

BeechWood News

Fall 2018 *For Our Clients, Supporters and Friends*

Our Mission Statement

BeechWood Inc. is a nonprofit organization dedicated to helping individuals live independently by providing supportive services, training, advocacy, and supervision.

We offer the following home and community-based programs/services to individuals with disabilities (physical/mental/brain injury):

- **Independent Living Skills (ILS)**

ILS Specialists provide information, coaching, and support to assist clients to live independently and thrive in the community.

- **Adult Rehabilitative Mental Health Services Program (ARMHS)**

ARMHS Practitioners provide mental health rehabilitative services to clients in the form of instruction, support, and coaching for the purpose of promoting psychiatric stability, increased social functioning, personal and emotional adjustment, and independent living.

As a person-centered practice, we provide services based on the specific goals determined by each of our clients.

- **1:1 Counseling/Therapy (New Program)**

Our therapists provide one-on-one counseling to assist clients in understanding the behaviors, emotions, and ideas that contribute to their present stress, problems, or mental illness. Its goal is to provide coping techniques and problem solving skills to regain a sense of control and enjoyment in life.

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FALL MESSAGE

From Fanny Miller, BW Executive Director

Fall is here—and as I reflect on this time of the year, I think of ‘gratitude’ and the things for which I am grateful. I’m particularly grateful for all of us at BeechWood



who are privileged to work with and for our clients. Helping clients live independently in their own homes is our mission, and we continue to fulfill this mission through our ARMHS (Adult Rehabilitative Mental Health Services), ILS (Independent Living Skills) programs and other associated services/opportunities. I am also grateful to report that despite some temporary staffing challenges earlier in the year, both programs are now operating smoothly. Thank you to those of our clients who may have been affected by these challenges for their patience during staff transitions. I know how difficult transitions can be for all of us. Also, I would like to convey my thanks to all our staff and board members who have continued throughout the year to work diligently in providing services either directly to clients or to the organization as a whole.

In an effort to create more ways to benefit clients and our community, we have partnered with Anam Cara Therapies to launch a new counseling/therapy program for individuals who may benefit from this type of one-on-one service. My thanks to everyone involved in the development and operation of this new program and a warm welcome to new participants.

As we look to the next year, BeechWood will continue to be grateful to our clients and staff for their input in exploring further opportunities for the improvement and growth of our organization.

Happy Thanksgiving everyone!

Fanny



From Our Clients



"I Am Not Like You"

By Caryn N.

*Someday I hope you understand
That I am not like you.*

*I try sometimes so hard to be,
And it never does ring true.*

*True to myself, and to be free
To be the me I was meant to be.*

*It grates against my every grain,
And I'm sorry if I cause you pain.*

*But I cannot be you,
And you cannot be me.*

*So please, let's both try hard
Not to be anything.*

But you and me.



From Donna — ILS/ARMHS client and BW receptionist.

How would you describe yourself to someone who does not know you? "Strong willed for the most part. Calm and capable. I like to support my fellow man, praise and support where I can—not enough is passed around."

What do you enjoy doing in your spare time?

"I do color by numbers, knitting, diamond art, crochet and read. I used to read 5 books in one night."

What do you feel are your core values? "Honesty, truthfulness, standing up for what you believe in."

How did you get involved in the programs at BeechWood and for how long? "I got involved through my CADI case manager. I have been an ILS client for 10 years and an ARMHS client for 7½ years. I was the second person brought into the ARMHS program. I have worked (as a BW receptionist) for 8½ years. Best company out there as far as I'm concerned and no one is paying me to say that!"

What skills have you gained from participating in BW programs? "More confidence; I believe in myself more. I hated myself, and sometimes I still do, but I respect myself more. I am less suicidal."

How do you feel you have changed since you started at BeechWood? "I believe in myself—that's how I've changed. I know now that I have more abilities than I allowed myself to have."

What would you tell other people about your work with ILS/ARMHS at BeechWood? Nothing but a good experience; they take good care of you. The things you have to work with them—you need to think positive and work with them. I'd highly recommend them."



From Julia — ILS client and BW receptionist:

How would you describe yourself to someone who does not know you?

"I'm nice. I'm game to try things. I'm not overly worried about things. Sometimes things happen and it's kind of, 'That's life.' As anybody can see, I'm a little gimpy (chuckles). I try to make sure I get out of the house often, so I don't just sit in the home because I watch a lot of TV. If I can get out of the house, I'm not watching

as much TV (laughs)."

What do you feel are your core values? "God and faith, that's my prime."

Have your ILS service impacted your faith at all?

"Hmmm, I don't know if it's impacted it, but it's allowed it to be. Sometimes if I'm working with someone outside of BW and I say something about God, or 'I'll pray for him', I may not get a nasty comment, but my suggestion might be ignored. (ILS staff) is more accepting and might say, 'Oh, that's a good idea.', or 'We can do that.' So I like that a lot."

So it's more of an open-minded environment towards things that matter to you? "Yep, that's a good way to put that."

What would you tell people who are considering receiving ILS services?

"I'd tell them that it's really a good deal. Some people I know only go out once in a blue moon. They might have a daughter who does the 'out of the house' stuff, like grocery shopping, so since they don't need to do it, they don't leave the house. And I'm like 'Nah, I can't do that.' And my house isn't big enough to get a lot of walking in...so I'm like 'No, I need to get out of the house.' just because I know I need to get off my butt (laughs)."

Anything else you would like to add?


"I think that if people get involved with ILS through BeechWood, it's a good company. People are really nice and they care about you. I like that the people now have kept the tone of the company kind of light and easy (as when founded.) Because when you're dealing with the government and that stuff for being disabled, it's a whole list of not good things. And when you come to work (as BW receptionist) or when your ILS worker comes and you've forgot something, they don't get all bent out of shape that you forgot...or you can't do something. Yeah, I really like that a lot. I like the tone of the company."



BW Lunch/Craft/Book Club ILS poster project—Excerpts:
"The storms keep getting stronger and so do we."
"Today I am living...starts with being proactive."
"It's what's on the inside that counts."
"We are each of us, a little universe."

For Our Clients

ONGOING BEECHWOOD CLIENT OFFERINGS

- **BINGO BUFFET (ILS & ARMHS)**—Bingo with prizes and a buffet are held the second Tuesday of the month at your BW offices from 4:00-6:00 p.m. Contact your ILS/ARMHS worker to attend. *"I like to get out and I enjoy the festivity of the Bingo & Buffet with my ARMHS worker. I wish they had it Monday through Friday!" - MK*
- **LUNCH/BOOK/CRAFT CLUB (ILS & ARMHS)**—Held the third Tuesday of the month at your BW offices or offsite for field trips. 12:00-2:00 p.m. Contact your ILS/ARMHS worker to attend.
- **ARMHS GROUPS**—The ARMHS team facilitates various 4-week series of mental health groups. The November series will focus on health and wellness (Previous series have included art therapy, movies, and music.) Contact your ARMHS Mental Health Practitioner if interested in future participation.
- **BW FOOD SHELF**—Our offsite Food Shelf is available by appointment only with your ILS or ARMHS worker. Inventory is re-stocked monthly.

Happy Thanksgiving *A special delivery of turkeys will be available at the food shelf a couple weeks before Thanksgiving—first come, first served, basis.*
- **BW CLIENT ASSISTANCE FUND** - This fund is available to provide emergency financial assistance to clients on a case-by-case basis. To request assistance, clients must submit a personal letter to BW detailing their specific need for a no-interest loan . Contact your ILS/ARMHS for assistance.
- **ARMHS Clients**—A Reminder that **Medication Education & Health Assessments** (discussion only/non-physical) are provided by the BW on staff nurse. Contact your ARMHS practitioner for further information.



NEW! BEECHWOOD 1:1 COUNSELING/THERAPY PROGRAM

Our therapists are available to provide one-to-one counseling to help you to:

Understand the behaviors, emotions, and ideas that contribute to your present stress, problems, or mental illness. Our goal is to provide you with coping techniques and problem solving skills to regain a sense of control and enjoyment in life. For more information, please contact Fanny Miller at (612) 296-7101.



OTHER REMINDERS / RESOURCES

REMINDER:



Make sure to provide your case number on all pages of any documentation sent to the county, particularly in regard to your benefit renewal paperwork.

RESOURCES:



2-1-1 is a non-emergency telephone number provided by United Way that connects people with the help they need.

- Staffed by highly trained specialists who match people to the right agency based on their individual needs.
- The 24-hour, 365 days a year line makes it easy to navigate the maze of human service providers and help lines. All calls are free, anonymous and confidential. When you call 2-1-1, a real person will answer the phone. They can help you find local help for many things, including: food and shelter, counseling and mental health services, income and employment support, help for the elderly and people with disabilities, etc.



Disability Hub MN (formerly Disability Linkage Line)

1-866-333-2466 (M-F 8:30am-5:00pm) or online at disabilityhubmn.org.

- Disability Hub MN is a free statewide resource network that helps people with disabilities solve problems, navigate the service system and plan for the future. Offers tools and services so people with disabilities can get up-to-date information about community resources, including work, housing and benefits.

BeechWood Inc.
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For Our Supporters & Friends

BeechWood Board of Directors

Mark Simpson, President
Kathleen Beecher, VP/Co-founder
Jim Shelter, Treasurer; Shannon Regan, Secretary
At Large: Linda Brathen, Dustin Bystrom,
Joanne Hart, Dianne Dodge Schultz

Employment Opportunities—Positions available for ILS Specialists and ARMHS Mental Health Practitioners on a regular basis. Spanish speakers are encouraged to apply. Visit www.beechwoodinc.org for further details.

- Interested in more info about joining our board? E-mail board@beechwoodinc.org
- Interested in more info about BeechWood programs or employment? E-mail info@beechwoodinc.org

We have two BeechWood 'Our Story' videos that communicate what BeechWood is all about...check them out using the following link: www.beechwoodinc.org/news.html

"Give to the Max Day has become a Minnesota giving holiday...For 24 hours, thousands of organizations and individuals rally to support amazing and important causes that make Minnesota a great place to live, work and play." (Jake Blumberg, executive director—GiveMN) <https://www.givemn.org/organization/Beechwood>



FROM NOV.1 THRU NOV. 15TH—Donate to BeechWood on the givemn.org website and we will become eligible for golden ticket daily drawings for extra funds to be added to your donation by the Bush Foundation.