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KEIANA HOLLEMAN is a freelance writer, marketing enthusiast and the current Digital Content Specialist at Henderson State University. She is passionate about social media, marketing, and promoting higher education to future generations. In this issue, she writes for the College Planning Guide about how high school students can prepare for college during the summer on page 19.



BETSY SINGLETON SNYDER is a pastor, writer and blogger. She is the author of "Stepping on Cheerios: Finding God in the Chaos and Clutter of Life," and blogs at www.WomenadeStand.com, a sassy and spiritual spot to dish on the tarest and sweetest pieces of life, stand up together and reach out in love. Betsy and her husband, Dr. Vic Snyder, who formerly served in the U.S. House of Representatives, live in Little Rock with their four sons. This month, Betsy continues her column series, "Parent-ish," on page 47.



DWAIN HEBDA and his wife Darlene have four grown children. He says that he is Nebraskan by birth and an Arkansan by the grace of God. A freelance journalist based in Little Rock and a frequent contributor to *Little Rock Family*, Dwain has also written for many of the other publications produced by Arkansas Business Publishing Group. This month, he writes on the incredible ministry of Camp Aldersgate on page 30.



ROXANNE JONES was born and raised in Little Rock. She has a bachelor's of journalism from the University of Missouri-Columbia and a BA in Spanish from the University of Arkansas-Little Rock. She's a passionate fan of music and film and is proud of her nearly 200-piece collection of DVDs and CDs gathered over 20 years. Roxanne is the database administrator for *Little Rock Family* and compiles the guides and lists, including this month's Special Family Resource Guide on page 41.



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Summer Highlights

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Family First

Most of you who are reading this magazine have something in common: you are parents. And while that common thread creates some similarities between you all, you're also all very different.

Maybe you're a single mom with two kids, a dad of five or an expectant mother trying to figure out what is in store. Your personalities and passions vary and parenting styles abound, with each of you figuring out works best for your kids and family structure.

But you're also probably in one of a few categories: a working parent, a stay-at-home parent or a work-from-home parent. And I think there is beauty in all of those lifestyle choices.

I was raised by a stay-at-home mom. It was her dream to have a big family and raise her kids, so she was fulfilled in that role. And, who are we kidding, being a stay-at-home mom is really a compilation of several jobs packaged into one: chef, chauffeur, maid, nurse and many others. My mom also filled the role of teacher as she homeschooled seven of us for years.

In this issue, we're highlighting a working mom, Sharon Vogelpohl, and her family on page 10. For her, fulfillment is about finding balance between her role as a mother and her role as an executive at Mangan Holcomb Partners. Her husband, Carl, also works in a demanding job. But they make it work. With sports, time on their family farm and more they're able to create a balance that works for them.

We're also featuring an Arkansas mom and entrepreneur who began her own nail polish business from her home (see page 14). Melanie Hurley has been self-employed for about 10 years and involves her two daughters in the business. As part of the target market for her product, they provide insight and offer their own suggestions for Piggy Paint, making the business a true family affair.

As I look at these moms and so many others who are in my circle, it makes me wonder what I'll do when I have kids. Right now, I love my job and it's a position I worked towards for years — I can't imagine giving it up. But at the same time, I loved being raised by a stay-at-home mom and I think the hours she was able to spend with us were truly priceless.

Luckily, I don't have to make any decisions yet. But I will say this — I think family should always come first. And for now, I'll keep watching and learning from the wonderful examples of families all around me.

Happy reading!

Alexis Crowe

Alexis Crowe, Editor



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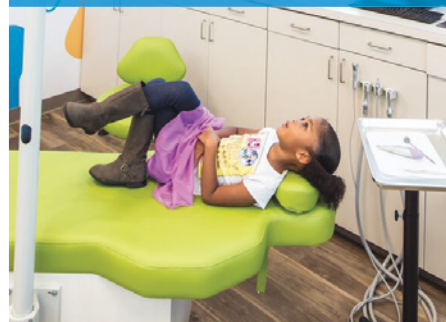
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1

FOR THE HUNTER DAD

Duck, Duck, Goose Coasters from Southern Life, \$75

Smathers and Branson are making needlepoint cool with these high-quality coasters perfect for a man cave, cabin or lakehouse.



2

FOR THE HANDY DAD

6 In 1 Hammer Tool from Southern Life, \$20

Aesthetically appealing and compact, this little hammer hides other tools inside, perfect for little repairs or DIY projects.



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Gifts for Every Type of Dad

With Father's Day just around the corner on June 17, here are several gift ideas from Little Rock shops.



3

FOR THE STYLISH DAD

Oliver Remick O. Peoples Sunglasses from Baumanns, \$420

Is it time for a style upgrade? These classic yet trendy shades are the perfect gift.

4

FOR THE ATHLETIC DAD

Peak Insulated Waist Pak from Go! Running, \$55

Hold a water bottle (included), phone and any other small necessities while hiking or running. No more cargo shorts or bulky backpacks!





5

FOR THE OUTDOORSY DAD

10 Inch Dutch Oven Kit from Domestic Domestic, \$150

If Dad loves to camp this is the perfect gift. Plus, it'll mean that when you join him you'll get to enjoy something more than hot dogs on a stick.



6

FOR THE DAD WITH A SWEET TOOTH

Chocolate Bars from Izard Chocolate, \$9 per bar

This locally-made dark chocolate comes in four different varieties and is made with organic sugar and vanilla beans from Madagascar.



7

FOR THE SENTIMENTAL DAD

Custom Ceramic from Painted Pig, prices vary

Let kids hand-paint a plate, mug or other ceramic item or pay the professionals to create something and use the kids' hand or footprints for a personal touch.



8

FOR THE CAFFEINE-ADDICTED DAD

Onyx Coffee Beans from Zetêo Coffee, \$18.25

Purchase these as whole beans or they'll grind them for you at the shop.





Spending time working on their farm together is one of the things that Sharon Vogelpohl says makes their family unique.



A Passionate Endeavor

How Business-Minded Parents Are Raising Their Kids and Putting Family First

BY ALEXIS CROWE | PHOTOGRAPHY BY DANIEL MOODY

In the Vogelpohl household, you never lose hug privileges. You can lose TV privileges, dessert privileges and a host of other things — but mom and dad's unconditional love will never go away. That's what they call hug privileges.

Carl and Sharon Vogelpohl set their expectations high for their kids; they're thinking ahead and raising Carson, 9, and Jonathan, 6, to be responsible adults. But as Carl says, the expectations in the family go both ways.

"We want them to be successful as people — it's not just that I want you to do well in a team sport, I want you to be a good teammate," he said. "I don't care if you win at the game, I care that you try hard and have the right attitude. Those are the kind of expectations that we set right now and stress to them ... And they know they can expect unconditional love from us."

Some of the other expectations that Carson and Jonathan are held to include responsibility for homework and simply being kind and respectful to those around them. But of course, all of this is within reason for two elementary school kids.

And while they are expected to be responsible for their own school work, mom and dad are more than ready to take them the store and assist with a project — as long as they're prepared.

"If you don't set expectations, you can't expect them to achieve," Sharon says. "So we're very teamwork and goal oriented."

As executives in their respective companies, you would expect nothing less from Sharon and Carl. They're both high achievers and goal-setters themselves and are working to pass those traits on to their two kids.

Sharon is the principal and president of Mangan Holcomb Partners, a digital marketing company, and Carl, formerly the chief of staff for the attorney general, is the president of Split Rail Consulting. Their jobs are nothing short of demanding.

"I have zero idea how many hours a week I spend on my job," Carl said. "But it's a seven day a week job, especially in campaign season ... so it's a seven days a week, 24 hours a day balance of kids and family."

Sharon and Carl dated for seven years before getting married and then were married another seven years before having kids — so they had ample time to thoughtfully and intentionally plan out the way they would parent and operate as a family. Yet no amount of conversation or experience as business leaders could fully prepare them for the challenge of parenthood.

"Parenting is the ultimate leadership challenge," Sharon said. "Carl and I are both pretty successful with what we've done and have had a pretty good track record with that. But we laugh often that this is the hardest thing we have ever done and I know it's just going to get harder — they're not even teenagers yet!"

As executives and as parents one of their core character values is to always admit when they've made a mistake.



"Integrity is everything and it's always important but it's most important when it's really hard," Sharon said. "You have to admit when you've made a mistake. I've had to sincerely apologize and admit fault with both of my kids a couple times ... I feel that it's important as a leader to admit your mistakes and let them know that I appreciate the fact that you were right and I was wrong and apologize and try to do better."

Teamwork is another key value in the Vogelpohl household. The family owns and operates a farm west of the city and everyone has responsibilities there to keep it running smoothly. They process chickens, clean out barn stalls, clip goat hooves and work on projects together.

Carl jokingly calls their garage the "farm makerspace" where they work on hands-on projects together. He and Sharon both believe in letting their kids fail in order to make their successes that much more meaningful.

One of Sharon's favorite stories to illustrate this point is what she calls "bumper bowling is what's wrong with America."

She said that several years ago, Carson was at a bowling birthday party — her first time bowling. While other young partygoers used bumpers to bounce their bowling balls down the lane and into the

"There are sacrifices in every respect, but we knew that our life would be our kids and that is what we want." - Sharon Vogelpohl

pins, Sharon was firm that Carson was going to do it all on her own — without the help of bumpers.

Carson was frustrated at first because, for the majority of her turns, the ball ended up in the gutter and the pins remained standing.

"But then like the ninth frame she hit her first pin and that look — she turned around and her face was like 'I did it! I did it!'" Sharon said, laughing. "I told her 'that's right because you tried and this is what bowling is and that's what learning is.'"

These decisions to create learning environments and push their kids out of their comfort zones are just a small part of the intentionality that Sharon and Carl bring to parenthood. Another element to their parenting and family strategy is that family always comes first — even when that's not mom and dad.

Sharon's parents live in Hot Springs and Carl's parents live about 30 minutes out of town next door to their family farm. Sharon said when she and Carl got married, they pinky swore to never move because they wanted their kids to be raised around their own parents.

"We both have great relationships with our parents and are in alignment about how we childrear and we both grew up by our grandparents," Sharon said. "One of the things that is unusual is that when we go out, our goal is always to have the grandparents there. So even though it's not family time, it is. The first time they had a babysitter that wasn't one of our parents was last year when they were 8 and 5."

Oftentimes, they'll avoid having to leave their kids at all and, as Sharon puts it, "divide and conquer." Dad will attend a work event and Mom will be at a kid's sporting event or vice versa.

But they wouldn't want it any other way.



Jonathan and Carson Vogelpohl are learning at a young age about responsibility, teamwork and goal setting.

“There are sacrifices in every respect, but we knew that our life would be our kids and that is what we want,” Sharon said. “We can go on date night when they’re in college.”

And that’s something that they are 100 percent on the same page about. As Carl says, “If you have a shared vision, then leadership gets really easy.” And that applies to business and family.

Good leaders are also understanding that not everyone will do things the same ways that they do.

“I don’t think there’s a single one best way to have a family and raise children,” Carl said. “Every family’s situation is unique; every child is unique.”

Sharon agrees and said that for many of the major decisions, it comes down to listening to your emotions — not what anyone else is telling you. For example, deciding to be a working parent was an easier decision for her, but for some moms the pull between work and home can be overwhelming.

“I would say to follow your heart and what your heart’s telling you,” Sharon said. “I’m a businessperson so I’m very pragmatic and I’m all about evaluating and making decisions but I also have my passionate side and parenting is about passion not pragmatism. It’s a deeply emotional thing — maybe the most emotional thing you’re going to do in your whole life. So follow your heart in that endeavor.” 🌈

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Becoming a ‘Mompreneur’

Inspired by Her Daughters, Arkansas Mom Creates Kid-Friendly Nail Polish Line

BY ALEXIS CROWE

When Arkansas mom Melanie Hurley ran into a problem, she didn't avoid it. Instead, she tackled it head on and in the last 10 years has created a product, started a company and can now call herself a successful “mompreneur.”

Her products are a line of nail polishes, which may not seem unique at first glance, but Piggy Paint is non-toxic, water-based and 100 percent safe for kids — not easy to find in a product that is typically full of harsh chemicals.

The product was inspired by her daughters, Maddie and Macey, and now you can find this home-grown nail polish in stores across the country including Walmart and select Targets.

Little Rock Family talked to Melanie about starting a business, balancing her roles as a mom and an entrepreneur and more.

Little Rock Family: What prompted you to create Piggy Paint?

Melanie Hurley: I launched Piggy Paint in 2008 so it's been almost 10 years now. My girls were 2 and 4 at the time and I was always concerned about the chemicals in traditional nail polish and the smell really bothered me — I'd get headaches and my oldest had skin sensitivities and allergies.

One day I was painting their nails over a styrofoam plate and the polish that was supposed to be kid friendly dropped on and bubbled and ate through it and it just got me concerned about the chemicals in traditional nail polish. So that was kind of my “ah-ha” moment and it started from there. I feel like we were really ahead of our time 10 years ago but now the natural movement is booming People are looking for natural, cleaner products for their families.

LRF: What have you enjoyed most about starting a company and creating a product?

MH: When I started, I didn't have any business experience — I was an elementary teacher. So I really modeled everything after what I thought I would like as a consumer — I consider myself an average mom — and what my girls would like. So it's been really fun to watch it [grow] from an idea and [then] starting it in my basement.

Now I have a business partner and we have a large warehouse and it's crazy to see something form as an idea and then come to life and just to see how it's affected a lot of people ... Moms are excited to have something safe and worry-free for their little ones and I think it's more than just painting nails; it's bonding with your little kiddo.

LRF: What role have your daughters played in Piggy Paint and what do you hope this experience has taught them?

MH: They definitely have been and continue to be the inspiration part of this business. They'll come help in the warehouse and with color names and with trying products and testing things like that. I hope that they can see that when you're passionate about something and you work hard that you're able to achieve anything you put your mind to and your heart in.

LRF: How do you maintain a healthy work/life balance?

MH: It's a challenge for sure. I think I've gotten better at it over the years. It's been a transition — in the early stages you're doing everything yourself and now we have a great team so that's very helpful — and so just reminding myself why Piggy Paint started and it's always been for my girls and ultimately always will be. That's just something I have to continually work on as a mom is to find the balance and enjoy my girls.

To order your own Piggy Paint or learn more about the product, visit www.PiggyPaint.com. You can also find it in Walmart, select Target stores and on Amazon. 🌈





3 Destinations for a Perfect Weekend Getaway

BY ALEXIS CROWE

Summer is here and that means it's time to start making travel plans. With Little Rock in a central location to many bigger cities and cool destinations, it's easy to find a spot that's perfect for your family.

These three destinations are great for a long weekend away — with the furthest one only five hours from central Arkansas.

1. Hilton Anatole in Dallas

The Hilton Anatole recently launched the Sweet Dreams Package, an American Girl Slumber Party perfect for a mother-daughter getaway.

Guests start their weekend at the American Girl store in Dallas where girls can create a doll that looks just like them. Valet service to the hotel from the store is included and upon arriving at the Hilton Anatole, guests are greeted with a welcome letter and sweet treats. The hotel lays out an American Girl robe, slippers and doll bed for an American Girl slumber party.

Then, if you're looking for more activities, visit Jadewaters, a massive leisure pool with two waterslides, a lazy river and more just for guests at the Anatole. For more information on the hotel and booking the Sweet Dreams Package, visit HiltonAnatoleHotel.com/special-offers.



2. Big Cypress Lodge in the Memphis Pyramid

While most people are familiar with the Bass Pro Shops at the Pyramid, you may be surprised to discover that there is more than a store inside those walls.

Moms and daughters can indulge in manicures and pedicures at The Spa at Big Cypress and the whole family can try archery at the indoor range. Visitors can also stop by the massive ponds and aquariums to see live alligators and fish.

The Pyramid also houses a bowling alley and the country's tallest freestanding elevator. At the top, view the city from a glass observation deck and dine at the The Lookout restaurant.

When booking, ask about the Family Fun Package, which includes a room accommodation of choice, a \$40 food and beverage voucher, one hour of bowling and a family welcome gift. There's also the Adventures with Winston package, which includes passes to the Memphis Zoo, use of a polaroid camera and other perks. Visit Big-Cypress.com for more information.

3. Dogwood Canyon Nature Park and Big Cedar Lodge

Immerse in nature at this wilderness resort 40 miles south of Springfield, Missouri. Big Cedar Lodge offers opportunities for fishing, boating, hiking and more. Guests can choose from log cabins, cottages and hotel-style rooms in one of multiple lodges. Enjoy your stay at Big Cedar with amenities like paddle boats, kayaks, mini golf and swimming pools.

Once you've enjoyed all the fun at Big Cedar Lodge, take a short drive to Dogwood Canyon Nature Park for hours of family fun. Dogwood Canyon is a 10,000-acre "wilderness paradise" that houses wildlife including bison, elk and Texas longhorn cattle. Some of the features at the massive park are an incredible treehouse, horseback riding, tram tours, biking trails with bikes available for rental and walking and hiking trails.

Visit BigCedar.com for more information on the lodge and DogwoodCanyon.org for details on the nature park.



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MAKE SUMMER COUNT:

6 Ways High School Juniors Can Prepare for College

BY KEIANA HOLLEMAN

The last summer before your student's senior year of high school is a critical time for college preparation. From taking college entrance exams to applying for colleges and private scholarships, your student has a variety of activities to complete that will help them stand out on college applications.

The actions your student takes now will help them get into the college of their choice, and potentially receive the financial aid and scholarships necessary to keep college costs low for your student and your family. To learn more about what Henderson State is doing to prepare high school juniors and seniors for the college admission process, check out hsu.edu/livereddie.

Throughout the summer months, your student should aim to check the following things off of their college prep to-do list.

Continued on page 20

1 CREATE A TOP 5 LIST OF COLLEGES AND UNIVERSITIES. Your student should have a list of universities they seriously want to apply to and attend. You can help your student complete this task by helping them create a list of priorities. Do they prefer to be close to home or miles away? Do they want a diverse experience with more independence or a more structured environment? Answering questions like these will help your student compile their college application list.

2 SELECT A MAJOR. We've all heard stories of students changing their majors several times throughout their college career or not declaring a major at all until junior year. Don't let your student fall behind on their graduation timeline because they haven't selected a major. Help them look through program offerings and make sure their favorite schools have their program of interest.

3 TAKE A TRIP TO THE CAMPUS TOWN. SUMMER IS THE PERFECT TIME FOR "MINI-CATIONS". Although summer campus visits aren't ideal for seeing what campus life is like, it's always a good time to view the facilities and other options available to your student. Don't forget to see what the town has to offer as well. From visiting local restaurants and stores to exploring nearby recreation areas, you and your student can make the most out of your campus visit by checking out all the town has to offer.



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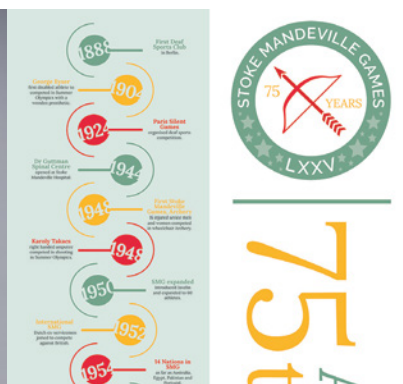
4 VOLUNTEER! Community service is a great way to spruce up your student's college and scholarship applications. Admissions teams and scholarship committees both want to see that your student is well-rounded. Participating in community service organizations or events will definitely allow your student to stand out on applications. Many schools have community service organizations on campus, so if your student is excited about giving back while they're in college this would be a great option for him or her to explore.

5 RESEARCH SCHOLARSHIPS. College is expensive. At all colleges and universities, college costs can rise continuously for your student and your family. From books and parking fees to entertainment costs, your student may need financial assistance. You can help your student look for scholarships at their institutions of interest and also within their own high school. High school counselors typically keep a full list of local scholarships in their office. Scholarships can come from your employer, your church and just about any organization in your community and state so work with your student to research these opportunities. Typically, students get the most scholarship assistance from the institution rather than private sources so make use of net price calculators and scholarship calculators to estimate your student's financial need.

6 CHECK OUT SUMMER CAMPS! Many colleges and universities offer camps for high school students during the summer months. For example, Henderson State has band, art, athletics and STEM camps on campus that allow students to enjoy learning and living on a college campus. This is a great way for your student to make themselves familiar with a campus to see if it could be a good fit for him or her. 🌈



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How to Score Free Money for Your College Education

BY LINDSAY IRVIN WITH ARKANSAS NEXT

Did you know there are people waiting to give you money for college? All students have to do is fill out a few forms! The State of Arkansas, the federal government, many local organizations and even departments at the college you're eyeing — they all have scholarships, grants and programs just waiting for you to claim.

Fill Out the FAFSA

The Free Application for Federal Student Aid is your only shot for federal dollars like the Pell Grant, which offered up to \$5,920 for 2017-18. The amount you get is based on financial need, cost of attendance and enrollment status. There's also the Federal Supplemental Educational Opportunity Grant for students with the most financial need, which can range from \$100 to \$4,000 per year. In either case, grant money you get is yours, free and clear.

Fill it out at FAFSA.ed.gov as soon after Jan. 1 as possible, which means parents will need to file their taxes ASAP since there's a limited pool of grant and scholarship money and it's first come, first serve. Remember, you'll have to reapply every year for federal aid and some state scholarships, so take notes on the process and have any important documents handy so you'll be good to go next year.

Apply for the Academic Challenge Scholarship

Funded by the Arkansas Scholarship Lottery, the Academic Challenge Scholarship is available to students whether just graduating from high school, currently enrolled in college, enrolling in college for the first time or re-enrolling after a period of time out of college.

The scholarships are available for two-year and four-year college students. The payout varies annually based on Arkansas Scholarship Lottery revenue, but has been as high as \$5,000/year to as low as \$1,000/year (for four-year college students).

Starting with the class of 2016, the only requirement is a 19 on the ACT or ACT equivalent score and a completed FAFSA application. The application deadline is June 1 and more information is available at MyArkansasLottery.com/About/Scholarships.

Use the YOUniversal Scholarship Application

Go ahead and figure out if you're eligible to receive 20 different scholarships by simply filling out the handy YOUniversal Scholarship application from the Arkansas Department of Higher Education.

You don't have to wait until you've been accepted to a college or are a senior. As soon as you've taken the PLAN or PSAT, or even the real deal ACTs or SATs, visit the site (or use the handy dandy cell phone app) and plug in your GPA and test scores to see how many of the 20 government-funded scholarships you're eligible for.

YOUniversal will even show you where you need to improve to get more money when you apply for the eligible scholarships in January of your senior year. Head to www.ARK.org/adhe_financialaid/login.aspx to find out more.

Dig for Independent Scholarships

There are lots of scholarships available for different degrees — like engineering or journalism department scholarships for engineering or journalism students. And there are some scholarships for different types of students — for different ethnicities, for students who are transferring in from another state or another college and more. Some may be small, but they add up!

Your guidance counselor will be able to point you in the direction of any local scholarships. Check out scholarships given by businesses, and ask your parents if their workplaces offer any financial aid for children of employees. Sites like ARCF.org, FundMyFuture.info, Fastweb.com and FinAid.com are all great places to look for more money. When you start looking at listings, make sure you're checking out a reputable source. Real scholarship applications don't have fees attached! 🌈

7 WAYS TO MAKE Your Campus Visit Count

BY ARKANSAS NEXT STAFF

Visiting a college campus can be a thrilling experience, but with the stress of navigating new scenery and a jam-packed tour schedule, you might find you don't get all the facts you need. Take the advice of these campus guides and students to make your campus visit memorable, worthwhile and one step closer to what's next.

1 Speak Up

The most important thing to remember while on a campus tour? Be engaged. Don't let shyness hold you back when the tour guide asks if anyone has questions, because if you're thinking it, chances are someone else is too.

Conversations about the day-to-day life you'll be leading once on campus will reveal more than just the stats you read about in the school's brochure.

2 Bring Your Parents

Whether they let on or not, your parents are wary of all the responsibility you'll undertake at college — and of their potential role in your collegiate finances. Inviting them to tag along on your tours — and being cool when they ask a lot of questions — will alleviate some of their anxieties and maybe some of yours.



3 Scout Out the Dorms

Some colleges will have a model dorm to show you on your visit. Jot down a few items that you like or will need.

Guides usually show one dorm during the tour, but this sample isn't the only kind on campus. Most schools have premium accommodations and suite-style dorms, too, though your housing options might be restricted to certain dorms your first year.

4 Locate the Essentials

Countless assignments and hours of study time pile up over the semesters, so an ample supply of quiet study spots and printer-connected workstations can make a world of difference. Some big questions to ask: Is the computer lab always open? How much does printing cost? Do I have access to any software?

Check out the student life or campus activities office, too, for pointers on how to get involved on campus, make friends and find learning opportunities outside the classroom. And checking out the on-campus dining options is a

must. Find out what's open when, how much it costs and what options are available if you have special dietary needs.

5 Go Social

From Greek organizations to groups and clubs, you'll be missing out if you don't find out about the on-campus social (and resume-building!) opportunities.

You may not think of yourself as the fraternity or sorority type, but rush week can change all the perceptions you have about Greek life. If you have an interest in rushing, make sure to look at some of the houses on campus.

Don't speak Greek? College campuses are home to loads of advocacy groups, student government associations and professional organizations within your field of study. Take a look around at what's available.

6 Stick Around

A campus tour day trip can be overwhelming and exhausting, depending on campus size and the distance of your drive. Consider an overnight or weekend trip instead. That way, you have time to take a second stroll around campus and can experience the surrounding community while you're at it.

7 Have Fun

It's understandable to be nervous when visiting a campus for the first time, but focus on the excitement of the next step and have fun. The more relaxed you are, the clearer your mind will be to figure out the right fit for you. 🌈

MORE COLLEGE Resources

Whether your student is just entering high school or getting ready for his or her senior year, it's never too early or late to do your research. Little Rock Family's sister publication, *Arkansas Next*, is a great resource to help your student plan out their next steps after high school.



From scholarship suggestions to information about degrees offered at all of the schools in the state, it's truly a goldmine of information. You can visit the website at www.ArkansasNext.com.

Here are a two more resources in particular to check out:

Arkansas Colleges and Universities Guide

ArkansasNext.com/colleges

Public, private and technical colleges are just some of the choices in The Natural State. This guide puts all of those post-secondary options in one place and provides information on tuition, enrollment numbers, application deadlines and more.



College Degree Directory

ArkansasNext.com/degrees

This guide lists all of the degrees offered in Arkansas — from accounting to welding — and lets you know which colleges offer them.



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THE COST OF COLLEGE AND PLANNING FOR IT.

College financial questions and answers with Dr. Baldwin from the University of Central Arkansas.

What are the most common questions and concerns from parents? What should they be asking?

Many parents want to know how much the sticker costs of college are, but they don't always consider net costs, or the costs after they consider scholarships, grants and loans. Costs can vary widely among different types of institutions based on the aid available. Using a tuition and fees calculator on the college's website will allow them to easily compare tuition, fees, room and board among institutions. They also fixate on just tuition and fees (sometimes room and board) but do not think about other variable costs such as dorm expenses, toiletries and personal items, transportation (gas or airline tickets), books and school supplies, and participation in social clubs and organizations. For example, a student who chooses to participate in a Greek organization will have additional costs that are not part of the institutional charges. Those kinds of costs can add up quickly.

Also, it is rare that an institution does not raise their costs each year, so planning on those increases should be part of your family's conversation.

What questions should parents and students ask each other when considering how to pay for college?

No matter when they are starting this process, families need to start talking about their expectations. Will they expect their student to contribute to paying for college? How, and how much? What is the net price they are most comfortable with? How will they aim to get to that net price? Will the student take out loans, apply for multiple scholarships or ask relatives for contributions? What types of institutions should be considered? The goal is to talk about all of these issues before making a final decision. Now more than ever, sending a student to college is a family affair.

“EVEN IF YOU DON'T THINK YOU QUALIFY FOR ANY AID, FILL IT OUT.”

What is your advice regarding the FAFSA?

Most colleges require, or provide incentives, for students to fill out the FAFSA each year. Even if you don't think you qualify for any aid, fill it out. It doesn't really take that long,



Dr. Amy Baldwin

University of Central Arkansas - Director of Department of Student Transitions

especially if you can use the IRS retrieval tool to pull up your data, and you never know if your student may qualify for grants and work-study until you complete it. This is especially true if your family financial situation changes from year to year.

What is the greatest misconception regarding the cost of college?

It sometimes seems that it is too expensive, even after financial aid is taken into account. Actually, there are many options for reducing the costs of college that are available to all kinds of students. Options can include concurrent credit; ACT prep courses that help your student improve his or her test scores; two-year colleges; summer, evening and online courses that can supplement traditional semester coursework.

Realistically, when do parents need to begin saving for college?

Before the student is born? Seriously, it is never too early to start an account or to make a plan for what you are going to save for college. Unless you win the lottery, it will be difficult to save enough to cover four years' worth of tuition and fees by the time your student is ready for college. Realistically, most families will need a combination of savings, financial aid and cost-saving strategies that can help reduce the overall cost of college.

Dr. Amy Baldwin is the director of the University of Central Arkansas' Department of Student Transitions, which was created to assist returning students and students with academic need in making a successful transition into college life. She works with first-year and first-generation students and their parents in workshops explaining how to navigate the financial aid process.

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Camp Aldersgate

Expect the Unexpected

BY DWAIN HEBDA | PHOTOGRAPHY BY DANIEL MOODY

Chikiki Hill was heartsick the first time she dropped off her daughter Shikivia "Jakayla" Woods, now 16, for a weekend at Camp Aldersgate four years ago.

"The first time it was so difficult. It's hard for parents to let their kids go," she said. "My son was like, 'I'm sick. I want my sister to come back.' We laid around the whole weekend."

When her phone buzzed, Woods couldn't believe what she was seeing. Jakayla, who has cerebral palsy, was definitely not sharing in her family's down mood; far from it.

"The first weekend, they sent me pictures of her ziplining. She ziplined her first day," said her mom, smiling at the memory.

Today, Jakayla regularly attends monthly weekender camps as well as Camp Kota in the summertime. Being apart for that time is easier for mom than it used to be.

"It's a nice break, but mainly I just want her to enjoy herself because it's kind of hard for me to find something for her to do, especially money-wise," Chikiki said. "I want her to enjoy herself and do different things."

"She loves it; she makes different friends with people just like her. She's great friends with some of the counselors. She even keeps in contact with some of the counselors outside of camp."

She pauses.

"When you go there, everyone is the same. You know what I mean?"

Shelby Sides and Jakayla Woods are able to enjoy summer camp activities in an environment that caters to their medical needs.

ite



Even with its long history in the community, Camp Aldersgate is a revelation to most people in Little Rock. The first thing you notice is its size – 100 acres of pine and hardwood and sunshine so pristine you immediately forget some of the city's busiest developments lie just beyond its gates.

"We're nestled pretty nicely in the heart of Little Rock," said Ali Miller Berry, director of programs. "The city has protected us so we're able to keep a natural buffer; you don't really notice you're in the middle of the city."

Of course, Camp Aldersgate didn't start out as an urban forest oasis; when founded in 1947, the place seemed a long way from the city both in location and, given the attitudes of the day, in mission.

"A group of United Methodist women saw a need for people of all races to be able to meet peacefully, racial tensions being at the forefront of societal issues," Miller Berry said. "They came together, they wrote a grant through United Methodist Women's National Foundation and they bought this land. It used to be a turkey farm and it was six miles outside of the city. We were way out there."

"I think it rang true to me that the most accepted you'll ever feel is by somebody who has not felt accepted and how they can offer love and that sense of well, come on in, you're welcome here." - Ali Miller Berry

In fact, as one of the first places in Arkansas to cater to all – including inter-racial summer camps and other events – Camp Aldersgate might as well have been another planet. Over the years, it maintained that staunch spirit, equally welcoming to mainstream religious and fellowship groups as to people struggling with substance abuse.

But the true destiny of the camp, as a haven for children and youth facing a variety of health issues, came along in 1971.

"A local physician came to us and said, 'I have 12 kids who can't go to camp anywhere else because asthma was not well-controlled,'" Miller Berry said. "He said, 'If I stay on-site, can they come to summer camp and I'll provide medical care?' That's really where our mission took off."

Today, Camp Aldersgate hosts camps for children 6 to 18 with special needs or medical diagnosis, a sample of which includes bleeding disorders, kidney diseases and cancer. There are also weekend camps held once per month, again, tailored to children sharing similar health circumstances and a summer camp, Camp Kota, that includes children with and without special health needs.

Camp Aldersgate has also provided day camps for seniors of limited means since the 1970s. Seniors Day Out provides meals, activities and socialization every Thursday from August to May.

Other camps and events are held in partnership with community organizations and groups such as school systems. A partnership with the Arkansas Army Guard provides a spring break retreat for kids whose parents are deployed or soon will be. Another, Camp Sunshine, hosts young burn survivors sponsored by Arkansas Professional Firefighters Association and Children's Hospital.

"In terms of our direct service of volunteers and our campers, we serve about 1,700 per year," Miller Berry said. "When you factor in all those little camps, that number is more."

The camps are staffed by personnel specially trained in the particular population each camp serves. During peak summertime, the team numbers about 60 paid staffers and 300 volunteers through Camp Aldersgate's volunteer development program.



Campers get to enjoy all sorts of activities during weekend and summer camps — including time indoors for art and time outside to try their hand at archery.



Stacey Sides and her daughter, Shelby, and Jakayla Woods and her mother, Chikiki, have all benefitted from Camp Aldersgate. For the girls, it has taught them social skills and given them fun, educational experiences. For their moms, it's a time they know people they trust are caring for their kids.

"For kids 14 and up who provide services for us and help us run our programming, we focus our intentions back on how to help them," Miller Berry said. "They learn how to interview for the first time, turn in paperwork, become professionals. But most importantly, they become advocates for kids with special needs as their peers."

"In fact, we also have a lot of counselors that started as youth volunteers at age 14. They needed service hours, this was a good place and then they got hooked and come back."

Counselors aren't the only ones who form a tight community. Campers routinely return year after year, creating close bonds with fellow campers and staff. Stacey Sides, mother of camper Shelby Sides, says the programs are a big part of her daughter's life. Shelby was born with cerebral palsy and microcephaly.

"I hesitated sending her because I'm an overprotective mom," she said. "I finally caved, you know, try this out and see what happens. I really expected phone calls, text messages, something, because I wasn't sure how she would do. I was paranoid the whole weekend, but I had no reason to be."

"Her social skills have gotten so much better. Even her teacher said something last year because she's so much better with people her own age. (Camp) helps the kids learn to interact with each other."

Once Stacey saw how well-adjusted Shelby was, she was able to appreciate another benefit of Camp Aldersgate programs as a respite for parents of children with special needs.

"Life takes its toll, you get tired," Stacey said. "Shelby, I miss her when she's gone, but I do need a break. I never realized how much I needed a break until I got one."

Miller Berry said the mission of Camp Aldersgate continues to evolve through new camps that reflect the needs of the community. Camp Conquer, started last year, helps train high school peer leaders to identify and intervene when a classmate is struggling with thoughts of suicide. This summer, the inaugural Camp Hope will welcome kids who are survivors of domestic abuse, in partnership with Little Rock's Women and Children First.

For Ali, like a many staffers here, the work is not just rewarding, it's highly personal.

"I come from a wonderful family and my best friend in fifth grade had a little brother with Down syndrome," she said. "My dad could see me kind of watching him and trying to process and understand. And he said, 'Ali, people like Thomas are angels sent from baby Jesus to show you what life's supposed to be like.' That truly hit home."

"I started to watch over the next few years and I think I really understood that sense of joy and love and across the board acceptance. I think it rang true to me that the most accepted you'll ever feel is by somebody who has not felt accepted and how they can offer love and that sense of well, come on in, you're welcome here." 🌈

My Son Loves Learning

Thanks to School Choice and the Succeed Scholarship

BY LAURA WARD

School choice has changed my son's life. Last year before he entered kindergarten, Lane was tested by our local public school for developmental delays. To our surprise, they told us he could attend a regular classroom despite showing signs of learning difficulties.

However, he struggled both academically and socially all year in the regular classroom. Lane wasn't able to receive the individualized instruction and therapies he needed. I had to check him out of school two days a week and take him to another facility for speech, physical and occupational therapies. As a parent, I couldn't sit by and watch him continue to go down that path and fall farther behind his peers.

Many people, including my son's pediatrician, had recommended ACCESS Academy, a private school for special needs. However, it was too expensive. While searching for alternative ways to afford the tuition, I learned about the Succeed Scholarship.

The Succeed Scholarship allows public school students with Individualized Education Programs to apply for scholarship funds to attend a private school that may be more suited to meet their needs. High-quality educational opportunities should be available to all students, regardless of zip code or income.

We were thrilled when we found out that Lane received the scholarship and would be able to attend a school that also offers all of his therapies at the same location. The difference is night and day between last year and now. Being able to send Lane to a school that focuses on reading, language development and vital social skills training has been more than we could have ever hoped for. It's a blessing for our whole family.

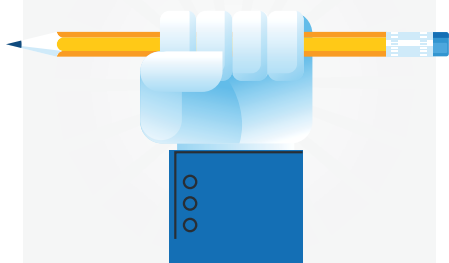
Each child learns differently and they can't all be taught the same way. In addition to academics, social and



communication skills work together in a holistic approach to education and this combination has benefitted Lane. He now enjoys learning and is excited to show me the progress he is making.

Parents deserve options and know what is best for their child. I encourage all parents of students with special needs who are struggling to find the best educational fit for their child to consider the Succeed Scholarship. I hope that all Arkansas families will have the opportunity to find the best educational fit for their unique needs.

Laura Ward's son, Lane, is able to attend ACCESS Academy thanks to school choice and the Succeed Scholarship, helping him to become more confident in his own abilities and to enjoy learning.



ABOUT THE **Succeed Scholarship**

This program allows a public school student with special needs to apply for up to \$6,700 in scholarship funds to attend a private school that may be more suited to meet the student's needs.

Public school students with an IEP who have been accepted for admission into a private school that is eligible to participate in the program can apply for the scholarship. A list of approved schools is available at www.TheReformAlliance.org.

Currently, the program serves more than 160 Arkansas students.

Thanks to a 30 percent increase in funding, more students will receive the scholarship in the 2018-19 school year.

The application process is easy! Fill out the student application available at www.TheReformAlliance.org/succeed-scholarship and return it to The Reform Alliance for processing. Along with the application, you will need to include proof of an IEP, proof of private school acceptance and either proof of public school attendance or a signed superintendent waiver.

New student applications for the 2018-19 school year will be accepted through June 30.

The Reform Alliance is helping the Arkansas Department of Education implement the Succeed Scholarship Program. Call (501) 244-9028 for more information or email info@thereformalliance.org.

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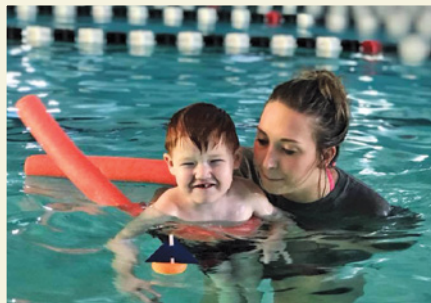
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Provider-led Models

Q: WHAT IS THE STATE TRYING TO ACCOMPLISH WITH THE DEPLOYMENT OF THE PASSE PROGRAM?

A: The PASSE organizations will be responsible for coordinating the physical health care services, behavioral health services and specialized home and community based services. The focus is members who have intensive levels of treatment or care due to mental illness, substance abuse or intellectual and developmental disabilities. Many Arkansans will benefit from care coordination that will support continuity of medically necessary care in a well-organized system of coordinated care. By effectively coordinating care, members will have a healthier life and enable the foundation to integrate back into the community. We will see better outcomes for these members and innovative payment models for providers that rewards quality performance and outcomes. Other states have demonstrated savings through programs like this and there is no reason Arkansas cannot achieve the same results.

Q: WHAT IS THE DIFFERENCE BETWEEN A PASSE AND MANAGED CARE?

A: PASSE organizations are 51 percent provider owned. Having provider ownership gives a balanced approach to managed care with a patient-focused model that the

provider leads at the point of care. This model also helps keep precious tax dollars in the state we serve.

Q: WHO ARE THE FOREVERCARE PARTNERS AND WHY?

We have strategically assembled a group of non-profit organizations focused on Arkansas and Arkansas delivery system needs.

Rehabilitation Network Outpatient Services LLC. — provides pediatrics physical therapy clinic in Conway that specializes in the diagnosis, treatment and management of infants, children and adolescents with a variety of congenital, developmental, neuromuscular, skeletal or acquired disorders/diseases.

Community Service Incorporated – serves the youth of west central Arkansas and provides quality care through professionals specializing in psychiatry, social work, behavioral health, prevention and education, health science and substance abuse.

Arkansas Pharmacy Providers – statewide professional association comprised of 2,300 pharmacists in Arkansas that strives to further the professional advancement of pharmacists, advocate the value of pharmacy and safeguard the health and well-being of every Arkansan.

Arkansas Community Healthcare Providers – nonprofit organization established to expand access to affordable quality care in Arkansas and creates a unified voice for its member health centers and the patients they serve. Their

goal is to improve access to care and reduce health disparities and improve health outcomes.

Ouachita County Medical Center – provides accessible, personal and quality health care in a safe and confidential environment. Their goal is to provide the community with comprehensive service and care.

Gateway Health – provides access to integrated, superior health care as a top-ranked managed care organization that serves over 500,000 members across six states. Gateway Health's mission is to improve the health and wellness of the individuals and the communities they serve.

Through these partners, ForeverCare has ownership and board representation from rehabilitation, community clinics, pharmacy, medical facility and managed care organizations. Bringing this expertise together gives a voice at the table to construct a successful model to support the needs of Arkansans in the program.

Q: WHY SHOULD A MEMBER OR PROVIDER GO WITH FOREVERCARE?

A: ForeverCare is built by local, nonprofit providers focused on helping Arkansans live a better life agnostic of the social economic conditions presented to them. We are passionate, committed to excellence and are here for the community.



Creating over 100 new jobs in Arkansas over the next year

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Governor's Council on Developmental Disabilities

Advocating for Arkansans with Intellectual and Developmental Disabilities

Q: HOW CAN I LEARN MORE?

A: The Governor's Council on Developmental Disabilities (GCDD) is a federally funded, self-governing organization. Council members and staff are committed to advancing public policy and systems change that help individuals with disabilities gain more control over their lives. You can learn more by visiting our website GCDD.ark.org. Another way to learn more is to attend one of our quarterly business meetings. Our meetings are typically held on the second Thursday in the months of March, June, September and December. Call the council's administrative office at (501) 682-2897 for details on the time and locations. We post our meeting announcements on our website, at www.Arkansas.gov on the public meetings calendar and on social media @gcddar (Facebook and Twitter).

Q: HOW CAN I JOIN THE COUNCIL?

A: The Arkansas council has 23 members who are appointed by the governor. Members are required to be one of the following: individuals with developmental disabilities, family members of individuals with developmental disabilities, directors of state agencies that serve people with disabilities and/or representatives from nonprofit or private organizations that provide services and supports for people with disabilities. The governor is responsible for appointing members and seeks the most qualified candidates for these appointed positions. Interested applicants must fill out the online application for appointment to be considered: https://www.ark.org/gov_bcaq/app/instructions.html

The instructions will lead you through the process. After you submit your application to the Governor's Boards and Commissions Office, please reach out to current council members or staff to let us know you are interested in serving.

Q: HOW CAN I PARTICIPATE?

A: The council's meetings are open to the public. One way to participate is to attend a GCDD meeting. Another way to participate is to volunteer! GCDD operates with a small administrative staff and there is always plenty of work to be done. Call our office at (501) 682-2897 and ask for our program manager to learn about volunteer opportunities. You could also seek out volunteer opportunities with one of our collaborative partners: Disability Rights Arkansas, Partners for Inclusive Communities or the Arkansas State Independent Living Council. As partners in the Arkansas Developmental Disabilities Network, our organizations work cross-functionally to achieve the core goals of the Developmental Disabilities Assistance and Bill of Rights Act (Public Law 106-402): self-determination, independence, productivity, integration and inclusion in all facets of community for people with developmental disabilities. You can participate by advocating in your community! Advocacy is an activity by an individual or group which aims to influence decisions within political, economic and social systems and institutions. Join us by advocating for your fellow Arkansans with intellectual and developmental disabilities (IDD). With the help of partners across the state, we are building a Community of Champions for IDD. Find out more about this effort at www.FCCare.org/champions. The Community of Champions is a grassroots effort to coordinate people around Arkansas to work together to ensure that people with IDD are supported and accepted. Take the pledge and become a champion today!



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www.gcdd.ark.org
501-682-2897

f t @gcddar

Funding for this ad provided under PL 106-402

Raymon B. Harvey, Attorney

Elder Law and Special Needs Trusts

There are two programs that may be available for a disabled child. One is Supplemental Security Income (SSI) and the other is Social Security Disability Insurance (SSDI). Each program has differing eligibility criteria.

Q: WHAT IS SSI?

A: SSI makes monthly payments if the child is under 18, meets the child's definition of disabled, and has low income and resources. The child must have a physical or mental condition or a combination of conditions that result in "marked and severe functional limitations." Other family members income and resources can prevent SSI if the child lives at home. These restrictions stop applying once the child turns 18. Once qualified, Social Security will periodically reevaluate the child's medical condition. They will also review the income and resource eligibility criteria.

Medicaid (medical care) is automatic if someone receives SSI. There is no special application process. Medicaid benefits include inpatient hospital services, outpatient hospital services, EPSDT: Early and Periodic Screening, Diagnostic, and Treatment Services, nursing facility services, home health services, physician services, rural health clinic services, federally qualified health center services,

laboratory and X-ray services, family planning services, nurse midwife services, and certified pediatric and family nurse practitioner services.

Q: WHAT IS SSDI?

A: SSDI makes monthly payments to adults whose disability started before age 22. Unlike SSI, there are no income or resource requirements. This benefit is referred to as a child's benefit because it is paid on a parent's Social Security earnings record. To be entitled to this benefit the parent must be receiving Social Security (retirement or disability) benefits or the parent worked enough to qualify for Social Security and has died.

Medicare (medical care) is automatic if someone receives SSDI. However, SSDI recipients aren't eligible to receive Medicare benefits until two years after their date of entitlement to SSDI (this is the date their disability began, up to a year before their application date).

Medicare is divided into parts. Part A

includes hospital care, skilled nursing facility care, Hospice, and home health services. Part B, which is elective and requires a monthly premium, includes preventive services (like medical checkups and screenings), medically necessary services (like supplies or services you need to treat a medical condition), emergency room services, kidney dialysis, mental health care among other services. Part C means you have chosen to leave Medicare for a Medicare Advantage Plan and Part D is for prescription drugs. Medicare doesn't include long-term care (also called custodial care), most dental care, eye exams related to prescribing glasses, dentures, cosmetic surgery, Acupuncture, hearing aids and exams for fitting them, or routine foot care.

There is generally a deductible and copayment that must be met. There are separate Medicaid programs called Extra Help that may cover the part Medicare does not. The Qualified Medicare Beneficiaries program (QMB) pays the Medicare premium, deductibles and coinsurances if the person's income is limited to 100 percent of the Federal Poverty Limit. The Federal Poverty Limit for a one-person household for 2018 is \$1,012.00. The Specified Low-Income Medicare Beneficiaries (SMB) program pay the Medicare Part B premium if the income is between 100 percent and 120 percent of the Federal Poverty Limit.

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www.ArkansasElderLaw.com
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INDUSTRY /
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Developmental Disabilities and Learning Differences

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[@accessgroupinc](https://twitter.com/accessgroupinc)

[@accessgroupinc](https://www.instagram.com/accessgroupinc)

Little Rock Professional Advises Parents to Seek Early Intervention

Q: My child is almost two years old. How much should she be talking?

A: Though children develop at their own pace and the range of what's considered "normal" development is quite broad, there are some standard guidelines you can use to know if your child is meeting certain developmental milestones. By two years of age, your child should use and understand at least fifty words, use two-word phrases without imitating or repeating, and use speech to communicate more than immediate needs.

Q: What does it mean if my toddler isn't using words to communicate?

A: Every child develops differently, but some differences may simply indicate a slight delay while others may be a cause for greater concern. A moderate to severe speech or language delay can be an indicator of an underlying delay or disability. There are a wide variety of reasons a child may experience a delay in language development, including language or learning disabilities, difficulty controlling the muscles used for speech, hearing loss, or autism spectrum disorders.

Q: What should I do if I suspect my child may not be talking as much as he should?

A: If you think that your child is not talking at the same pace or in the same way as most children his or her age, talk first to your child's pediatrician. Local evaluation centers such as the ACCESS Evaluation and Resource Center in Little Rock can also help determine or rule out the possibility of a language or learning disability or a developmental delay. Detecting delays early and getting needed intervention is so important and ensures that your child is on track to reach his or her fullest potential.

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Robert Jarvis, M.D.
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George Konis, M.D.
Adult Substance Abuse
Disorders



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special needs resource guide

ALL AREA CODES ARE (501) UNLESS OTHERWISE NOTED

ADD/ADHD

ADD/ADHD Clinic at Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

ADVOCACY AND SUPPORT

American Childhood Cancer Organization of Arkansas
P.O. Box 3854, Little Rock
376-4567, www.ACCO.org/Arkansas

Arkansas Governor's Council on Developmental Disabilities (See ad on page 38)
1515 W. 7th St., Suite 320-330, Little Rock
682-2897, www.GCDD.AR.gov

Arc of Arkansas
2004 Main St., Little Rock
375-7770, www.ArcArk.org

Arkansas Advocates for Children and Families
1400 W. Markham St., Suite 306, Little Rock
371-9678, www.ARAdvocates.org

Arkansas Dept. of Human Services-Division of Developmental Disabilities Services
P.O. Box 1437, Slot N501, Little Rock
683-0870, www.HumanServices.Arkansas.gov/About-DHS/DDDS

Arkansas Disability Coalition
1501 N. University Ave., Suite 221, Little Rock
614-7020, www.ADCPTI.org

Arthritis Foundation
P.O. Box 56481, Little Rock
232-7298, www.Arthritis.org/Arkansas/

Bereavement and Loss-Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

Coping with Chronic Illness-Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

Fellowship Bible Church (See ad on page 42)
1401 Kirk Road, Little Rock
224-7171, www.FellowshipOnline.com

First Assembly of God: COOL Kids (See ad on page 29)
4501 Burrow Drive, North Little Rock
758-8553, www.FirstNLR.com

ICM Inc.
1525 Merrill Drive, Little Rock
228-0063, www.ICM-Inc.org

Independent Living Services
615 East Robins, Conway
327-5234, www.IndLiving.org

JDRF-Greater Arkansas Chapter
11324 Arcade Drive, Suite 16, Little Rock
217-0321, www.GreaterArkansas.JDRF.org

March of Dimes
1501 N. Pierce St., Suite 106, Little Rock
663-3100, www.MarchofDimes.com/Arkansas

AUTISM SPECTRUM DISORDERS

Arkansas Autism Research & Outreach Center
322 Main St., Suite 501, Little Rock
454-8542, www.AAROC.org

Autism Resource Center of Arkansas
2740 College Ave., Conway
733-1627, www.CommunityConnectionsAR.org

Autism Spectrum Disorders Clinic-Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

Easterseals Arkansas Autism Classroom
3920 Woodland Heights Road, Little Rock
227-3600, www.Easterseals.com/Arkansas

BEHAVIORAL ISSUES

Brain Balance Achievement Centers of Little Rock
12111 W. Markham St., Suite 440, Little Rock
217-4073, www.BrainBalanceCenters.com

The BridgeWay (See ad on page 40)
21 Bridgeway Road, North Little Rock
771-1500, www.TheBridgeWay.com

Rivendell Behavioral Health Services
100 Rivendell Drive, Benton
316-1255, www.RivendellofArkansas.com

BLIND OR VISUALLY IMPAIRED

Arkansas Children's Hospital Eye Clinic (See ads on page 46 and back cover)
1 Children's Way, Little Rock
364-4000, www.ARChildrens.org

Arkansas Dept. of Human Services-Division of Services for the Blind
700 Main St., Little Rock

Arkansas Regional Library for the Blind and Physically Handicapped
900 W. Capitol Ave., Ste. 100, Little Rock
682-1155, www.ASL.Lib.AR.US

Arkansas School for the Blind
2600 W. Markham St., Little Rock
296-1810, www.ArkansasSchoolfortheBlind.org

World Services for the Blind
2811 Fair Park Blvd., Little Rock
664-7100, www.WSBlind.org

DEAFNESS/SPEECH AND HEARING

Affiliated Audiology Center
10310 W. Markham St., #207, Little Rock
224-6910, www.AACHearingDoctors.com

Arkansas Children's Hospital Audiology Department (See ads on page 46 and back cover)
1 Children's Way, Little Rock
364-4000, www.ARChildrens.org

Arkansas Dept. of Health-Infant Hearing Program
4815 W. Markham St., Slot 20, Little Rock
280-4740, www.Healthy.Arkansas.gov/Programs-Services/Topics/Infant-Hearing

Arkansas Relay Services (See ad on page 45)
900 S. Shackleford Road, Suite 700, Little Rock
221-1285, www.ArkansasRelay.com

Arkansas School for the Deaf
2400 W. Markham St., Little Rock
324-9506, www.ARSchoolfortheDeaf.org

Better Hearing Care
307 E. Collin Raye Drive, DeQueen
991-4354, www.BetterHearingCare.net



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Special Needs Pastor – Amy Moore
amoore@fellowshiponline.com
Special Needs Director – Amanda Laboy
alaboy@fellowshiponline.com



Butterfly Learning Center

The UCP Butterfly Learning Center is committed to providing state-of-the-art inclusive preschool services for children of all abilities. The center prides itself in carefully addressing the growing and future needs of all the children and families served.

- Ages range from six weeks through five years.
- Certified education specialists, special trained teachers, speech, occupational, and physical therapists on staff.
- Low child to staff ratios of 1:4 for children ages six weeks to three years and 1:7 for three to five years.



9720 N. Rodney Parham Road Little Rock, AR 72227 (501) 228-3868

ucpark.org

DEAFNESS/SPEECH AND HEARING

Little Rock Audiology Clinic
500 S. University Ave., Suite 405, Little Rock
664-5511, www.LittleRockAudiology.com

Speech/Language Assessment-Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

UALR/UAMS Speech & Hearing Clinic
5820 Asher Ave., Suite 600, Little Rock
569-3155, HealthProfessions.UAMS.edu/Programs

DENTAL

Arkansas Children's Hospital Dental Clinic Arkansas
(See ads on page 46 and back cover)
1 Children's Way, Little Rock
364-1816, www.ARChildrens.org

Small Bites Pediatric Dentistry (See ad on page 7)
1001 S. Bowman Road, Suite 1, Little Rock
222-9101, www.SmallBitesPD.com

DISABILITY GROUPS

Arkansas Down Syndrome Association
(See ad on page 43)
P.O. Box 55675, Little Rock
223-3696, www.ARDownSyndrome.org

Arkansas Rehabilitation Services
525 W. Capitol Ave., Little Rock
296-1600, www.ARCareerEdu.org/ARS

Arkansas Support Network
6836 Isaac's Orchard Road, Springdale
(479) 927-4100, www.Supports.org

Best Buddies
2513 McCain Blvd., Suite 2, #259, North Little Rock
(615) 891-2046, www.BestBuddies.org/Arkansas

Central Arkansas Muscular Dystrophy Association
204 Executive Court, Suite 208, Little Rock
227-7098, www.MDA.org

Easterseals Arkansas
3920 Woodland Heights Road, Little Rock
227-3600, www.EastersealsAR.com

Learning Disabilities Association of Arkansas
P. O. Box 23514, Little Rock
666-8777, www.LDArkansas.org

UA Partners for Inclusive Communities
322 Main St., Suite 501, Little Rock
301-1100, UofAPartners.UArk.edu

United Cerebral Palsy of Arkansas (See ad on this page)
9720 N. Rodney Parham Road, Little Rock
224-6067, www.UCPArk.org

EDUCATION

Easterseals Academy at Riverdale
1600 Riverfront Drive, Little Rock
663-6965, www.Easterseals.com/Arkansas

Kids Unlimited
2792 S. 2nd St., Suite B, Cabot
941-3500, www.MyKidsUnlimited.com

Little Rock School District (See ad on page 2)
447-1000, www.LRSD.org/content/special-programs-home

Lonohe Exceptional Development Center
518 NE Front St., Lonohe
676-2786, www.LonoheExceptional.org

Lonohe Exceptional Development Center Preschool
207 W. Plaza Blvd., Cabot
628-5580, www.LonoheExceptional.org



Pathfinder Academy
2611 W. Main St., Jacksonville
840-2376, www.PF-Academy.org

The Allen School (See ad on page 28)
824 N. Tyler St., Little Rock
664-2961, www.TheAllenSchool.org

EVALUATION/ ASSESSMENT

ACCESS (See ad on page 40)
10618 Breckenridge Drive, Little Rock
217-8600, www.ACCESSGroupInc.org

Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

GENERAL

Freedom Accessibility
P.O. Box 8009, Jacksonville
712-3695, www.FreedomAccessibility.com

INSURANCE

ARKids First
700 Main St., Little Rock
(888) 474-8275, www.ARKidsFirst.com

LEARNING DISABILITIES

AEDD Sammie Gail Sanders Children's Learning Center
1300 W. 18th St., North Little Rock
907-5716, www.AEDDInc.org

Learning Disability Testing-Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

Pediatrics Plus Learning and Diagnostic Center
1900 Aldersgate Road, Little Rock
821-5459, www.PediatricsPlus.com

LEGAL SERVICES AND PLANNING

Bank of the Ozarks
17901 Chenal Parkway, Little Rock
978-2265, www.BankOzarks.com

Disability Rights Arkansas
400 West Capitol Ave., Suite 1200, Little Rock
296-1775, www.DisabilityRightsAR.org

Raymon B. Harvey Law Firm (See ad on page 39)
650 S. Shackleford Road, Suite 400, Little Rock
221-3416, www.ArkansasElderLaw.com

MEDICAL

Arkansas Children's Hospital (See ads on page 46 and back cover)
1 Children's Way, Little Rock
364-1100, www.ARChildrens.org

Arkansas Epilepsy Program PA
2 Lile Court, Suite 100, Little Rock
227-5061, www.ArkansasEpilepsy.com

Arkansas Hospice Inc.
14 Parkstone Circle, North Little Rock
748-3333, www.ArkansasHospice.org

ForeverCare (See ad on page 37)
400 W. Capitol Ave. Suite 1700, Little Rock
508-7320, www.ForeverCare.com

GI Elimination Disorders-Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

Pediatric Neuropsychological Evaluations-Dennis Developmental Center
1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

Snell Prosthetic & Orthotic Laboratory (See ad on page 35)
625 N. University Ave., Little Rock
664-2624, www.SnellPando.com

MENTAL HEALTH

Methodist Family Health
1600 Aldersgate Road, Little Rock
661-0720, www.MethodistFamily.org

NAMI Arkansas
1012 Autumn Road, Suite 1, Little Rock
661-1548, www.NAMIArkansas.org

NeuroRestorative Timber Ridge
15000 Highway 298, Benton
594-5211, www.NeuroRestorative.com

Pinnacle Pointe Hospital (See ad on page 3)
11501 Financial Centre Parkway, Little Rock
223-3322, www.PinnaclePointeHospital.com

Youth Home Inc.
20400 Colonel Glenn Road, Little Rock
821-5500, www.YouthHome.org



Arkansas Down Syndrome Association

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NUTRITION

Arkansas Children's Hospital COACH Clinic (See ads on page 46 and back cover)

16101 Cantrell Road, Suite 114, Little Rock
364-4000, www.ARChildrens.org

Arkansas Children's Hospital Eating Disorder Clinic (See ads on page 46 and back cover)

1210 Wolfe Street, Little Rock
364-8957, www.ARChildrens.org

Arkansas Children's Hospital Nutrition Center (See ads on page 46 and back cover)

15 Children's Way, Little Rock
364-3309, www.ArkansasChildrensNutritionCenter.com

Feeding Problems Clinic-Dennis Developmental Center

1301 Wolfe St., Little Rock
364-1830, www.UAMS.edu/DDC

RECREATION

ACTS Jr.

2740 College Ave., Conway
733-1627, www.CommunityConnectionsAR.org

Adapted Kids Triathlon

2740 College Ave., Conway
733-1627, www.CommunityConnectionsAR.org

Camp Aldersgate

2000 Aldersgate Road, Little Rock
225-1444, www.CampAldersgate.net

Camp Connect

2740 College Ave., Conway
329-5459, www.CommunityConnectionsAR.org

Community Connections

2740 College Ave., Conway
733-1627, www.CommunityConnectionsAR.org

Faithful Explorers

1040 Angel Court, Little Rock
888-4140, www.ICanArkansas.com

Freedom Reins

17706 Interstate 30, Suite 3, Benton
315-4414, www.KidsSourceTherapy.com

Geyer Springs First Baptist Church

12400 Interstate 30, Little Rock
455-3474, www.GSFBC.org

I CAN! of Arkansas

1040 Angel Court, Little Rock
888-4140, www.ICanArkansas.com

Junior League of Little Rock

401 S. Scott St., Little Rock
375-5557, www.JLLR.org

Lake Saracen Landing All-Inclusive Playground

501 Lake Saracen Drive, Pine Bluff
(870) 536-0920, www.CityofPineBluff.com

Miracle League of Arkansas (See ad on page 35)

P.O. Box 7372, Little Rock
940-3405, www.MiracleLeagueAR.com

One Heart Playground

Burns Park, Funland Drive, North Little Rock
791-8538, www.NLRPR.org/OneHeart

Quapaw Area Council, Boy Scouts of America (See ad on page 7)

3220 Cantrell Road, Little Rock
664-4780, www.QuapawBSA.org

Rivals United Football League

2740 College Ave., Conway
733-1627, www.CommunityConnectionsAR.org

Showstoppers Cheerleading

2740 College Ave., Conway
733-1627, www.CommunityConnectionsAR.org

Special Olympics Arkansas (See ad on this page)

2115 Main St., North Little Rock
771-0222, www.SpecialOlympicsArkansas.org

The Crossing at Angel Court

1040 Angel Court, Little Rock
888-4140, www.ICanArkansas.com

The First Tee Central Arkansas

1 First Tee Way, Little Rock
562-4653, www.TheFirstTeeAR.org

THERAPY

All Children's Therapy

1701 Aldersgate Road., Suite 1, Little Rock
224-1418, www.AllChildrensTherapy.org

Allied Therapy & Consulting (See ad on page 36)

1500 Wilson Loop, Ward, 941-5630
5532 JFK Blvd., North Little Rock, 588-3211
www.Allied-Therapy.com

Arkansas Children's Hospital Department of Rehabilitation (See ads on page 46 and back cover)

1 Children's Way, Little Rock
364-4000, www.ARChildrens.org

Special Olympics Arkansas



[@SOArkansas](http://www.specialolympicsarkansas.org)

ATHLETES

We offer free training, competition, and equipment for individuals with intellectual disabilities ages 2 and up in over 20 different sports all across the state.

HEALTH

Special Olympics Arkansas offers clinic screening & education to our athletes in an effort to focus on the importance of sport & health.

UNIFIED SCHOOLS

Promotes school communities where all young people are agents of change fostering acceptance, respect, dignity, and advocacy for people with intellectual disabilities.

Young Athletes – A unique sport and play program for children ages 2-7 with and without intellectual disabilities.

K-12 – Focuses on Unified Sports, youth leadership and whole school engagement.

SO College Clubs - Engaging college students with the Special Olympics movement.

FAMILIES

Family members are not only the biggest fans of the athletes but also serve in many key roles with the organization as coaches, fundraisers and committee members.

VOLUNTEERS

Special Olympics Arkansas welcomes individuals and company groups to attend any of our 240 competitions and over 80 fundraising events each year. There are many opportunities available year-round.

EDUCATORS

Special Olympics programs support inclusion, team building, and character development goals.

They also blend easily with your current academic units and lesson plans.

What
we do!

Arkansas Children's Therapy Group
2701 T. P. White Drive, Jacksonville
241-0410, www.ARChildrensTherapy.com

Ascent Children's Health Services Day Treatment
4107 Richards Road, North Little Rock
955-2220, www.AscentCHS.com

Ascent Children's Health Services Day Treatment and Outpatient Clinic
3214 Winchester Drive, Benton
326-6160, www.AscentCHS.com

Behavioral Health Services of Arkansas
20400 Colonel Glenn Road, Little Rock
821-5500, www.BHSArkansas.org

Beyond Boundaries (See ad on page 36)
2195 Peyton St., Ward
941-1522, www.BeyondBoundariesAR.com

Beyond Speech
16607 Cantrell Road, Suite 6, Little Rock
367-8007, www.BeyondSpeechAR.com

Centers for Youth & Families
6501 W. 12th St., Little Rock
666-8686, www.CFYF.org

Easterseals Arkansas Pediatric Outpatient Therapy
3920 Woodland Heights Road, Little Rock
227-3600, www.Easterseals.com/Arkansas

Easterseals Outreach Program
3724 Woodland Heights Road, Little Rock
227-3770, www.Easterseals.com/Arkansas/

First Step Inc.
407 Carson St., Hot Springs
624-6468, www.FirstStepArkansas.com

Hearts & Hooves (See ad on this page)
2308 Kellogg Acres Road, Sherwood
834-8509, www.HeartsandHooves.com

John Brown University CARE Clinic
8114 Cantrell Road, Suite 240, Little Rock
219-9245, www.JBU.edu/CareClinic

KIDSource
17706 Interstate 30 N., Benton
315-4414, www.KidSourceTherapy.com

Life Strategies Counseling
1719 Merrill Drive, Little Rock
663-2199, www.LSCiHelp.com

Little Rock Parks & Recreation-Therapeutic Recreation
7201 Dahlia Drive, Little Rock
570-1131, www.LittleRock.gov

OnSite Therapies Inc.
400 Natural Resources Drive, Little Rock
687-2000, www.OnSiteTherapies.net

Pediatrics Plus
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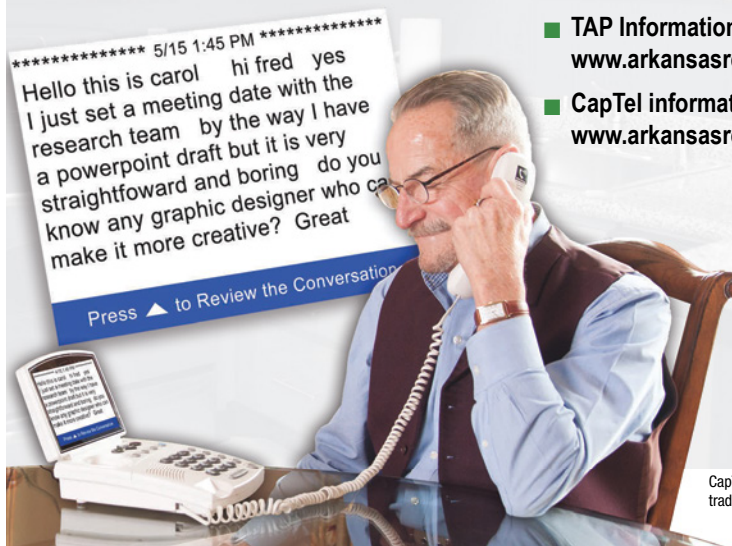
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Overdrive

BY BETSY SINGLETON SNYDER

Something began to happen just before April. Our home life, already busy, went into overdrive. I'd been begging for spring and summer, but, frankly, I started hoping to see January roll back in. I missed the month that keeps it chill, indoors and inactive.

Here's how it started. One boy decided to play baseball. I have no idea what we were thinking because we let him. Next thing I know, even before the season begins, we are driving him to practices, or a bit of D-Bat for some one-on-one instruction. Soon, there was gear. I freaked out when I considered keeping the parts of an entire uniform together: two shirts, pants, belt, socks, cleats, cap, helmet, glove, belt. One evening, I saw parts of the uniform on the floor, my husband absent-mindedly reading to the boys before bedtime. I broke out in a sweat.

I stood in front of my puzzled husband, staring daggers: "What in the world are you doing? Do you see how easily these pieces could get lost?"

I can say that I fell head over heels in love with the app GameChanger: team notices, live feed and ability to share the schedule with friends and family with the push of a button. Tech is a great help, but it didn't wash the uniform.



Betsy Singleton Snyder believes it's important to give her four boys intentional downtime to explore, play and be free of responsibility for a short time.

Another boy participated in the spring ice skating show, which happened to fall on the same night as a lot of our other kid's baseball games. We had to divide and conquer between the rink and the field. We still had gear of which to keep track: ice skates, guards, jacket and costumes.

Sometime during the first of April, around April Fool's, the boy who had been playing tennis said he wanted to go back to swimming.

"Are you sure? Let's talk to Coach."

Sadly, Coach looked very happy. We got a new swimsuit, goggles, flippers and a mesh bag. Thankfully, we already have towels. I gently said to my son, "You will never quit swim, right?"

Music lessons continued, and the end-of-year concert series kicked in. There were community events galore, a birthday, Mother's Day and preparations for my niece's wedding. We were preparing our home for the rehearsal dinner. I would be officiating the actual service. In the midst of the present realities,

we also planned for summer: camps, vacation, my husband's family's visit and some possible interior painting in our house.

If what I've described sounds like overdrive, it is. I haven't specifically mentioned that both of us work full time, so there's that. Since I'm a pastor, weekends are not truly time off. That means our family has even more planning to do if we are to rest and relax together, as well as support one another in our interests.

I wrote a book last year. In it, I included a chapter titled, "Selfie." In that chapter, I talk about how important self care is for parents. Many of us have been told that "grit" is the primary way we soldier through. I think grit is a great quality, but when family life plunges into overdrive, we shouldn't settle for merely hanging on. We must schedule time alone, time to rest, time for togetherness, time for extra help and time for nothing.

Sometimes, we need intentionally to park it.

Happy summer. 🌈



June familycalendar



Diamonds Exhibit at the Museum of Discovery

THROUGHOUT JUNE

Diamonds are the hardest natural substance known to man. Which begs the question; if it's the hardest natural substance then how do you cut a diamond? Visit the new Diamonds exhibit and find out what makes diamonds among the most valued in the world! Using some of the same tools and equipment seen in jewelry stores, you can size your own diamonds, evaluate color and determine cut. The temporary exhibit is included in regular museum admission: \$10 for adults and \$8 for children. Visit www.MuseumofDiscovery.org/exhibit/feature for more information.



Photo by Daniel Moody

Kids' Fishing Derby at Pinnacle Mountain State Park

JUNE 2 FROM 8-10 A.M.

Head to the Environmental Education Pond for this fun event for kids 15 and under. The pond has been stocked and the fish are ready to be caught! There will be a casting contest, free snacks and lots of prizes given away throughout the event, including a special prize for the biggest fish caught. Bring your own bait and tackle. Call (501) 868-5806 for more information.



Arkansas Travelers at Dickey-Stephens Park

JUNE 5-12, 28-30

Take us out to the ballgame! The Arkansas Travelers play at home 11 times this month! With afternoon and evening games on the schedule, a baseball game is the perfect way to enjoy the outdoors while relaxing this summer. A play area at the ballpark and a train that travels around the field gives kids plenty to do during the game. Visit www.Travs.com for game times; regular ticket prices range from \$6-\$12.

Music in the Garden at Dunbar Garden

JUNE 7 FROM 6-8:30 P.M.

Enjoy a warm summer evening of live music with the whole family at this two-acre garden located near downtown Little Rock. There will be food, refreshments and fun for everyone at this annual event. For more information, visit www.Facebook.com/DunbarGarden and click on "Events" or call (501) 529-8520.

Little Rock Ranger Soccer at War Memorial Stadium

JUNE 9, 16, 21 AND 30

This soccer team was established in 2016 and plays as part of the National Premier Soccer League. All the June home games start at 7:30 p.m. except the game on the 16th, which begins at 7 p.m. Tickets are \$5 for ages 11 and under and \$10 for ages 12 and over. Visit www.LittleRockRangers.com for more information on the team and to see the full season schedule.

Super Sunday Free Family Funday at the Arkansas Arts Center

JUNE 10 FROM NOON-3 P.M.

Have some artsy little ones at home? This unique event allows the whole family to experience art and explore the museum for free! Families will follow an art scavenger hunt around the Arkansas Arts Center galleries. For more information, visit www.ArkArts.com.

Princess Tea Party at The Castle on Stagecoach

JUNE 10 AT 12:30 AND 3:30 P.M.

Enjoy a tea party with your favorite fairytale characters at The Castle on Stagecoach! Little guests can dress in their fanciest princess attire and enjoy a ride in a horse-drawn carriage from the parking lot to the castle. Each child will take a photo with either The Island Princess, The Little Mermaid or The Frog Princess and receive a tiara and wand before enjoying a three-course tea as the princesses sing, dance and entertain all the guests. Tickets are \$60 for adults and \$50 for children. Call (501) 960-0658 to reserve your spot.



Courtesy of Fanciful Fairytale Parties

Little Rock Wind Symphony presents "Grand Old Flag" at MacArthur Park

JUNE 10 AT 7 P.M.

She's a grand old flag, so in honor of Flag Day come celebrate Old Glory in a grand way with hand-clapping marches, flag-waving patriotic songs, toe-tapping show tunes, and an armed forces salute. Bring the kids and your picnic baskets to an old-fashioned concert in the park! The show is free. In the event of rain, the concert will move next door to the Arkansas Arts Center auditorium. Visit www.LRWindSymphony.org for more information.

"Tuck Everlasting" at The Studio Theatre

JUNE 14-JULY 1

Based on the children's novel written by Natalie Babbitt and published in 1975, this story explores the concept of immortality, which might not be as desirable as it may appear to be. Get to know Winnie Foster and Jesse Tuck and his family as she must decide whether to stay with the Tucks or return to her own family. Regular tickets are \$25 and students, seniors and military tickets are \$20. Visit www.StudioTheatreLR.com for more information.



Photo by Chris DellaPace.

River Cities Dragon Boat Festival at Lake Willastein Park

JUNE 15-16

This annual festival benefits the Children's Protection Center. Teams race in authentic 46-foot long, Hong Kong-style dragon boats. On the 15th, enjoy live music and food trucks from 7-9 p.m. and then shortly after sunset there will be a firework display to officially kick off the event! Race fun starts at 8 a.m. on the 16th with a DJ, food trucks and children's activity area for spectators to enjoy. Visit www.RiverCitiesDragonBoatFestival.com for more information.



The River Cities Dragon Boat Festival.

Go! Mile at the Clinton Presidential Center

JUNE 16 AT 7 A.M.

This annual family fun run is just one mile long, but packs in a punch. There's an elite runners race, a half-mile for kids and The First Mile, a heat designed for newbies with zero pressure, just fun. The run is part of the Arkansas RRCA Grand Prix and benefits the Winston Penn Wardlaw Memorial Fund. The first heat starts at 7 a.m. Visit www.GoRunning.com/gomile for more information.

Juneteenth 2018 at Mosaic Templars Cultural Center

JUNE 16 FROM NOON-6 P.M.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Mosaic Templars Cultural Center hosts a day-long event featuring activities, vendors, food and entertainment for the entire community. The 2017 Juneteenth Celebration boasted more than 4,000 attendees from across the state, with more than 50 participating vendors, performers and sponsors. Visit www.MosaicTemplarsCenter.com for more information.

Father's Day Sunset Lake Cruise on Lake Maumelle

JUNE 17 FROM 7:30-9:30 P.M.

What better way to have fun with Dad than to experience the vibrant colors of the setting sun while cruising over the calm waters of Lake Maumelle? Join a park interpreter who will serve as your guide on this boat tour. The cost is \$15 per adult and \$8 per child ages 6-12. Advance payment and registration required by calling (501) 868-5806.

Twilight Hike at the Little Rock Zoo

JUNE 29 FROM 6-10 P.M.

Join the Little Rock Zoo to explore the creatures of the night. Learn about owls, bats, frogs, and even the night stars! This program comprises of a night hike around the zoo and with several other activities including a break for s'mores! The cost is \$35 for non-members and \$30 for members. Registration is required. Visit www.LittleRockZoo.com/eventcalendar for more information.

Celebrate Summer!

Saturday, June 30 • 9 a.m. - 3 p.m.



Come celebrate Summer and the new **Tree House** in the Evans Children's Adventure Garden. Stroll through the Gardens and enjoy all the summer flowers. **Children's craft booths** will be open from 9 a.m. to 1 p.m. (crafts included in admission)

Means of Grace coffee/tea truck will be at the Pavilion beginning at 9 a.m. A **Beer Garden** featuring local beer from **Bubba Brews**, more **food** and **music** will open in the Pavilion at 11 a.m.

\$15 Adults | \$5 kids 4-12 |
Free Members and kids 3 and under



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Enjoy the Outdoors

3 Fresh & Casual Ideas for Your Next Parents' Night Out

BY ALEXIS CROWE

Lake Maumelle.

Courtesy of Arkansas Department of Parks and Tourism

Summer is tricky in Arkansas. As the cold weather ends, there are a precious few weeks of beautiful weather and then it's hot and humid for what seems like months on end.

But in June, fingers crossed, the evenings are still pleasant and the temperatures may stay below 90 degrees. When those pleasant days come around, it means it's time for a parents' night out. Here are three date night ideas to get you outside this month.

1 Urban Farm Fest at Heifer Village

JUNE 7 FROM 7-10 P.M.

The second annual festival at Heifer International's downtown Little Rock location is the perfect place to enjoy a leisurely evening in the city — and it'll feel like you're out in the country. The event features food trucks, local brews and lawn games.

Attendees will get to meet the barnyard animals at the Urban Farm including pigs, llamas and chickens and take a stroll in the blooming gardens. There will also be a chance for competition with lawn games line miniature golf and Baggo. As a special treat, enjoy drinks created with ingredients from the Heifer Urban Farm.

Tickets for the casual event are \$50 apiece. Visit www.Heifer.org/UrbanFarmFest for more details.

2 East Village Street Food Jam at the Clinton Presidential Center

JUNE 16 FROM 11 A.M.-9 P.M.

This brand new event goes all day long — so if you're feeling a family outing you can bring the kids for lunch, or you can wait until the evening to enjoy a dinner date, drinks and live music.

Choose from delicious local fare from 25 select food trucks, enjoy your meal in a picnic seating area and peruse a beer garden for your favorite local brews. Live music will begin at 3 p.m. and last throughout the event. Artists include The Salty Dogs, The Going Jessies and Rodney Block / Black Superman.

Tickets are \$5 and will be available for purchase both before the event and at the gate. Visit www.Facebook.com/DowntownLR and click on "Events" for more information.



3 Stargazing Cruise on Lake Maumelle

JUNE 24 FROM 9-10:30 P.M.

Spend a romantic night under the stars on this cruise at Pinnacle Mountain State Park. A park interpreter will serve as your guide on a pontoon boat as you learn about stars, constellations and satellites in the night sky.

Tickets are \$15 and advance registration and payment are required by calling (501) 868-5806. Attendees should meet at Jolly Rogers Marina. Visit www.ArkansasStateParks.com/events for more information.



Summer means a chance to enjoy delicious bites from local food trucks at a variety of fun festivals and events.

MORE REASONS TO SMILE THIS WEEKEND.

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