

Sharing Christ's healing love with children, youth and families in crisis.

Looking back on time at Vera Lloyd



Alfred Woods grew up in Blytheville but was sent to Vera Lloyd after stealing a bicycle. A judge originally told Alfred he would be going to reform school as punishment for stealing.

Alfred knew he was in trouble. He said, "I came from a poor family. I was kid number 8 out of 9 kids." Alfred knew the judge didn't care about his future, so he talked to his coach.

Luckily for Alfred, his coach had recently written an article in the paper about Vera Lloyd. His coach talked with the judge and convinced him to send Alfred to Vera Lloyd instead.

Alfred came to Vera Lloyd in 1962 at the age of 14. He was one of the first youth to live in the Barton home. He remembers celebrating his 15th birthday on campus. One of the things he remembers most about Vera Lloyd is working on campus.

Alfred and other youth living at Vera Lloyd often worked in the vegetable garden and in the tomato patch. Vegetables the youth grew in the garden were used in meals. He said, "What we grew, we ate." The tomatoes, however, were different. Alfred remembers helping sell tomatoes that the youth grew at the local farmers market—often competing with youth from the Monticello Baptist Home. He says people in town often paid them more for their tomatoes because they wanted to help the youth at Vera Lloyd.

In the summers, Vera Lloyd youth would often go home or spend time with their sponsor. Alfred preferred being on campus. He said, "I wanted to stay at Vera Lloyd in the summers. It was home to me."

In high school, Alfred was on the football team and ran track. His senior year, he served as class president. He graduated in 1966, but stayed on campus while he went to college. Alfred started school at Arkansas A&M, now the University of Arkansas at Monticello, where he studied social work and psychology. He continued to work on campus part-time, mostly doing maintenance work.

Alfred believes he would have stayed on Vera Lloyd's campus if he hadn't been drafted to Vietnam in February of 1968. He came back to live in Monticello in 1971 before moving to Nashville, TN in 1979. In Nashville, Alfred started working in real estate and advertising.

Alfred is still living in Nashville and is now retired. He has four children and 9 grandchildren. His time at Vera Lloyd set him on a path to success. Recently, he came back to Vera Lloyd's campus for the alumni reunion. Much has changed since Alfred lived on Vera Lloyd's campus, but he still remembers Vera Lloyd as "a great experience."

Letter from our CEO

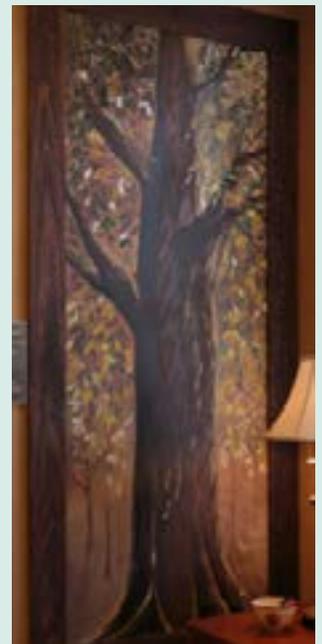
The weekend of June 8 was a wonderful weekend on campus. It was very special to have Vera Lloyd



alumni on campus at our first annual Campus Carnival. It was my pleasure to visit with the alumni at the Reunion and hear their heartwarming stories.

This year our alumni were the first Vera Lloyd residents to sign our new Family Tree, which was created by our Activity Director Bonnie Hicks and her sister, Denise Morris.

Each alumni present signed the tree in the order in which they arrived at Vera Lloyd, dating back to the 1940s. The tree will be a forever reminder of the thousands of lives changed by our mission.



Anna Madrin



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Social wellness for your health

Tracey Bratton, Laurence E. Schmidt Center Clinical Director

Social wellness is about making healthy connections and developing healthy relationships. Humans are social creatures. We were created to interact with and support each other. Scientific studies have shown that our connections to others can protect overall health and can contribute to longer lifespans.

Are you finding your social calendar to be a bit underwhelming? It's a great time to focus more on developing healthier social habits. Developing healthy social habits can assist you in improving your support network and can contribute to overall health and well-being.

If socializing is difficult for you, you'll find some tips below to assist you in improving your social wellness:

Find new avenues for making social connections

- o Join a group that focuses on a hobby you're interested in
- o Take a community education course
- o Volunteer

If you're a caregiver, take care of yourself as you care for others

- o Make sure to reach out to others and let them know you need help
- o Keep yourself nourished, hydrated, well-rested, and be sure to exercise

Improve your physical health as you improve social connections

- o Start a walking group with friends
- o Try new physical activities or a new workout class

Shape your family's health habits

- o Make healthy activities fun
- o Offer healthier activity and nutrition options

Bond with family members

- o Praise children for healthy/good behaviors
- o Perform random acts of kindness for and with family members
- o Find things that you can enjoy together

Build healthy relationships

- o Set healthy boundaries
- o Be open and honest about your emotions
- o Be a compassionate and non-judgmental listener
- o Treat others how you want to be treated and expect the same in return

Remember, we are social creatures and we need each other. We all need to find ways to strengthen our support systems. Improve your social wellness and you will improve your overall health and well-being, while adding years to your lifespan.

Save the Date!

Monday, August 13, First day of school for Vera Lloyd boys and girls.



Thursday, September 27, BancorpSouth Charity Classic golf tournament, Cabot.

Saturday, November 17, 9 a.m., Vera Lloyd's Turkey Trot 5K, Monticello. Registration opens in August.

Tuesday, November 27, #GivingTuesday. Show your support for Vera Lloyd on this national day of giving.

Defining Success



Vera Lloyd works hard to protect the privacy of the children we help. Thank you for understanding.

What does success look like? For many of us, it may be a loving family or a comfortable home. For the boys and girls who come to Vera Lloyd, success may be much simpler: a warm bed, getting to go to school each day, or simply having someone who cares.

Boys and girls come to Vera Lloyd as victims of abuse, neglect, abandonment, or trauma. They are injured, physically and emotionally, and often life has become a struggle to survive. In addition, poor choices, mental health issues, and learning disabilities may make things more complicated.

Every child needs a stable, safe place to put the pieces back together and regain their health and self-confidence. Jerica came to Vera Lloyd at the age of 16, abandoned by her mother. Her life was filled with trauma and sorrow. She had moved 13 times within the foster care system. At the age of 14, she became pregnant, and by the time she arrived at Vera Lloyd she had been separated from her son and was in crisis.

For Jerica, the first steps to healing were finding her identity, worth, and self-discipline. Vera Lloyd's nurturing staff, counseling support, and Transition Services program helped the young mom find a way forward. She learned coping techniques, life skills, and began to formulate a plan for her future.

Jerica still has a long way to go, but this fall she will be reunited with her son and is moving in with a private foster family. "My son is the most important person in my life," she says, "I'm so excited to see him again and be his mom. Vera Lloyd taught me so much and helped me to be more prepared and sure of myself."

Make a difference at our children's home!

Wish List:

- Books, movies, board games, recreation supplies
- Funds for textbooks for youth going to college
- Funds for guitar and piano lessons
- File cabinet
- Large couch
- Office desk
- Bed linens for boys
- Bath towels
- A used truck for maintenance program
- Art supplies
- Financial gifts to close the gap between state funding and costs of caring for youth

To help, contact **Kathy French at 501- 666-8195 or info@veralloyd.org.**

Yes, I will give to improve the lives of children in need!

Please make this a monthly gift Please make this a one-time gift

I will give: \$500 \$250 \$100 \$50 \$25 Other _____

Card Number: _____ Expiration Date: _____ CVC Code: _____

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Please mail to: Vera Lloyd Presbyterian Family Services, Inc. 1501 N. University, Suite 345, Little Rock, AR 72207
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At Vera Lloyd we are....



Creating a home

Vera Lloyd's "House" House Party highlighted what it takes to create a home for boys and girls living on our campus. The Little Rock event was held at the home of board member Julie C. Robbins and her husband John Pugh, Jr. It was a wonderful evening supporting Vera Lloyd youth and we raised over \$5,000.

Helping kids blossom

This year's Garden Party in Bentonville celebrated the boys and girls who grow and mature at Vera Lloyd. The historic Peel Mansion was the perfect setting for a relaxing afternoon of good food, drinks and music. Turn out was great, and together we raised \$15,000 to support the youth who call Vera Lloyd home!



Thankful for our donors

The Campus Carnival on June 9th was a time to gather in fellowship. We recognized the many donors and volunteers who transform lives at Vera Lloyd. A BBQ lunch was the start of a fun afternoon, with donor recognition awards and youth presentations. Awards were presented to Laura and Chris Owen, Holmes Chapel Presbyterian Church, The Over the Hill Gang, and Dick McCown. The carnival ended with fun and games for all ages.