

Issue 32 | April 2023



SENTINEL

News & Updates from Methodist Family Health Foundation

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LIGHT BEARERS



Lawson & Company Gives

Photography by Jamison Mosley

Fellow Arkansans – neighbors, colleagues and friends – are sharing a light of peace, kindness and generosity that makes The Natural State a little brighter. Inviting Arkansas and Methodist Family Health celebrate individuals who illuminate our community with goodness. Nominate someone today for a future feature that SHINES.

Gloria Lawson is not one to boast. Yet, her professional accomplishments coupled with her contributions to the community and dedication to helping others are worthy of celebration. With a successful print company of nearly 30 years, Gloria is in the business of doing things right. She brings her experience, knowledge and wisdom to every project.

Gloria's career began in reception, moved to secretarial duties and eventually into sales. Admittedly, she wasn't confident about the position – but she knew she liked people. "I remember when I decided to jump in... scared to death but excited at the same time." Nevertheless, she quickly gained stature and success with a natural enthusiasm for those around her. "That's the part I like most, the people.

Realizing these invaluable assets, Gloria established Lawson & Co. Graphics & Printing – a print company with a finite focus on quality products and service. The personal, "Welcome Home" perspective has continued to create strong relationships with clients and partners over the years. "Many years," she jokes. "When I started in the business, we had four or more sheets of film along with proofs called 'match prints.' We're talking old school here!"

One glance at the Lawson & Co. website reveals the wit, warmth and hard work of the small, but mighty team including Brandi Brown. "We're your favorite aunt and your fun cousin, your sassy best friend and snarky sibling. We'll be your secret-keeper and your sounding board," Gloria professes. From project management and event branding to distribution and graphic design, they are committed to "giving it to you straight" and the "best bang for your buck." No client is too big or too small to fit into the Lawson & Co. brand of excellence.

One of these partners is Methodist Family Health. "We value our partnership with Lawson & Co. Gloria and her team produce the highest quality of work for Methodist Family Health and the Foundation – and their customer service is exceptional," states Methodist Family Health Foundation Executive Director, Amanda Smith. Gloria explains, "We're responsible for making Methodist Family Health look good, any way we can. Whether it's signage, brochures, banners or wearables our job is to ensure the quality they expect and deserve." However, Gloria believes supporting these kind organizations makes the world a better place. At Methodist Family Health, it's a commitment to improving the lives of children and families that impresses Gloria. "The work they do to help children tugs at my heart," Gloria begins. "They have a work model that supports treatment for children and adults to helping them become proficient in social and independent living skills. It's not a one and done scenario."

The civic leadership and contributions of Lawson & Co. includes a variety of sectors including Girl Scouts – Diamond of AR, OK & TX, Arkansas PBS, Arkansas Children's Foundation, St. Vincent's Foundation and Arkansas Museum of Fine Arts. For Gloria, though, the most rewarding part of community service is meeting and working with the new people. "Regardless of what you do, it's all about the people."

LATEST NEWS & EVENTS

Rise! Shine! Get Up and Give!



Bottom Center: Board Member Becky Kossover and her husband, Jerry Kossover, with the delivery of donations from Little Rock's Trinity UMC, Bottom Left: Backpacks and other miscellaneous Get Up & Give items donated by Hope First Church delivered by Rev. Steve Johnson, Bottom Right: Miscellaneous donations received for Get Up & Give

Coming back from the COVID-19 pandemic, Methodist Family Health Foundation's Get Up & Give Donation Collection Project was better than ever. The corporate collection portion of the campaign was brought back into fruition, and a new element of competition added.

This year businesses and corporations were invited to compete for the most necessities raised. Several organizations in central Arkansas and beyond joined in this good-natured competition. Methodist Family Health Foundation provided some of the bins for the organizations to collect donations as well as brochures, receipts and flyers to raise awareness. First, second and third place awards will be awarded to the businesses that raise the most in funding/in-kind donations. The businesses returning to the corporate campaign were The Methodist Foundation for Arkansas, HCJ CPAs & Advisors, Kinco Constructors and First Security Bank/Crews & Associates. New to the Get Up & Give business and corporate this year were Staley Electric, Crye-Leike Realtors Maumelle Branch, First Community Bank and The Property Group.

Because of the generosity, kindness and energy of donors and volunteers across the

state, to date Methodist Family Health Foundation has raised \$6,374.00 in cash and \$300 in gift cards as well as many other necessities for the Arkansas children in our care. The money raised will provide items such as shampoo, deodorant and body wash as well as school supplies and uniforms, underwear, feminine hygiene products and so much more!

THANK YOU for helping those in our care get a fresh start.

If you, your small group, church or organization have collected items for this year's project, please deliver them to the Methodist Family Health Counseling Clinic closest to you. Items are still being accepted Monday through Friday 8:30 a.m. – 4:30 p.m. at the following locations:

Alma: 1209 Hwy 71N, Suite B, Alma, AR 72921; phone 479-632-1022

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, #100, Little Rock, AR 72205; phone 501-906-4201

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

Get a Receipt for Your Donation



Date: _____

With our thanks, this receipt acknowledges your gift of donated goods. Thank you for your generosity!

Sincerely,

Amanda Smith
Amanda Smith, CFRE, Executive Director
Methodist Family Health Foundation

.....

Church/Business/Organization: _____

Contact Name: _____

Contact Email: _____

Contact Phone: _____

Contact Address: _____

Description of Items Donated: _____

Once again this year, our Amazon and Walmart.com shopping and delivery options were a big success! If you ordered a donation online and would like a tax receipt for your donation, please contact us at foundation@methodistfamily.org or 501-906-4201.

You can also email us a scan of your order form and invoice, and we will send a receipt for your contributions to you.

Promotion of Methodist Family Health Foundation's Christy McCreight



Christy McCreight was promoted from Foundation office manager and volunteer coordinator to grants manager and volunteer coordinator. In her new role, Christy will oversee the Foundation's grant efforts and also continue to coordinate volunteer efforts. Christy has been a part of the Foundation team since 2019 and has been a tremendous asset, going above and beyond in the past year.

FREE Grief Camp for Arkansas Children, Families Returns as Overnight Event to Help Grieving Reflect, Reconnect, Rediscover





Camp Healing Hearts Set for Fri., May 19 and Sat., May 20, 2023

For the first time since before the COVID-19 pandemic, Methodist Family Health is bringing back Camp Healing Hearts as an overnight event.

Camp Healing Hearts is a camp for Arkansas children and families struggling with grief. Last year was the first year since the COVID-19 pandemic that Camp Healing Hearts was in session, pivoting to one day for the safety of our families. This year, the camp returns as an overnight event, which is coordinated by Kaleidoscope Grief Center, a program of Methodist Family Health. Camp Healing Hearts is **FREE to families** and will begin at 4:30 p.m. on Fri., May 19 at Camp Aldersgate in Little Rock. This camp is open to any family in Arkansas who is grieving the death of a loved one.

Losing a loved one is difficult for everyone, and grieving that loss is essential to accepting painful feelings and creating an opportunity for growth and a new sense of normal. Camp Healing Hearts is for Arkansas children ages 5 to 18 and their families who have lost a loved one and are coping with grief and bereavement. Utilizing both therapy and recreation, Camp Healing Hearts offers children and families an opportunity to discover their own inner strength.

The camp includes heart-to-heart time, swimming, fishing, crafts, games, campfires and s'mores and much more. An adult caregiver is required to accompany the grieving child or children attending camp. **Only 100 spaces are available** so those interested in attending are encouraged to complete and return an application prior to the **deadline**, which is **4:30 p.m., Fri., May 5.**

Camp Healing Hearts is made possible by Methodist Family Health Foundation and community partners in the Alliance for Grief and Loss, including Arkansas Children's Hospital, Little Rock School District, Pulaski County Special School District, Griffin-Leggett

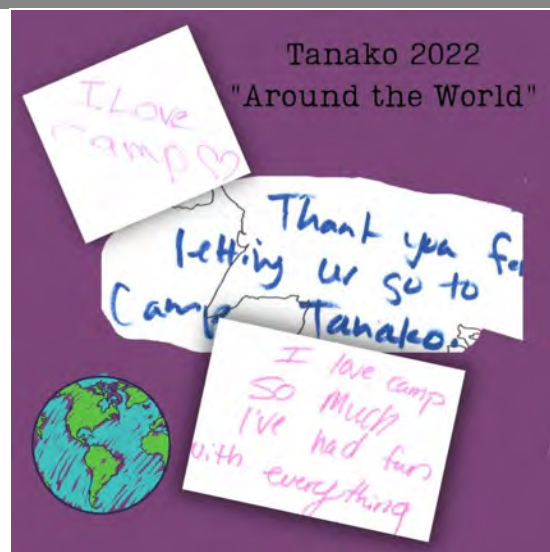
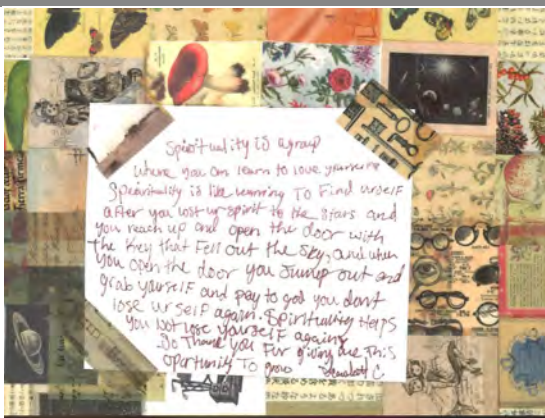
Funeral Homes and the University of Arkansas for Medical Sciences.

For an application, visit <https://www.methodistfamily.org/camp-healing-hearts/>. For more information about Camp Healing Hearts or Kaleidoscope Grief Center, contact Dao Ward at dward@methodistfamily.org or call 501-537-3991 or 800-756-3709 toll-free.

ABOUT KALEIDOSCOPE GRIEF CENTER

Kaleidoscope Grief Center serves grieving children, teens and their families throughout Arkansas. Grief can be an isolating experience for children. We help those dealing with loss and bereavement through education, therapeutic and recreational services, grief support programs, counseling and Camp Healing Hearts.

2023 Bible and Summer Camp Campaign Kicks Off



Methodist Family Health Foundation begins its annual Bible and Camp Campaign on April 24, 2023. The Bible and Camp Campaign supplies bibles at age-appropriate levels to the children in the care of Methodist Family Health throughout the year if they so desire. The Foundation seeks to provide any child overcoming obstacles, abuse or neglect with a bible of their very own.

The campaign also funds Summer Camp for many children. Every year, Camp Tanako on Lake Catherine in Hot Springs hosts the Rev. Robert Regnier Memorial Summer Camp. For many kids, summer camp is a once-a-year chance to embrace their spirituality in nature, to bond with other children who have similar stories, and to be themselves outside of their normal surroundings.

According to Eva Englert-Jessen, director of pastoral care, this campaign is significant to the healing and spiritual development of the children served at Methodist Family Health. "Resources like bibles and prayer journals, and experiences like camp, are a huge part of how their relationship with God can take shape," says Pastor Eva.

The cost to provide 10 bibles to children in our programs is \$200. One week of camp costs just \$350 per child.

With census climbing, Methodist Family Health Foundation anticipates meeting needs with all campaigns for up to 5,000 children statewide. To contribute to Bible and Camp or any other campaign, please contact the Foundation office:

CALL: (501) 906-4201 to make a secure donation using your credit or debit card

MAIL: checks to:
Methodist Family Health Foundation
1600 Aldersgate Rd, Suite 100
Little Rock, AR 72205
Note Bibles and/or Camp in the memo field

ONLINE: at MethodistFamily.org/Donate (*choose bible fund or camp fund in the drop-down designation box*)

Martha Circle Members from Christ of The Hills United Methodist Church in Hot Springs Village Donate Handmade Blankets Once Again



Susan Insell, Rosemary Trehy (both members of Martha Circle) and Amanda Smith, executive director, Methodist Family Health Foundation

Susan Insell and Rosemary Trehy, members of Martha Circle at Christ of the Hills United Methodist Church in Hot Springs Village, present handmade, fleece blankets to Amanda Smith, executive director of Methodist Family Health Foundation. Martha Circle made 65 of these blankets for the Arkansas children and families in our care at Methodist Family Health. The group traditionally makes and donates blankets several times a year.

Our kids love to choose their own blanket to keep, and it makes a positive difference for them to know people they don't know are thinking of and praying for them. Thank you, Martha Circle and Christ of the Hills United Methodist Church!

Pulaski Heights United Methodist Church Easter Sunrise Service Included Message from Methodist Family Health Foundation's Executive Director Amanda Smith and Methodist Family Health's Director of Pastoral Care, Rev. Eva Englert-Jessen



Methodist Family Health Foundation was grateful for the opportunity to be included as the

recipient of Pulaski Heights United Methodist Church Sunrise Special's Easter Offering.

Methodist Family Health Foundation Executive Director, Amanda Smith, and Methodist Family Health Director of Pastoral Care, Rev. Eva Englert-Jessen, were filmed as a part of Pulaski Heights United Methodist Church's Easter Sunrise Special, which aired on KATV-Channel 7, Facebook and YouTube.

The gifts from the Easter Offering directly benefit the Arkansas children and families in the care of Methodist Family Health through the Get Up & Give Campaign.

Methodist Family Health Foundation extends thanks to Pulaski Heights United Methodist Church for this partnership and opportunity.

Children Giving to Children



Left to Right: Methodist Family Health Foundation Executive Director Amanda Smith, The Baptist Preparatory School Kindergarten Teacher Cindy Cook, Methodist Family Health Foundation Director of Development Bec Dwyer-Coop, The Baptist Preparatory School Kindergarten Teacher Lauren Lewis, The Baptist Preparatory School Kindergarten Teacher Laney Kelley.

Methodist Family Health Foundation recently received a special gift from mission-minded Kindergartners from [The Baptist Preparatory School](#). All three Kindergarten classes saved their money and then took a field trip to Barnes & Noble to purchase books for the Arkansas children in our care. Their teachers delivered these new, age-appropriate books to Methodist Family Health Foundation on March 15.

Each year, The Baptist Preparatory School challenges its students to a weeklong mission drive by selecting a nonprofit and organizing a week of giving of needs for that

organization. Led by teachers Cindy Cook, Lauren Lewis and Laney Kelley, The Baptist Preparatory School's Kindergarten classes chose Methodist Family Health Foundation, and each child selected a book for the Arkansas children at Methodist Family Health.

Mike Miller Spiritual Life Center Dedicated



The Mike Millar Spiritual Life Center was dedicated at 10 a.m. Tuesday, February 28, 2023, with over 200 donors and supporters attending. This new center is part of the state's

only complete continuum of care for Arkansas children and families who are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual issues.

Methodist Family Health Foundation raised \$4.2 million to construct the Mike Millar Spiritual Life Center. The center is named in memory of Mike Millar, a lifelong United Methodist from Searcy, Arkansas. He served on both Methodist Family Health's operations and foundation boards of directors. Millar was a prominent attorney, philanthropist and volunteer who died in 2020.

The chapel of the center is named in memory of Elaine and Bishop Kenneth Hicks, also longtime supporters of Methodist Family Health and the Arkansas children and families we serve.

Construction of this facility began in October 2021 and completed in January 2023. In October 2020, the Mabee Foundation awarded a challenge grant of \$950,000 to Methodist Family Health Foundation for the construction of the Mike Millar Spiritual Life 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 of \$4,259,671.72 was raised.

"In addition to the Elaine and Bishop Kenneth Hicks Chapel, this center includes a multipurpose space, a welcome center for the campus, and administrative space for our Methodist Children's Home administrators," said Amanda Smith, CFRE, executive director of Methodist Family Health Foundation. "Also included are an outdoor labyrinth, new landscaping, and enhanced parking. The facility will also provide space for community partners to meet for neighborhood association meetings and community education."

To view the photo gallery from the dedication, visit this link <https://www.methodistfamily.org/mike-millar-spiritual-life-center/>

Spiritually Speaking by Rev. Eva Englert-Jessen, director of pastoral care



Sometimes when the world feels heavy and hard, the thing that helps me the most is to

make lists: to name and write down what feels too heavy to carry alone as a form of prayer, and to also name even the tiniest things that give hope or that feel like opportunities or newness of life.

It is currently Holy Week as I write this, the final week of the season of Lent in the Christian calendar and the time when Christians all over the world recall Jesus' entry into Jerusalem on Palm Sunday, his final meal with his disciples before his betrayal and death, and his resurrection on Easter Sunday. It is a holy, sacred, and mysterious journey; one that makes us ask hard questions and consider all the ways in which violence and suffering seem to hold sway so deeply.

What resonates with me deeper and deeper with each year is that Holy Week is not a random story about events that happened a long time ago. It is also about much more than simply saying that Jesus died for our sins or that Jesus made a sacrifice for us so that we can carry on with our lives and feel good.

It is about God in human form choosing to be with us even in the most traumatizing and terrible times of life: when tornadoes batter our cities, towns, and neighborhoods; when children are mistreated and abused; when we lose loved ones and carry grief around every day; when we target and scapegoat others because of our own fear. God experiences Holy Week with us here and now. And the best news? Death, betrayal, and suffering can never have the final say. Easter comes, even as we carry wounds like Jesus did in his hands and feet. Love is always greater than fear, hatred and violence. That is a message for all of us— not just Christians.

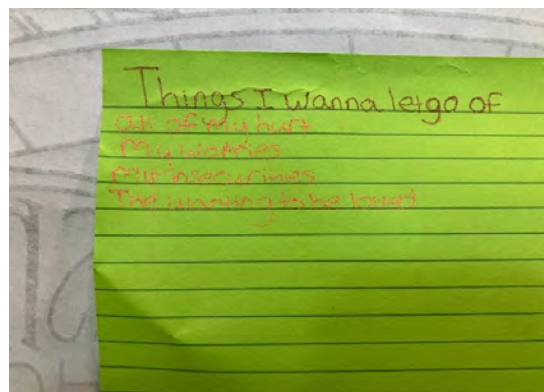
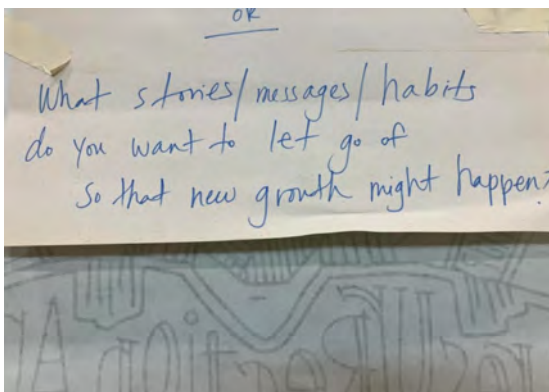
Even as we mourn and suffer, where can we find the cracks of light and new life that come in? My prayer journal names the heartache, but it also names the things that carry me through: Friendships. Family willing to help and share burdens with one another. Leaders who are willing to go the extra mile so that all are treated with dignity and respect. Each tiny bit of progress that our Methodist Family Health children make in their treatment or relationships with family and caregivers. Each growing flower, tree, and singing bird in my backyard.

Some of the teens in our Little Rock Psychiatric Residential Treatment Facility shared their own ideas about this in our spirituality group (see photos below). They also had a chance to experience the Holy Week story through coloring illustrated posters. They always bless me with their insight and their creativity.

What are you naming today? Where is the sorrow, and where is the growth? No matter where you are, may we know that we are never alone.

In peace,
Eva

“What stories/messages/habits do you want to let go of
so that new growth may happen?”



Children in Our Care Seek Your Prayers



For my sister's surgery recovery
For all our staff and families affected by tornadoes
For my family situation
I pray to be placed with a loving family
For my dog
For my grandparents in the hospital
For my upcoming medical appointment

We're Dreaming of a White Water Christmas ...





Save the Date for 2nd Annual Shineola July 22



**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:

**Southern
Silks
STAKES**
Methodist
FAMILY HEALTH FOUNDATION

METHODISTFAMILY.ORG/SOUTHERN-SILKS-STAKES



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., Suite 100
 - Little Rock, AR 72205

Methodist Family Health SENTINEL, a publication of 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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