



SENTINEL

News & Updates from Methodist Family Health Foundation

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LIGHT BEARERS





Overnight Operation Back for Camp Healing Hearts

John Breen, a volunteer with Camp Healing Hearts, with his wife, Janet Breen, program coordinator with Kaleidoscope Grief Center on 4/6/2023, at Methodist Family Health's Kaleidoscope Kids office. (Arkansas Democrat-Gazette/Cary Jenkins)

Reprinted with permission of and photo by the [Arkansas Democrat Gazette](#)

John Breen is not a big fan of public speaking, but he jumped right in when he was asked to help with leading sessions at Camp Healing Hearts, a camp for children and families grieving loved ones.

"It's really guiding whichever group of children that you're with through activities that are age-appropriate to enable them to share with each other," Breen says.

The overnight camp, to be held May 19-20 at Camp Aldersgate in Little Rock, is free for children between 5 and 18 years old and their adult caregivers. Space is limited, however, and the application deadline is 4:30 p.m. Friday.

Camp Healing Hearts is coordinated through Kaleidoscope Grief Center, a program of Methodist Family Health and is offered through the Alliance for Grief and Loss, which partners with 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.

During the pandemic, the camp was on hiatus for two years and held only during the day last year. It is just returning to its overnight operation schedule this year. The camp puts both therapy and fun to use to help children and families and includes heart-to-heart time -- therapy -- as well as swimming, fishing, crafts, games, and campfires complete with s'mores.

"There's a standard structure to it," says Breen. "You do kind of a feeling chart, so there's kind of a way for everybody to sort of check-in and see where they are emotionally. Then there's what's called a friendship web, where you use a ball of yarn and people pass it

around and say a little bit about themselves."

The friendship web is symbolic, he explains because as each participant shares a little about the person they have lost and passes the ball of yarn to the next person, they all become connected by their experiences of loss.

There is a question-and-answer game that helps children focus on sharing about their lost loved one, and another activity involving a basket of items they can choose from to represent the person they are grieving.

Breen, a licensed clinical social worker, was working in the mental health field when he met his now wife, Janet.

"We're kind of a package deal. She's been with Kaleidoscope Kids for about a couple of decades, and we were married 20 years ago last November," he says. "Even before we were married I was just kind of helping as a volunteer with Kaleidoscope Kids and with the grief and bereavement groups that meet twice a month."

Breen says he and his wife have lived through a couple of experiences similar to those of the families who come to them for help. His brother's son was diagnosed at the age of 13 with a rare bone cancer. He died after a 16-month battle. Another nephew, on his wife's side of the family, was diagnosed around the same time with leukemia. He is now in remission.

"It just has truly been kind of a shared journey with the families and children and parents that are a part of the program," he says.

The camp grew out of twice-monthly meetings with families and children through Kaleidoscope Kids, he says. Participants in the camp and in the support groups are grouped by age.

"There are age-related activities that we do in there with them that are, again, focused on just getting them to share about their own experiences," he says.

Breen says there are no firm guidelines regarding how soon or how long after the death of a loved one that a family might benefit from attending the camp.

"It's very open-ended," he says. "Family circumstances vary -- there are as many as you can think of. For some families, it's a way that they can take the first step and for other families, it's just another step in their journey of grief and loss with respect to their families. Sometimes it can be too soon. Sometimes they just aren't ready."

Breen recommends that families who are not sure whether the timing is right for them to attend the camp get in touch with the staff at Kaleidoscope Grief Center.

Besides helping with the camp, he has volunteered with other activities for children in regular grief support groups and with Kaleidoscope Kids Club, which offers quarterly social events. Breen has chaperoned trips to see the Harlem Globetrotters and to pumpkin patches; helped them with making Valentine's cards to deliver to long-term care facilities; and taken them Christmas caroling.

Breen may have even been convinced a time or two to put on an Easter bunny costume for a Kids Club activity.

Camp Healing Hearts and the other events where he volunteers tend to keep him busy throughout the year. He considers it time well spent.

"It's a shared sense of loss that brings all the families together, and what you tend to see is that families tend to bond with each other over time," he says. "They become kind of a support system for each other and that's really neat to see."

To apply, visit <https://www.methodistfamily.org/camp-healing-hearts/>. For more information, contact Dao Ward at DWard@MethodistFamily.org or call 501-537-3991 or 800-756-3709.

Children and Families Served by Methodist Family Health Experience Camps Funded by Methodist Family Health Foundation

Camp Healing Hearts



Camp Healing Hearts took place on May 19-20, the first time since the COVID-19 pandemic the camp was held overnight. This year, Camp Healing Hearts served 30 people and 14 families.

Camp Kids and Staff at Summer Camp



The 23rd annual Rev. Robert Regnier Memorial Summer Camp allowed the children from our qualified residential treatment programs across the state to come together for a week and enjoy summer camp and all the fun it has to offer. The kids participated in a talent show, a trivia battle, swimming, fishing, sports, excursions, and ended the week with a carnival. This year's theme was "Under the Sea."

LATEST NEWS & EVENTS

**Birthday Celebration Supports
Methodist Family Health Kids**



Cody Simon, Methodist Family Health Foundation board member, and Amanda Smith

Drew and Cody Simon are raising their son to be a philanthropist. Barrett Simon, two-years-old and already looking to help others, decided to accept gifts at his birthday party, but instead of the gifts being in his honor, the presents were to help the Arkansas children and families at Methodist Family Health.

Barrett's mom and dad helped him include a list of items in party invitations for guests to bring as donations such as coloring books, crayons, card and board games, children's books, Hot Wheel cars and road mats and necessities like pull-ups, toddler bed sets and diaper wipes. The party on April 8 at the Simons' home was a smash success, and we are thrilled to add Barrett to our list of donors.

**Churches and Corporate Business Partners
Participate in 14th Annual Get Up & Give**



Top Left: Rami Kassissieh, Nicole Hobbs, Stephanie Murry, Emma Matros, and Kristen Boatman – Little Rock HCJ CPAs & Advisors office

Top Right: Henderson United Women in Faith President Charlotte Harrison and Henderson United Methodist Church's Rev. Heather Sprinkle

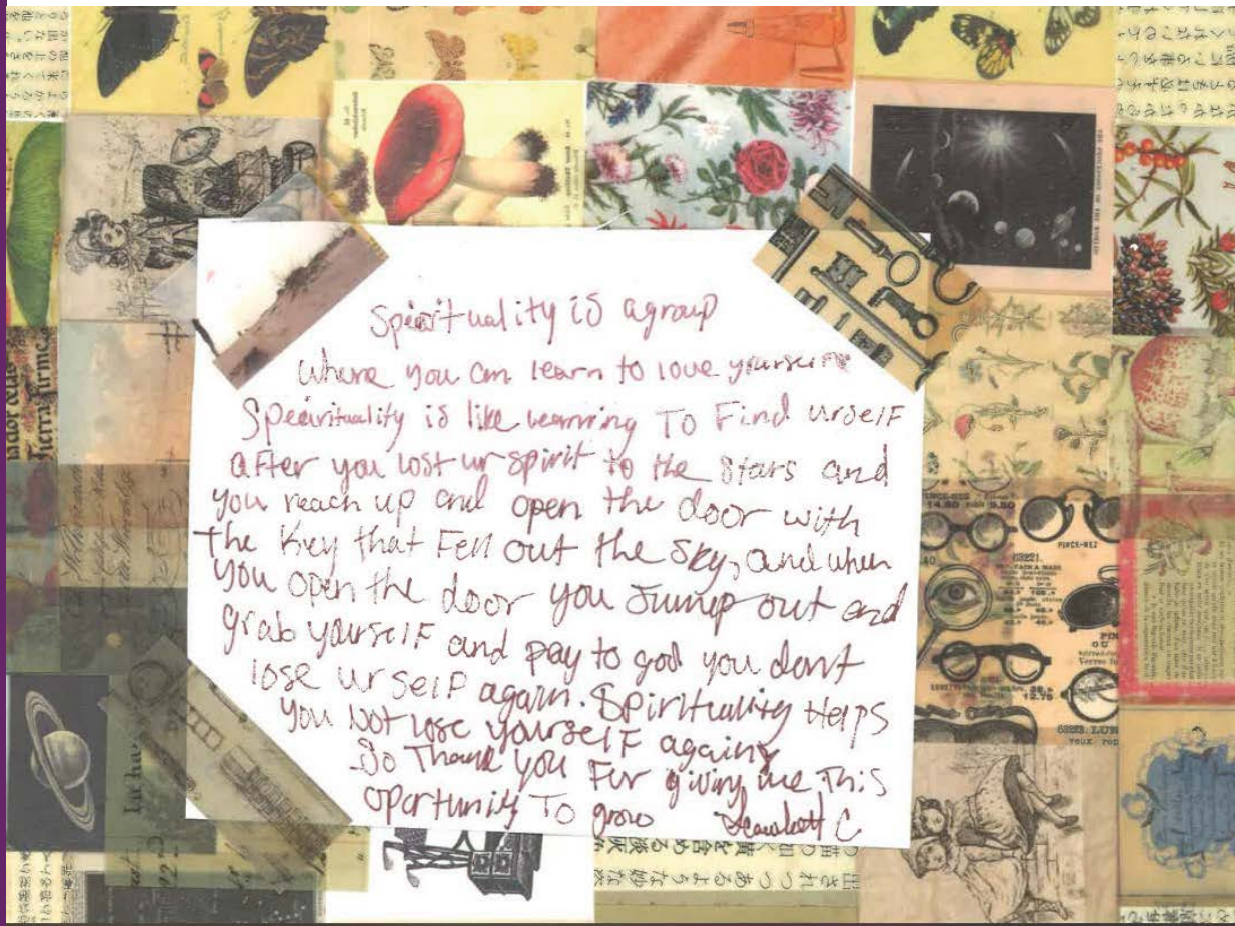
Bottom Left: William Watson, Blake Brecklein, Lisa Ingram, Brent Stidman, Anna Huggins, Colby Dixon, Nikki Nottingham, Caleb Merches, Sara Wallace, Jessica Rucker, Kassidy Walker – Jonesboro HCJ CPAs & Advisors office

Bottom Right: Member at White Hall United Methodist Church

More than 100 donors, including individuals, church groups, church congregations and businesses have donated \$12,000 and a multitude of in-kind items dropped off all over the state to our counseling clinics during our Get Up & Give Lenten Collection Project Feb. 22-Apr. 9. Items are distributed at our various program locations then overflow brought to be stored at our donation closet here in Little Rock.

For the new competition among business partners Methodist Family Health Foundation gave awards for first, second and third places to businesses who collected the most items. First place was The Methodist Foundation for Arkansas, second was HCJ CPAs & Advisors, who placed bins in both their Little Rock and Jonesboro offices, and Kinco Constructors completed the competition at third place.

Annual Rev. Robert Regnier Memorial Camp & Bible Fund Campaign a Success



"Spirituality is like learning to find yourself after you lost your spirit to the stars and reach up and open the door with the key that fell out of the sky... Spirituality helps you not lose yourself again, so thank you for this opportunity to grow."- written by a child in our care

Methodist Family Health Foundation's annual Rev. Regnier Memorial Camp Fund and Bible Fund Campaign.

In late April, more than 2,600 letters were mailed to supporters of Methodist Family Health Foundation. Since that time, we have received \$26,350 in funds for camp from 34 donors (including a \$15,000 grant) \$2,750 for Bibles from 17 donors and more than \$11,500 to use where most needed from 54 donors.

Methodist Family Health Celebrates Christmas in July



Each year at Christmas, Methodist Family Health Foundation donors provide in-kind and financial donations to gift Christmas presents to each child in our care on Christmas Day. Because so many organizations are asking for contributions during the end-of-year holidays, Methodist Family Health Foundation is moving Christmas to July this year.

“Christmas in July will not replace our annual Share the Light Christmas Campaign. Rather, we are reaching out to those who have previously sponsored gifts for the Arkansas children in our care and extending an opportunity to get started early,” said Amanda Smith, CFRE, executive director of Methodist Family Health Foundation.

Christmas in July launched on June 1st and end July 31. Any Arkansan, church, civic organization, or family can participate by donating funds to purchase gifts for about 250 Arkansas children in the care of Methodist Family Health on Christmas Day.

“Methodist Family Health was founded as the Arkansas Methodist Orphanage in 1899, and we are continuing that legacy through our nonprofit, statewide, complete continuum of care that incorporates acute inpatient care to outpatient, community-based services,” said Smith. “Our mission is to provide the best possible care to those who need our help, which includes the thousands of Arkansas children and families we serve each year who are abandoned, abused, neglected, and struggling with psychiatric, behavioral, emotional, and spiritual issues.”

Last year, donors provided Christmas gifts for two families in particular need: a blended family of 10 children lost their legal guardian in September 2022. Without in-kind and financial gifts from donors like you, this family would likely have gone without anything for Christmas. Another family was affected by a job loss, and they were struggling just to make ends meet with one income. The father of this family accepted your help for Christmas, and his family was able to enjoy the holiday without making a choice between necessities and Christmas gifts. He was tearful when he learned of the wrapped gifts each of his children received.

To make a financial gift, donors can utilize any of the following ways:

ONLINE at MethodistFamily.org/Donate and choose Christmas in July in the designation 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
1600 Aldersgate Road, Suite 100
Little Rock, Arkansas 72205

Please note Christmas in July on the memo line

- PLACE a check or offering envelope addressed to Methodist Family Health

Foundation in the offering plate at your church (please note Christmas in July on your offering)

For more information about Christmas in July or Methodist Family Health Foundation, please visit MethodistFamily.org.

City of Casa Celebrates Independence Day with Methodist Family Health



Methodist Family Health Grilled Hamburgers and Hot Dogs for Perry County City's Fourth of July Celebration

Methodist Family Health brought out a grill and smoker to help Casa, population 171, ring in the Fourth of July in true American style. Volunteers from the organization set up, grilled and served fresh smoked hot dogs, grilled hamburgers, chips and drinks from 6-9 p.m. at Casa's Independence Day Celebration at 321 Railroad Ave. in Casa, Arkansas 72025 in Perry County on Sat., July 1.

Proceeds from the sale of these food items benefit Methodist Family Health's Christmas in July fundraising event, which is raising money to purchase Christmas gifts for about 250 Arkansas children in its care on Christmas Day. Because so many worth nonprofits are raising funds at the end of the year, Methodist Family Health moved its Christmas fundraising to June and July this year. Methodist Family Health Foundation is asking those who have previously sponsored gifts for the Arkansas children in our care to take the opportunity to start early this year, by asking for donations towards Christmas presents in June and July. Please Note: Christmas in July will not replace our annual Share the Light Christmas Campaign.

Prices at the Methodist Family Health grill and smoker were:

- \$7 for a hamburger, chips and a drink
- \$5 for a hot dog with chips and a drink
- \$4 for a hamburger only

- \$2 for a hot dog only

Casa Independence Day Celebration also raffled off a blue metro scooter and red APV scooter with the proceeds benefiting Methodist Family Health's Christmas in July campaign to purchase Christmas gifts for children in our care on Christmas Day. The cost of a raffle ticket for the blue metro scooter was \$5 per ticket, and the red APV scooter ticket was \$10 per ticket.

Casa is on Highway 10 in Perry County, just west of Perryville and Adona. The celebration was free to attend, and all were welcome. In addition to the raffle and food trucks, the celebration included bouncy houses for kids, bingo at the senior center, a stage with music from Hill Street Blues, merchandise vendors and fireworks.

For more information about the city of Casa, visit <https://www.cityofcasa.org/>.

The Methodist Foundation for Arkansas Supports Christmas in July



The Methodist Foundation for Arkansas

The Methodist Foundation for Arkansas awarded \$5,000 to support "Christmas in July."

This support along with other fundraising efforts will allow us to assist in purchasing Christmas presents during the 2023 holiday season to support the Arkansas children and families across our continuum who receive care from Methodist Family Health's programs and services. These include inpatient psychiatric hospitalization, outpatient counseling clinics, grief counseling services, residential treatment centers, and more.

Each year we provide approximately 250 Arkansas children, youth, and families with gifts on Christmas Day. The children in our care may have never opened a Christmas present or celebrated the holidays at home.

**Methodist Family Health Foundation
Executive Director Amanda Smith Invited to
16th Section United Methodist Church to
Present and Collect Donated Items, Funds**



Pastor Laura Todd invited Amanda Smith to be the special guest speaker and to deliver the sermon about Methodist Family Health and Methodist Family Health Foundation. The church congregation collected items, such as towels and underwear, prior to Amanda speaking, in addition to making a monetary donation.

Thank you, 16th Section United Methodist Church, for your generosity and support!

**Hoxie United Methodist Church
United Methodist Women Host
Methodist Family Health Foundation for
Summer Luncheon**



Linda Holt, a member of Hoxie United Methodist Church and a supporter of Methodist Family Health and Methodist Family Health Foundation, invited Amanda Smith to be their special guest speaker at their gathering. Hoxie United Methodist Church members have supported Methodist Family Health's Bono Psychiatric Residential Treatment Center for many years.

Thank you, Hoxie United Methodist Church UMW, for your support and hospitality!

WE'RE DREAMING OF
A WHITE WATER CHRISTMAS
2ND ANNUAL



6-10 P.M. WHITE WATER TAVERN
SATURDAY, JULY 22, 2023

JASON LEE HALE & THE PERSONAL SPACE INVADERS
AND BILL HOLLOWAY
RUNAWAY PLANET
STEVE DAVISON
THE MARK SIMPSON TRIO
AMY GARLAND
BRIAN NAHLEN BAND
THE SALTY DOGS
CHERISE MARTINI AND THE PEACEKEEPERS
TOMMY BRANCH, JR.

FOR TICKETS, VISIT
WHITEWATERTAVERN.COM
OR SCAN THIS CODE



Christ of the Hills United Methodist Church
Welcomes Methodist Family Health Foundation

to Mission Fair and Mexican Dinner



Christ of the Hills United Methodist Church and the Christ of the Hills Mission Committee invited Methodist Family Health Foundation to participate in their mission fair and Mexican Dinner.

Amanda Smith, Methodist Family Health Foundation executive director, joined the church members for the evening. The church invited all the non-profits and ministries which they support, with over 20 participating organizations being present.

Christ of the Hills United Methodist Church is a loyal, consistent, and generous supporter of Methodist Family Health and Methodist Family Health Foundation.

The mission statement at Christ of the Hills United Methodist Church is, "Bring In, Build Up, Reach Out." As part of "Reaching Out" a substantial portion of their budget is designated for the Mission Committee and their task of helping area agencies that help others.

On Thursday, May 4 a Mission Fair was held in Fellowship Hall. 22 agencies who receive support from Christ of the Hills United Methodist Church were present with representatives and displays showing the work they do. Beginning at 4:30 PM, church members were free to browse the displays and talk to the representatives. By 5:00 PM, the Fellowship Hall was full of people chatting and networking. The program began at 5:30 PM. Emceed by Chuck Miller and Steve Jenkins, each charity gave a brief description about their organization. The program was followed by a delicious Mexican buffet meal. Attendees and charities both were thrilled and overwhelmed at the response.

Many thanks to Stephanie Hicklin and Petra Block Mission Committee Chairs, the Mission Committee, Janice Jensen and the Social Committee for all of the hard work planning and facilitating this wonderful event.

Thank you, Christ of the Hills United Methodist Church!

**Methodist Family Health Foundation
Scholarships – Spring 2023 Semester**

There are nine individuals who received scholarship assistance for the Spring 2023 semester from Methodist Family Health Foundation. The total Spring 2023 scholarships awarded is \$26,250. The schools/institutions represented by these students include:

- Hair Tech Beauty College
- UA Pulaski Tech
- The University of Arkansas Little Rock
- The University of Arkansas Little Rock Master's Program
- The University of Arkansas Little Rock Ph.D. Program
- The University of Arkansas
- Texas State Technical College

Methodist Family Health Foundation offers the opportunity for scholarship assistance to any current or former Methodist Family Health RESIDENTIAL CLIENT who has plans to attend college, graduate school, a trade school, or a vocational/technical program.

Applications and more details are available at: www.methodistfamily.org/alumni

For more information, contact Don Cole, Methodist Family Health Chief Financial Officer, at 501-661-0720 or 800-756-3709, or email schoarship@methodistfamily.org

Former Methodist Family Health Client Earns Ph.D.



Top left & bottom left. Bottom Right: Dr. Quinshell Smith and Tansel Karabacak, PhD | Professor & Interim Director

Dr. Quinshell Smith, a former Methodist Family Health client and a Methodist Family Health Foundation past and current scholarship recipient, is a University of Arkansas at Little Rock graduate with a bachelor's degree in both biology and psychology as well as a master's degree in applied science with a concentration in microbiology.

In April 2023, Quinshell defended her Ph.D. dissertation, "Investigating Antibacterial Properties of Nanostructured Aluminum Surface," in the Applied Bioscience Graduate Program at the University of Arkansas at Little Rock. She passed, and now has the title Dr. Quinshell Smith!

Dr. Smith graduated in May 2023 and has a bright future ahead of her.

Congratulations, Dr. Quinshell Smith!

Spiritually Speaking



Summertime and church/ministry fun have almost always gone together for me. As a preacher's kid and grandkid, I remember spending days in my mother's church office. I explored old Sunday school rooms, turned her office closet into my personal clubhouse, and when I got older and became active in my youth group, my summers were full of weekly breakfast outings, mission trips, and church camp. It was at camp where I experienced a call to ministry and was supported and encouraged by counselors and friends.

Since becoming a minister myself, I've enjoyed opportunities to lead and coordinate summer activities for kids and teens. Summer can open up a space for fun and exploration that feels so much less pressure-filled than the school year.

This year, I am excited to be a small part of my first camp with our QRTP residents at Methodist Family Health. My intern, JP Lyon, and I have prepared some fun and creative sensory- and art-oriented stations for exploring spirituality and faith.

I am so grateful for those of you reading who have contributed your time, financial resources and other forms of investment to make meaningful experiences like camp accessible to young people who likely would not otherwise have the opportunity. It is a gift to play, create, be outside, and explore alongside our kids.

With gratitude,

Eva
MFH Pastoral Care Director

Children's Prayer Requests



- For my mom, who is sick
- For my relationship with my parents
- Pray that I can reconnect with my family.
- For my mental health
- For strength
- To learn more about myself
- To have courage



Save The Date
Saturday, September 16, 2023



Ascend The Pinnacle Of Stick Horse Racing
Embassy Suites Little Rock, 11301 Financial Centre Parkway
Ticket and Sponsor Information: MethodistFamily.org/Southern-Silks or 501-906-4209



**BEFORE YOU KNOW IT,
IT WILL BE TIME FOR SCHOOL!**



WOULD YOU CONTRIBUTE THESE ITEMS FOR OUR STUDENTS?

- 1 INCH 3-RING BINDERS
- 2 INCH 3-RING BINDERS
- 3-PRONG FOLDERS WITH POCKETS
- COMPOSITION NOTEBOOKS
- BLACK SHARPIES
- YELLOW HIGHLIGHTERS
- BACKPACKS
- PACKAGES OF:
 - MULTI-COLORED PENS
 - BLACK/BLUE/RED INK PENS
 - FINE TIP MARKERS
 - BROAD TIP MARKERS
 - COLORED PENCILS
 - CRAYONS
 - CONSTRUCTION PAPER
 - WIDE-RULED, LOOSE-LEAF PAPER
 - INDEX CARDS

PLEASE BRING BY YOUR DONATIONS ANYTIME BETWEEN 9 A.M. AND 4 P.M., MONDAY - FRIDAY, AT 1600 ALDERSGATE ROAD, SUITE 100, LITTLE ROCK, AR 72205. FOR QUESTIONS, INFORMATION OR TO SCHEDULE A DROP OFF, CONTACT US AT 501-906-4201 OR E-MAIL FOUNDATION@METHODISTFAMILY.ORG



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

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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.**



Methodist Family Health | 1600 Aldersgate Road, Little Rock, AR 72205

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