



# SENTINEL

## News & Updates from Methodist Family Health Foundation

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# LIGHT BEARERS



## Garver Gives



*Garver Employees with Rube Goldberg Kits*

What do Rube Goldberg machines, engineers, and a therapeutic day treatment school have in common? Believe it or not, a lot.

In 2022, Methodist Family Health Foundation began a partnership with the corporate giving program of Garver, GarverGives. Founded in 1919, Garver is an employee-owned, multi-disciplined engineering, planning, and environmental services firm with more than 1,100 employees across the United States offering a wide range of services focused on aviation, construction, facilities, federal, survey, transportation, water, and wastewater.

Garver loves to work with kinetic energy; gravity theory; work, energy and power; and other physics principles, but part of this love also envelopes the ethics of their industry, including honesty, integrity, promise-keeping, fidelity, fairness, respect for others, responsible citizenship, pursuit of excellence and accountability.

Mix together, the outcome is a Rube Goldberg kit for children and teenagers who need a little inspiration to help their imaginations and fledgling interests in science take flight. If you are not familiar with Day Treatment, this dynamic school is a part of the Methodist Family Health continuum of care in Little Rock where students receive the best of classroom instruction with mental and behavioral health services to address education, behavioral, emotional, and social needs. By utilizing a team of therapists, behavioral experts, and educational staff, Methodist Family Health supports learning and successful therapy outcomes under one roof. When GarverGives was looking for a school to help with STEM (science, technology, engineering, and math) education, our day treatment team jumped at the opportunity.

“Our kids loved these kits,” said Karen Maxwell, lead teacher at Methodist Family Health’s Therapeutic Day Treatment School. “They learn how to work together, problem solve and encourage one another. It’s really a hit with our students, and we’ve even seen how the Rube Goldberg kits can be used to incentivize appropriate behavior.”

Rube Goldberg was an American cartoonist, sculptor, author, engineer and inventor. He created popular cartoons of complicated machines to perform simple tasks, like ringing a bell or dropping a marble into a jar. Today, he is the inspiration for international competitions known as **Rube Goldberg Machine Contests**, which challenge participants to create a complicated machine to perform a simple task. The 16 Rube Goldberg kits GarverGives assembled include seemingly odd items like a miniature traffic cone, dustpan, popsicle sticks, and other assorted pieces. The object of each kit is for the student or students to create a machine to perform a task. However, when volunteers from GarverGives worked with day treatment students, we think they had more fun than the kids did.

“We aim to provide students opportunities to explore, discover and expand their understanding of what engineering is all about,” said Wallace Smith, vice president, director of federal services for Garver. “By investing in students now, we can ensure we’ll be able to meet the future demands for skilled and diverse engineering talent. As an engineering firm, we believe we can make the biggest impact by sparking interest and achievement in STEM. That’s why GarverGives is committed to providing the resources that will inspire the next generation of engineers and innovators, wherever their careers take them.”

For more than 100 years, Garver has been dedicated to building up their communities – both through innovative infrastructure design and investing their time and resources into the places they call home. GarverGives, their corporate giving program, is a platform where the firm and its employees can give back and get involved, such as partnering with local organizations to advance STEM education and strengthen Garver’s communities through grants, employee giving, and volunteerism. Since 2015, GarverGives has supported more than 500 organizations, invested more than \$1.2 million in funding, and devoted more than 5,200 employee community service hours.



# LATEST NEWS & EVENTS

## Gnomes Found a Home During Chilly Day Treatment Awards Luncheon



Before the arctic freeze hit Arkansas, our Day Treatment students decided to keep things cool with their friends, families, and supporters like the Arkansas Arts Council. The "Chillin' with My Gnomies"-themed awards event took place at 11 a.m. in the Commons Building at Camp Aldersgate in Little Rock on Wednesday, December 21.

In attendance at the awards luncheon were Patrick Ralston, Tanja Enoch, Latoya Scott, Matt Boyce, and Lindsey Tugman from the Arkansas Arts Council, an agency of the Arkansas Department of Parks, Heritage, and Tourism. Our thanks to the Arkansas Arts Council for their funding of our arts program at Little Rock Day Treatment and other art programs throughout our continuum. Because of their support, the children we serve are exposed to creative outlets that allow them to communicate in ways they may not otherwise be able to do. This funding also allows the children in our care to enter their artwork into statewide competitions such as the Arkansas State Fair's community arts and crafts contests, in which our students have won both ribbons and money for their efforts



as well as admiration from citizens all over the state.

The gnomes-themed event included décor made by our Day Treatment students, a barbecue lunch from Whole Hog Café, two performances by students, and awards for outstanding progress made by the children and staff at the school. Among the displays were sketches and paintings our students submitted into the creative arts competitions at the 2022 Arkansas State Fair as well as mask sculptures, which also were entered into the art contests. Many of our students won ribbons and cash awards for their creativity as well as recognition from people attending the State Fair from all over Arkansas and surrounding states.

## Methodist Family Health's Artis In Residence Wins State Award



The Arkansas Committee of the National Museum of Women in Arts \$4,000 award is presented annually to an accomplished Arkansas woman-identified artist to pursue new

creative work. It may be used for research, travel, training, studio time, or equipment and supplies. The purpose of the award is to assist an accomplished woman artist to realize her vision and help to make her achievements more visible to the art community and the public.

Elizabeth Weber, of Little Rock, is an accomplished multi-disciplinary artist, creating in both two-dimensional and three-dimensional, while also working in the Arkansas Arts Council's Arts-in-Education program, at Arkansas Children's Hospital, and Methodist Family Health Day Treatment School and Psychiatric Residential Treatment Facility. She has exhibited within numerous galleries in Arkansas and other states, from California to New York.

Weber will use the award to write her story of "forming," an autobiography of her early years, in sculptural form, an extension of a series of works where she has been building and piecing together the stories of her past using nature as inspiration

## Methodist Family Health Foundation's Rev. Dr. Michael Mattox Attends Ribbon Cutting for New Branch of The Methodist Foundation for Arkansas Northwest Branch Office



*(Left) Amy Anderson, Sam Gibson, and Rev. Dr. Michael Mattox (Right) Employees of The Methodist Foundation for Arkansas*

On Tuesday, November 15, Rev. Dr. Michael Mattox, Church Relations Associate for Methodist Family Health Foundation, attended the Ribbon Cutting for the Methodist Foundation for Arkansas branch office for Northwest Arkansas, located in Rogers, AR. Mattox joined with Sam Gibson, Methodist Foundation for Arkansas Chairman of the Board of Directors, Amy Anderson, Northwest Development Officer, Rev. J. Wayne Clark, President & CEO of The Methodist Foundation for Arkansas, headquartered in Little Rock, Arkansas, with several friends and constituents from Ozark Mission Project, Hendrix College, Camp Aldersgate, members of the Rogers/Lowell Area Chamber of Commerce, and many others.



# Trinity United Methodist Church Provides Support to Methodist Family Foundation through Annual Rummage Sale

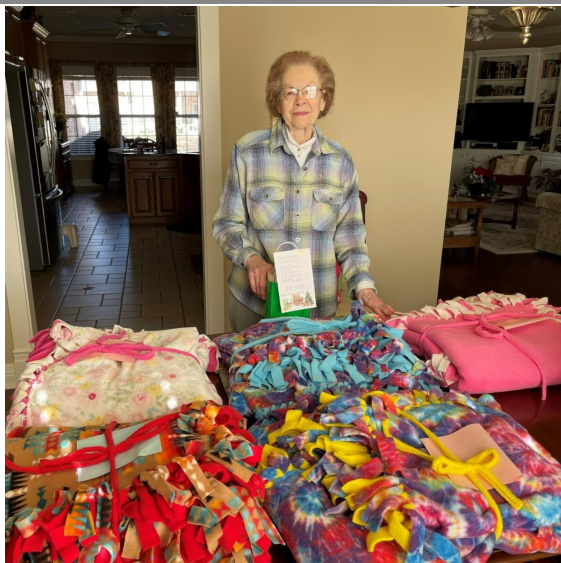


Each year, Trinity United Methodist Church in Little Rock holds a rummage sale for missions. After the sale, the church invites members of the congregation to submit requests for ministries and programs to which they can donate the raised funds. Becky Kossover, Methodist Family Health Foundation Board of Director and member of Trinity United Methodist Church, submitted requests for two grants, which were approved.

The approved funds consist of \$500 to benefit the women and children of Methodist Family Health's Arkansas Center for Addictions Research, Education and Services (Arkansas CARES) to assist in purchasing winter gear such as coats, gloves, and hats. Additionally, \$1,000 will fund weekend enrichment activities for Arkansas children in Methodist Family Health's Psychiatric Residential Treatment Facility in Little Rock.

Methodist Family Health Foundation is grateful for Trinity United Methodist Church's support, generosity, and partnership!

## Grannies Gift Girls Beautiful Blankets



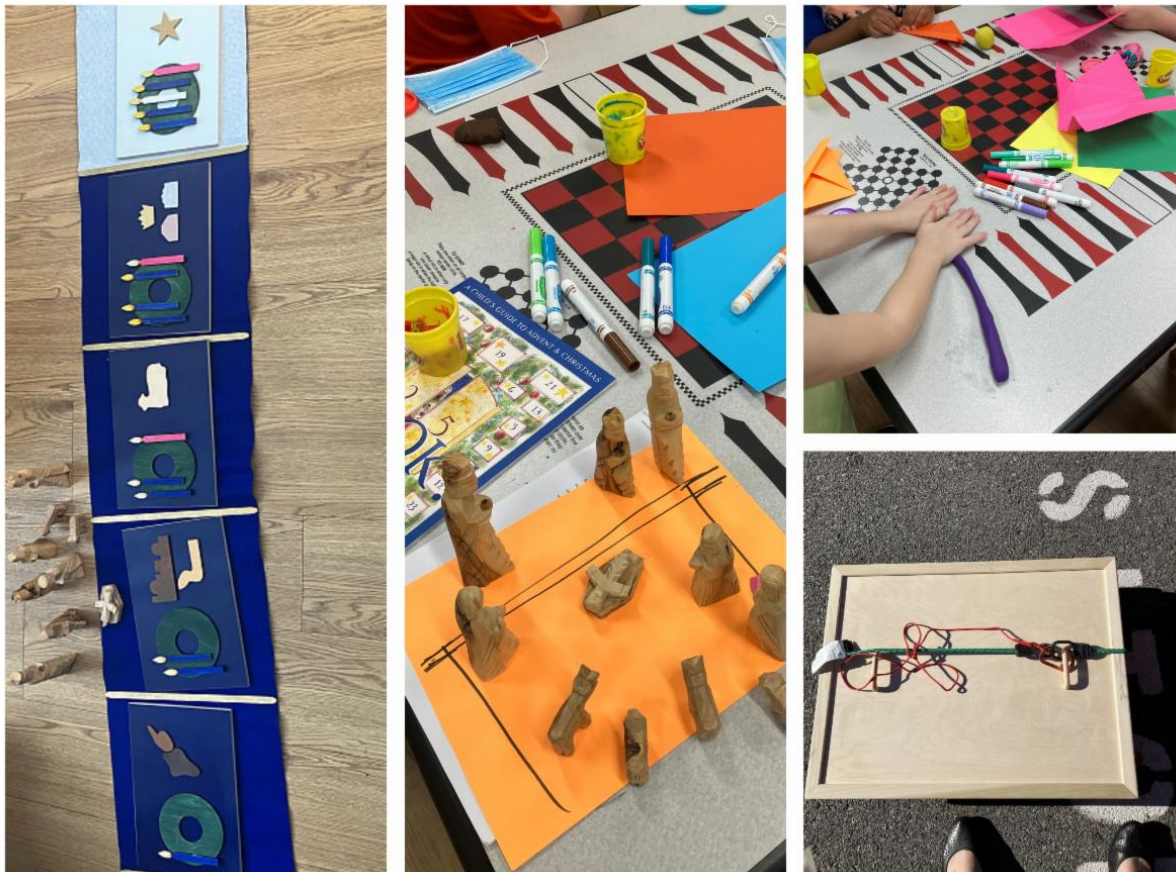
Hi:  
We hope you like your new blanket! We are a very small group of grannies at a Methodist church and made it for you.  
We don't know your name but we know a little about you and know you are a very special young lady like some of your friends.  
When you snuggle with your blanket you are getting a warm hug from us.  
Remember that. OK?  
Our prayer for you is that God will guide and watch over you.

Christmas came early to some of the young ladies in our programs this year. On Thursday, December 1, Beth Abbott with Grace Methodist Church in Conway, contributed

handmade fleece blankets and goodie bags to Methodist Family Health Foundation to provide specifically to the girls and young women in our care. The fleece blankets were designed and created by a “very small group of grannies at a Methodist church and made (it) just for you.” Mrs. Abbott and her friend assembled goodie bags full of hair ties, lip balm, candy, fuzzy socks, and more, and she even attached a handwritten note of encouragement to each blanket so each girl receiving one would know they are loved and valued by women whom they may have never met, but who have their best interests in their hearts and prayers.

We thank Mrs. Abbott and her friends from Grace Church in Conway for making their love and concern for the children and families in our care a tangible gift.

## Grant Funds New Godly Play Curriculum for the Children of Methodist Family Health



*Written by: Methodist Family Health Pastoral Care Director, Rev. Eva Englert-Jessen*

When working in a church between 2012 and 2014, I was trained in a children's Christian formation curriculum called Godly Play, which uses Montessori-like materials to tell stories of God's people in the Bible. It places a big emphasis on wonder and asking questions, and letting children put themselves in the story. When Amanda Smith, the Methodist Family Health Foundation executive director, reached out to me about some grant funds that were available through the Rose Trust, I thought this might be a great fit for our young subacute boys at Methodist Behavioral Hospital. The sensory and hands-on elements, such as the sandbox, which is used to tell desert stories, allow for creative play and also help bring calm and focus bodies and minds.

The photos depict a series of lessons that build on each other about the Christian season of Advent, the time of waiting and preparation in the month leading up to Christmas Day. Each wood panel tells a different aspect of the story: the prophets telling of who is to come, the shepherds and angels telling the story, and the three kings following the star. At the end of the story, children are invited to reflect on their own times of waiting and



wondering, to share their prayers, and to think about who their personal angels, shepherds, and prophets that are in their lives. To build on the story, we always do a hands-on creative game or activity such as creating their own nativities and manger scenes.

I am so glad that I was able to collaborate with the Foundation and am grateful for the grant funding from the Rose Trust for the Godly Play curriculum. Our children at the hospital respond really well to it. I love the creativity that comes with it!

## Donors Bring Joy to Children of Methodist Family Health



We would like to thank the many donors who sponsored the children in our care at Christmas and made Christmas gifts possible for more than 230 children throughout our statewide programs. Many of these donors sponsored multiple children. With your generosity, each child was able to experience the joy of the season. Many donors also assisted Santa with wrapping presents and stuffing stockings, which, for over 200, children is not an easy task!

## Children in Our Care Seek Your Prayers





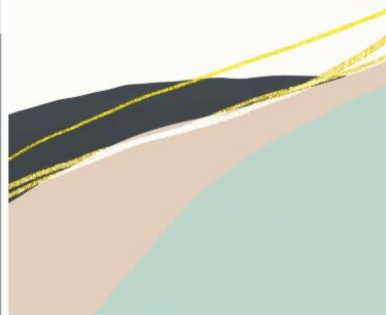
- For my grandpa in the hospital.
  - For my sister's pregnancy.
  - Prayers that I get a family soon.
  - For my family, while I get treatment.
  - I pray I'll get better.
  - For my best friend.
  - Prayers for losing my dog. He was my best friend.
  - For everyone who is without a home.
  - For a family.
-

## Spiritual Grounding for a New Year: January 2023

### Scriptures and phrases that can help

- 1) Matthew 2:1-12: The story of the epiphany, the three kings visiting the Christ child. **What are you searching for in your life? What do you hope for the world?**
- 2) Isaiah 40: 30-31
- 3) 2 Corinthians 5:17: **God is always creating, and always working through us to renew all of creation. What does it feel like to be assured that God is the one who makes things new, not you? All you have to do is listen and show up.**
- 4) Lamentations 3: 22-23: **Where can you see signs of Love or of God's presence in your day-to-day life? Even the tiniest things matter.**
- 5) **Meditate on this phrase when your mind is racing: "I am here."**
- 6) **"Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither or you free to abandon it." -The Talmud**

begin *again*



The first few days of a new calendar year, we are suddenly inundated with messages about resolutions and things we ought to change about ourselves. The desire to want a fresh start is understandable, **but sometimes the pressure we feel to do everything all at once related to**

**something about ourselves or our lives can leave us feeling disappointed, so we can get stuck.**

**But what if we are already enough?** Faith and spirituality are in large part about making and finding meaning in the midst of daily life and all of its joys and challenges.

**What if we can find deep meaning not in doing more, but in simply showing up as we are?**

**What if you commit this year to being more honest, authentic to who we were made to be, and more connected to a sense that you & I don't need more stuff or more status to be valued, loved, and important?**

Maybe we can ground in the new year with simplicity and reflection. Instead of making a list of resolutions or expectations of yourself or something or someone else, let's pare it down.

- 1) **Let something go.** What are you dragging around that is no longer serving you? Can you let it go? Can you give it up to God, the universe, or to something that feels larger than yourself? There can be power in the surrender.
- 2) **Set a word or phrase of intention for the year:** something that feels appropriate to who you already are. What do you want to cultivate? What is your prayer? How can this word guide you into action that is in touch with your life as it really is?



# Volunteers Needed!

Looking for a meaningful ministry opportunity for your church youth group or small group? Need volunteer hours for school or work?



**WE NEED FUN-LOVING & CARING GROUPS OF YOUNG PEOPLE TO SPEND TIME WITH KIDS & TEENS AT METHODIST FAMILY HEALTH!**



**FEBRUARY-  
JULY 2023**

- GAMES, ARTS & CRAFTS, DEVOTIONALS, THEMED ACTIVITIES (SUCH AS VALENTINE'S PARTY, EASTER, ETC.)
- CAN CATER AND CUSTOMIZE ACCORDING TO YOUR GROUP'S GIFTS & INTERESTS
- YOU BRING MOST SUPPLIES, BUT WE CAN PROVIDE BASICS

**SUNDAY LATE  
AFTERNOONS IN  
MAUMELLE OR LITTLE  
ROCK (1.5-2 HOURS)**

For more information, please contact Pastoral Care Director Rev. Eva Englert-Jessen  
eenglert-  
jessen@methodistfamily.org

**First Electric Awards \$1,000 to Methodist Family Health Foundation**



# First Electric Cooperative



*Amanda Smith, CFRE, executive director, and Bec Dwyer-Coop, CFRE, director of development, accept a \$1,000 contribution from Ashley Copple, marketing representative, First Electric Cooperative.*

For the first time, representatives from First Electric Trust donated proceeds from their Operation Round-Up program in December 2022 to Methodist Family Health Foundation.

The Operation Round-Up program is made available through voluntary participation of First Electric members who have their monthly electric bill “rounded-up” to the nearest dollar. This extra charge is held in a trust account administered by the Operation Round-Up board of trustees who reviewed Methodist Family Health Foundation’s application in October 2022. The distribution will fund coats for the children and mothers at Arkansas Centers for Addictions, Research Education and Services (Arkansas CARES).

Since its inception in 1998, First Electric Cooperative’s Operation Round-Up program has made more than 1,193 contributions totaling more than \$1.47 million.

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## Methodist Family Health Foundation Schedules Dedication for Mike Millar Spiritual Life Center



# SAVE THE DATE



Construction of the new Mike Millar Spiritual Life Center on Methodist Family Health's oldest campus is complete, and its dedication will be at 10 a.m., 2002 S. Fillmore St. in Little Rock, on Tuesday, February 28.

Ritter Arnold, chair of the capital campaign committee; Jan Green, chair of Methodist Family Health Foundation's board of directors; Andy Altom, president and CEO of Methodist Family Health; and Amanda Smith, executive director of Methodist Family Health Foundation will welcome guests to the new, multi-use building, which includes a welcome center for the campus and administrative space for our Methodist Children's Home administrators.

The \$4.2 million project is named in memory of Mike Millar, a lifelong United Methodist from Searcy, Arkansas who served on both Methodist Family Health's operations and foundation boards of directors. Millar was a prominent attorney, philanthropist and volunteer who passed away in 2020. The chapel of the center is named in memory of Elaine and Bishop Kenneth Hicks, longtime supporters of Methodist Family Health, and the building replaces the original chapel on Methodist Family Health's oldest campus, Methodist Children's Home.

In October 2020, the Mabee Foundation awarded a challenge grant of \$950,000 to Methodist Family Health for the construction of the new center. This challenge grant stipulated Methodist Family Health Foundation raise the total project cost of \$4,256,175 by October 13, 2021. The challenge was met in July 2021, and a total \$4,259,671.72 was raised.

Additional aspects of the Mike Millar Spiritual Life Center include an outdoor labyrinth, new landscaping and enhanced parking as well as space for community partners to meet for

neighborhood association meetings and community education.

For more information about the dedication or the Mike Millar Spiritual Life Center, please contact Amanda Smith, CFRE, executive director of Methodist Family Health Foundation, at 501-906-4220 or [Amanda.Smith@MethodistFamily.org](mailto:Amanda.Smith@MethodistFamily.org).

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## Save the Date to Rise, Shine, Get Up & Give



The 14<sup>th</sup> Annual Get Up & Give, Methodist Family Health Foundation's statewide collection project, will launch on Wednesday, February 22, and will run until Sunday, April 9.

Our 14th Annual Get Up & Give Collection Project asks churches, small groups, workplaces, organizations, and individuals to give to the Arkansas children and families Methodist Family Health serves a sense of belonging and self-worth by collecting items and funds. Collections can be delivered to the most convenient Methodist Family Health Counseling Clinic in their community. By sharing your light of stability, peace, and hope, you help those in our care SHINE.

For more information about Get Up & Give, the Arkansas children and families we serve, or Methodist Family Health's complete continuum of care, visit [MethodistFamily.org](http://MethodistFamily.org). For questions about Get Up & Give, e-mail Jamie Griffith, Methodist Family Health Foundation development coordinator, at [JGriffith@MethodistFamily.org](mailto:JGriffith@MethodistFamily.org).

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# GET ON THE STICK AND SAVE THE DATE FOR 10TH ANNUAL

SATURDAY, SEPTEMBER 16, 2023  
EMBASSY SUITES LITTLE ROCK  
FOR SPONSORSHIPS, TICKETS OR  
MORE INFORMATION, VISIT:



[METHODISTFAMILY.ORG/SOUTHERN-SILKS-STAKES](http://METHODISTFAMILY.ORG/SOUTHERN-SILKS-STAKES)

## 2022 Share the Light Sponsors



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## Support Methodist Family Health Foundation

When you share your light of peace, stability, and hope with the abandoned, abused, and neglected children and their families in our care, their lights shine brighter. Together, we can make our communities shine with optimism. Will you share your light with the Arkansas children and families in our care who are struggling with psychiatric, behavioral, emotional, and spiritual issues? Here are easy ways to give a financial gift this season - or anytime.

- Donate [Online](#) now using our secure online donation form (*PayPal and Venmo options now available on our website once you hit "Secure Payment"*)
- 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., Ste. 100  
Little Rock, AR 72205

## Methodist Family Health SENTINEL, a publication of the Methodist Family Health Foundation

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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.**

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