

# *BeechWood, Inc.*

## *Winter, 2021*

Artwork from Rick T.



### *What's New*

JOB OPENINGS AT  
BEECHWOOD

.....

CONTRIBUTIONS FROM  
CLIENTS

.....

UPCOMING EVENTS  
AND HOLIDAY TIPS

.....

### *COVID-19 Vaccines*

The COVID-19 vaccine is approved for people five years and older. Booster shots are also available if it has been six months or longer since you completed both shots.

Visit [www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus) for additional information on COVID-19.

1. Use the Department of Health's Vaccine Connector at <https://vaccineconnector.mn.gov/en-US/>.
2. Schedule an appointment with pharmacies such as CVS or Walgreens. Visit their website or call to schedule.
3. Metropolitan Center for Independent Living (MCIL) offers services for individuals with disabilities who live independently with or without formal in-home supports. The coordinators can be contacted through email at [mdh@mcil-mn.org](mailto:mdh@mcil-mn.org) or by calling 1-800-409-5594.
4. Minneapolis Vaccine Hunters on Facebook (helping all of MN)

## ***BeechWood ILS is Hiring***

**Full-time and part-time positions available**

The ILS program at BeechWood is now hiring. We are looking for someone who:

- Has a reliable vehicle
- Is patient, thoughtful, understanding, and non-judgmental
- A team player and can look beyond their own values to help individuals live the life they want

### **How to Apply:**

Email Sheng at [sheng.vang@beechwoodinc.org](mailto:sheng.vang@beechwoodinc.org)



*Staff and residents at Long Lake Assisted Living worked hard to decorate this beautiful tree for the upcoming Christmas holiday.*

### **What our people have to say:**

*"This job can be tough at times but also so rewarding. I personally look forward to growing our team in order to bring on more clients that so desperately need this help!"*

### **Interview with Bob & Sarah** ***How long have you been a BeechWood ILS employee?***

**Bob:** I've been in the position for 5 years. I came from many years working on a mental health unit at Fairview Riverside where I would pick up shifts all over the department. But, you get to a certain age and you want a change, and that's why I came to BeechWood.

**Sarah:** I was a special education teacher for a long time and I wanted a change, I wanted to find a job that was meaningful and found BeechWood, applied, and I love it!

### **What do you like the most about your job?**

**Bob:** Well, I'm not sure if there's just one thing! One of the best parts is knowing that you're helping people. Most of the time you experience their gratitude for helping. At BeechWood,

I'm also able to help people in more concrete ways. One is being a listening ear for people. Other things are just immediately apparent. You help them fill out a form, or you take someone to an appointment, helping them so that they don't need to call a cab or worry about the cab not showing up.

**Sarah:** I love the clients and being able to keep them living independently. I also really love the staff at BeechWood and feel like every single person that works there is dedicated to the clients and BeechWood. I enjoy going out in the community with clients and working with them to solve the day to day things that come up.

### **What kind of person would be a good fit for ILS?**

**Bob:** Someone with some patience, a sense of humor, and a positive attitude.

**Sarah:** Empathy and patience, and an open mind to working with people from all walks of life.

### **What would you say to someone considering this line of work?**

**Bob:** Definitely give it a try!

**Sarah:** If you're looking for a meaningful job, this is a good one to have!

## *Contributions from our Clients*

### **Blue Skies for Jen Forever**

***By Brenda George***

Another thing is I was always loving butterflies because the wings on them was people I love and some people move on like you are. Your butterfly antenna will make me feel like I am with you all the time. Then you teach me how to be gluten free. A lot of my family would give me things with flour and say, "it won't hurt you," but you helped me with food choices that made me feel better. Then you teach me how to walk better with my oxygen tank on. I went through a lot of problems, but you helped me overcome them. The thing I would like to tell you to do when you get new clients is tell them, "You can do anything to help you, listen to your heart." I'll be giving you some pencils to remind you that when you open your heart you show your personality and of our time together. When you show off these new pencils you show off your spirit. Here is what the pictures on the pencils mean: The the butterfly wings, I think you are the red one because you're flying around me when I have good days and bad days. Then the blue butterfly on the pencil represents the sky, and they will be dropped pencils down to me as thoughts reminding me of working with you.

I got a pen for you. You can do whatever you want with your pens, but I hope you will write a letter to me some time. I will think about you, and Cricket will be talking to you, especially when I talk about my feelings. You taught me how to share and write about my feelings. It makes me feel relaxed, calm, and I can listen to my words and learn from them who is there for me, and who is not. The plain blue pencil will be the sky, my friends and family who I loved in the years who have died are there for me from the sky, and the people who moved on are there too. As you move on, I can feel your energy from the sky and know you are here for me. When you first saw Cricket you said, "She's a little heavy." I did think she was, but I never had my own cat in my life before I met Cricket, so I fed Cricket whenever Cricket wanted, and you taught me and Alicia taught me that Cricket only needs a half a can to a can of food a day. Then you met her and she was a needy cat. She's getting better with that. When she wants attention she will meow. She is meowing now saying, "I will miss you too." Cricket will keep taking care of me when you are gone. Best luck for your new job,

*Brenda L George*

*Streaming colors, Favoring the  
direction of Acceptance, With out  
spiking or shifting upon entering the  
merge!*

*Richard Tveitbakke*

### **Poem by Bob**

"Once I had a skunk that stunk  
But now I do not have that  
skunk  
Cause he fell, down the well and  
he sunk  
and that was the end of the  
skunk that stunk, the end."



# ***Upcoming BeechWood Events***

## **BeechWood Groups**

**December:** Join us to work on ACT skills to help manage emotions. Group will continue to meet every Thursday from 2:00-4:00pm via Zoom through the month of December.

**January:** Join us for a new group topic (TBD) starting January 11th. Group will meet Tuesdays from 1:00pm-3:00pm. More information to come.

## **BeechWood Bingo & Crafts**

**Date:** December 14th and 28th. The 2nd and 4th Tuesday of each month.

**Time:** 3:00-4:30pm

**Location:** BeechWood office

**Details:** Join us for bingo and an ugly Christmas sweater contest! There will be snacks and bottled water. Prizes will be raffled off at 4:30pm. Please talk with your worker about transportation needs.

## **Tips for Coping During the Holidays**



### **Acknowledge your feelings**

*It's ok and completely normal to feel stressed, anxious, or sad around holidays.*

### **Reach out**

*Ask for help when you need it!*

### **Be realistic**

*Sometimes we can't meet everyone's expectations, and that's ok!*

### **Plan ahead**

*Sometimes it helps our anxiety to make a plan ahead of time. What will you do if you start to feel stressed?*

### **Take a breather**

*Feeling overwhelmed? Remember that it's ok to take a break!*

*Adapted from Mayo Clinic*