



# SENTINEL

## News & Updates from Methodist Family Health Foundation

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## Rise, SHINE and Get Up & Give

As we observe the Lenten season, Methodist Family Health Foundation has a way for Arkansans to honor these 40 days: 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 Arkansas children 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 that 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**

- Panty liners

### **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)
- 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
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# LIGHT BEARERS



## Rudnick Caldwell SHINES the Light of Love and Acceptance at Methodist Family Health

Reprinted courtesy of [Inviting Arkansas](#). Photography by [Lori Sparkman Photography](#)



*Rudnick Caldwell, program consultant, Methodist Behavioral Hospital*

Fellow Arkansans – neighbors, colleagues, and friends – are sharing a light of peace, kindness, and generosity that makes The Natural State a little brighter. Inviting Arkansas and Methodist Family Health celebrate individuals who illuminate our community with goodness. Nominate someone today for a future feature that SHINES.

*“We don’t turn any kids away. We help everybody – no matter the situation.”*

Rudnick Caldwell exemplifies a visionary leader. His thoughtful nature places people as *THE* priority for a promising future. His realization and cultivation of the potential in kids spans decades and began with his role as a tutor for neighborhood kids. However, this narrative must be prefaced with a fact – the initial “tutoring program” was 16-year-old Rudnick helping his younger sister with her schoolwork.

The improved grades and related success of Rudnick's sister quickly spread, and the tutoring program expanded to include more than ten neighborhood children – free of charge. Parents of his young charges sent snacks and other goodies to show appreciation and keep them motivated. Impressive results continued; Rudnick was making an impact in his community as a young, high school student.

Rudnick recalls this memory as a defining milestone in his own pursuit of a career in education. Through a network of job opportunities, he was introduced to Methodist Behavioral Hospital – the only nonprofit behavioral hospital for children in the state, and a cornerstone of Methodist Family Health's continuum of care. Almost ten years later, Rudnick has an impressive tenure at the hospital. He joined the team of experts as a behavioral instructor and worked with the kids receiving care and services from Methodist Family Health. Many of these children, ages five to 17 years old, are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual issues. Methodist Family Health's President and CEO Andy Altom explains, "Rudnick has such a positive impact on the little boys in our care. They follow him around just longing for his approval and respect." Staff, volunteers, and patients also recognize his outstanding level of care, which led to Rudnick becoming the lead behavioral instructor. Leadership at the hospital soon realized Rudnick's heart for service could not only inspire clients but his fellow team members as well.

Accolades continued and Rudnick soon became a trainer for new employees throughout Methodist Family Health's continuum of care. This role is an appointed position. Orientation trainers share the Methodist Family Health mission plus vision with new team members – preparing them to become true ambassadors for the organization. Methodist Family Health Director of Communications Kelli Reep jokes, "I didn't know one thing about our mission or the teaching-family model we use, but Rudnick quickly got me up to speed." She affirms, "This role is no small feat – you have to be a special person who knows the values and teachings of the family model to teach it so effectively to others."

Currently, Rudnick serves as a program consultant at Methodist Behavioral Hospital and the psychiatric residential treatment center in Little Rock. Although his duties are more administrative, adolescents at the hospital are a priority that Rudnick considers his responsibility as well as an opportunity to cultivate the next generation of leaders "Rudnick makes the kids feel like anything is possible... He helps them acknowledge their self-worth and personal potential." Kelli adds, "When Rudnick is on duty, it's going to be a good day."

Rudnick's wife Shareka and their children Rudnick Jr. and Skyla reside in North Little Rock and continue to make a positive impact in their community.

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STEAL FROM THE STABLE  
AND SAVE THE DATE FOR



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

## LATEST NEWS & EVENTS

### Methodist Family Health Foundation Receives \$3,752 Grant



*Amanda Smith, CFRE, executive director of Methodist Family Health Foundation; Reverend Siegfried Johnson, Reverend Sheila Jones and members of the choir at Christ of the Hills United Methodist Church in Hot Springs Village, Arkansas*

Amanda Smith, executive director of Methodist Family Health Foundation, recently attended worship service at Christ of the Hills United Methodist Church in Hot Springs Village. Amanda accepted a grant from the church, which it raised through the congregation's \$1-A-Day Grant, to purchase a new sectional sofa for Methodist Family Health's Arkansas CARES transitional home.

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## Arkansas Children, Families Seek Prayers



The Arkansas children and families in our care need spiritual assistance as much as any material item. The following prayer requests were submitted by those in our care for their loved ones - and themselves. Would you remember our patients, clients and their loved ones in your hearts and prayers?

- For clarity, hope, and health
- For my whole family: my papa, nana, sisters, cousins, aunts and my dog, Cubby
- Father God in Heaven, can you please come into my heart and make me the little girl you want me to be? In Jesus' name, Amen.
- For my mom, who has leukemia
- For my Aunt Betty
- For my dog
- For my nana who is sick
- For my mental health
- I pray that I'll get a family soon.

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## The Vine of NWA Donates Backpacks to Methodist Family Health Foundation





Pastor Todd Lovell and parishioners of The Vine of NWA in Centerton, AR

The Vine of NWA recently donated 40 backpacks to the Arkansas children in our care. This young congregation describes itself as "doing church differently," and one of the key components of that statement is helping people in need.

This is in alignment with Methodist Family Health's mission to provide the best possible care to those who may need our help.

Todd Lovell, the Vine of NWA's pastor, has a passion for being present in the community he serves at a time when churches must be engaged and do things differently because of the global pandemic. For the Vine of NWA, Methodist Family Health is a channel where it can respond to the community with the radical and generous love of Jesus.

## Director of Pastoral Care Imposes Ashes-to-Go



Ashes-to-Go at Methodist Behavioral Hospital





Rev. Eva Englert-Jessen, our director of pastoral care, set up an ashes-to-go service for Ash Wednesday at Methodist Family Health's central Arkansas locations. Because not everyone has the opportunity to attend church services for this observance, Eva brought the ashes to us so those who wanted to participate could take a moment out of the workday to collect, calm and reflect. While we came from ashes, and to ashes, we will return, we can use this time to consider the impact we have on the people around us as well as the generations to come.

The pastoral care program also is delighted to share that Methodist Family Health Foundation has recently secured a grant enabling us to order (and begin planning for) a new curriculum to use for bible studies for the children in our care. The curriculum is called Godly Play, which combines hands-on Montessori principles and teaching styles with bible stories and lessons grounded in the church year and church traditions. Eva has observed the children in our care, who face a variety of mental health, family and other challenges, find both spiritual and emotional support when they have an opportunity to not only hear bible and church-related stories but get to embody them through active listening and hands-on activities.

At the end of each Godly Play story, children in our care are invited to wonder and ask questions about where they find themselves in the story and which parts of the story are most important. Godly Play shifts the focus of who is the teacher or "expert" and who is the student; the storyteller becomes a guide for the listeners, who are invited to be immersed in the story and to consider what it means for them in the present day.

Eva became trained as a Godly Play storyteller several years ago but has not had the opportunity to use it in many years. The grant includes room to do some retreat- and day camp-like experiences, which also build on the lessons. She is delighted to begin using these beautiful materials with our children and thinks they will find it meaningful.

## Spiritual Practice of the Month: Observing the Season of Lent

### Putting this month's practices into your daily life

- 1) Think about ways you might intentionally carve out time for silence, prayer or meditation in your daily life. It could look like silent prayer, praying with coloring or art, walking meditations, breath prayers, or more. Consider asking a friend or family member to participate with you.
- 2) Think about how you might serve your neighbors or community more intentionally this season. Can you give of your time to a cause that you care about? The ministry of Jesus was focused on building relationships and offering dignity, food, healing and grace to those most marginalized by society. How can you practice this in your life?
- 3) Remember that it's ok if you do want to or are not able to give up a specific food item, as some people do during this season. Lent is more about what it means to draw close to God and the Divine than it is about following a set of rules, so consider what that means for you. **How can you make space to reflect on how you were made to be loving and compassionate?**

### What is Ash Wednesday and Lent?

Lent is a season that lasts 40 days (excluding Sundays) between Ash Wednesday, which this year begins on March 2, and Easter Sunday. It is a time to remember the life, ministry, death and resurrection of Jesus. Many people use the season of Lent as a time to go deeper with a prayer or other spiritual practice, to give up something that keeps them from closer to God, or to engage in acts of service to the community.

On Ash Wednesday, Christians around the world are imposed with ashes (made from last year's Palm Sunday palm branches) on their foreheads or hands to remember their mortality and to commit to observing the season of Lent. This act is not about shaming ourselves for being bad or for doing wrong; it is about re-committing to the love and grace that God has freely given us. It is about being willing to make space for restoration and newness in our lives and around the world.



### Ash Wednesday This Year

As we hear news of war in Ukraine, consider saying an extra prayer for those in harm's way across the world. Ministers across Ukraine will be holding Ash Wednesday services in bomb shelters this year; our prayers and acts of imposition are ways we can be in solidarity with them.

As you hear the words, "You are dust, and to dust you shall return," remember that these words are not about making you feel bad or shame about who you are. They are about remembering that you are part of creation; God made humankind from the beautiful, messy, beloved dust of creation and breathed life into it. May we re-orient ourselves to living out the boldness of what it means to be part of God's good creation. May there be a returning to God's love as we are marked.

**Methodist Family Health Foundation Welcomes  
Bec Dwyer-Coop as Director of Development**



Rebecca "Bec" Dwyer-Coop recently joined Methodist Family Health Foundation as director of development. Bec was born and raised in Little Rock and spent several years living in Heber Springs, Arkansas, where she worked to help her community for many years leading campaigns such as Coats for Kids, Plants for Peace and raising money for downtown Christmas lights. In addition, she founded and directed Grace Youth Dance Company, which provided theater and dance arts classes for all children. Bec raised funding for and provided scholarships to those emerging performers to attend the company, who otherwise could not afford it.

Bec attended the University of Arkansas at Little Rock, majoring in theater and dance then completed her writing and rhetoric undergraduate degree with an emphasis on public relations at the University of Central Arkansas in Conway. She then earned her master's degree in education from UCA then worked for Tannenbaum Properties in public relations and marketing.

Most recently, Bec worked for World Services for the Blind in Little Rock where she developed marketing, communications and stewardship strategies for its foundation. She also assisted in the nonprofit's capital campaign.

"My early childhood was shaped by watching my single mother attend nursing school and provide for us," Bec said. "We did not have extras, but family support was there. I was lucky. Many children and parents do not have support."

Methodist Family Health Foundation's mission resonated with Bec immediately, and she says, "every child and family deserves compassion and support. I am honored to be an advocate for Methodist Family Health Foundation."

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## Construction of Spiritual Life Center Progresses





*Progress on the Mike Millar Spiritual Life Center at Methodist Family Health's oldest campus is currently underway*



In 2019, Methodist Family Health Foundation launched a capital campaign to raise \$4,256,175 to construct the Mike Millar Spiritual Life Center. With funds pledged and secured, the ground was broken in October 2021.

This new multipurpose building is named in honor of Mike Millar, a devout United Methodist and noted attorney in Searcy as well as a long-time board chair, board member, donor and supporter of Methodist Family Health. This new building will include a chapel, multipurpose space, a welcome center and office space for all Methodist Children's Home administrators. In addition, this multipurpose center will include an outdoor labyrinth for prayer and meditation, new landscaping and a dedicated parking lot.

The building will be 5,118 square feet and is scheduled for completion in October or November 2022.

We thank all the donors to this capital campaign who made the Mike Millar Spiritual Life Center a reality. Because of your partnership and generosity, the Arkansas children and families in our care will have access to an amazing facility.

## Visit with Methodist Family Health Foundation at Veritas in Rogers, Arkansas



*courtesy of Michael Mattox, church relations associate*

I'm thrilled to be addressing the Arkansas United Methodists attending Veritas, the annual spring gathering of more than 500 youth and their leaders, coming up the last weekend in March 2022. That Latin term, meaning "truth", is important in the spiritual journey - vital, even! As church relations associate for Methodist Family Health Foundation, I cherish the connection Arkansas youth has with the local church and will be eager to reconnect with many we've not seen in quite a while due to the pandemic. Bringing the story of how Methodist Family Health continues to walk alongside many who are struggling with mental health and wholeness, I look forward to this weekend-long event in Rogers, Arkansas. Methodist Family Health has more than a century of experience in helping abandoned, abused and neglected children and their families, and we are honored to be in the midst of these beautiful and wonderful people seeking deeper truth in their faith journeys.



## 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:

- 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 @MethodistFamily
- Venmo @MFHFoundation

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