



One-to-One

The Key to Compassion



2018

Board Member Spotlight!

We are proud to highlight two board members! Each one of these individuals takes action to improve the lives of others in their community.

Founder

Gloria White

Board of Directors 2018

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Facilities Served

Alma Healthcare

Ashton Place

Brookfield Assisted

Butterfield Place

Chapel Ridge

Covington Court H&R

Crawford H&R

Fianna Hills Nursing

Fort Smith Health & Rehab

Golden Years Retirement

Greenhurst Nursing Center

Greenwood Retirement

Hope's Creek

Legacy H&R

Legacy Heights—Van Buren

Mercy Crest

Methodist Village Sr. Living

Ozark Healthcare

Oaks NH, Poteau

Paris H&R

Pink Bud Nursing Center

Riverside—Arkoma

Sequoyah East, Roland

Valley Springs H&R

Van Buren H&R



Norma Meares
Board Member

Norma Meares is President/CEO of Arkansas Best Federal Credit Union. She graduated from Arkansas Tech University then earned her CPA certification. She worked in public Accounting for Baird, Kurtz, & Dobson, then went to work for Arkansas Best Federal Credit Union as a Financial Analyst. In 2000, Norma was named ABFCU President / CEO, and she continues in that role.

Norma has a true passion for working with senior citizens and is honored to contribute to the positive impact that Project Compassion makes enhancing the lives of the individuals it serves. She serves as chair of the Arkansas Tech University Foundation Board; chair of the Executive Committee of the Compliance Council of Cornerstone Credit Union League; and member of the Immaculate Conception Finance Council. Norma and her husband Jeff have three grown children. They enjoy travel, outdoor activities, and visiting family around Arkansas.

Ellie Harvey earned her Master's Degree in Healthcare Administration and has experience in many facets of health care. She is the administrator at The Brookfield at Fianna Oaks, an assisted living community in Fort Smith. She also teaches classes in Allied Health at ATU-Ozark. Ellie enjoys helping others maintain a sense of wellbeing, independence, and purpose. She is excited to work with Project Compassion as a Board member to continue her life's work of compassionate care.

Ellie and her husband Trevis have been married 12 years and have 3 children, 3 grand children, and one grand puppy. Ellie attends Crossroads Fellowship in Ozark and enjoys all sports, reading, traveling, and spending time with family.



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Ellie Harvey
Board Member

Annual Intergenerational Fishing Derby

Greenhurst Nursing Center's Fishing Derby day was filled with fun! Residents, GrandFriends, and staff gathered to reel in fish! It was a perfect day for students from Charleston Elementary school to visit with area nursing home residents and enjoy a picnic!



Sprint for Compassion - 5k 10k & 1 Mile



The Sprint for Compassion run/walk challenged competitors of all ages. The HOPE Humane Society mobile adoption van was a popular stop for participants to visit furry friends and donate pet food and bedding supplies.



Thanks to Euper Lane Elementary, HOPE Humane Society, sponsors, volunteers, and participants! This event supports our mission of intergenerational and pet visits.

Finish line!



Ron Novak (middle) and Andy Messenger (left) are always a winning team!



The Jaymax team



Conquering "The Hill"!

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"Pawsome" Pet Therapy

Pet therapy is a great way for volunteers to interact with residents and bring joy to their day. These special companions are more than happy to meet new friends!

Daisy Duke, a beautiful Golden Retriever (top) visits our facilities often. She loves to dress in costume for holidays. We can count on Daisy and her owner, Ruth Dudding, to bring joy and love to residents.

Aspen, a husky mix (middle right) is a well behaved, friendly canine who enjoys visiting residents with his handler, Analise Stevenson. He makes sure he doesn't miss anyone!



Our volunteer duo, Janet Matthews and Baby Boy, a happy Lhasa Apso and Pug mix (middle left), are thrilled to visit residents! Baby Boy is always ready to hear "Lets go visit"!

Pam Mahar and her American bull dog, Jazzie (bottom right), receive just as much love back as they give to residents on their visits. These safe, gentle, loving interactions benefit both pets and people. The residents and staff love pet visits and appreciate our golden hearted volunteers. Our animal friends provide entertainment, diversion, sensory stimulation, and an opportunity to reminisce.



Senior Nursing Home Olympics 2018



Seniors pulled out all the stops at the 35th Annual Senior Nursing Home Olympics! Family and community gathered to cheer on the participants while enjoying food and fun. Residents from 13 area facilities compete in this exciting event. Residents practice all year for this event and were thrilled to show off their abilities. Events included bean bag toss, discus throw, and shot put but the most popular events were the wheelchair races! Congratulations to all competitors, facility staff, and sponsors! Special thanks to

Jonas Schaeffer of Green Hurst Nursing Center and Brooke Whitworth of Pink Bud Home for the Golden Years.



Fianna Hills Nursing won the Overall Theme Award this year!



River Valley Primary Care team placed 2nd in the competition.



The Home Helpers' team took home 3rd place!



Volunteer team from Crawford Health and Rehabilitation!



Congratulations to the Elite Home Health team for placing 1st!



Claire Rose Latta, winner of The Longest Drive contest, in action!



At check-in and registration, Board members Pat Fellner, Norma Meares, Rocky Culwell, and ED Marian

A perfect day for golf! Golfers from all over the area participated in the 2018 Charity Golf Classic. Eagle Crest Golf Course hosted the tournament. All proceeds benefit our resident programs. Thanks to all sponsors, players, and volunteers!



Kevin Edwards shows off the putter he won in the Putting Competition!



Fall Facility Partner Luncheon



Thanks to all facility staff and volunteers who came out to enjoy our Fall Luncheon! Special thanks to our keynote speaker Lisa (White) Bell, daughter of our foundress, Gloria White. Lisa shared her memories of the early days of Project Compassion when she and her sister visited local nursing homes with their mother. She spoke of the passion and vision her mother had for our work. These early experiences instilled compassion and the obligation to "give back" which she actively does in her life today. Lisa's stories were entertaining, heart wrenching, and inspiring. At the conclusion of her remarks, Lisa presented a check to Project Compassion in memory of Gloria White and in honor of her legacy and the work that continues today. We are proud to carry on Gloria's work and always inspired to continue the mission she began!



Chapel Ridge staff members Sherry Savage and Jenah Shipman visit with Jamie Gilham, Project Compassion volunteer at Chapel Ridge



Lisa White Bell, Sr. Elise Forst (Board Treasurer), and Sr. Madeline Bariola



Project Compassion Board President, Sr. Judith Marie Keith, RSM accepts a donation from Lisa White Bell in honor of her mother Gloria White, foundress of Project Compassion.



Ebba Jarvis, Carolyn Abbott, Marian Conrad, Janet Matthews, Jan Winford, and Pat Fellner, aka the "Fidgeteers", shared some their latest "fidget quilts" for residents with Alzheimer's and other dementias. These bright creations help to alleviate anxiety and promote relaxation.



Crystal Melton of Fianna Hills Nursing Center and Meghan Little of Greenhurst Nursing Center

Greenwood Retirement Center Fish Fry

Volunteer Peggy Williams and her husband Miles host an annual Fish Fry for the residents of Greenwood Retirement Center near her home on Shadow Lake. Board Member, Carmelita Adams and ED, Marian Conrad were happy to assist. It was a beautiful day! Thanks to Peggy and Miles for making this a fun event!



Our Mission:
 “Bringing Joy
 Companionship,
 and Quality of Life
 to Nursing Home
 Residents”

2018 Volunteer Awards

The 2018 Volunteer Appreciation Luncheon was held at Immaculate Conception Church. We honored all of our volunteers and five special awards were presented by Mayor Sandy Sanders, Sr. Judith Marie Keith, RSM and Executive Director, Marian Conrad .

The **Gloria White Community Angel Award** was presented to Deacon **Greg Pair**. Deacon Greg is a well-known and respected member of the Fort Smith community who works with people of all ages. He works directly with Immaculate Conception and its family ministries while also working tirelessly with the homeless population in the community. Deacon Greg was instrumental in creating the Riverview Hope Campus and continues to assist people in all segments of the community. There is no doubt that he personifies integrity and compassion.



Deacon Greg Pair
2018 Gloria White Community Angel
 Presented by Sr. Judith Marie Keith RSM, Mayor Sandy Sanders, and Executive Director Marian Conrad

Nancy Heflin was honored with the **2018 Volunteer of the Year** award. Nancy is a Greenwood resident and Project Compassion volunteer since 2002. She helps with The Hearts of Gold project and visits Golden Years Retirement Village every week to play piano and interact with the residents. Nancy has a genuine love for people and has many friends at Golden Years and within the community.



Nancy Heflin, volunteer at Golden Years Retirement Village accepting the **Volunteer of the Year** award!

The **2018 Rookie of the Year** was awarded to **Charlotte Stevens**. Charlotte, a cheerful, dedicated volunteer, visits one to one at Legacy Health and Rehab in Fort Smith every week. She assists the activities staff by calling Bingo and helping with parties and other activities.

We love and appreciate all of our volunteers! This annual event is a time to relax, renew spirits, and celebrate! Decorations focused on renewal and hope and were created by Karen Lewis and friends.



Rookie of the Year Award recipient
Charlotte Stevens (right) with Mandy Nordin, Activities Dir. at Legacy Health and Rehab (left).





DONATE: I want to help Project Compassion in its 46th year to continue bringing joy and companionship to nursing home residents in this area.

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 Address _____
 City, State Zip _____
 Phone _____ Email _____

Donation amount: \$ _____

- Check: enclosed, payable to Project Compassion, Inc.
- ONLINE: I will donate online <https://ProjectCompassionInc.com>
- Credit Card:
 - VISA
 - MC
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- My gift is in Honor or Memory of _____
- Gift of Stock: Please contact us with instructions.
- Invoice: Please send me an invoice for payment by Dec. 17
- Opt Out: Please remove my name from this mailing list.

Project Compassion, Inc. is a 501(c)(3) nonprofit organization. Your contribution is tax-deductible to the extent allowed by law.



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Thank you for making a difference in the lives of our residents!

Project Compassion, Inc.
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Project Compassion Inc.

Hearts of Gold

GIFT COLLECTION FOR AREA NURSING HOME RESIDENTS

Enjoy festive food, music, & fun! Bring your unwrapped gifts
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**ACCEPTING DONATIONS NOW
THROUGH DECEMBER 18**

You're invited!

Hearts of Gold Kick Off
EMCEE DAREN BOBB - 5NEWS
TUESDAY, DECEMBER 4, 2018
Drop-in: 11:30AM-1:30PM
ST. LUKE LUTHERAN CHURCH
5401 Free Ferry Rd,
Fort Smith, AR 72903

Shopping List

Sizes Medium-5x (New Items Only)

- Sweatshirts and sweatpants
- Nightgowns
- Pajama Sets
- Lounge Pants
- Plain T-Shirts (not white)
- House Shoes (closed toe and heel)

Donation Drop off Locations

- Project Compassion Office
- All Simmons Bank Locations
- Hampton Inn-Van Buren



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