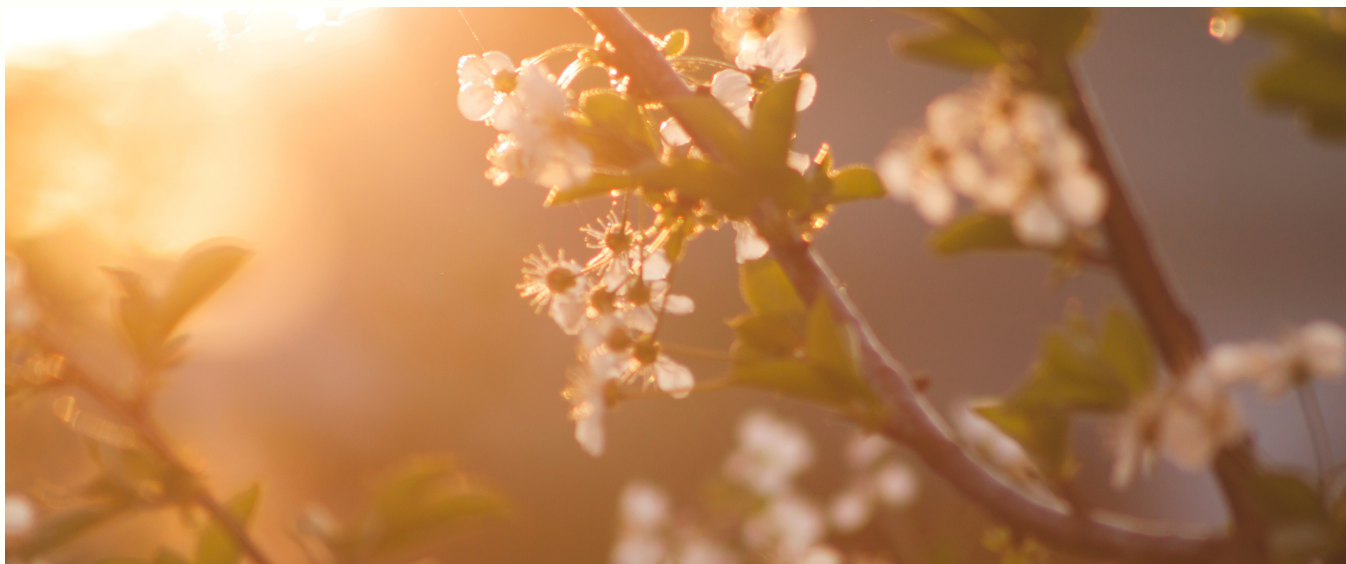


BEECHWOOD, INC. SPRING 2022



UPCOMING EVENTS

BeechWood ARMHS Group

March & April : Gratitude

Join us to work on practicing gratitude every Tuesday from 1:00-3:00pm. We're virtual for now via Google Meet, with the possibility of adding an in-person option in the future. Let your practitioner know if you're interested in joining. Everyone is welcome!

Bingo at BeechWood

Bingo takes place at the BeechWood building on the second and fourth Tuesdays of the month from 3:00-4:30pm. During March, the theme was Powerful Women and the Luck o' the Irish. Stay tuned for the April theme!

WHAT'S NEW

UPCOMING EVENTS

RESOURCES FOR CLIENTS

STAFF SPOTLIGHT

MY FATHER'S SHIRTS: A CLIENT PUBLISHED BOOK

PRACTICING MINDFULNESS

RESOURCES FOR CLIENTS - HIGHLIGHTS

The Arc Minnesota

Website: <https://arcminnesota.org>

The Arc Minnesota can help with a number of services including providing information and assistance, scholarships, planning tools, and housing services.

Open Arms Minnesota

Website: <https://www.openarmsmn.org>

Open Arms provides meals free of charge to those living with HIV/AIDS, cancer, MS, ALS, ESRD, CHF, COPD, or have been impacted by COVID-19 and would benefit from food assistance.



PHOTO BY MARTIN R. SMITH

STAFF SPOTLIGHT: JACOB WYATT, ARMHS PRACTITIONER (HE/HIM/HIS)



A favorite band/song:

Rainbow by Kacey Musgraves: this song is a great mood lifter, especially during tough times!

A favorite weekend activity: Now that it's warming up, I'm excited to get back on the hiking trails in the coming months. During winter, there's nothing like cozying up inside, with friends or alone, and watching a really good show.

The best Halloween costume you ever wore: When I was a baby, I was dressed as a little lamb and my two sisters were Little Bo Peep. I'm not sure I ever topped that!

What you wanted to be when you grew up: An astronaut

One thing on your bucket list: I would absolutely love to swim with sharks!

Who inspires you: There are so many to choose from, but I want to highlight Greta Thunberg, a 17 year old climate change activist from Sweden. Through her activism, she shows us that no matter your age or experience, you can truly make a difference by following your passion and taking action.

Favorite thing about working at

BeechWood: The relationships I've been able to form, both with clients and with colleagues, have been tremendous for my learning and for cultivating my passion for mental health. The BeechWood community is very special to me and I'm grateful to be a part!

EMPLOYMENT OPPORTUNITIES

BeechWood is hiring!

Do you know someone who is a team player? Who is thoughtful, understanding, and patient? Refer them to BeechWood and receive a \$25 gift card if they are hired and work with us for at least three months. Email sheng.vang@beechwoodinc.org to apply.

MY FATHER'S SHIRTS

A book by George S.

Congratulations to BeechWood ARMHS client George S. for his achievement in publishing his very own book! George shares some about his work with us here.

What is the book about?

My Father's Shirts is a fact-based story I've written in words and pictures about my father, who has been living with Alzheimer's and its incremental devastations for over five years.

What inspired you to write this book?

I had no idea I was writing a book when I started photographing my father. It took some time to recognize that the pictures I was making during my time with him, before he entered memory care and since then, would become a more or less coherent narrative. It unfolds over time, and the book is arranged chronologically to give readers a sense of how I experienced his deepening journey with the disease. I started posting images on the social media app Instagram, and writing extended captions to support the photos. Before long, I was getting these wonderful responses from viewers on the app, and those inspired me to keep at it. Eventually one of the commenters said she saw a book in it all, and I was suddenly aware of wanting to do exactly that.

What challenges or barriers did you encounter and how did you overcome them to accomplish this feat?

Quarantine during the pandemic effectively shut down connection for months in 2020. In person visits were prohibited, and video visits weren't very effective with him, though they provided at least a bit of real-time interaction.

I received some pushback from family and friends about doing this work; they thought it showed Dad in an undignified light, and wondered if he would have approved of the pictures if he'd had a choice. I was pretty clear that it was my decision to make, though my mother's endorsement was crucial. My IG viewers also responded in very supportive and encouraging ways. I would say that the supportive feedback I received then, and throughout these hard few years, has been critical to my emotional and mental health.

Because I self-published the book, funding the project was a big challenge. I was fortunate to receive almost 100% financial backing for printing, editorial, and design work from friends and family connections. There were only 500 copies printed, so I know I won't be making much if any money on the book; I'm just glad to have recorded the story and created a means to share my experience with those who may be suffering the dementia of their own loved ones.

If a person reading this newsletter is interested in purchasing the book how can they do so?

The book can be purchased here: <https://buy.stripe.com/7sl3cs7MPeMFgMMeUW>
For those interested, there will be a couple of copies kept at BeechWood's office.

PRACTICING MINDFULNESS

Mindfulness takes practice! Here are a few tips to help bring your awareness into the here and now - just a couple of minutes at a time.



Mindfulness tips taken from mindworks.org

1. **Take some deep breaths.** Close your eyes and focus on breathing in through your nose and out through your mouth.
2. **Enjoy the silence.** Try taking a few minutes to turn off distractions and sounds and practice enjoying the quiet.
3. **Pay attention.** Eating lunch? Pay attention to each bite and everything that went into making that meal. Washing dishes? Notice how the water feels on your hands.
4. **Go on a walk.** Have a bit more time? Get outside in nature and notice how your muscles work together. Feel the pressure of the feet on your ground. Listen to the sounds around you.