

BeechWood News

Spring 2018

For our Clients, Supporters, and Friends

Our Mission Statement

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

Primary Programs offered:

Independent Living Skills (ILS)

Our ILS Specialists provide assistance & skill development in relation to: housing/household management and budgeting, socialization, self-care, goal setting and problem solving, accessing/maintaining benefits.

Adult Rehabilitative Mental Health Services Program (ARMHS)

Our Mental Health Practitioners provide assistance to individuals 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.

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Reflection for Spring

— James Shetler, BW Board Member

"It's the promise of life...In your heart, in your heart."

Back in the 1970s, one of my favorite songs was entitled "The Waters of March" by Antonio Carlos Jobim, a Brazilian composer. Every year as winter comes to an end and we wait for spring, this song comes into my head. It's a beautiful song, and the lyrics represent to me so much of what we experience as we go from a cold bleak winter to a vibrant, warm and sunny spring. But he doesn't sugar-coat it....it's the mud, it's the mud.'

In his song, Jobim turns the melting snow and rainy days into a song of rivers flowing and flooding and pushing against their banks.

The lyrics are too long to quote here, but when I think of spring....these are the parts of the song that float in my mind...

A stick, a stone
It's the end of the road
It's the rest of a stump
It's a little alone
It's a sliver of glass
It is life, it's the sun

The oak when it blooms
A fox in the brush
A knot in the wood
The song of a thrush

It's the wind blowing free
It's the end of the slope
It's a beam, it's a void
It's a hunch, it's a hope

And the river bank talks
Of the waters of March
It's the end of the strain
The joy in your heart

And the car that got stuck
It's the mud, it's the mud

And the riverbank talks
Of the waters of March
It's the promise of life
In your heart, in your heart

"Spring – A lovely reminder of how beautiful change can truly be." - Unknown

ARMHS Group Art

Therapy—pg 3

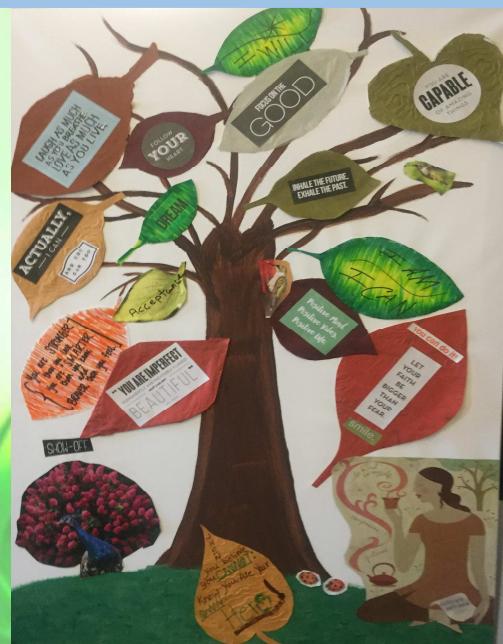
A few of the powerful text 'leaves' created by clients...

"You are capable of amazing things."

"I am—I can"

"You are stronger than you look —You are smarter than you know and braver than you feel."

"When you believe you cannot; know you are your own hero!"



From Our Clients



From Judith who receives ILS services and is one of our BeechWood Client Staff employees.

How would you describe yourself to someone who does not know you, and what do you feel are your core values?

"I'd say I'm a calm, peace-loving person—am good in an emergency. I'm positive most of the time, which I think is a really good attribute to have in this time and age. I'm creative and love to do collage, sewing, and jewelry-making—putting textures, colors, and fibers together is really what gets me excited. I'm honest—hard working. If I can share my experience, strength, and hope with someone to help them, I will. My spirituality is strong and that helps a lot."

How has ILS impacted your life?

"I've been lucky; I've always had wonderful ILS workers. They keep me sane. I'm a collector, and I have STUFF! I've lived in my house for 26 years and there's 26 years of stuff in there, so I really needed, still need, someone to help, and ILS is wonderful at being able to break this down for me into smaller pieces, given all the decluttering that I need to do. Basically, for years, I just looked at my stuff, my eyes would roll back in my head, and I'd go to bed—it was so overwhelming. ILS has been really helpful in that respect. They're like a cheering squad—I respond to that really well. They don't MAKE me do it either...like saying 'Oh Judith, your house...you should declutter'...the goals always come from me, and they help me get there."

How did you find out about the Client Staff Program and how has it impacted your life?

"My ILS worker at the time talked me into applying as a BW receptionist and helped me with my resume. She sprinkled the breadcrumbs that led me to this place. I hadn't worked since the early 90s and have a disability. I was scared to death. I thought I was unemployable. I had the idea that I wouldn't be fast enough, quick enough, or able to remember enough. I had blown it all up in my mind that it was going to be a scary place...but I walked in—and this sounds corny—but I felt the love.... felt like I fit in right away and people went out of their way to make me feel comfortable.

"Because I needed to work more than the hours available at BW, I recently dusted off my resume and updated it with the help from my BW supervisor. I applied and got a second part-time job at a hospital gift shop...Working as a receptionist at BW gave me the courage to apply for my new job. I never would've been able to do it otherwise...my self-esteem...It had just come up so much since I started."

How long have you been part of the ILS and Client Staff Program?

"I've worked with ILS over 10 years and about six years as a receptionist."

What do you enjoy doing in your spare time?

"Cuddling with my puppies; I love them. I have a rescue Sheltie with three legs named Sippy who is like an angel and Trip who's 14 years old.

"I enjoy reading when I can; I love exercise and card-making and crafts and make some jewelry occasionally...spending time with my loved ones and friends. Although my work is not my spare time, I would come to work in my spare time if I could; it's my happy place...it's where I know I have support, and I know that people only want the best for me. So, how can you go wrong there?"

What would you tell people who are considering receiving ILS or ARMHS services, or working at BW?

I'd say go for it...it'll be the best decision you've ever made. I work with BW ILS and as a BW receptionist, and also with ARMHS and my therapist outside of BW...they've all been instrumental in helping me to be able to say 'I wanna live!' and be excited about getting older, because I know who I am now; I'm not going into my 60s saying 'Woe is me'—every single day is the beginning of my life; it gives me chills."

From Caryn who participates in the BeechWood ARMHS program...given our long winter, we still thought it appropriate to include!

Jack Frost

*Icicles of silver dangling from the eaves,
Memories of a childhood shared --- not
appreciated then,
Intricately woven designs,
Painted patchwork trees of frost
Worked by a delicate hand --
Not Jack, but his brother John.*

*Laughing and giggling in our room next
to hers
Like silly children.
Sometimes my younger sister was older
than me,
As old as love, in the other room,
Who we are sure is asleep
And who pretends to be
As we tiptoe past
On our way to life.*



JuleeJulee (pen name) - ILS client

Visits between ILS Specialists and their clients require "narrative" documentation. Below is a creative way this ILS client and her worker approached one of these narratives to make it more fun for both while still fulfilling the narrative requirements (goals, actions, etc.).

*They talked about PC's for People.
In this case they meant computers.
But they also talked about ancestry.
How the shape of our faces can tell us
About our family history.
What is PC for describing nationalities?*

*Julie took a lookalike test on Facebook.
She got Marilyn Monroe.
If someone played her in a film
It could be Ashley Judd or Mira Sorvino.
She's part Navajo and Cherokee.
Does that even rhyme with anything?*

*It's important to know
Where people are coming from.
Where they want to go
And what are their dreams.
Julie dreams of coming up with money-making ideas.
She'd like to make an organic, original-themed cake.
Stay tuned!!*

- JuleeJulee

For Our Clients



ONGOING BEECHWOOD CLIENT OFFERINGS

- **BINGO BUFFET**- Bingo, buffet, and prizes the second Tuesday of the month at your BW offices. 4:00-6:00 p.m. Contact your ILS/ARMHS worker to attend.
- **LUNCH/BOOK/CRAFT CLUB (ILS and ARMHS)** - 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 a weekly series of mental health groups. Groups meet Tuesdays at the BW offices from 1:30-3:30 pm. Topics have included Acceptance and Commitment Therapy and Art Therapy. Our current group series incorporates outdoor activities and nature-based therapy. Contact your ARMHS Mental Health Practitioner if interested.
- **BW FOOD SHELF** - Our offsite Food Shelf is available by appointment with your ILS or ARMHS worker. Inventory is restocked monthly.

- **BW CLIENT ASSISTANCE FUND** - Established to provide emergency financial assistance to clients on a case-by-case basis. If in need, please submit a personal letter summarizing your need and loan request details to BW for approval. Ask your ILS/ARMHS worker for assistance. Below is an example of a type of situation for which the loan is designed.

"I was a victim of bank account fraud last year and, at the time, I was part of a debt consolidation program where I couldn't miss a payment or they would have kicked me off the program. So, it was really important that I still had money in my checking account. The BW Client Assistance program came to my rescue. They covered my immediate need to make my payment to the consolidation program and made it easy and comfortable to set up an attainable repayment plan to BW. I just made my last payment to BW and feel very proud about it—I kept my word and I paid it back. I also know that if there had been more hardship, BW would've forgiven the debt...but I feel really good that I could pay it back instead." - Judith (ILS client)

OTHER RESOURCES/UPDATES



Crisis Text Line—From the Minnesota Department of Human Services (MN-DHS)

"As of April 1, Crisis Text Line is offering Text-based suicide prevention services across Minnesota. People who text MN to 741741 will be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Crisis Text Line is available 24 hours a day, seven days a week."

Avoid and Report Medicare Scams—From the Centers for Medicare & Medicaid Services (CMS)

"Medicare will never call beneficiaries uninvited and ask for personal or private information to get their new Medicare Number and card. Scam artists may try to get personal information (like their current Medicare Number) by contacting them about their new card. If your Medicare patient is asked for their information, for money, or someone threatens to cancel their health benefits if they don't share their personal information, have them call 1-800-MEDICARE (1-800-633-4227).

"The new Medicare Number is also called the Medicare Beneficiary Identifier (MBI) and is replacing the current Social Security-based Health Insurance Claim Number (HICN) on Medicare health insurance cards. We will continue to accept the HICN through the transition period."

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For Our Supporters & Friends

BeechWood 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. 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



BW supporters may donate through givemn.org. Use the link above or go to givemn.org/organization/beechwood. Please consider becoming a monthly contributor.



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 smile.amazon.com/ch/41-1955152

BEECHWOOD VOLUNTEERS NEEDED!

If you're interested in volunteering, please call (612) 824-0415 x208 or e-mail miriam.colacci@beechwoodinc.org.

Our clients and staff need you to add your passion and elbow grease to our mission! A special 'Thank You' to Stevie M. and Val L. for their long-time commitment as volunteers and to Renee F. our newest volunteer!

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