health's oldest campus – the Methodist Children's Home in Little Rock. This year, the United Methodist Women (UMW) at Oak Forest decided to take on the Arkansas Centers for Addictions Research, Education, and Services (Arkansas CARES) for a Christmas service project. Through this partnership, Oak Forest's UMW gathered gifts for two families in Arkansas CARES, including clothes for both moms and six kids ranging in ages from nine months to 13 years. Among the gifts collected

and given are a karaoke machine, Toon Squad clothes, an Osmo genius starter kit, a kids' smart-talking robot, a DVD player, radio, Barbies and other dolls, cars for Barbie, and a learning tablet.

Oak Forest's UMW also collected extra Christmas decorations from the congregation so they could provide a tree and decorate the families' home.

From both families and all of us at Methodist Family Health, we thank Oak Forest United Methodist Church and the UMW there for their generous hearts and gifts this season.



## Looking for a New Career in the New Year? Work for Methodist Family Health



Founded in 1899, Methodist Family Health is a complete, statewide continuum of care providing psychiatric, behavioral, emotional, and spiritual help and resources to children and their families who are abandoned, abused, and neglected. Methodist Family Health has more than 50 positions available throughout the state for people who love children and want to see them thrive. If you or someone you know is looking for a new opportunity in 2022, please consider Methodist Family Health for a new career. Available positions are below, and you can apply online by visiting [Methodist Family Health and clicking on Careers](#).

- Assessment and Referral Counselor – full-time in Maumelle
- Behavioral Instructors – full-time and weekend options in school-based, day treatment, qualified residential treatment program, psychiatric residential treatment centers, and behavioral hospital in statewide locations
- Case Managers – full-time in Little Rock and Maumelle
- Child Development Associate – full-time in Little Rock
- Clinical Director – full-time in Little Rock
- Cooks – full- and part-time in Bono, Little Rock, and Maumelle
- Director of Development – full-time in Little Rock
- Housekeepers – full-time in Maumelle and Little Rock
- Maintenance – full-time in Bono and Little Rock
- Office Managers – full-time in Fayetteville, Hot Springs, and Little Rock
- Program Consultant – full-time in Bono
- Program Coordinators – full-time in Hot Springs and Magnolia
- Program Support Specialist – full-time in Little Rock
- Qualified Behavioral Health Provider – full-time in Jonesboro
- Recreational Therapist – full-time in Little Rock
- Nurses – full- and part-time, all shifts in Bono, Little Rock, and Maumelle
- Supervised Independent Living Residential Assistant – full-time in Fayetteville
- Alternate Teaching-Parents – full- and part-time in Helena
- Teachers – full-time in Bono and Little Rock
- Therapists – full-time, part-time, and contract positions available. Therapists needed in our outpatient clinics, school-based treatment programs, day treatment program, psychiatric residential treatment program and Arkansas CARES program in Fayetteville, Little Rock, Bono, Jonesboro, Alma, Hot Springs, Heber Springs, Vilonia

## A Reflection for New Year



I'm Rev. Eva Englert-Jessen, and I'm so grateful to be the new director of pastoral care at Methodist Family Health! I'm a third-generation clergywoman in the United Methodist Church. My late grandmother served as a pastor in Dallas beginning in the 1970s, and my mom serves a church in the Dallas area as well. I'm endlessly thankful for the wisdom and support I gain from them.

In June 2021, I became an ordained deacon in the Methodist church. The order of the deacon, created in 1996, bridges the broader church with ministries outside of the local church context. As a deacon, I am deeply passionate about the church's role in doing mercy and justice to all and in bringing about personal and societal transformation. I received a Master of Divinity with a focus on global and community engagement from Boston University School of Theology in 2017, and I have served in numerous ministry roles inside and outside the church, including children's and youth ministry, ministry-related to service and care for creation, hospital chaplaincy, and college chaplaincy.

I'm also a 2012 graduate of Hendrix College (go Warriors!) where I most recently served on staff in the Religious Life program. I am married to Chris, who recently graduated from nursing school and soon begins work at Arkansas Children's Hospital. We both love cooking and baking, spending time outdoors, and being with friends and family.

Sometimes I feel the pressure and expectation the turn to a new calendar year can bring. Pressure to suddenly be different, look different, behave differently. While it's admirable to set intentions to live more fully and lovingly in a new season, sometimes the pressure we put on ourselves and one another to flip a switch not only robs us of both the real joys and challenges that come with a commitment to transformation; it can also make us forget our why for making changes in the first place. We can easily replace the hard work of self-reflection with checklists that don't encourage us to go deeper, and we can turn a desire for change into the punishment of ourselves and others for getting it wrong. Punishment rarely, if ever, teaches us how to be more loving.

A resounding piece of learning stands out for me as I reflect on what I have learned from my short time at Methodist Family Health thus far, and that is the need for more grace. The world, the children in our care - and across our country and the globe - and ourselves are in deep need of more grace and gentleness. Lately, I've felt the weariness of a Covid-fatigued nation and world. I've felt the pain of loved ones sick or grieving losses. I've felt the weight of loneliness, abuse, poverty, and injustice inflict on our world.

I'm praying for more gentleness toward one another in 2022. I'm praying for more compassion and understanding. I'm praying for the grace to do what it does so well: both fully accept and love each of us as we are and transform us so we can become the vessels of light, peace, and love God made each of us to be. Maybe you don't need to be a "new you" this new year. Maybe the you that went to bed on December 31 and woke up on January 1 is enough. Maybe the you who is exhausted, worried, excited, or grateful is enough—the you who is trying, one day at a time, and who is already loved and embraced by God. Maybe that embrace can lead all of us into a brighter, more loving future.



**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](#)*

Amanda Smith, CFRE, Executive Director  
Kelli Reep, APR, Director of Communications  
Jamie Griffith, Foundation Project Manager  
Christy McCreight, Office Manager, and Volunteer Coordinator  
Rev. Dr. Michael Mattox, Church Relations Associate

1600 Aldersgate Road  
Little Rock, AR 72205  
501-906-4201

*The Sentinel is published 12 times a year.*

For more information, contact:  
Kelli Reep, editor  
501-906-4210 and [kreep@methodistfamily.org](mailto:kreep@methodistfamily.org)

**Photos provided by:** Methodist Family Health staff and volunteers © Methodist Family Health Foundation

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@MethodistFamily](https://www.facebook.com/methodistfamilyhealth@MethodistFamily)
- [Instagram.com/methodistfamilyhealth](https://www.instagram.com/methodistfamilyhealth)
- [Twitter.com/MethodistFamily](https://twitter.com/MethodistFamily)
- [YouTube.com/MethodistFamilyHealth](https://www.youtube.com/MethodistFamilyHealth)

**Methodist Family Health Board of Directors**

Chairperson Bill Mann, Little Rock  
Harry Clerget, Little Rock  
Charles Clogston, Little Rock  
Jan Green, Little Rock  
Russ Hannah, Jonesboro  
Betty Hanson, Little Rock  
Nathan Kilbourne, Sherwood

C.E. McAdoo, Little Rock  
Robert McCallum, Hot Springs  
W.A. McCormick, Little Rock  
Gary Mueller, Little Rock  
Jamilyn Noble, North Little Rock  
Jim Polk, Little Rock  
Neill Sloan, Lake Village  
Don Weaver, Conway  
Rev. Jeanne Williams, Bentonville

### **Methodist Family Health Foundation Board of Directors**

Chairperson Jan Green, Little Rock  
Ritter Arnold – emeritus, Marked Tree  
Linda Barnes, Little Rock  
Misty Baugh – emeritus, Little Rock  
John Borchert, Little Rock  
Jean Crume, Little Rock  
Ray Dillon, Little Rock  
Jim Duckett, Little Rock  
Pam Gadberry, Little Rock  
Clay Gordon, Conway  
Brenda Gullett, Fayetteville  
Marci Hall, Little Rock  
Karla Hilburn, Little Rock  
Arita Jewart, Little Rock  
Becky Kossover, Little Rock  
Annie Lankford, Little Rock  
Bill Mann, Little Rock  
Ann Nelson, Clarksville  
Don Riggan, Little Rock  
Sherry Rowbotham, Little Rock  
Max Sharp, Little Rock  
Cody Simon, Little Rock  
Neill Sloan, Lake Village  
Sandy Smith, Little Rock  
Bill Spivey – emeritus, Little Rock  
Cleifton Vaughan – emeritus, Little Rock  
Don Weaver, Conway

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

Methodist Family Health | 1600 Aldersgate Road, Little Rock, AR 72205

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [kreep@methodistfamily.org](mailto:kreep@methodistfamily.org) powered by



Try email marketing for free today!

