

FEBRUARY 2023 · ISSUE 1

LIGHT BEARERS



Longtime donor to Methodist Family Health Foundation, Jon Ahrens, with Executive Director Amanda Smith and Director of Development Bec Dwyer-Coop, near his home at Mountain Harbor Resort.

Inspired by his work with his late wife, Lewese, Jon continues to help Methodist Family Health Children shine

Jon Ahrens and his wife Lewese had little idea of Methodist Family Health when they retired to Mount Ida, Arkansas, in the late 1990s. In fact, they belonged to the Episcopal Church in Hot Springs.

In spite of this, Jon said that each Sunday as they drove to church, they would pass the Joplin United Methodist Church. When they noticed that the parking lot was always full, and as they got to know people in their new neighborhood, Lewese was intrigued to try out the little church. They fell in love with the church, and quickly became active members.

During that time, the minister was highly involved with the mission of Methodist Family Health, encouraging the community to participate as well. As Jon recalls, they often took Methodist Family Health boys on outings, held barbecues, and had activities with the boys and their counselors.

"Being with the boys and their counselors was a wonderful time," says Jon. "Our membership has since aged, unfortunately." The Ahrens became engaged with Methodist Family Health Foundation after learning about it from Maggie Beeler, a former director of development. The experience had a significant impact on Jon and his family. In his view, the way donors are treated contributed to their learning and growing confidence in the Methodist Family Health Foundation.

"I'm sure that other agencies care," he says. "But they don't meet all of the needs. Methodist Family Health has a unique philosophy for caring for an individual as long as needed, and that spoke to us."

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Rise!

SHINE

METHODIST FAMILY HEALTH FOUNDATION

Get Up & Give

Share Your Light During 14th Annual Get Up & Give

With the holidays behind us and the 40 days of Lent just ahead, Methodist Family Health Foundation has a way for Arkansans to honor the Lenten season: sharing your light of peace, stability and hope with our state's children and families who are abandoned, abused, neglected and managing psychiatric, behavioral, emotional and spiritual issues.

Churches, small groups, workplaces, organizations and individuals can share the light of belonging, self-worth and love by donating necessities to the Arkansas children and families in the care of Methodist Family Health. From Ash Wednesday on February 22, 2023 to Easter on Sunday, April 9, we ask Arkansans to gather the following necessities, purchase them online or donate funds to purchase them and deliver to the closest Methodist Counseling Clinic in their community. Items include:

ITEMS IN MOST NEED

For the health and safety of the Arkansas children and families in our care, we ask all items donated are new. The following items are in most demand all year long by our patients and clients throughout the state:

- WHITE towels and washcloths
- WHITE and twin-size-only sheets, mattress pads, comforter sets, and pillowcases
- Bed Pillows
- Body wash (male, female or unisex – Suave only)
- Non-aerosol spray or solid deodorant – Suave only (male, female or unisex)
- Shampoo – Suave only
- Conditioner – Suave only
- Lotions (unscented) – Suave only
- Toothpaste – regular and sample sizes
- Toothbrushes (both adult and child sizes)
- Paper towels
- Tampons
- Diapers in sizes 5 and 6
- Undershirts in men sizes small to 4X
- Boxer briefs for men - all sizes
- NON-SPIRAL composition notebooks

Bath

- Shaving cream
- Disposable razors
- Facial tissue
- Hairbrushes
- Textured hair care products (shampoo, conditioner, gel, combs, oil)

Bedding

- Toddler bed sets (any color)

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LIGHT BEARERS

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Captain, companion and friend to Mr. Ahrens. Throughout and after Mrs. Lewese's passing, Captain has remained close by Mr. Ahrens.

When Lewese had trouble breathing and her heart and lungs were not functioning properly in April of 2019, Jon's life was turned upside down. The Ahrens discovered that Lewese had a malignant tumor behind her lungs. It was determined by doctors and specialists there was no recourse. The family brought Lewese home, and she died peacefully with hospice care. Mrs. Lewese Ahrens did not live a full week once the tumor was found.

Jon continued to serve others. In his opinion, a man's biggest responsibility is to his wife. After Lewese died, he used any funds they had for her future to benefit others, including Methodist Family Health Foundation. Having a strong belief in supporting local causes and nonprofits, Jon gives to several organizations within his "own backyard." He volunteers freely as well, serving on the board of the local food pantry since 2007.

Asked what he would say to a new donor interested in Methodist Family Health Foundation, Jon responded:

"From my standpoint, I would emphasize how many kids are helped by encompassing care. Not short term. Methodist Family Health starts at a young age and goes to the adult threshold. We are helping young people become responsible, healthy and right-minded people."

Our gratitude goes out to Mr. Jon Ahrens and to the late Mrs. Lewese Ahrens for the impact they have made on so many lives.

We are honored to be the bridge between outstanding donors and the organization that strives to make a difference in children's lives. If you are interested in learning how you can make a difference in the lives of children in Arkansas, please contact us. Our goal is to provide you with opportunities for participation and learning that go beyond dollars.

The contact information for Bec Dwyer-Coop, director of development, can be downloaded by scanning the QR code below or reach a member of the Foundation by calling 501-906-4201.



- Twin-size only, any color and pattern

Feminine Hygiene

- Tampons
- Pads
- Panty liners

Baby Care

- Diapers of all sizes
- Baby wash
- Infant Tylenol & Ibuprofen
- A&D ointment
- Vaseline (small jars only)
- Diaper wipes
- Pullups sizes 2T-5T

School Supplies

- Backpacks in clear and solid colors
- Pens
- NON-SPIRAL notebooks and journals
- Perler bead supplies and kits
- Colored markers
- Crayons
- Canvases and paint brushes

SHOP ONLINE

- Walmart.com – Registry – Spark Good under "Services". Search for Methodist Family Health Foundation, or scan the QR code to the right.

- For Amazon, scan the QR code to the right or visit: <https://www.amazon.com/hz/wishlist/genericItemsPage/3C8JX3X6ZWYDZ>

Note: When shopping on either website, please check the "this is a gift" box and put your name and address in the gift message field. This will enable us to send you a tax receipt and thank you letter.

DONATE FUNDS

- ONLINE at MethodistFamily.org/Donate (PayPal and Venmo options now available on our website once you hit "Secure Payment")

- CALL Christy at 501-906-4201 to make a secure donation over the phone using your debit or credit card

- MAIL a check made payable to Methodist Family Health Foundation and addressed to 1600 Aldersgate Rd., Ste. 100, Little Rock, Arkansas 72205

- PLACE an offering in the collection plate at church for Methodist Family Health Foundation. Note GUAG on your check or offering envelope

- HOLD a church collection with your Sunday School group or gathering

- INVOLVE your business/organization by collecting items or funds

WHERE TO DONATE

- Methodist Family Health's counseling clinics will accept donations from 8:30 a.m. to 4:30 p.m. Monday through Friday. Our clinic locations are:

- Alma: 1209 Hwy 71N, Suite B, Alma, AR 72921; phone 479-631-1022

- Batesville: 500 E. Main St., Suite 310, Batesville, AR 72501; phone 870-569-4890

- Fayetteville: 74 W. Sunbridge Dr., Fayetteville, AR 72703; phone 479-582-5565

- Heber Springs: 515 W. Main St., Heber Springs, AR 72543; phone 501-365-3022

- Hot Springs: 100 Ridgeway, Suite 5, Hot Springs, AR 71901; phone 501-318-6066

- Jonesboro: 2239 S. Caraway, Suite M, Jonesboro, AR 72401; phone 870-910-3757

- Little Rock: 1600 Aldersgate Road, Suite 100, Little Rock, AR 72205; phone 501-906-4201

- Magnolia: 621 E. North St., Magnolia, AR 71753; phone 870-234-0739

- Art Sets

Gift Cards

- Walmart, Visa and Amazon in any amount

Books and Toys

- Card and board games
- Hot Wheels cars and road mats
- Coloring books for adults and children
- Building blocks of all kinds (Legos, Lincoln Logs, etc.)
- Basketballs, footballs, volleyballs

Clothes and Shoes

- Black leggings for women in sizes small to 4X
- Pajamas in children, men and women sizes small to 4X (any color, any pattern)
- Panties for women in sizes small to 3XL
- Non-underwire bras in sizes 34 to 40 in B, C, D and DD cups
- Socks in all adult sizes



SCAN FOR WALMART



SCAN FOR AMAZON



We Have Grown!

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

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

The building is 5,118 square feet and was completed in the fall of 2022.



PLEASE SAVE THE DATE!

What: Mike Millar Spiritual Life Center's Dedication Ceremony

When: Tuesday, February 28, 2023

Where: 2002 South Fillmore Street, Little Rock, AR, 72204

Time: 10:30 AM

Thank you to all of our Mike Millar Spiritual Life Center donors and supporters. Because of your partnership and generosity, the Arkansas children and families we serve will have access to an amazing facility.

Methodist Family Health Foundation Board of Directors Gains Three New Members

Methodist Family Health Foundation board of directors is pleased to announce the addition of new members Abbie Stalnaker, Brenda Bailey and Jamelle Brown.



Abbie is a realtor and sales associate at The Property Group of Little Rock. A mother of two, she says that she chose to serve on the board because of the impact Methodist Family Health makes on children's lives when they need it most. Abbie says that Methodist Family Health is a "wonderful organization important for the future of the children and community."

Abbie follows in her father's footsteps, emeritus board member Don Weaver, saying, "I'm excited to serve on the board, my dad has loved this organization for so long and I can't wait to meet everyone and help."



Brenda Bailey is a retired Kindergarten teacher and holds a BSE in early childhood education. She has two grown children with her husband, Bob Bailey. Brenda also serves the Junior League of Little Rock, the 20th Century Club, which started Soup Monday, and is now a sustaining member. For several years, she has also led prayer invocations at luncheons and at the Hope Ball.

As a member of St. James United Methodist Church and an educator, Brenda feels directed to give her time and talent to Methodist Family Health Foundation board saying, "I hope I can play a meaningful role in helping. I love what Methodist Family Health does for Arkansas children. Helping children in need is a very high calling."



Data Solutions Chief Technology Officer Jamelle Brown is married to Sarah Brown and is the father of two daughters. Upon touring Methodist Family Health's Methodist Behavioral Hospital with Executive Director Amanda Smith, Jamelle says he was thrilled to see the impact Methodist Family Health has on the community, saying, "I love Arkansas and will do whatever I can to improve the quality of life for our people now and in the future."

Jamelle grew up in Central Arkansas and is a graduate of the University of Arkansas College of Engineering. He states, "I love my state and I am looking forward to giving back."

Welcome Abbie, Brenda, and Jamelle, to the Methodist Family Health Foundation family. We are fortunate, grateful and honored to have you serve as members of the board of directors. Thank you for sharing your time and talent with the Methodist Family Health Foundation and the Arkansas children and families in our care.

Each member of the board will serve two terms, consisting of two years each.

1600 Aldersgate Road, Suite 100
Little Rock, AR 72205
501-906-4201
foundation@methodistfamily.org

The Sentinel is published 12 times a year. For more information, contact: Kelli Reep or Alan Faulkner, editors 501-906-4210 and kreep@methodistfamily.org or afaulkner@methodistfamily.org
Photos: Methodist Family Health staff and volunteers

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MethodistFamily.org

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 Foundation Board of Directors

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Cleifton Vaughan, Little Rock – emeritus
Don Weaver, Conway – emeritus

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

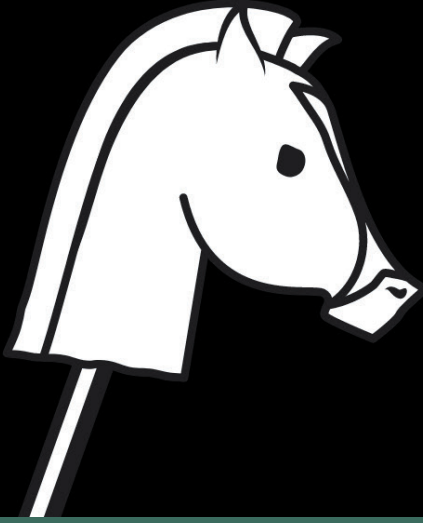


Support Methodist Family Health Foundation

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.

- 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



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:



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From all of us at  **Methodist**
FAMILY HEALTH

Thank you

#GIVINGTUESDAY™

Giving Tuesday was a HUGE success!


Giving Tuesday was November 29, 2022. This is the first year we have had a matching challenge for Giving Tuesday. Many thanks to HealthSCOPE Benefits and an anonymous donor.

Because of YOUR support and generosity we were able to double the impact of your gifts, raising \$13,698.00 by 40 contributors.

Because of YOU, Methodist Family Health will be able to help more Arkansas children and families in need.

For more than 120 years, Methodist Family Health has been rebuilding the lives of Arkansas children and families who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues.

WIDE AWAKE



Save the Date for Veritas 2023!

Thank you to our 2022 Share the Light Sponsors!

Torchbearer



Generator



CPAs & Advisors PLLC
Wally Gee Men's Bible Study at
Asbury United Methodist Church

Ignitor



Dr. & Mrs. Brian Kubacak
Joyce & Hunter Babin
Mary & Clef Vaughan

Ember



Thelma & Bill Derickson
Cherry & Jim Duckett
Katon & Bill Mann

Marilyn & Joel Newcome
Psychiatric Services
Rosemary & D.K. Robinson

