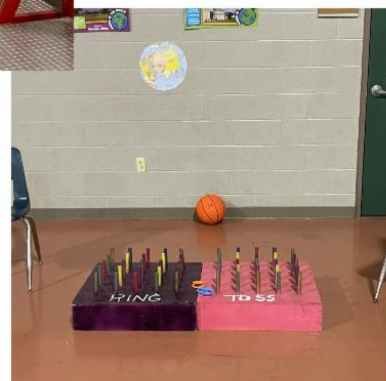




SENTINEL

News & Updates from Methodist Family Health Foundation

Visit our Website



Summer Camp Made Possible Because of YOU

Because of our generous donors, 30 children in our care attended the Rev. Robert Regnier Memorial Summer Camp at Camp Tanako on Lake Catherine in Hot Springs in June. Thanks to the success of the bible and camp funds direct mail campaign, our campers got to travel "Around the World in 5 Days" where they learned about food, culture, music and experiences of children in other countries each day. They discussed clean water, foster care in other countries (particularly third world countries), and where they lived compared to the rest of the world. "The children learned that 30,000 children die every day from poverty around the world", said Emily Shields, program consultant for Methodist Family Health's qualified residential treatment centers (QRTPs) and the coordinator of this year's camp. "It helped them find gratitude in their daily lives."

The campers, who are residents in our QRTPs throughout the state, traveled to Asia and Africa on Monday and ate hibachi. They then studied European countries on Tuesday and played games from those countries, such as sack races from Sweden. On Wednesday, the kids participated in a talent show that gave them the opportunity to creatively showcase their own experiences, including several dances and raps. On Thursday, they explored the oceans and countries like Australia.

Awards such as most improved, most helpful and most special were given out at the closing ceremonies. They received faux passports at the beginning of camp and earned stamps from various countries during the week for demonstrating kindness. The camper who collected the most stamps won the highly coveted set of AirPods. The camp's greatest benefit is it enables children to establish meaningful connections with others in a nurturing environment.

When asked about the week, Emily said, "It is my favorite week of the year. Our kids get to be completely themselves at camp - we are the only ones there. They do not have to hide or pretend they are not in foster care. Everyone is in the same boat. So, they are comfortable trying and doing so many new things. I had a client swing a golf club for the first time; several swam for the first time. For our talent show, two kids presented original raps that they wrote about their life experiences: deeply personal, heart-breaking truths. They cheer each other on - in the talent show, in games and competitions, on the ropes course, especially anytime they are scared to try something challenging or new." She expressed that watching these kids in their everyday activities at camp "will make a person's heart grow twelve sizes."

On behalf of the children we serve, Methodist Family Health Foundation would like to thank the many people and congregations who helped send our kids to camp through the generosity of your donations. Because of you, the children had a wonderful week.

LIGHT 
BEARERS

Steve Bonner Walks the Walk

Reprinted courtesy of [Inviting Arkansas](#).



Steve Bonner, cleaning professional for Methodist Family Health's offices in Little Rock

Steve Bonner is full of life, maybe even overflowing. So, it comes as no surprise when asked about words of wisdom, he shares, "Walk in love with whoever you come in contact with." This philosophy reflects the values of Methodist Family Health: caring for Arkansas children and families who are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual obstacles.

The team at Methodist Family Health provides invaluable resources and compassionate support to those who need help with an unwavering commitment. In fact, the average tenure of more than 400 employees is seven years, and almost a third of all employees have worked at Methodist Family Health for more than 10 years. Steve is one of those shining stars, boasting a 12-year career with the organization. Alongside his colleague, John, the dynamic duo maintains a clean and healthy working environment for the Methodist Family Health facilities and its clients.

Methodist Family Health Foundation Executive Director Amanda Smith observes, "Steve's attitude is one of positivity and optimism. With so much negativity and division in our world, Steve is a breath of fresh air." And the feelings are mutual. Steve adds, "My favorite part of working at Methodist Family Health is the people. We have a good group of people. I really like everyone I work around and for." Methodist Family Health builds a better, more inclusive community within its organization and throughout Arkansas.

Although Steve works at the facilities outside of traditional business hours, he leaves a lasting impression – both tangible and intangible. Amanda shares, "Steve embodies and radiates our Methodist Family Health SHINE campaign values. He always has a smile on his face and brightens our office as he diligently works to keep our area clean." Steve affirms, "It's an easy job, but it's the people that make my job great."

LATEST NEWS & EVENTS

Donors Make Bibles, Spiritual Guides

1. Right now, I'm struggling with my religion and my past decisions

2. I'm finding hope in older mentor's advice. If they made it, so can I.



More bibles and spiritual guides like teen devotionals were made available to the Arkansas children and their families in our care than ever before because of the donations our funders made to this year's appeal. Because of these gifts from donors and congregations like you, children currently receiving care at Methodist Family Health throughout the state as well as our future clients will receive a bible or devotional from Methodist Family Health if they want one.

The importance of our bible and camp direct mail campaign cannot be overstated. "I would say it is our mission to give every client a bible and/or devotional who wants one so the fund is crucial to that mission," said Carolee Cook, director of recreational therapy at Methodist Family Health. "Also, we often have kids who have never received a bible before who get really excited to have one of their own."

"I can think of no better way to begin the healing process and to overcome obstacles than to send the children God's loving word," says Bec Dwyer-Coop, director of development for Methodist Family Health Foundation. "I cannot thank the donors enough for recognizing the value of this campaign."

Although this campaign finished in late June, anyone can contribute to this or other

funding needs throughout the year as we continue to serve more children post-pandemic. To make a donation, visit <https://www.methodistfamily.org/donate> and choose either “Bible Fund” or “Rev. Regnier Camp Fund” in the designation box.

Methodist Family Health Foundation Attends Annual Conference in June

RE: Annual 2022 Conference

RESET REPAIR RENEW



Amanda Smith, CFRE, executive director of Methodist Family Health Foundation, presents Rev. Tony Griffin with an award for church generosity for Russellville United Methodist Church.

In June, the Arkansas Conference of the United Methodist Church (ARUMC) hosted its annual conference of the state's Methodist Churches and ministries. Themed *Reset, Repair, Renew*, this year's annual conference was led by Bishop Gary E. Mueller at the Hot Springs Convention Center June 1-4.

Methodist Family Health Foundation's Executive Director, Amanda Smith, CFRE, was honored and grateful to have the opportunity to address the convention's 1,200 delegates on Friday, June 3. Methodist Family Health Foundation also had a presence at an informational-interpretive booth, which was staffed by Bec Dwyer-Coop, Methodist Family Health Foundation's director of development, and Kelli Reep, APR, director of communications.

ARUMC is the organization responsible for coordinating more than 650 Methodist churches and ministries and 380 clergy throughout Arkansas to make disciples of Jesus Christ for the transformation of the world. Methodist Family Health is pleased we are a part of this conference each year.

To watch Amanda's presentation, visit <https://www.youtube.com/watch?v=drRhXPZKv2g>

Methodist Family Health Foundation Travels Arkansas



Dustin Dayberry, left, president of the Batesville Rotary Club, explains where Rotary Club members can get more information about Methodist Family Health while Bec Dwyer-Coop (right) presents to the club's members.

This spring brought the Methodist Family Health Foundation team to two of the four corners of our state. Amanda Smith, CFRE, executive director, and Bec Dwyer-Coop, director of development, visited Batesville and Alma to speak to the Rotary Clubs in each community. They also stopped by our outpatient clinics to learn the latest in the northern half of Arkansas.



Positive reinforcement tools displayed on the walls for clients at the Methodist Counseling Clinic located in Alma, AR.

2022 Get Up and Give Exceeds Goal and Expectations



Rev. Jacob Lynn from Rector United Methodist Church dropping off donations at our Jonesboro Counseling Clinic while Mountain View United Methodist Church congregants deliver their Get Up & Give items to our Heber Springs Counseling Clinic. Stephanie Hicklin of Christ of the Hills United Methodist Church in Hot Springs Village brings by the donations collected to our Hot Springs Counseling Clinic.



Dorris Lewke from Berryville (center) and a Faith United Methodist Church congregation member deliver necessities to our counseling clinics in their communities.

Because of donors like you, the Methodist Family Health Foundation was able to exceed our goals for contributions from this year's Get Up & Give Lenten Collection project. We hoped to raise \$15,000 in monetary contributions, and to date, we have received \$18,282 in funds as well as countless in-kind donations from throughout the state. A profound thank you to everyone who donated money, items, time and service to this project. The children and families in our care will benefit directly from your generosity and kindness.

The Gems of St. Peter's Rock Missionary Baptist Church Lend Love to Those in Our Care

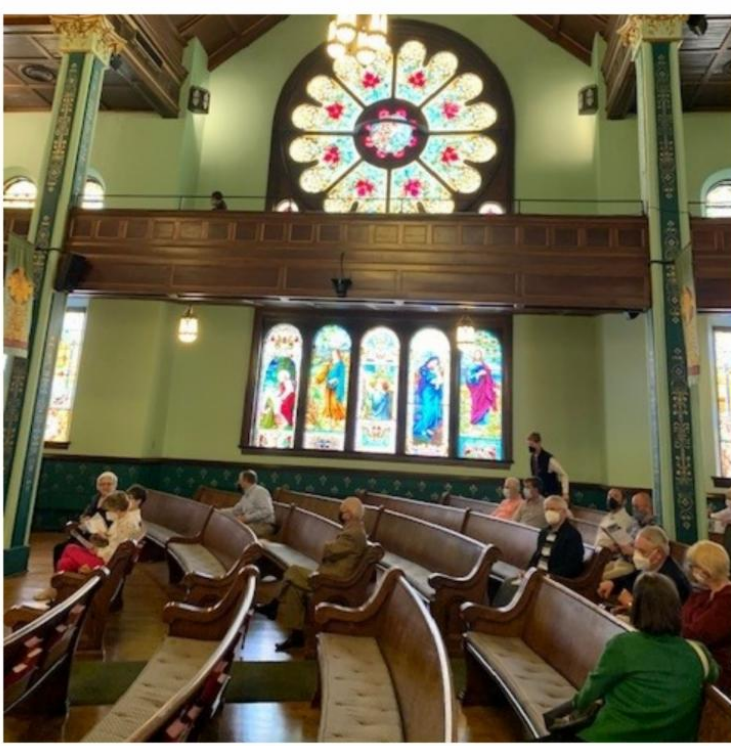


Brija Robinson, Kaliyah Formae, LaNaiyah Barnes, Linda Johnson, Kelsey Johnson and Loritta Jamison drop off donations and cards to the children and our families in our care.

Brija Robinson, Kaliyah Formae, LaNaiyah Barnes, Linda Johnson, Kelsey Johnson and Loritta Jamison, also known as The Gems (Godly, Educated, Motivating Others to Shine) of St. Peter's Rock Missionary Baptist Church in Little Rock, collected necessities for those in our care and made greeting cards for them to provide some cheer and encouragement. Not pictured here are Zariah Bishop, Debra Bishop, Latara Barnes, Alaina Bowen and Richelle Grisby, who also collected donations and designed cards.

We so appreciate these young women and their mentors for caring for the kids and their families at Methodist Family Health. Our future is bright because of these Gems.

Rev. Dr. Michael Mattox Visits Bowen Cabe Sunday School Class



Rev. Dr. Michael Mattox addresses the Bowen Cabe Sunday School Class at First United Methodist Church in Little Rock.

Rev. Dr. Michael Mattox, church relations associate with Methodist Family Health Foundation, recently spoke to the Bowen Cabe Sunday School at First United Methodist Church in Little Rock. This class meets in a hybrid format, utilizing Zoom to include members in the in-person group. On this day, more than 30 people attended to hear about what Methodist Family Health provides in our communities and how Methodists can help.

Methodist Family Health Foundation Makes Friends with United Women in Faith in Gillett



United Women in Faith Southeast District President Betty Cook welcomes Amanda Smith as she presents to the district's members.

Methodist Family Health Foundation recently had the opportunity to meet with the United Women in Faith (UWF) in the southeastern Arkansas district of the Arkansas Conference of the United Methodist Church. The district meeting of UWF was held at Gillett United Methodist Church, and Betty Cook, president, welcomed everyone.

The UWF, formerly United Methodist Women, seeks to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship and education so they can inspire, influence and impact local and global communities.

Arkansas CARES Receives Easter Treats



The Emmanuel Sunday School Class at Asbury United Methodist Church in Little Rock provided Easter baskets filled with treats for our Arkansas Center for Addictions, Research and Education (Arkansas CARES) clients and their children. Our moms and kids were thrilled with these surprises and enjoyed the Easter holiday because of them.

Kaleidoscope Kids Get a Day of Fun and Memories at Camp Healing Hearts



2022 Camp Healing Hearts campers enjoy activities at Camp Aldersgate in Little Rock.

This is the first year since COVID-19 shut down the state that Camp Healing Hearts could meet in person, and the campers and staff had a great day. In addition to canoeing, fishing, swimming and crafts, those attending got to dine on grilled burgers and dogs from the Methodist Family Health grill trailer. Saturday, May 22 was a good day for everyone to reconnect and share their experiences in bereavement and healing.

Bec Dwyer-Coop Attends Magnolia Rotary



Members of the Magnolia Rotary Club with Methodist Family Health Foundation Development Director Bec Dwyer-Coop

Bec Dwyer-Coop, director of development at Methodist Family Health Foundation, spoke at the Magnolia Rotary Club in June. At the luncheon, which was held at Southern Bancorp, the attendees expressed enthusiasm for our services, supports and facilities offered in Magnolia.

Little Rock Day Treatment Launches Annual Summer Program, Camp Success



Little Rock Day Treatment students participate in their own summer camp, Camp Success. So far, they have enjoyed a field trip to the Museum of Discovery in Little Rock and listened to a story read by Methodist Family Health Foundation's Director of Development Bec Dwyer-Coop on a Friday afternoon.



Camp Success visits the Little Rock Zoo.

Camp Success is the annual summer program for students in our Little Rock Day Treatment Program. This camp allows students to continue working on their behavior and social skills through group activities with our staff while they participate in games, arts and crafts, and have loads of fun. The purpose of Camp Success is to provide a setting that is supervised, structured and fun for the students attending our day treatment school during the summer, which allows them to continue to make progress with their behavior and social skills in preparation for the coming school year.

Some of Camp Success's field trips this summer include:

- Kanis Park
- Little Rock Zoo
- Arkansas State Capital
- The Nature Center
- Big Rock Fun Park
- Museum of Discovery
- War Memorial Splash Pad (weekly)
- Friday reading sessions

Loving Ladies of Martha Circle Continue to Make Blankets for Children in Our Care



*Left to Right: Elle Whittington, Charlotte Skelton, Susan Insell, Nancy Blevins and
Rosemary Trehy of Martha Circle*

The members of Martha Circle at Christ of the Hills United Methodist Church in Hot Springs Village have been busy creating blankets for the children in our care throughout the state. These custom-made fleece blankets are hand-selected and sewn from soft, colorful fleece, which are patterned for all ages. Martha Circle meets weekly to sew these blankets, which are highly coveted by the kids in our care and help them feel a tremendous sense of love and comfort from the community.

School Supplies Needed for New Year

Back to school can be a harrowing time for students, parents and teachers alike. It can be even more worrisome when you do not always have all the supplies you need. Many children and their families in our care at Methodist Family Health do not have the resources to purchase supplies for the beginning of the school year.

If you would like to help our kids have one less worry this year, would you contribute school supplies or funds to Methodist Family Health Foundation? You can drop them off at the Methodist Family Health Foundation at 1600 Aldersgate Rd., Suite 100 in Little Rock, or you can contact Christy McCreight at 501-906-4201 or CMcCreight@MethodistFamily.org to arrange a drop-off day and time.

Since this time of year is busy for everyone, you may not have time to shop for these supplies. If that's the case, here is an easy way to contribute from your laptop or phone. Visit <https://www.methodistfamily.org/donate> and choose "school supplies" in the drop-down box, and we'll do the shopping for you. Another option is to shop from our supply list on Amazon.com <https://www.amazon.com/hz/wishlist/genericItemsPage/RTO68CDC1WK2>

However you help, our students will benefit. Thank you for your generosity and helping our kids get off to a fresh start this school year.



LET'S GET READY FOR SCHOOL!



WOULD YOU CONTRIBUTE THESE ITEMS FOR OUR STUDENTS?

- 1 INCH 3-RING BINDERS
- 2 INCH 3-RING BINDERS
- 3-PRONG FOLDERS WITH POCKETS
- COMPOSITION NOTEBOOKS
- BLACK SHARPIES
- YELLOW HIGHLIGHTERS
- BACKPACKS
- PACKAGES OF:
 - MULTI-COLORED PENS
 - BLACK/BLUE/RED INK PENS
 - FINE TIP MARKERS
 - BROAD TIP MARKERS
 - COLORED PENCILS
 - CRAYONS
 - CONSTRUCTION PAPER
 - WIDE-RULED, LOOSE-LEAF PAPER
 - INDEX CARDS

PLEASE BRING BY YOUR DONATIONS ANYTIME BETWEEN 9 A.M. AND 4 P.M., MONDAY - FRIDAY, AT 1600 ALDERSGATE ROAD, SUITE 100, LITTLE ROCK, AR 72205. FOR QUESTIONS, INFORMATION OR TO SCHEDULE A DROP OFF, CONTACT CHRISTY McCREIGHT AT 501-906-4201 OR E-MAIL CMCCREIGHT@METHODISTFAMILY.ORG

Spiritually Speaking



by Rev. Dr. Michael Mattox, church relations associate

The surgeon told me to rest after my recent surgery. Then he listed practically all the things I love to do, especially this time of year. “Don’t lift anything over 10 pounds, don’t go near the lake, don’t mow the yard, don’t clean the bathrooms or wash dishes, don’t bend over except to quickly tie your shoes.” Here in my part of the world, the grass is getting green, the flowers are budding, the birds are singing, and the lake seems like it is calling me! But the doctor was clear, and my loving spouse heard him, loud and clear. So, there she goes, standing in for me in this recuperation time, doing all those things I would like to be doing! Ok, I’ll admit, I can easily skip the dishes!

It makes me wonder how often we get the opportunity to “stand in” for someone? You know what I mean... those times when a friend, co-worker, spouse, or partner needs a little break and asks for help. Those times when, even without asking, you see someone stumble or fall and realize you can carry their load for a while.

Standing in does not mean taking over. It simply means to be present, if only for a brief time, so that the other person can be still and rest. Amazing, isn’t it, how beneficial just that simple posture of stillness and rest can be!

I work with an amazing team of five other individuals in the Methodist Health Foundation, based in Little Rock at the offices on Aldersgate Road. But I only work part-time and do most of my work out “on the road” or from my home, more than 200 miles away! Not once have my co-workers made me feel “less-than” or unhelpful because I’m not there often. More than once, indeed, many times they have offered to stand in for me, when I needed help. When they do that, I’m reminded of a little song I learned as a youngster... “Cast your cares on the Lord ... he cares for you, cast your cares on the Lord, it’s the best thing to do!” Literally, my co-workers actualize what the scripture writer declares in I Peter 5:7, Cast all your anxieties on him for he cares for you! The same truth is echoed in the Psalms at Psalm 55:22, Cast your burden on the Lord, and he will sustain you. I am grateful. Those five co-workers make a big difference in my life and in my job.

Look around today. See, really see who is there. You might find that someone could really

use a brief rest. Offer that to them as you stand in for them. You might need the very same thing later in the day.



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

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