



# From the President's Desk

by Julie Hager Love, President/CEO

In Ephesians 1:18, Paul writes that he hopes the eyes of the people at the church in Ephesus will be enlightened. One of the things he is communicating is that God is at work all around the people all the time. The gift he is praying for is that the eyes of their hearts will be opened to see and join in with the work of God.

I think about this as I reflect on the reality that we are making our way into a brand new year. The arrival of a new year is often celebrated as a time of new possibility. For many of the children and families served by the Kentucky United Methodist Children's Homes

(KyUMH) new hopeful, life-giving possibilities can be hard to envision.

Our goal in all that we do at KyUMH is to illuminate the truth of God's activity and the result of that activity hope. A place where we can see God at work. A place of trust. A place where we care for one another. As Paul hoped for the Ephesians, we hope for each young person that the eyes of their hearts can be opened. We invite them to experience life knowing they are valued and people of worth with the potential to grow and do great things.

The journey towards the light of a better tomorrow

is the aim of the hard work of every staff member at KyUMH. It is the heartfelt prayer of each of you who support our mission and ministry. Your gifts and your prayerful support sustain our work and open up the possibility of young lives experiencing the transforming, eyeopening love of God—transformations that change lives today and build toward a better tomorrow.

May you see visions of God at work as you enter this new year with the eyes of your hearts wide open.

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## the Children's Voice

<u>President/CEO</u> Rev. Julie Hager Love

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The Children's Voice is freely distributed to all interested persons.

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or mail to one of our campuses:

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Mary Kendall Campus 201 Phillips Court Owensboro, KY 42303 (270) 683-6481

(859) 523-3001

#### Accredited by:



#### **Our Belief**

We believe every individual is an individual of worth, entitled to God's gift of wholeness of life.

The Kentucky United Methodist Children's Homes is accredited through the national Council on Accreditation (COA).

We serve persons regardless of race, ethnicity, economic status, sex or religion.



Keep up with the legislative session and learn how you can advocate





by Rebecca Merrill, Communication/PR Coordinator Rachel Smith is a licensed therapist and Clinical Director for our community-based services in Nicholasville. Here's some guidelines she has for learning to practice self-compassion:

By the time you are reading this, you may have already "failed" at your New Year's resolution. Whether it's a new daily habit or a long-term lifestyle change, it's easy to give up on our goals and criticize ourselves for when we fall short.

Now is a great time to learn to practice self-compassion.

Self-compassion is a way of relating to yourself with kindness instead of judgment. It's a mindset shift that allows you to give grace to yourself when you are struggling. But it doesn't come naturally to all of us that's why it takes practice!



#### Be aware of your words

"We talk to ourselves all day long. This self-talk may be internal, but it is an important piece of how we view ourselves and develop our identity. It's essential to not say anything to or about ourselves that we wouldn't say to someone we care about. Critical self-talk only discourages us from continuing to work hard towards our personal goals."



# Acknowledge all of your achievements

"Every accomplishment is one step closer to reaching your goals. Sometimes we need to take a step back and realize what we have overcome and accomplished thus far. It might be helpful to keep a list of these accomplishments to help remind you of what you're capable of."



#### Treat yourself like a friend

"How would we react if someone came to us and was struggling with not reaching their goals? What would we say to them? Seeing things from a different perspective is an important part of moving forward."

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by Rebecca Merrill, Communication/PR Coordinator

Your Kentucky United Methodist Children's Homes (KyUMH) have built amazing resources to help families across Kentucky.

Amanda (pictured left) is one of several Case Managers at KyUMH. In her own words, Amanda is "a helper" to families in need. She provides everyday items (socks, t-shirts, coats, peanut butter and spaghetti) and parenting coaching.

According to the Department of Health and Human Services, 93% of Kentucky child maltreatment cases in 2020 involved neglect. Our statewide community-based services were created to address this great need.

Families are referred to KyUMH by local schools, court systems, or state child protective services because of a number of needs such as housing, food insecurity, or medical or dental care. Inflation and the impact of the pandemic means families are struggling. Many of Amanda's clients are simultaneously referred to counseling with a KyUMH therapist.

Once a family has been connected to us, Amanda fills the gaps with whatever they need from her clothing and food pantry—all of which are donated by people like you. She helps them connect with a health care provider or other community organizations.

"Often once these physical needs are met, it alleviates a lot of the stress in the household," Amanda says.
"Next we can focus on other needs that get put on the back burner."

For one family, Amanda's support has been critical. In the spring of 2022, a 13-year-old started counseling with KyUMH for Attention Deficit/Hyperactivity, and his therapist connected him with Amanda for additional support.

Since then, Amanda has built a network of support for this young man. She has connected his family, school, and social worker to coordinate the best care for him. "I want his family to understand they are not alone and that we all want what's best for their child," Amanda says. The client's mother told us, "We are beyond grateful to have Amanda. When we were at the end of our rope,

she gave us hope that things could get better. Every day we push to make that possible! We wouldn't have gotten this far without Amanda's help."

Amanda's goal is to work herself out of a job and see families empowered to use the supports she has shown them. "Sometimes families are struggling and they do not have a strong support system," Amanda says.

"Having one person who you feel like cares about you and your family can be a total game changer."

"We are beyond grateful to have Amanda. When we were at the end of our rope, she gave us hope that things could get better. Every day we push to make that possible! We would not have gotten this far without Amanda's help."

- Community Services Parent



with Community-Based services. In 2021, these families made up 81% of our 923 total clients.

Could you or someone you know benefit from counseling or other support?

We can help!

Western KY: (270) 683-3723 | Central KY: (859) 523-3001

# Snapshots from



Micah Music, Residential Therapist, won our fall chili cook-off. She was first of seven entries!



KyUMH staff showed their creativity with a Halloween costume contest. Lauren Murray as Sadness (far left) won second place!



Our residents enjoyed trick-or-treating at staff offices. Pictured is Matthew Kimmons, Director of Talent Management and Spiritual Life.



Laurie Arcuri (center, purple cape) won first place and Allie Vanover (far left) won third.

# the Holidays



KyUMH dining hall staff made sure our residents and staff enjoyed a delicious Thanksgiving meal.



From November 29 - December 2, KyUMH participated in the Good Giving Challenge, a special week of giving hosted by the Bluegrass Community Foundation. Thank you for giving over \$8,000!



Melissa Brown, Director of Donor Relations, and Debbie Rempfer, Executive Assistant, spread Christmas cheer. Your support makes the Christmas season bright for our youth!



State Street UMC's Sewing Ministry created Christmas stockings and pillows for our youth and young adults. Pictured are Ellen Fryman, Melissa Brown and Liz James.

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by Melinda Ryles-Smith, Vice President of Development

This might sound a little random, but I think trees are amazing. They're beautiful yes, but even more so, their impact can be experienced by so many generations.

One of the most exciting things I see here at KyUMH is the generous people who decide to include us in their

will. I see this a bit like trees. Somewhere along the way each tree is planted with intention – either by a person or by nature as God designed it. Then that tree grows and shades generations to come. Some trees bear food to nourish humans and animals while others provide shade. They provide inspiration to artists, homes to living

creatures, and play spaces for the next great adventurer on summer break!

Today I invite you to "plant a tree" for the children of KyUMH by including us in your will. By doing so, you will provide sanctuary for young people, hope for families, and the opportunity for future generations to experience the love of God!

If you are interested in including us in your will, please use our legal name, The Methodist Home of Kentucky, Inc. You can clip and mail the section below, or contact me via email at Melinda@kyumh.org or (859) 523-3001.

#### Please send me information on giving through my will!

Name:	
Address:	
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Donating your old vehicle to KyUMH, is convenient, easy, and, best of all, your donation will make a big difference in the lives of the youth we serve!

#### **Learn more by contacting us:**

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Children's Voice 10 January/February 2023

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September 1, 2022 - November 30, 2022

- Dr. Tom Abell Dennis & DeeDee Faulkner
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- Dr. Ben Alderdice Sr. Dennis & DeeDee Faulkner
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- Ben Ferrell Ministries Barbara & Danny Philpot
- Renee Berkemeier Brenda Hartman
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- Jim Brumfield Mary K. Miller
- Tom & Lana Bruno Genirose Steenbergen
- Allan & Marty Buckles Genirose Steenbergen

- Huie & Lois Bunch Dorothy Jacavino
- Rev. and Mrs. Teddy Burke Mae Leach
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- Dr. Shea Cheuvront Dennis & DeeDee Faulkner
- Kristin Clark Carrie Patterson
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- Barbara W. Shelton Amy Shelton
- Dr. Greg Sherry Dennis & DeeDee Faulkner
- Trudy Smith Tim & Teddi Moore
- Garnieta Squires Jill Cox

- Dr. Michael Tanner Dennis & DeeDee Faulkner
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- Mary P. Thorpe Bonnie Thorpe
- Nancy Ward Traci Perkinson
- Alton & Betty Warford David & Kathy Booth
- Owen Thomas Wetzel
  Mrs. Nancy Wetzel
- Dr. Howard & Mrs. Helen Willen First UMC Hopkinsville- Sheila Higgins Friendship Class
- Dr. Andrea Woodruff Dennis & DeeDee Faulkner

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- Rev. Dan Smith Trudy Smith
- Emily Smith Patsy D. Wilson
- Rev. Dr. Jay Smith Jonna Smith Gish
- Mary Thorpe Jonna Smith Gish

#### **ANNIVERSARY**

Philip & Kathryn Manley Glenn & Stella Cornelius

#### 65<sup>TH</sup> ANNIVERSARY

Dr. Howard & Mrs. Helen Willen

#### 95TH BIRTHDAY

Betty Jo Fisher Karen and Vic Fisher

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Bill Bailey Gary & Debi Bailey

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Jean V.A. Spicer Gary & Debi Bailey

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Many of the children we serve grew up without proper food, clothing or medical care. Angel Sponsors give monthly to provide these essentials so our children can focus on healing.

Learn more at kyumh.org/angel

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Give one week a month of training in relationship building and problem-solving.

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### **WISHLIST ITEMS**

Your generous donations help meet the daily needs of our youth!

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- Sweatpants and leggings (new; adult sizes)
- Sweatshirts (new; adult sizes)
- Laundry detergent pods
- Underwear (new; adult sizes)
- T-shirts (new; adult sizes)

- **Gift cards** (Kohls, Walmart, Chick-fil-a, Burger King, Target)
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- Chapstick
- Deodorant (men's & women's)
- Art supplies
- Composition notebooks (no spiral binding)

#### **Mary Kendall Campus (Owensboro)**

- Gift Cards (Kohls, Walmart, restaurants)
- Axe brand hygiene products (for boys)
- Body lotion
- Deodorant
- Shampoo and conditioner
- Body wash

- Board games and LEGO sets
- Soccer balls, basketballs and volleyballs
- Clothing (adult sizes)
- Art supplies
- Magazines and books (appropriate for teens)
- Suitcases and Duffel bags

nformation, For more inform

call (859) 523-3001 or info@kyumh.org

For more information, contact Roy Hicks at (270) 683-6481, ext. 2021