



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

## You give youth a chance

Claire grew up in Alma with her mother and father. They moved around from home to home. "It just depended on where they could do drugs with their friends," she said. Claire had school as something consistent in her life, but her home life was anything but solid.

At the age of 10, Claire was living at a friend's house. Her parents left her to care for herself. Claire tried to go stay with her grandmother, but her grandmother told her she was too busy taking care of her grandfather to care for Claire, too. She ended up moving in with her aunt and uncle.

Claire lived with her aunt and uncle for a few years, but eventually they were no longer able to care for her. At that point, she lived with a foster family. Claire was with her foster family for five months before coming to live at Vera Lloyd.

"I like having a schedule," Claire said. "My house parents were more like real parents, they helped me work through my problems to figure out a solution." Through Vera Lloyd, Claire formed a relationship with her mentor and is now living off of Vera Lloyd's campus with her mentor. Claire loves to write and paint in her new home.

Claire enjoys going to her English and science classes at school. She particularly enjoys getting to do experiments in the science lab. This summer, Claire will take Spanish classes online to become an honor grad. She will be a senior in the fall and is on track to graduate high school in May 2018.

After high school Claire wants to go to college and then nursing school. She hopes to become a nurse to combine her love of science and helping others.



**"I think the best part about being at Vera Lloyd is that I am finally in a stable place."**

## Vera Lloyd is Thankful!

November is a busy month on Vera Lloyd's campus because of Turkey Trot! But, when the race ends we take the time to be thankful.

Bonnie Hicks, Activity Director, told us how youth on our campus celebrate Thanksgiving.

"We always have a big dinner on our campus the week before Thanksgiving," she said. They have turkey and ham with dressing and all the "fixin's."

"The thing I love most about this dinner is that we all get to celebrate together," said Bonnie. All of the Monticello and Little Rock staff, youth, and the youth's families are invited to the Thanksgiving meal.

Sarah Elkins, Barton house parent, said the Barton girls were getting ready for Thanksgiving too. "Thanksgiving is hard for our girls, because they want to be with family. But, they're looking forward to celebrating with everyone on campus. We're excited for our first Thanksgiving with Vera Lloyd," she said.

We are so thankful for our supporters for making this Thanksgiving dinner possible for youth and staff at Vera Lloyd.

## Save the dates!

**Saturday, November 18, 9 a.m.,** Turkey Trot 5K and one mile fun run for kids, 745 Old Warren Road, Monticello, presented by Maxwell Hardwood Flooring.

**Tuesday, November 28,** Giving Tuesday (a one-day movement for charitable giving). Give a gift to Vera Lloyd on Giving Tuesday!

**Monday, December 18,** Deadline for delivery of Christmas gifts for youth, either to Monticello campus or Little Rock office.

#GIVINGTUESDAY™





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## Busy during the holidays?



*Tracey Bratton, Laurence E. Schmidt Center Clinical Director*

I love to-do lists! What about you? A to-do list helps keep you focused and organized. Your kids may be in all sorts of activities.

Let me guess: soccer, football, band, cheerleading, dance, church activities, school, homework, tutoring, clubs, organizations, volunteering; and then there's the "stuff" you have to do: household chores, shopping, clubs, organizations, volunteering, etc.

If you work outside the home, your to-do list gets longer. During the holidays, your to-do lists seem to multiply. Busy. Busy. Busy.

Busyness can get things done, and helping others nurtures the soul and benefits the mind, but are you exhausted and stressed out? How is exhaustion and stress affecting your life balance? If you wrap yourself up in busyness, stress and fatigue set in. You'll begin to lose the focus your to-do list is

meant to give. Your mind, body, and soul will be tired. You won't have much to offer yourself or anyone else.

Be still and ask yourself, "What am I missing out on in all this busyness?" (here's a list)

Today, have I done something for my:

### Mind?

do a puzzle, read

### Body?

hydration, nutrition, Tai Chi, Yoga

### Soul?

daily devotion, prayer, meditation

Try taking off some of the busyness from your list, be still, & enjoy life's precious moments this holiday season. Once the moment passes, it's gone, and you can't add it to your next to-do list.

*Be still & know that I am God... Psalm 46:10 (KJV)*

## Vera Lloyd Young Professionals (VLYP)

Vera Lloyd's young professionals group kicked off with a membership happy hour at the end of the summer.

This group of professionals living in Central Arkansas is part of changing lives of Vera Lloyd Youth.

VLYP will have its final event of 2017 on Tuesday, November 28. We invite those young professionals living in Central Arkansas ages 22-45(ish) who have a heart for helping youth in Arkansas to join us.

Contact Natalie at [natalieclark@veralloyd.org](mailto:natalieclark@veralloyd.org) or call 501-666-8195 to nominate yourself or someone you know.





## Black Friday, Cyber Monday, **Giving Tuesday....**

**Black Friday. Cyber Monday.**

**#GIVINGTUESDAY™**

**November 28, 2017**

We are asking for your help to give our youth a bright start to 2018!

The annual day of giving following Thanksgiving, Giving Tuesday, will be Tuesday, November 28. We invite you to make a donation that will change the lives of children and teenagers in foster care at Vera Lloyd's youth home.

Annually, nearly 200 youth from around the state find love, stability and their first opportunity to realize success while in our care. Your gift will help provide superior care to children in need.

As we get closer to the end of 2017, we want to take the time to thank you for supporting the boys and girls living on our campus. On Giving Tuesday, we want to focus on giving our youth a positive future in 2018. Will you consider a gift of \$20.18 or \$200.18 on Giving Tuesday?

Please take a moment on Tuesday, November 28 to make your gift at [www.veralloyd.org](http://www.veralloyd.org) and encourage others to give youth a bright future through a gift to Vera Lloyd. Your gift is a powerful way to celebrate the holiday season.

## **Make a difference at our children's home!**

### **Wish List:**

- Financial gifts to close the gap between state funding and costs of caring for youth
- Books, movies, board games, recreation supplies
- Living room furniture
- Funds for textbooks for youth going to college
- Funds for a guitar and piano instructor
- A 15-passenger van
- A used truck for maintenance program
- Art supplies
- Christmas gifts for youth on our campus
- Golf carts for campus

**To help, contact Natalie Clark at 501- 666-8195 or [info@veralloyd.org](mailto:info@veralloyd.org).**



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

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

Donor Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please mail to: Vera Lloyd Presbyterian Family Services, Inc. 1501 N. University, Suite 345, Little Rock, AR 72207  
Or make a gift online at [www.veralloyd.org](http://www.veralloyd.org).







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## Thank you for a great start to the school year!

Thank you for making sure our youth were ready for their first day of school this year. Your donations of school supplies filled up our conference room!

We set up a back-to-school "store" in Williamson Hall, our administration building at our children's home in Monticello. Our house parents shopped the "store" to select school supplies for boys and girls at Vera Lloyd.

Your donations and support give our youth a bright future.



Bring joy to boys and girls  
this Christmas.

EMAIL [INFO@VERALLOYD.COM](mailto:INFO@VERALLOYD.COM)

OR CALL 501-666-8195

TO SPONSOR ONE OF OUR  
YOUTH FOR CHRISTMAS

Check out our web site or make a gift at [VeraLloyd.org](http://VeraLloyd.org)!