



# BeechWood Newsletter

Winter 2018

*For our clients, supporters and friends*



## **Our Mission Statement**

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

## **Programs offered:**

- *Independent Living Skills (ILS)*

*Our ILS Specialists provide assistance and skill development in the following areas: Advocacy, Self-Care, Housing, Socialization, Organization/Household Management/Budgeting.*

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

*Our Mental Health Practitioners provide assistance to individuals who are experiencing serious mental illness which affects their daily functioning. Client goals may include: learning skills for improving mental or physical health, achieving sobriety, obtaining employment/volunteer work, nurturing hobbies, building relationships and becoming more involved in the community.*

## **Reflection for the New Year from Kathy Beecher, Co-Founder & BeechWood Board of Directors VP**

### *The Gift -*

*It is natural when a New Year begins to both reflect on the past and project on the future. I may fret and regret things I did in 2017 and become certain I can change my behaviors or attitudes to ensure a positive and productive 2018. You'll notice my thinking becomes about what "I" can do. I realize I am stuck in my own head. After all this time on earth (73+years), you would think I would learn to accept Life's Gifts.*

*I believe one of the most important gifts we are offered is the insight of transitioning from an I to a WE modality and opening ourselves to the presence of others. With the beginning of a new year, we are invited into a process of changing our collective perspective at BeechWood to an US. This US consists of a radical change in listening to others, opening our hearts and collectively appreciating the beauty of the earth and all its creatures. In each moment that we are able to give our full attention to the present, our lives can take on new meaning. It seems so simple. And yet, I know it will take the collective energy of all of us in supporting and encouraging each other every day.*

*My heart is grateful for each opportunity to move beyond my I to the US of all at BeechWood in 2018.*

## **Message for the New Year from Fanny Miller, BeechWood Executive Director**

*I am delighted to begin the new year with an inclusion in this newsletter of submissions by three resilient BeechWood clients who participate in our Independent Living Skills and/or Adult Rehabilitation Mental Health Services programs. Their stories of success are compelling and impactful and we very much appreciate their willingness to share; their success is our success. Stories such as these are what motivates us every day to continue our mission of service, innovation, stewardship and integrity.*

*We look forward to the new year, its new challenges, and the opportunity to contribute to the lives of our clients. We will start out the year with a Client Appreciation Bowling Party in February, which I hope most of our clients will be able to attend. As with our other client events/group activities/meals, our goal is to acknowledge the unique strengths of our clients and create an opportunity for belonging and integration within the community.*

*Thank you to our Board members, Staff and Volunteers for their time and commitment, direction and all their hard work. **We couldn't do it without all of you!***

**From Our Clients ..... Page 2**

**For Our Clients ..... Page 3**

**For Our Supporters & Friends ..... Page 4**

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**<https://www.facebook.com/beechwoodinc/>**

# From Our Clients



**From Elizabeth** who currently participates in the BeechWood ARMHS program. Following is a recent interview between Elizabeth and her ARMHS practitioner.

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

A: *"I am a survivor of mental illness. Back in 2010, I had a psychotic break that was medically induced, and at the same time, I was just coming off of [a] string of serious health problems. I wound up going*

*into a nursing home and then to an assisted living facility. I realized that I needed to get out of there, and in 2 months I was out. I am now in a new place with a new life, a new beginning, and a new me."*

**Q: How did you get involved with the ARMHS Program at BeechWood?**

A: *"I was referred by a social worker at Hennepin County Medical Center. I was looking for help with my mental health."*

**Q: How long have you been a part of the ARMHS program at BeechWood.**

A: *"About 2 and a half years."*

**Q: What skills have you gained from participating in the ARMHS program?**

A: *"I'm learning how to reinvent myself on a positive plane. With that, I have learned patience, tolerance, second chances and leeway. I have learned how to be positive and to speak up in a diplomatic manner. I have also learned to allow someone else to help me. In fact, I have learned how to allow, period. I have learned that I do not have to do everything myself. I have learned to take ownership and control over my actions and emotions. I have learned how to trust more and how to believe in myself and others. I have learned about my own capabilities. In fact, I consider myself a bit of a "wellspring." I have come to understand my flexibility even more. There are many other things that I am still learning that I have not put a face and a label on. The most important thing is my return to spirituality."*

**Q: How do you feel you have changed since you started the ARMHS program?**

A: *"For the better. I am not the silent, angry, misunderstood and complicated/complex person that I had convinced myself I was. I have been able to bring out the me I knew was in there all along. I have changed from a dose of bitterness to a dose or two or three of happiness. I have learned it comes from within, not from outside. I have become more thoughtful in ways that I never have before. I am more likely to see the big picture along with the peripheral view."*

**Q: What do you enjoy doing in your spare time?**

A: *"That, I'm still finding out. Learning new things is something I have always enjoyed. There are numerous things that I like to do and I am learning that there are numerous things that I didn't know I could do and I have found out I enjoy. I enjoy music and art, spending time with family and friends, and I like making new acquaintances. Before, I would not have liked meeting new people—now I'm ready to accept the challenge."*

**Q: What do you feel are your core values?**

A: *"Honesty, trust, family and giving back/paying forward and spirituality."*

**Q: What would you tell other people about your work with the ARMHS program at BeechWood?**

A: *"Try it, you'll like it. I have had two good fits for practitioners which were VERY influential in getting me to where I am now. Being in my own surroundings made it more feasible to let my guard down."*

**Q: What would you tell people who are considering receiving ARMHS services?**

A: *"If you want to get better, try it."*

**From Catherine** who currently participates in both the BeechWood ILS and ARMHS programs.



*"School has always been a challenge for me because of my brain injury - which I did not know I had when I was attending grade school. People would make fun of me. I had an undiagnosed mental illness and abuse issues. Life was like hell for me. School was awful and I could not digest any information, but then I got diagnosed with brain injury at the age of 40."*

*"I had a kind ARMHS Worker through BeechWood that told me I should become a peer support specialist so I took a class at Normandale College and became a certified peer support specialist. Then I realized that that was the only beginning and that I (could) go back to school at Normandale. I decided to take the advice from a therapist who once asked me "Why are you not a therapist?" The therapist explained that I had the skill and love to help people, so I decided to go to school to become a therapist in August 2017. It has been working out well for me there and I even have an A in my class. I am not afraid to go back to school and the college experience has been wonderful. The teachers and classmates are nurturing and kind where people can thrive in. I am taking an on-line course class called 'pass to success' in college and will be starting English composition in about two months from now. I'm also taking a math class one night a week and I am excited for my future in becoming a therapist."*



**From Suzanne** who currently participates in the BeechWood ILS Program.

*"I am Suzanne B. I have a successful blended family who adore and accept me as I am. My father is my rock. He is strong, sensitive, caring—reliable and encouraging. He has raised me to be a part of the community through*

*compassion and support."*

*"When I was 26 straight out of college I was diagnosed with Borderline Personality Disorder. I embraced the reality and started my journey. I had some bumps in the road. I discovered DBT (Dialectical behavior therapy) and practice it daily. In 2012 my mama worked hard to connect me with a CADI Waiver (Community Access for Disability Inclusion.) I then joined BeechWood. I was blessed to work with Kathy Beecher, one of the co-founders of BeechWood until her retirement. Thereafter, I highly benefitted (from) the privilege of working with Sadie Green for 4 years until her promotion to ILS Lead. As I continue to work and participate with BeechWood, I am thankful (for) this opportunity."*

# For Our Clients

## Upcoming Special Client Event!

### Client Appreciation Bowling & Taco Buffet Party

Thursday • February 8 • 12:00 p.m. to 2:00 p.m.

Memory Lanes • 2520 26th Ave. So. • Minneapolis, MN 55406

Come join your BeechWood community for bowling and taco buffet, cake and having fun! Speak to your ILS Specialist or ARMHS Practitioner for further details and let them know whether you would like to attend. There is no cost for this event.

*"Do what you can,  
with what you have,  
where you are."*

*- Theodore Roosevelt*



### DISCOUNT TICKETS AT THE GUTHRIE

From the Guthrie Theater website — Gateway tickets are available for patrons with limited income for \$5. To qualify, patrons must be at least 18 years old and enrolled in one or more of the following: TANF, MFIP, WIC, General Assistance, Medical Assistance, MinnesotaCare, Supplemental Security Income, Social Security Disability Benefits, Food Stamps, Section 8 or free/reduced school meals.

Present your photo ID and one of these documents as proof of enrollment to the Box Office: EBT card, medical assistance card, Section 8 document, WIC folder, Supplemental Security Income verification, Social Security Disability Benefits verification, free/reduced school meal approval, RCA card (Refugee Cash Assistance), General Assistance verification.

Up to four tickets may be purchased for select performances by phone or at the Box Office. Valid performance dates are posted here on the Tuesday prior to the first performance of each production.

Enrollment is valid for one year. Offer excludes A Christmas Carol, concerts and presentations and is subject to availability.

<https://www.guthrietheater.org/shows-and-tickets/discounts/>

Ask your ILS Specialist/ARMHS Practitioner for further details.

## ONGOING BEECHWOOD CLIENT OFFERINGS

### • BINGO BUFFET

Join your BeechWood community for bingo, buffet and prizes every second Tuesday of the month at the BeechWood offices.

4:00 p.m.—6:00 p.m.

### • LUNCH/BOOK/CRAFT CLUB

The club meets every third Tuesday of the month at the BeechWood offices.

12:00 p.m.—2:00 p.m.

Join your BeechWood community for lunch, book discussion & crafts. You are not required to read the scheduled book to attend—participate in lunch and crafts only if desired.

### • ARMHS GROUPS

Opportunities for participation in ARMHS group activities are offered on a regular basis. Topics/Activities vary. For example—In December 2017, the following groups were offered: "Developing the Compassionate Mind", "Acceptance and Commitment Therapy" and "Holiday Crafts". Contact your ARMHS practitioner for details.

### • BEECHWOOD FOOD SHELF

Visit our off-site Food Shelf with your ILS or ARMHS worker. Inventory is re-stocked monthly.



Dawn's chair is 'wearing' her Bingo prize of a 'Life is an Adventure' sign!

**For your reference—Call \*211 for DHS inquiries, hub locations, MAEPD info, etc. From the United Way Website—"United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota. We're here 24 hours a day, 7 days a week to connect you with the resources and information you need. Whether you are in crisis, or need a little support, we're here to help."**

# For our Supporters & Friends



BeechWood supporters may donate through [givemn.org](http://givemn.org). Use the link above or go to <https://givemn.org/organization/Beechwood>.



The AmazonSmile Foundation donates 0.5% of the price of eligible purchases to the charitable organization selected by customers. Make sure to do all your Amazon shopping through AmazonSmile and choose BeechWood Inc. as your designated charitable organization. Use the link above or go to <https://smile.amazon.com>.

## BeechWood Inc. Board of Directors

Mark Simpson, President  
Kathleen Beecher, VP/Co-founder  
Jim Shetler, Treasurer  
Shannon Regan, Secretary

### At Large

Linda Brathen, Joanne Hart, Dianne Dodge Schultz

- **Employment Opportunities**— positions available for ILS Specialists and ARMHS Mental Health Practitioners on a regular basis. Spanish speakers encouraged to apply. Check current postings on the Minnesota Council of Nonprofits website. [www.minnesotanonprofits.org](http://www.minnesotanonprofits.org).
- Interested in more information about joining our Board? E-mail [board@beechwoodinc.org](mailto:board@beechwoodinc.org)
- Interested in more info about BeechWood programs or employment? E-mail [info@beechwoodinc.org](mailto:info@beechwoodinc.org)



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