



# SENTINEL

## News & Updates from Methodist Family Health Foundation

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### And We're OFF to a Great Start to Southern Silks Stakes



The 9<sup>th</sup> Annual Southern Silks Stakes is just a few days away, and we are rounding the outside for our first in-person signature fundraising event since 2019.

The 2022 Southern Silks Stakes will begin at 6 p.m. at Embassy Suites in Little Rock at 11301 Financial Centre Pkwy on Saturday, September 17. This sell-out event will feature faux horse racing (our horses are on sticks), a Derby-style hat contest, Southern-inspired food and libations, a live auction full of unique experiences to share with your friends and family, a silent online auction filled with steals for any and everyone and so much more.

Jenny and Jeremy Teeter, chairs of this year's event, have guided Southern Silks Stakes to the finish line a few lengths ahead of any competition, and the committee is finalizing details to make the evening spectacular. The proceeds from Southern Silks Stakes will benefit Methodist Family Health by funding services, therapies, and resources to help the

Arkansas children and families in our care. This year, our special appeal is for donations to purchase Christmas gifts for those in our care on Christmas Day. For years, Methodist Family Health has provided gifts to the children in our residential programs on Christmas Day. In recent years, we have quadrupled the number of children and their families we help with Christmas gifts during the holidays. Today, we provide any of our clients in our residential, hospital, outpatient, Day Treatment school or Arkansas CARES on Christmas Day with a gift or gifts valued at about \$150 total. The children in our care may have never opened a Christmas present or celebrated the holidays at home. This fund helps us demonstrate to them that their community – people whom they don't even know – value them and want to bring them joy.

For details on how to bid, a list of event sponsors, our special appeal, and more, visit <https://www.methodistfamily.org/southern-silks.html>.

Southern Silks Stakes is presented by Gill Ragon Owen Attorneys. For more information, contact Jamie Griffith, Methodist Family Health Foundation's development coordinator, at [JGriffith@MethodistFamily.org](mailto:JGriffith@MethodistFamily.org) or 501-906-4209.

# LIGHT BEARERS

**Buchanans Take Lead as Chairs of  
10th Annual Southern Silks Stakes**



*Courtesy of Inviting Arkansas: Photography by Jamison Mosley*

You've heard of Southern Silks Stakes, but have you been? This annual, not-so-typical event returns each fall for an evening of healthy competition in support of Methodist Family Health Foundation. Inspired by the Triple Crown of Thoroughbred Horseracing – the celebration features stick-horse races, unique auction items and so much more! Melanie and Matt Buchanan will host the festivities in 2023 and encourage guests to begin training for another year of faux racing fun.

Members of Pulaski Heights United Methodist Church, Melanie and Matt were familiar with the mission fulfillment work of Methodist Family Health. However, their involvement didn't begin until good friends & neighbors Becka and Brian Webb invited the Buchanans to the Southern Silks Stakes committee. Becka graced the August 2021 Inviting Arkansas Magazine cover for her family's unwavering commitment to Methodist Family Health. Melanie shares, "Since then, we have learned just how vital Methodist Family Health is here in Arkansas and can't really imagine not supporting them. Children and families



receiving the support and assistance they need to be successful and thrive is incredibly important to us.”

Methodist Family Health offers a complete continuum of care for Arkansas children who are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual issues. Matt supports, “Methodist Family Health is unique in the range of services they provide across the entire state. We love that Methodist Family Health works to heal the whole self: physical, mental, emotional, and spiritual.” From inpatient facilities to day treatment and counseling, clients can enter and transition through any program based on individual needs.

With a portfolio of programs & services that improve the health and wellness of Arkansas families, there are countless reasons to gather in support of this worthy organization. This childlike take on the Kentucky Derby will be a fun-filled evening of fanciful hats and festive fare as guests don their race-day-inspired attire. Melanie jokes, “It’s laid back and genuinely a raucous good time! Matt’s looking forward to not having to wear a tux.” Matt adds, “And, Melanie is looking forward to winning the hat contest. She loves a good hat!” Methodist Family Health Director of Communications Kelli Reep attests, “Melanie and Matt have provided a lot of good feedback for refining Southern Silks Stakes, and the committee has really taken to their input.” She continues, “This year is the first time we’ll be back live and in person since 2019 so next year will be a sure winner with the Buchanans at the helm.”

The idea of “grow where you’re planted” is something that Melanie and Matt implement into their lifestyle. The couple has always been civically minded, but it wasn’t until they started a family that they realized how important it was to raise their children in an environment that fostered the same values. Now, the couple is dedicated to their three, young daughters and the community that they love – a community that they believe they can help make even better. “We stay because we’ve kept growing and we still see work to be done in our community and our state to help others be able to do the same,” Melanie concludes. This civic-minded family invites you to join them at one of the city’s most beloved events, Southern Silks Stakes, to ride to the rescue of children and families in Arkansas.

## LATEST NEWS & EVENTS

### Methodist Family Health Foundation Bolsters Spirits During Back-to-School



*Staff and teachers at Methodist Behavioral Hospital*



*Staff and teachers at Little Rock Day Treatment*

The back-to-school season is overflowing with emotions: excitement, anticipation and hope among them. To show appreciation for the dedication, care and innovation our teachers demonstrate each year, Methodist Family Health Foundation delivered cookies

and other treats to the teachers at our Methodist Behavioral Hospital in Maumelle, Little Rock Day Treatment program, Little Rock Psychiatric Residential Treatment Facility and Dacus Psychiatric Residential Treatment Facility in Bono.

Bec Dwyer-Coop, director of development for Methodist Family Health Foundation, delivered the gourmet cookies and small gifts on Thursday, August 18. This was the first day back to school for our teachers, who truly affect kids and help shape their growth and development.

“We can fundraise all year, but it’s the teachers and behavioral instructors who do the heavy lifting when it comes to positive behavioral outcomes,” Bec said. “We wanted them to know that we value them and are here to support them this school year.”

## Methodist Family Health Foundation Scholarship Fund Provides Financial Assistance to Qualified Former, Current Residential Clients



Methodist Family Health Foundation has funds available for anyone who has spent one night, at least, in long-term care at any of the following Methodist Family Health residential programs:

- Fillmore Psychiatric Residential Treatment Facility in Little Rock, Arkansas
- Dacus Psychiatric Residential Treatment Facility in Bono, Arkansas
- Subacute unit at Methodist Behavioral Hospital in Maumelle, Arkansas
- Qualified residential treatment programs (therapeutic group homes) in Arkansas
- Mothers and their children in Arkansas CARES program in Little Rock
- Foster children under the guardianship of the Division of Child and Family Services

Scholarships are available for all semesters (depending on applicant eligibility and fund availability):

- Includes post-secondary programs in vocational/technical programs, trade schools, college or graduate school
- Submission of applications is recommended, but not required, 30 days prior to the first day of the semester

This scholarship fund is made possible by the Olin C. Chambers Trust and the Gradelle Leigh Trust.

Currently, there are six individuals receiving scholarships for the Fall 2022 semester from Methodist Family Health Foundation, totaling \$16,500.

Schools represented for the Fall 2022 semester by the students are U of A Hope Campus, UA Pulaski Tech, Bald Knob Cosmetology College, NWTI – Welding, UALR, Eastern

Need More Information?

Email Don Cole at [dcole@methodistfamily.org](mailto:dcole@methodistfamily.org) or call 501-661-0720.

Email Amanda Smith, CFRE at [amanda.smith@methodistfamily.org](mailto:amanda.smith@methodistfamily.org) or call 501-906-4220.

## Don't You Know? It's Your Light that Lights the World.



Just as we said goodbye to summer, went back to school and celebrated Labor Day, we now look toward the Thanksgiving and Christmas holidays in a few short months. Would you save the date to help us share the light and shine this year during our annual Share the Light Christmas Campaign? Launching November 1, this fundraising campaign allows Methodist Family Health Foundation to utilize financial gifts to support the services, therapies and resources used throughout Methodist Family Health's continuum of care. The annual Share the Light Christmas Campaign takes place during November, December and January so donors have time to make a gift at their convenience.

This year, there are more ways to contribute than ever before. Here's how:

- ONLINE on our [Donate page](#) – Choose Share the Light Christmas Donations in the designated drop-down box.
- 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. This year, Special Offering Sundays in the state's Methodist churches will be **Sunday, December 11 and 18.**

- [PayPal @MethodistFamily](#)
- [Venmo @MFHFoundation](#)

However you choose to give, please know your gift is devoted to helping Methodist Family Health rebuild the lives of Arkansas children and their families who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues. Thank you for sharing your light of generosity, care and hope so our kids can shine.

## Methodist Family Health Foundation Staff Present Awards to Church Award Recipients



Amanda Smith and Jean Landrum at Little Rock First United Methodist Church



Rev. David Freeman, Rev. Dr. Michael Mattox and Amanda Smith at Little Rock First United Methodist Church



Bec Dwyer-Coop and Rev. Hammett Evans at Asbury United Methodist Church in Little Rock



Rev. Dr. Michael Mattox and Rev. JJ Galloway at Hot Springs First United Methodist Church



Rev. Dr. Michael Mattox and Rev. Carness Vaughan at Central United Methodist Church in Fayetteville

Rev. Dr. Michael Mattox, director of church relations for Methodist Family Health Foundation, visited three recipients of our 2021 Church Generosity Awards this summer. The visits to Little Rock First United Methodist Church, Hot Springs First United Methodist Church and Central United Methodist Church (Fayetteville) had “great meaning” to Rev. Dr. Mattox.

“Summer is almost over,” says Rev. Mattox. “We continue to accept the call to mend broken children’s lives as well as the lives of their families. Another school year will bring all sorts of new challenges, but we can meet those challenges together.”

Earlier in the summer, Bec Dwyer-Coop, director of development, visited Asbury United Methodist Church in Little Rock. The church award recipients are selected by Methodist Family Health Foundation early in the year. “We don’t just give these awards as a result of



one or two large donations. We look at the efforts of many members of the congregation through contributions and volunteer work," says Dwyer-Coop.

More presentations are scheduled this fall.

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## Methodist Family Health Adds Alan Faulkner to Team



Methodist Family Health recently hired Alan Faulkner as associate director of communications and grant writer. Alan will work for both the Methodist Family Health continuum of care and the Methodist Family Health Foundation.

Alan has extensive experience in writing and procuring government and nonprofit grants for municipal entities, state telehealth and nonprofits. He began his career in broadcast journalism, spending more than 15 years at television stations in Arkansas and Tennessee.

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## Spiritually Speaking

By: Eva Englert-Jessen, director of pastoral care



I love the spiritual language of blessing. No matter what tradition we come from or what circumstances are around us, we are a blessing to the world just by being the creatures that God made us to be. Amidst a culture of #hashtagblessed when we sometimes talk about blessings as things we have to earn, a deeper spiritual dimension of blessing reminds us that we are always blessed by God and always meant to be a blessing to others. I carry around a "blessing stick" (ChapStick that smells like eucalyptus) and place the sign of the cross or a circle on the foreheads or hands of our clients at the end of bible study or group time. I love to see their enthusiastic expressions. Next week, I will offer a blessing to the hands of our staff as we enter a new season of fall and continue to adjust to a new school year. May we all be reminded of the many blessings among us, know that we are each a blessing just by being ourselves and that we are called to be a blessing to others.

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## Children in Our Care Seek Your Prayers





The Arkansas children and youth in our care submitted the following prayer requests for their loved ones and themselves. Would you remember them in your hearts and prayers?

- Myself
  - Family
  - Random people
  - To have a great day
  - To wake up every day
  - My future
  - All of the people at the girls RTC at Methodist
  - Help me to let go of my grandpa passing away
  - Being in foster care
  - I need help with everything because I feel like I am struggling
  - My grandma to get better
  - Firefighters
-

## Spiritual Practice of the Month: Walking Meditation

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

- 1) What do you notice as you walk? Do you feel disconnected from your body when you walk? Are you just trying to get to your destination or next task? Who do meet along the way, and how do you interact with them?
- 2) Pay attention to sounds, smells, and sensations as you walk or move. How does noticing them help you?
- 3) See the calendar on the second page for small spiritual practices you can do each day, especially related to this month's theme.

Mindfulness moments and prayer can happen in many ways. This month, try bringing awareness to your body sensations and to the world around you as you walk or move your body.

What do you notice? Do you feel disconnected from your body when you walk? Are you just trying to get to your destination or next task? Who do meet along the way, and how do you interact with them?



### Another option: Labyrinth

A labyrinth is an ancient practice of walking in a type of maze. As you walk, notice and let go of thoughts that seem to keep grasping you. As you near the center, invite a sense of God or the sacred to fill you. Maybe a word or a mantra comes to you.

If you don't have access to a labyrinth, practice this during you walk to the car, down the street, or even in the grocery store.

Sunday: Breathe	Monday: Contemplate	Tuesday: Prayer	Wednesday: Community	Thursday: Reflect	Friday: Connect	Saturday: Rest
				1	2	3
				<b>Scripture:</b> Genesis 13:17 <b>Practice:</b> Set some realistic walking or moving goals for this new month.	<b>Scripture:</b> Amos 3:3 <b>Practice:</b> Take a walk (or make plans to) with a friend, family member or neighbor who you haven't seen in a while.	Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
4	5	6	7	8	9	10
Walking meditation practice: see sheet	<b>Scripture:</b> Matthew 14:25-26 <b>Practice:</b> Where are you seeing amazing things around you?	<b>Scripture:</b> Leviticus 26:12 <b>Practice:</b> In light of Labor Day yesterday, pray for all workers who did not get the day off.	<b>Scripture:</b> Isaiah 2:5 <b>Practice:</b> How can you be a light to your community?	<b>Scripture:</b> 2 Corinth. 5:7 <b>Practice:</b> Do something today that reminds you to trust that you were made good, beloved, and with purpose.	<b>Scripture:</b> Proverbs 4:12 <b>Practice:</b> Offer help to someone who has shown you help.	Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
11	12	13	14	15	16	17
Walking meditation practice: see sheet	<b>Scripture:</b> Psalm 89:15 <b>Practice:</b> If you can, notice today brings you deep joy? How is joy different than happiness?	<b>Scripture:</b> Romans 8:16 <b>Practice:</b> Pray for the leaders of our cities, nations, and world. Ask how you can be a leader.	<b>Scripture:</b> 1 Corinth. 12:26 <b>Practice:</b> How can you learn more about and show up for people with disabilities?	<b>Scripture:</b> Psalm 81:13 <b>Practice:</b> Where have you not been as loving to yourself or others lately? How can you notice this without shaming yourself?	<b>Scripture:</b> Luke 24:13-25 <b>Practice:</b> Invite your family or someone you have dinner with to think about how you see God (or however you understand God).	Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
18	19	20	21	22	23	24
Walking meditation practice: see sheet	<b>Scripture:</b> Psalm 121: 1-2 <b>Practice:</b> Say a comforting or encouraging mantra to yourself as you walk. Ask yourself how you are honestly feeling.	<b>Scripture:</b> Isaiah 43:2 <b>Practice:</b> Pray for people, including yourself, who are grieving the loss of a loved one.	<b>Scripture:</b> Acts 4:32-35 <b>Practice:</b> Ask what you can contribute (your time, money, gifts, skills, effort) to build a caring community- whether at home, work, or in your neighborhood.	<b>Scripture:</b> Acts 17:18 <b>Practice:</b> What does it mean to you to have God or a sense of something bigger than yourself as part of your very being?	<b>Scripture:</b> Psalm 23:4 <b>Practice:</b> Write a letter or send a note to someone who needs comfort.	Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
25	26	27	28	29	30	
Walking meditation practice: see sheet	<b>Scripture:</b> Micah 6:8 <b>Practice:</b> As you move or walk today, think about what it means to walk humbly.	<b>Scripture:</b> 2 Timothy 1:14 <b>Practice:</b> Pray for your own healing, hope and journey.	<b>Scripture:</b> Romans 12:15 <b>Practice:</b> It makes a huge difference when people can just sit with us when things are terrible, and not try to fix it. How can you do this for someone else?	<b>Scripture:</b> Romans 6:4 <b>Practice:</b> Where is newness of life present for you? How can you cultivate it?	Prepare your mind and heart for next month. What do you want to focus on? What will sustain you?	



Beyond  
Grateful!



## Gratitude from Our Executive Director

Dear Friend:

I am profoundly grateful for everything you contribute to Methodist Family Health Foundation. You are what helps us provide the best possible care to those who may need our help, and without you, the Arkansas children and families we serve would not get the psychiatric, behavioral, emotional and spiritual guidance, therapy and resources they need and deserve. For this reason, I wanted to send you our first gratitude report, which is all about the things you have made possible in our most recent fiscal year.

While we may live in a fast-paced, technological society that can many times separate us more than bring us together, I want you to know your gifts make all the difference.

Thank you for your partnership.



*Amanda Smith* Amanda Smith, GFRE  
Executive Director  
Methodist Family Health Foundation

## Gratitude for These Gifts



Bibles & Spiritual Guides



Art Activities



Summer Camps



Transportation Assistance



Christmas Gifts



Scholarships



Coats



Compassion Funds

# Gratitude for Opportunities

From July 1, 2021 to June 30, 2022, Methodist Family Health Foundation grappled with the ongoing COVID-19 pandemic while continuing to help Methodist Family Health in our mission to provide the best possible care to those who may need our help. Whether it was working remotely, pivoting from in-person to online events, or re-envisioning how to achieve our monetary and in-kind contributions goals, Methodist Family Health Foundation looked to you, our donors and supporters, for guidance and assistance.

You stepped up, and together, we were able to host successful fundraising events such as our 8th Annual Southern Silks Stakes, which took place completely online, and our Share the Light Christmas Campaign, which allowed us to visit with our state's Methodist churches both in person and virtually.

In March, we were able to launch our annual Get Up & Give Lenten Collection project in-person again, and the Arkansas Methodist Churches, small groups and memberships helped us exceed our fundraising and in-kind donation goal. Without these contributions, the children and families in our care would not have the necessities they need to maintain personal dignity or succeed in their daily activities. Items like shower gel, deodorant, underwear, school supplies, shoes - things many of us take for granted - made a difference to the children and families we serve. To receive these gifts and understand they are valued by their community makes a huge difference in their psychiatric, behavioral, emotional and spiritual healing.

A significant accomplishment you helped us achieve during fiscal year 2022 was our ability to provide educational resources to those in our inpatient, residential, and outpatient programs. Students in our Little Rock Day Treatment program learned how our bodies work, studied the importance of civil rights on Dr. Martin Luther King, Jr. Day, and collaborated on science, technology, engineering and mathematics (STEM) projects. Additionally, grants allowed us to provide educational resources to the children in our care, preparing them to return to their communities and schools.



Southern Silks Stakes



Share the Light



Get Up & Give



Educational Resources



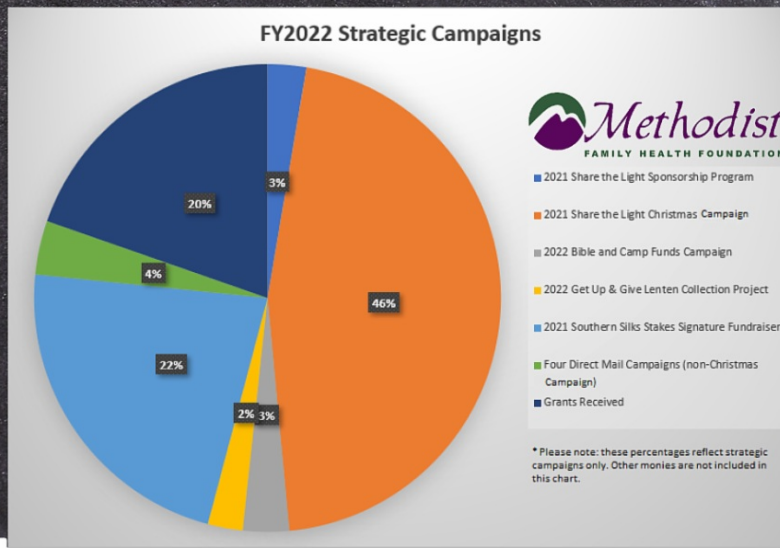
Grants



In our most recent fiscal year (July 1, 2021 - June 30, 2022), YOU helped Methodist Family Health care for more than 4,337 children and families throughout Arkansas. Your financial gifts to Methodist Family Health Foundation allowed us to provide 108,928 services to the children and families in our care throughout the state.

We are grateful to YOU for your contributions, which make the programs, therapies and resources our patients need possible.

# Grateful



2021 Share the Light Sponsorship Program - \$20,180 (3 percent)  
 2021 Share the Light Christmas Campaign - \$344,958.04 (46 percent)  
 2022 Bible and Camp Funds Campaign - \$24,015.33 (3 percent)  
 2022 Get Up & Give Lenten Collection Project - \$18,282.16 (2 percent)  
 2021 Southern Silks Stakes Signature Fundraiser - \$169,267.75 (22 percent)  
 Four Direct Mail Campaigns (non-Christmas Campaign) - \$28,000 (4 percent)  
 Grants Received - \$148,061 (20 percent)



## 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

**Methodist Family Health SENTINEL**  
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- Methodist Children's Home
- Methodist Behavioral Hospital
- Methodist Counseling Clinics
- Arkansas CARES

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**Methodist Family Health Mission Statement:  
to give the best possible care  
to those who may need our help.**