



WELCOME OUR NEW ARMHS STAFF



Catherine C., ARMHS Intern

"I am in the MSW program at Augsburg University and am in my first year in the program. I just finished my semester and will resume classes in the middle of January. I have worked in other programs that provided services to clients, such as assistance with GED, driver's license, reinstatement of driving privileges, referrals for Rule 25 and mental health services. It seemed like a natural progression to attend a social work program. I enjoy helping people with their goals and to access services that they need.

I enjoy quilting, painting, poetry, working with essential oils, and making holiday wreaths. In the summertime I have a flower garden and I feed the hummingbirds. I used to have a show dog, a corgi, and he lived to be 17. Now I have another dog, but he is not a show dog, he is just a well loved regular dog.

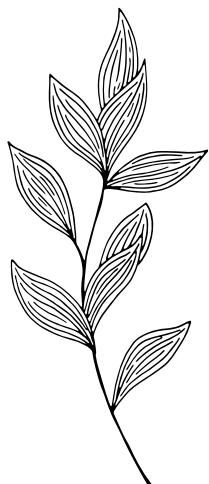
For stress relief I do deep breathing exercises and aromatherapy.

I've been at Beechwood since September and I will be here until April/May 2021."



Veronica R., ARMHS Intern

"I have been working with seniors for more than 5 years, for a non-profit organization as a Health Outreach Specialist. Before, I worked as an account manager while I did volunteering for different churches in the twin cities area. My life's experiences as an immigrant from Mexico in 2008 and then working with that community inspired me to pursue a Masters of Social Work at the University of Saint Thomas. I enjoy doing my internship at Beechwood; collaborating with Social Workers and Mental Health Practitioners has been an invaluable experience for me because it validates the importance of building a strong community that respects each other's differences, interests, and needs and in a community. That is where I want to live."



Rebecca X., ARMHS Mental Health Practitioner



WELCOME OUR NEW ILS STAFF



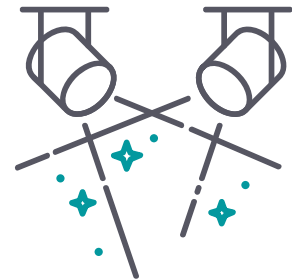
Clotese R., Independent Living Specialist

“I’ll be a full-timer with the company. I’ve been in this field somewhat for 14 years by working in group homes and having personal clients as well. I’ve always liked helping people so I saw working at BeechWood to be a good fit in my plans for the future. In my free time, I like spending time with family and friends which is kinda hard right now, but WE all will PREVAIL. I look forward to meeting you all and I’m glad to be part of the team.”

Katerina F., Independent Living Specialist - Welcome Back!



CLIENT SPOTLIGHT: KARL H.



How did you get connected with BW?: “I was reaching a crisis point in my life and reached out to my CADI waiver manager, Jen Braith and she recommended BeechWood and ARMHS services.”

What has been the most helpful about BW?: “The comprehensive concern for my needs, my goals, and the process of relating the two have been an interesting journey.”

What things do you work on with your practitioner?: “We work on skills and goal assessment and weekly genuflection on keeping a sense of agape between the two that puts the skills and goals in a state of cognitive flexibility. “

What is one thing that you learned that surprised you?:

“The care and skill of my practitioners have been an honest-to-god blessing. It has been really hard and rewarding work that has been a fulfillment in my life that I did not expect in my middle age.”



COVID-19 RESOURCE



Metropolitan Center for Independent Living (MCIL) offers services for individuals with disabilities who live independently with or without formal in-home supports. The community coordinators can answer questions and provide information on:

- Where to get tested for COVID-19
- Help setting up/paying for rides to testing sites
- Food support
- Health care and mental health resources
- Housing and rental assistance
- COVID-19 case investigation and contact tracing
- Employment resources
- Obtaining PPE or personal protective equipment
- Information on best practices for staying safe

The coordinators can be contacted through email at mdh@mcil-mn.org or through phone by calling Karli Keegan at 651-707-6304 or Jenni Schwartz, Project Manager at 651-207-9560.

MENTAL HEALTH RESOURCES



United Way 211: 651-291-0211

Peer Support Connection: 1-844-739-6369

Mental Health MN Warmline: 651-288-0400, 1-877-404-3190 or text "support" to 85511

Crisis Text Line: MN741741 or **CRISIS

COPE: 612-596-1223

Suicide Prevention Line: 1-800-273-TALK (8255)

MN Recovery Connection: 612-584-4158

NAMI: 651-645-2948

Chemical and mental health resources: <http://www.fasttracker.org>

COVID cares stress support line: 833-HERE-4MN

COVID support group via Zoom: www.riverridgemn.com



SEVEN DAILY ESSENTIAL MENTAL HEALTH ACTIVITIES TO OPTIMIZE BRAIN MATTER AND CREATE WELL-BEING



- **Focus Time**- When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
- **Play Time**- When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
- **Connecting Time**- When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
- **Physical Time**- When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
- **Time In**- When we quietly reflect internally, focusing on sensations, images, feelings, and thoughts, we help to better integrate the brain.
- **Down Time**- When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
- **Sleep Time**- When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

Dr. Dan Siegel, clinical professor of psychiatry, therapist, and founder of the Mindsight Institute sought to identify the seven most useful mental activities to create brain and mental health. He created this chart and called it the “Healthy Mind Platter” (check it out on youtube if you'd like). Just as the “Food Pyramid” was created to be a model for nutrition and physical health, the “Healthy Mind Platter” was created to be a model for the brain and mental health.

Dr. Dan says that **“These seven daily activities make up the full set of “mental nutrients” that your brain and relationships need to function at their best. By engaging every day in each of these servings, you promote integration in your life and enable your brain to coordinate and balance its activities. These essential mental activities strengthen your brain's internal connections and your connections with other people and the world around you.”**

Can you see where your self-care activities fit into this model? It could be “physical time” if you make an effort to move more. Like dancing to a favorite song, or moving about while preparing a homemade meal. Or, perhaps “downtime” if you relax and watch a favorite TV show at the end of a day. Maybe, it’s “time in” when you catch yourself feeling stressed and you close your eyes for a moment, to check-in, and take a deep breath. Possibly, it’s “focus time” when you take up something challenging you have been putting off for a while. You get the point.

These things we do to care for ourselves seem to really support our brain and mental health, suggests Dr. Siegel. However, it might help in other ways as well. Each time we take time to care for ourselves, what are we saying? What are we making a priority? Who are we declaring is important enough to be cared for? I recently heard a quote by a person named Susan Weiss Berry that really speaks to this, **“With every act of self-care your authentic self gets stronger, and the critical, fearful mind gets weaker. Every act of self-care is a powerful declaration: I am on my side; each day I am more and more on my side.”** I am on my side; each day I am more and more on my side.

Our hope at BeechWood, is that each day you are more and more on your side. You deserve someone as great as you to be on your side!



JUST FOR FUN



Brain Teaser:

A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a green house made from?

It is made of glass.

Brain Teaser:

A person stands on one side of a river, their dog on the other. The person calls the dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

The lake was frozen.

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