



# SENTINEL

## News & Updates from Methodist Family Health Foundation

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### 2022 Southern Silks Stakes Makes a Triumphant Success

WE LOOKED  
TO YOU TO  
MAKE US  
WINNERS



AND WE WON BIG!  
THANK YOU!



The 9<sup>th</sup> Annual Southern Silks Stakes, presented by Gill Ragon Owen, was held in person on September 17, 2022, after being virtual for the past two years. Over 350 supporters joined for this night of fun benefitting Methodist Family Health.

The event chairs were long time Southern Silks supporters Jenny and Jeremy Teeter and the evening was emceed by THV's Chief Meteorologist Tom Brannon. Attendees placed faux bets on their favorite jockeys who donned brightly colored silk vests which corresponded with their stick ponies. Winners of each of the six races were determined by the rolls of the dice.

The event included an online and live auction, as well as a special appeal to fund the purchase of Christmas presents for the children in the care of Methodist Family Health. With YOUR help, a record breaking \$189,500 was raised at the event. Of that, \$96,500 was in sponsorships with 48 sponsors (8 of which were new sponsors this year). We surpassed our \$25,000 goal for the special appeal raising \$32,166 to assist in purchasing Christmas presents. This year, instead of a traditional silent auction, an online auction was held. The items were present at the event for attendees to peruse, however one did not have to be present to bid and win. \$13,167 was raised from the online auction. The live auction raised \$40,300 with the house in Costa Rica and the Sonoma Wine tour each selling three times.

Many thanks to our sponsors, donors, auction winners and participants. Because of your support, the children and families in our care are winners! A special thank you to our group of over 50 volunteers that helped out the night of the event. They were:

- Ashley Beazley
- Reyn Beckham
- Julie & Boyd Blackwood
- Brooke Bridges
- Joe & Susan Burkett
- Luke Coop
- Chemeka Cooper
- Morgan Darling
- Michelle DuVall
- Pam Gadberry
- Jason Hale & Dauphne Trenholm
- Chloe Pham-Harvey
- Karla Hilburn
- Mark Holder
- Raja & Rami Kassissieh
- Gloria Lawson
- Marianne Lotito
- Denise Mahurin
- Judy Mattox
- Anna McCreight
- Sean McCreight
- Warren McCullough
- LaJoy Montgomery
- Krystal Moore
- Stephanie & Micha Murry
- Leon Palencia
- Kevin Paskey
- Josie & Dale Payne
- Amanda & Jonathon Pierce
- Alex Prince
- Jennifer Riney
- Lesley Roberts
- Katherine Robinson
- Shannon Rouse
- Nick Shuffield
- Lindsey Simmons
- Aleigha Smith
- Quinshell Smith
- Sheena Tolbert
- Madisyn Turner
- Jeanne & Heath Williams

A very special thank you to the 2022 Southern Silks Stakes volunteer planning committee. Your dedication and hard work is greatly appreciated. We truly couldn't have done it without you!

- Jenny and Jeremy Teeter – Chairs
- Drew and Brian Benham
- Melanie and Matt Buchanan
- Kathleen Kennally
- Lauren McCullough
- Carrie Peacock
- Kate and Joey Price
- Adam Smith

Please save the date and join our 2023 chairs Melanie and Matt Buchanan at the 10<sup>th</sup> Annual Southern Silks Stakes benefiting Methodist Family Health Foundation on Saturday, September 16, 2023 at Embassy Suites Little Rock.

# LIGHT BEARERS



Stacey Bowers, owner, Bang-Up Betty



*Photography by Katie Childs*

Stacey Bowers is a jewelry designer, shop owner, advocate for women and cat lover, among so many other attributes. In fact, she loves her feline friends so much that she named her gift shop after one. Bang-Up Betty was born when Bowers began making and selling jewelry in her free time, and as interest and demand for her products grew, Bang-Up Betty put down permanent roots in downtown North Little Rock. Today, Bang-Up Betty

Jewelry and Gifts provides a host of jewelry and other gifts that support causes based in Arkansas. Now, Bowers is partnering with Methodist Family Health to provide the SHINE necklace to benefit the Arkansas children in our care who are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual issues.

The SHINE necklace will be available for purchase from 5-7 p.m. during the Dogtown Throwdown at Bang-Up Betty's gift shop at 429 Main St. in North Little Rock on Fri., Oct. 14. The SHINE necklace reflects the nonprofit's call to action to encourage people to let their light shine so others can be inspired to do the same. Available in bronze and silver, the necklace debuted at Methodist Family Health Foundation's 9th Annual Southern Silks Stakes fundraiser where it brought in a winning bid of \$160. The necklace is available at Bang-Up Betty's gift shop in Argenta or online at <https://www.bangupbetty.com/shop>. A portion of the proceeds from the sale of the SHINE necklace will go to Methodist Family Health. The necklace is available in bronze for \$58 and sterling silver for \$69.

Bang-Up Betty's humorous hand-stamped and hand-cast jewelry is crafted in Arkansas, and salty t-shirts, stickers, enamel lapel pins, and other gifts and apparel are printed locally or sourced consciously and support local women artists. Since 2013, Bang-Up Betty has been crafting custom and personalized jewelry and other quirky, nerdy, and feminist necklaces, bracelets, and earrings.

Methodist Family Health's mission is to provide the best possible care to those who may need our help and serves thousands of Arkansas children and their families who are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual issues. Founded in 1899 as the Arkansas Methodist Orphanage, Methodist Family Health is a statewide continuum of care with programs including the Methodist Behavioral Hospital in Maumelle, psychiatric residential treatment facilities, qualified residential treatment programs, a therapeutic day treatment program, outpatient counseling clinics, school-based counseling clinics, a grief center for children and their families, and the Arkansas Center for Addictions Research, Education and Services (Arkansas CARES).

For more information about the SHINE necklace or Bang-Up Betty, visit <http://BangUpBetty.com>. For more information about Methodist Family Health, call 501-661-0720, email [Info@MethodistFamily.org](mailto:Info@MethodistFamily.org) or visit <http://MethodistFamily.org>.

NEW JEWELRY  
DESIGNED TO  
SHINE BY



BENEFITING



IT'S YOUR TIME TO

AVAILABLE AT  
BANG-UP BETTY AND  
BANGUPBETTY.COM



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## LATEST NEWS & EVENTS

Garver Gives Committee Delivers  
Rube Goldberg Kits



*Garver Gives committee members with Rube Goldberg kits they assembled in August*

The Garver Gives Committee delivered 16 Rube Goldberg kits to Methodist Family Health Day Treatment at the end of August to support STEM education. The Rube Goldberg kits are a fun way to give kids the opportunity to take prepackaged kits and build their own creations with the enclosed items. These machines consist of a series of simple unrelated devices; the action of each triggers the initiation of the next, eventually resulting in achieving a stated goal. The activity promotes ingenuity and creativity.

## Methodist Family Health Foundation Staff Continues to Present Awards to Ten Recipients



*Bec Dwyer-Coop and Dr. Brian Fink*



*Rev. Dr. Tony Griffin and Rev. Dr. Michael Mattox*

Director of Development Bec Dwyer-Coop spoke at Stuttgart First United Methodist Church to present the 2021 Generosity Award for the Southeastern District on Sunday, September 25 at the 10 a.m. service.

Earlier in the month, Rev. Dr. Michael Mattox presented Methodist Family Health Foundation's 2021 Generosity Award for the Northwestern District to Russellville First

United Methodist Church. Senior Pastor, Rev. Dr. Tony Griffin accepted the award in Sunday morning worship services on September 18, 2022.

Stuttgart First United Methodist Church and Russellville First United Methodist Church are two of ten Arkansas churches awarded Generosity Awards by Executive Director, Amanda Smith at the Annual Conference Session earlier in the year.

## Truckload of School Donations Delivered to Methodist Family Health Foundation



*Jacksonville First United Methodist Church*



*Christian Education Coordinator Stephanie Dunn*



*A sampling of school supplies donated by the children of Jacksonville First United Methodist Church*

Thank you to all the donors who helped our children prepare for back to school by donating school supplies. A very special thank you to Stephanie Dunn from Jacksonville First United Methodist Church who showed up on September 13 with an entire truck load of school supplies from their church's back to school drive. The pictures are only a sampling of the bounty that was given. Because of your generosity, our children are prepared and can SHINE throughout their school year.

## Share the Light Christmas Campaign Begins November 1



Beginning November 1, I invite you all to be a part of our most important fundraising campaign of the year, Share the Light. Contributions from this campaign are used to support the Arkansas children and families who receive care from Methodist Family Health's many programs and services including inpatient psychiatric hospitalization, outpatient counseling clinics, grief counseling services, our residential treatment centers, our group homes, and more.

We all have a role to play in the well-being of the children of Arkansas. The Christmas campaign enables us to share our blessings with those children whose circumstances in life just haven't been fair. These children and young people certainly didn't ask for the situation they are in, but with your support, have hope for a much better tomorrow. Share the Light supports the Methodist Family Health continuum across the state, to ensure healthy and strong lives for so many children and families.

Whether it be directly or through your church offering, please consider giving to Share the Light, and help the children of Arkansas shine. As always, I welcome you to call, text, write or email with any questions.

Sharing the Light,

Bec Dwyer-Coop  
Director of Development  
[bdwyer-coop@methodistfamily.org](mailto:bdwyer-coop@methodistfamily.org)  
501-765-7711

To Give Directly to the Share the Light Christmas Campaign:

- **Visit** [MethodistFamily.org/Donate](https://MethodistFamily.org/Donate) to contribute online
- **Call** Christy at 501-906-4201 to make a secure contribution using your debit or credit card
- **Mail** cash or a check donation to:

Methodist Family Health Foundation  
1600 Aldersgate Rd., Suite 100  
Little Rock, Arkansas 72205

- Place a check or offering envelope addressed to Methodist Family Health Foundation in the offering plate at your church
- PayPal @MethodistFamily



- Venmo @MFHFoundation

*(For PayPal or Venmo, please add note to direct donation to the Share the Light Christmas Campaign and provide your full name and mailing address)*

## Banks Promoted to Director of Dacus Psychiatric Residential Treatment Facility



Waynette Y. Banks, the program director of Methodist Family Health's psychiatric residential treatment facility in Bono, has worked with at-risk youth and their families for more than 20 years. She has accomplished this first by providing a home for more than 30 children as a therapeutic foster parent then working as office manager before becoming director of a community-based nonprofit geared at improving literacy, parent training, and food distribution, all while receiving her master's degree in social work.

In 2016, Waynette joined Methodist Family Health as a therapist in northeast Arkansas. For six years, Waynette provided clinical support for youth and their families, equipping them with the skills necessary to cope in their family environment as well as their community. While here, Waynette continued to make steps to advance her career by becoming certified in Trauma Focused-Cognitive Behavior Therapy (TF-CBT) in 2018. In 2019, she was certified by the Arkansas Social Work Licensing Board to become a licensed clinical social worker.

In September 2022, Waynette officially accepted the position of program director. Her primary goal is to continue to promote individual well-being and family unity by providing exceptional services for both her clients in the facility and their families. Waynette stresses the importance of professionalism, but also having compassion and supporting not only the clients and their families but her staff as well.

When not working, Waynette enjoys traveling, shopping and spending time with family and friends. As a wife, mother of three, proud grandmother of two granddaughters, and cat owner of a Siamese cat, Charlie, she continues to be a pillar of support for not only those in her family but for many in the community.

## Mighty Tools, Mighty Kids



Carolee Cook, director of recreational therapy, approached Methodist Family Health Foundation about a therapeutic product, Mightier, that had been presented to her by Kaylynn Barrett, director of the psychiatric residential treatment facility in Little Rock. Carolee explained to Amanda Smith, executive director of Methodist Family Health Foundation, that the children at Methodist Behavioral Hospital and our psychiatric residential treatment facility could both benefit from these products.

Mightier is a game system that provides a fun way for kids to practice managing their emotions. The games are grounded in practice and routine, where children learn to calm when reacting to stressors.

Designed for children aged 6-12, [Mightier](#) is a new way to help kids navigate big emotions and learn lifelong calming skills. Mightier pairs video games with a heart rate monitor that lets kids see their heart rate, in real-time, right on the screen. During gameplay, children practice clinically-validated strategies that help them build self-confidence, learn to regulate their emotions and support healthy relationships.

From discussions, a plan was formed for Methodist Family Health Foundation to secure funding for several Mightier kits. A Methodist Family Health board of directors member was interested in funding a specific project or need, if possible, with part of their annual gift.

Because of this member's generosity, the children in these programs are able to experience new and innovative tools for therapeutic treatment.

"When I was presented with the opportunity to fund a pilot using Mightier, I immediately said yes," said the funder. "Providing an extra resource to a struggling child in addition to the excellent therapeutic services provided by the Methodist Family Health staff was an easy decision."

"Mightier has been used with one of our younger clients who is in the custody of the Division of Children and Family Services," said Barrett. "We've noticed a significant improvement in his ability to practice impulse control. I have an intern who will train to use the system with some of our younger residents."

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## Compassion Fund Provides Dignity, Hope



At Methodist Family Health, we work with Arkansas children and their families from a variety of economic backgrounds. Because our clients may have therapeutic needs for which they cannot afford, Methodist Family Health Foundation established the compassion fund to purchase these resources. The compassion fund also provides for special therapeutic tools needed in Methodist Family Health's continuum of care. Some of the past items this fund has been used to purchase are:

- Art therapy items for use at home
- Inflatable mattress for a student who was sleeping between chairs
- Bus pass for six months for an Arkansas CARES graduate so she could get back and forth to her new job
- Large computer monitor and keyboard for special needs clients for virtual schooling
- Flute for a client who participated in band
- All state choir fees for a group home client
- Appropriate pants and shoes for high school graduation
- Clothing for foster children admitted as clients
- A weighted blanket to reduce anxiety
- Softball equipment and other recreational therapy items

This year, our compassion fund has been greatly utilized by therapists and staff throughout Methodist Family Health's continuum of care. Some items and resources that have been funded this past year include:

- A positive affirmation journal and pens to help the client with anxiety, reframe negative self-talk and build self-esteem
- Board games to engage the client and family in the home to help the client manage and reduce their symptoms of increased depression
- Origami activities to assist the client to promote calming, reduce anxiety and deter skin picking
- A wristwatch to help a client manage time. The client's 504 Plan allowed them to be dismissed from class early due to anxiety. However, there was no clock in the classroom
- Play therapy toys for a new Methodist Family Health clinic program
- "How to Draw Graffiti" book, sketchbook and markers for a client that was interested in graffiti. These art supplies were used to channel the client's interest in a positive

- way rather than damaging property
- Toys for a Methodist Family Health clinic for their play space for play therapy including an easel, sandbox and water table. These items helped create more space at the clinic for play, sensory needs and outdoor therapy
- Board and card games for client siblings that needed games that they could play together to improve their depressed mood and promote positive family time.
- Travel assistance for a teenage client that assisted him in visiting his sister, who was soon to receive her third round of cancer treatment. Her prognosis was not good, and this was likely the client's last opportunity to spend time with her before she went into isolation for high intensity chemotherapy
- Sports gear for a client participating in a school sports activity, which helped promote positive self-esteem and socializing

Because of YOUR generosity throughout the year, the children in our care are able to have access to various items and resources that promote their therapy plan and therapeutic process. Through your support, the staff at Methodist Family Health is able to help heal the child and their family. Without the compassion fund, this support provided to our clients and families would not be possible.

## Spiritually Speaking

By: Eva Englert-Jessen, director of pastoral care



World Communion Sunday is observed by many Christian churches. On this day, Christians around the world remember the meal that Jesus offered his disciples the night before his execution. In the breaking of the bread and the sharing of the cup, Jesus Christ offered new life by way of brokenness. To me, this meal reminds me of God's literal presence with me, and that I am called to live in community with my neighbors.

It also reminds me that there is a place for me at the table, even in my messy humanity. Jesus offered the gift of his body and blood to even those who would betray, deny, or forget him in his most challenging moments. Even when we fail to love God and one another, there is a place for us.

Earlier this week was the Jewish holiday called Yom Kippur, or the Day of Atonement. It is the holiest day of the year for

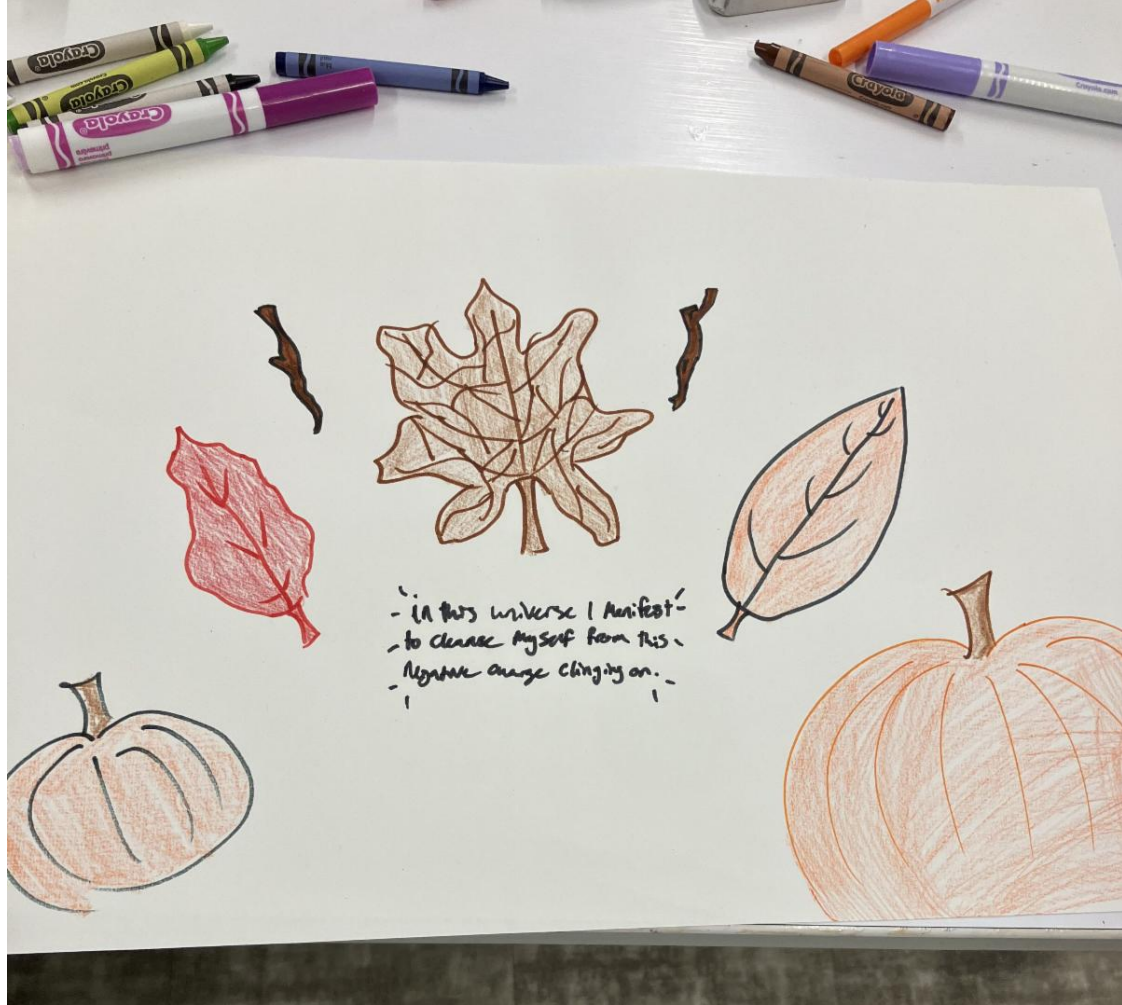
Jews around the world. One of my closest friends in high school was Jewish, and he often invited me to be part of his family's traditions. I remember sitting in the beauty and sacred space of his temple, observing and doing my best to pray alongside my Jewish neighbors as they recalled the ways they had missed the mark over the last year and made a renewed commitment to live more lovingly, more in line with God's teachings to care for others. It was among the most memorable experiences of my young life. I remember when we shared a meal after fasting for 24 hours, delighting in fresh bread and fruits, celebrating God's presence in the sharing of food and conversation.

I am grateful that God is a God of the table. It is in the sharing of meals and the building of sacred, healthy, and vibrant relationships and communities that we experience God's grace and love. I pray that you might know abundant love and grace as you share meals with your loved ones, or even with strangers whom you might serve.

I pray, most of all, that you know that you already belong. The table is set and your presence makes it all the better.

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**Rev. Eva Englert-Jessen Thankful for Bibles**



I want to personally thank each and every one of our contributors to our bible fund. The children in our care have been especially excited about an influx of new bibles, spiritual journals, and devotionals lately. It makes a big difference in their overall well-being. Spiritual care is part of their treatment plan! It is just as important as our mental and physical health.

**Children in Our Care Seek Your Prayers**



This month's prayer theme was on letting go, drawn from the autumn season when trees shed their leaves.

Some of our teens are praying to let go of:

- Troubled pasts
- Suicidal thoughts
- Family conflict

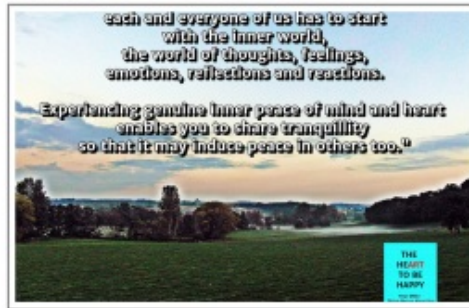
They are also praying to be connected to their families again, for death and illness of loved ones, and giving thanks for people who are supporting them during their treatment.

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## Spiritual Practice of the Month: Loving Kindness Meditation

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

- 1) If you're pinched for time, try this meditation during a quick break, or even while cooking or driving.
- 2) What does it feel like to intentionally direct loving-kindness towards yourself and others?
- 3) See the calendar on the second page for small spiritual practices you can do each day, especially related to this month's theme.



Nearly every spiritual and religious tradition holds that we should treat people the way we want to be treated. When we work on having love and compassion for our own self, we can extend that into our communities and into the world at large.

The loving kindness meditation can be a practice to help cultivate this. Here are the steps— adapted from the Greater Good in Action website:

- 1) Find a comfortable position, and imagine someone close to you is sitting right in front of you. Imagine them truly wishing for you to be happy, fulfilled; for you to have a life that is flourishing. Imagine them beaming this towards you in their smile, in their eyes. And with your next breaths, inhale and draw in that intention of goodness.
- 2) Do the same for someone close to you: a family member or friend. As you inhale, draw in this intention. And as you exhale, wish this person happiness, fulfillment, flourishing.
- 3) Do the same for someone you do not know personally, and then for the earth or global community as a whole.

Sunday: Kindness Meditation	Monday: Contemplate	Tuesday: Prayer	Wednesday: Community	Thursday: Reflect	Friday: Connect	Saturday: Rest
2 Try the loving kindness meditation: see sheet	3	4	5 Yom Kippur (Jewish holiday): Find out more about Yom Kippur, the holiest day of the Jewish faith, and show love to the Jewish people you know.	6 Scripture: 1 Corinthians 13: 4-7 Practice: Who are the people in your life who love you well?	7 Scripture: Micah 6:8 Practice: Show an act of kindness to a stranger.	8 Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
9 Try the loving kindness meditation: see sheet	10 Scripture: Colossians 3:12 Practice: How can you clothe yourself with kindness, humility, and patience? Take a tangible step to do so today.	11 Scripture: Luke 6:35 Practice: Pray for those you disagree with or would rather forget. Pray for open hearts and minds.	12 Scripture: Ephesians 4:32 Practice: How can you help create a kinder environment at work, home, in public?	13 Scripture: Isaiah 54:8 Practice: Reflect on what it means to love and be loved no matter how many mistakes we make.	14 Scripture: Acts 28:2 Practice: Receive someone else's hospitality today or this month: accept an invitation to talk on the phone, dinner, etc. Consider how this is part of your spiritual life.	15 Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
16 Try the loving kindness meditation: see sheet	17 Scripture: Proverbs 12:25 Practice: Find a word or phrase related to kindness or compassion that helps center you when you feel anxious. Return to it often throughout the day.	18 Scripture: Psalm 34:18 Practice: October is infant/pregnancy loss awareness & domestic violence awareness month. Pray for all of those who are grieving, especially in these areas.	19 Scripture: 1 Timothy 2:1-2 Practice: Voting is a way to put faith and care for community into action. Make a plan to vote and encourage your friends to do so, too.	20 Scripture: Psalm 81:13 Practice: Where have you not been as loving to yourself or others lately? How can you notice this without shaming yourself?	21 Scripture: Luke 10: 25-37 Practice: Have a conversation with someone about how you can together show up for those in need in your community.	22 Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
23 Try the loving kindness meditation: see sheet	24 Scripture: Matthew 20: 29-34 Practice: When have your eyes been opened to something you didn't see or understand before? (Literal or metaphorical)	25 Scripture: James 1:27 Practice: Pray for our MFH children/clients, staff, and families.	26 Scripture: Matthew 7:12 Practice: Ask how you can support someone today; don't assume to know what they need before asking humbly.	27 Scripture: Lamentations 3:22-23 Practice: How is God's unconditional love showing up for you in this season of your life?	28 Scripture: Psalm 19:1 Practice: Take a walk or drive around and look at the leaves. Be reminded of the splendor and beauty of God's creation.	29 Take some sabbath time to rest today, even if it's just for an hour. Put down your phone and do something grounding.
30 Try the loving kindness meditation: see sheet	31 Scripture: Revelation 21:4 Practice: As we celebrate Halloween/Day of the Dead/ All Saints, remember your ancestors. What qualities of theirs are guiding you today?	Prepare your mind and heart for next month. What do you want to focus on? What will sustain you?				



## 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
  - 1600 Aldersgate Rd., Suite 100
  - Little Rock, AR 72205
- PayPal @MethodistFamily
- Venmo @MFHFoundation



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Bec Dwyer-Coop, Director of Development  
Kelli Reep, APR, Director of Communications  
Jamie Griffith, Development Coordinator  
Christy McCreight, Office Manager, and Volunteer Coordinator  
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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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**Methodist Family Health Mission Statement:  
to give the best possible care  
to those who may need our help.**

