

BeechWood News

Summer 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 are committed to embrace and live the following value statements:

- ◆ **Service:** to provide compassionate ministering through advocacy, mentoring and collaboration.
- ◆ **Innovation:** to develop staff and clients through a holistic approach in implementing clients' goals in their daily lives.
- ◆ **Stewardship:** to make use of human and material resources wisely and efficiently.
- ◆ **Integrity:** to be truthful and build a reputation of reliability and consistency.

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.

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SUMMER MESSAGE

from Mark Simpson, BW Board President

"Saturday morning was come, and all the summer world was bright and fresh, and brimming with life. There was a song in every heart; and if the heart was young the music issued at the lips. There was cheer in every face and spring in every step." (Mark Twain - The Adventures of Tom Sawyer)

Leaving behind the cold memories of winter, it is a delight to celebrate the joy of summer and to be a part of the support BeechWood provides for people to grow and thrive. BeechWood as an organization seems to be in a time of significant growth and strengthening as well. The efforts of the current administration and staff to promote this growth draws from the solid, deep roots of the origins of BeechWood. We are striving to become even more supportive to both our clients and staff.

It has always been part of the BeechWood mission to improve the lives of those we support and to recognize and celebrate their individuality. So, too, we will continue to apply this same goal to staff.

I have had experience working to help individuals who have various challenges and disabilities live more independently. And I know how demanding it can be for both clients and staff when in these stressful situations. It is the goal of the BeechWood board to continue to be receptive to information on current sources of stress and to help reduce them.

Have a safe and happy summer, Mark

"Life, now, was unfolding before me, constantly and visibly, like the flowers of summer that drop fanlike petals on eternal soil."

- Roman Payne, Rooftop Soliloquy

From Our Clients



From Kris who receives ARMHS services through BeechWood.

"Before I got ARMHS through BeechWood, I was feeling hopeless, alone, and that no help was available to me. Many of my family members had given up on me, so I thought that no one cared

about me, and it was dangerous for me to live alone without support. I was in and out of the hospital often and living at the whim of my manic and depressive episodes.

"When I got out of the hospital, I got connected with a nurse and a clinic social worker. Then I got connected with MA and ARMHS. I found a food shelf and got approved by SMRT (State Medical Review Team), then got approved for a CADI waiver. I got ILS, food support, a PCA, and a Housing Coordinator, who helped me to find subsidized housing. Now I also have SSI, and am medication compliant.

"I now feel like a success because I'm able to live independently with the supports I have in place. I have found a lot of support, both from my paid staff and from neighbors in my apartment building, as many of them have been through the same struggles I have. I now realize that people DO care about me!

"My message to other clients is, 'Don't give up! It's a hard, long journey, but it can be done! Keep your workers close, and don't be afraid to ask questions!'"



From Marilyn who receives ILS and ARMHS services through BeechWood.

Q: How would you describe yourself to someone who doesn't know you?

A: "I'm pleasant and a happy person, and I like to meet new people. My mom and dad always

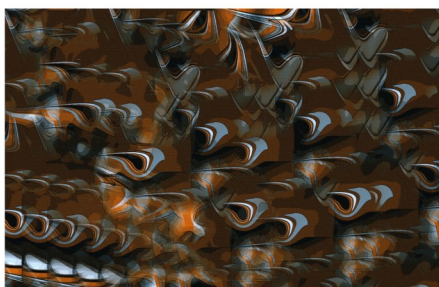
described me as a kind person. I'm willing to learn new things. I value time by myself, but also like spending time with others."

Q: What things do you like to do in your spare time?

A: "I love to do art: coloring pictures, making pompom pets, and painting. I like to go to The Loft and participate in art and crafts groups. I also enjoy writing. —I like watching movies and television. Some of my favorite movies are the new Jurassic Park, Miracle from Heaven, Fireproof, and Mall Cop. NCIS Miami and Law & Order Criminal Intent are some of my favorite shows on TV. —I love to listen to the oldies on the radio and also contemporary Christian music (Carmen and DC Talk). —I enjoy playing games, such as solitaire, bingo, and backgammon."

Q: What do you like best about BeechWood services?

A: "I like the people that work at BeechWood because they care about people, and they help with my mental health. I've been with BeechWood for several years, and staff has helped me through some hard times. I have enjoyed some of the social activities at BeechWood, such as Buffet Bingo. Since participating in ARMHS and ILS services at BeechWood, I'm more open to new people."



Digital Art and Text by Richard

(ARMHS participant) "Moving at the speed of consciousness, without spiking in mid stream of my shift into the merge!"



From Mary Ann who receives ILS services through BeechWood.

"I am a Filipina/Canadian/American Permanent Resident of United States of America who was a licensed Cosmetologist in Canada before my husband and 2 children moved to Minneapolis. Unfortunately,

sometimes "Life" throws a curve ball, I became a single mom a few years later.

"I had my self-employment private caregiver/homecare business to get me through financially until my children were in middle school. We then decided it would be beneficial if I went back to higher education. I chose nursing, and while I was studying for my pre-nursing courses, I became involved in Governmental Student Senates —Student Senate Vice-President (2003-2004), Student Senate President (2004-2005) and handled several Committees appointed by MnSCU Association. I was even surprised when the Atty. General appointed me for Grant Proposals for Daycares (Facilities/Private).

"Until one summer day, my daughter and I were driving to celebrate my birthday and out of nowhere this car hit my car on my side and changed my livelihood to today; I ended up with a Traumatic Brain Injury (TBI).

"My accident was in 2006 and I couldn't work or go or return to school due to the injuries that I sustained from the car accident and the mental illness that came along with it. I ended up being homeless and unable to provide for myself and both my children...took its toll on me for several years.

When I was given a Metro HRA Voucher (Housing Plus) through an ARMHS worker, my life slowly looked brighter even though I was still struggling with physical pain, chronic migraines, fibromyalgia, chronic major depression/anxieties/panic attacks/stress, chronic chest wall pain, and major acid reflux. As you can tell without telling you what medication I'm taking, you already know, I'm taking quite a few.

The State has a funny 'system'...

- 1) Without housing you can't have the county's assistance (and county assistance is your only way out of your "Rut".**
- 2) Who is supposed to find "You"?**
- 3) Once you're in the system then you have the waiver's assistance to assess which one you may need, but you have to call the "front door" triage to make an appointment with the waiver—Brain Injury Waiver, CADI Waiver, and so on...**

"People with physical or mental disabilities do have assistance available to them if they are able to advocate for themselves. Unfortunately, if you are too sickly, uninformed, or too passive to advocate for yourself, you lose out in so many ways. There is a program which pays for people w/disabilities and parents of children w/Autism: 8 months, one weekend a month—it's called Partners in Policymaking Class. This program will teach you how to advocate for yourself and others and to change policies at the state level so you can help better the future. This program is offered every year to all people with physical/mental/brain disabilities and parents with children of autism. What's even more amazing is that this Certification Diploma is given by the governor himself or a representative from his office and this program is also recognized all around the World.

"In closing, I'm very grateful for being a part of BeechWood family for many years. My ARMHS worker helps me with working out any anxieties by some mindfulness, meditations, or other ways of coping skills that I've learned and she's been able to teach me. My ILS worker helps me connect to other resources that I need to take care of my medical issues, fill out forms, and help me with appointments. When I was, and still am very vulnerable mentally, emotionally, and physically, both my workers are so important to my well being; I also have a PCA and Home Care through CADI waiver. All of these services help me stabilize and most importantly stay at home and eliminate the frequent visits to the ER or hospital."

For Our Clients



(L to R) Craig W., Calla Brose, Marjean Leary, Tom K. and Tim B.

JUNE TRIP TO THE ARBORETUM

A great time was had by clients and staff at the University of Minnesota Landscape Arboretum. Free admission day is the third Monday of each month. Ask your ARMHS/ILS worker for further details and/or go to www.arboretum.umn.edu.



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 various 4-week series of mental health groups. Example: The July Series = Relationships & Communication – exploration of how to create and maintain healthy relationships with effective communication through group exercises, improvisational activities, discussions, and more (Week 1—Love Languages, Week 2— Healthy Boundaries, Week 3—Flexibility-Resilience-Compromise, Week 4—Effective Communication). Contact your ARMHS Mental Health Practitioner if interested in future participation.
- **BW FOOD SHELF** - Our offsite Food Shelf is available by appointment with your ILS or ARMHS worker. Inventory is re-stocked 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 no-interest loan request details to BW for approval. Ask your ILS/ARMHS worker for assistance.

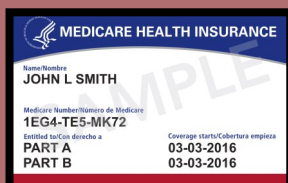
OTHER RESOURCES/UPDATES



Saint Paul Public Library Resources—If you live in or near Saint Paul, did you know that the Saint Paul Public Library (SPPL) offers programs and resources to help you expand your educational horizons, grow your professional future, dive deeper into your hobbies, or even how to make your cat an Internet celebrity? Thanks to a recent SPPL Open House focused on Resources for Adolescents & Adults With Disabilities, we learned about many resources available to you. Some highlights are provided below.

- Library cards registered within a 7-County Metro region will be accepted within all 7-County Metro Libraries across Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties!
- At the Latimer & Rondo Libraries, you can access JAWS computer screen readers and Kurzweil 1000 Print to Speech Readers. Additionally, available at all SPPL library locations, there are Assistive Technology (AT) Kits featuring a magnifying device, trackball mouse, large print keyboard, etc.
- You can work on your cover letter or resume, take in tutorials for interview practicing, or discover a professional field which suits your interests and personalities at: Job Now <http://sppl.org/resource/jobnow>, Learning Express Library: <https://sppl.org/resource/learning-express-library/>, and Lynda.com.
- Maker Kits are available for SPPL library card holders to pursue the following activities as well as many others: Personal Archiving, Stop Motion Animation, Podcasting, Weaving, Make Your Cat An Internet Celebrity, Karaoke. These Media Kits are available for 3-week checkout periods.
- SPPL offers a mobile app with many of these services found on your smartphone.

To learn more on your own and with your ARMHS/ILS worker, visit the Saint Paul Public Library website at: <http://sppl.org>. We look forward to hearing about your experiences!



REMINDER: New Medicare cards in July

In an effort to fight identity fraud, the new card will no longer include a Social Security Number. Minnesotans on the Medicare program for the elderly and disabled will receive the new cards in July.

The card will contain a new ID composed of randomly generated numbers and letters. Be aware—fraudsters are taking advantage of the card switch by posing as Medicare officials seeking money or financial information in

exchange for getting the new card — **something that Medicare does not do**. Medicare beneficiaries are not required to do anything to get the new identification card.

Clinics and hospitals are likely to ask Medicare beneficiaries for their new ID numbers on future visits, but the old ID numbers will still work through 2019. Providers also have the ability to look up the new ID numbers.

Enrollees can check the delivery status of their new card at medicare.gov/newcard. If you are concerned about whether the government has your correct address, contact the Social Security Administration, which maintains those records, at 800-772-1213 or at ssa.gov/myaccount.

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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

giveMN.org

donate now

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

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You shop. Amazon gives.

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.

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