



# BeechWood Now

May 2019

For Our Program Participants, Supporters, and Friends

## About BeechWood

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 individuals to live independently and thrive in the community.

### • Adult Rehabilitative Mental Health Services Program (ARMHS)

ARMHS Practitioners provide mental health rehabilitative services to individuals 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.

For those with or without disabilities:

### • Mental Health Counseling/Therapy

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

Remembering Allan.....Page 1-2  
 From Our Program Participants.....Page 2  
 For Our Program Participants.....Page 3  
 Client Appreciation Party Pix.....See Insert  
 For Our Supporters & Friends.....Page 4

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## Remembering Allan

### The question is...

How did a body builder from New Jersey end up as one of the 'pillars' of BeechWood Inc.?

### The answer is...

Allan fell in love with Corliss, a coworker, her family, and then with the clients and staff at BeechWood.

In 2002, Allan moved to Minnesota and married Corliss. While celebrating their marriage at a dinner, an idea was formed—how to deliver Independent Living Skills to our clients through exercise and healthy food choices. Could there be a better goal for clients who are striving to live independently in the community? We think not. Linda Woodford was Allan's supervisor and together they developed a fitness program where Allan worked individually with clients. Allan was able to get two clients who liked to go to Southdale YMCA just to basically sit in the hot tub



Allan Zawistowski  
(former ILS employee)



Julia (ILS program participant) & Allan at the YMCA gym.

interested in some personal training. He received his certificate as a personal trainer in 2010, which made him eligible to work at all metro YMCAs. Allan and Linda also went on to start BeechWood's Food Shelf program and Allan coordinated the delivery of food for

many years, always reminding us that healthy eating is a basic requirement for being a healthy person.

Allan was a wonderful example of 'spirit' living. He preached quietly by living his values and always presented a professional demeanor. Because Allan was still a body builder, he coordinated all client and office moves; he offered his strength and wisdom knowing how hard a transition to a new apartment could be for a person.

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## Remembering Allan—cont'd. from page 1

Allan's first bout with cancer came from second-hand smoke. He went through surgery and chemo and beat it. He returned to work with a renewed focus for his clients and co-workers. Every year he celebrated how many years he had been cancer free and continued to be an example for all of us of a miracle in process. Although he worked out and ate all the right things to promote wellness, his body just couldn't recover from his last episode. Allan loved life, his family, both biological and step kids, and even being primary caregiver for his grandchildren when he was not working. BeechWood would not be the organization it is today without his 17 years of dedication to the clients and the mission of BeechWood.



A fitness membership will be given out annually through the Allan Zawistowski Memorial to a BeechWood client who applies the same dedication to wellness that Allan modelled for all of us.

—Kathy Beecher, BeechWood Co-founder/Board VP & Linda Woodford, BeechWood Co-founder

## From Our Program Participants



### Interview with Theresa—ILS program participant

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

*I am a genuinely outgoing person and an independent woman who can advocate for myself. I pretty much am a looking on the bright side of things person.*

**How did you get involved with the ILS program at BeechWood?**

*I was with another company that was not meeting my needs. A friend of mine strongly recommended BeechWood. I have been with BeechWood going on two years.*

**What have you gained from participating in the ILS program?**

*ILS is a solid program that facilitates me working on goals when it is hard at times to get moving on a particular one. It is always a plus to have someone who is not here to tell me what to do or judge me that I can bounce ideas off of.*

**How do you feel you have changed since you started the ILS program?**

*My life has changed in that I am not beholden to friends who are "maybe" available to assist me. With ILS, it is a definite time and place that I can depend on. This eliminates the frustration of waiting on others who may or may not get back to me.*

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

*I like to get out and about. It may be just getting outside and taking my dog for a walk as well going to see movies and concerts.*

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

*I am kinda a people person, I treat others as I should be treated. I don't expect any type of favoritism per say. If anything, maybe it's I just like to make the day better in some small way for those I meet.*

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

*Working with ILS is an enhancement along with other benefits that are out there and available. Trying to keep all the paperwork up to date along with the tasks to get this done is like a part time job itself. ILS in short for me helps a lot in tying everything else together.*

## For Our Program Participants

### **BeechWood Ongoing Resources...**

#### **BW BINGO BUFFET (ILS & ARMHS)**

The BeechWood Bingo Buffet is held every second Tuesday of the month at your BW offices from 4:00-6:00 p.m— dinner buffet, bingo with prizes, and an opportunity to visit with your BeechWood community. Contact your ILS/ARMHS worker for further details. BW food shelf items are also distributed at this event.

#### **BW LUNCH/BOOK/CRAFT CLUB (ILS & ARMHS)**

The BeechWood Lunch/Book/Craft Club is held every third Tuesday of the month at your BW offices or offsite for field trips from 12:00-2:00 p.m. The lunch menu, book discussion, and craft projects vary month-to-month and special field trips are scheduled sporadically. Contact your ILS/ARMHS worker for further details. BW food shelf items are also distributed at this event.

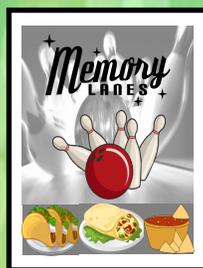
#### **BW ARMHS GROUPS**

The ARMHS team facilitates on-going mental health group series from 1:30-3:30 at your BW offices. Previous series have included health and wellness, art therapy, movies, and music. Contact your ARMHS Practitioner for further details.

#### **BW FOOD SHELF**

Our offsite food shelf is available by appointment. Contact your ARMHS/ILS worker for more info. Inventory is re-stocked monthly. We also distribute food shelf items monthly at the BeechWood Bingo Buffet and Lunch/Book/Craft Club.

**ARMHS clients—Medication Education & Health Assessments** are provided by the BW on-staff nurse who will discuss your current prescriptions and their related side effects, interactions, etc. Contact your ARMHS practitioner for further information.



**Food, Fun and Prizes were had by attendees at the April 2019 BeechWood Client Appreciation Bowling & Taco Buffet Party!**

***An insert with event photos is included with this newsletter.***



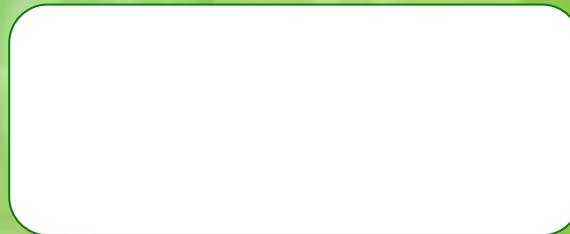
#### **Winter 2019 Newsletter Update**

The listing for the People & Pets Together pet food shelf included in the BW Winter 2019 newsletter did not indicate that their food shelf on Bloomington Avenue in Minneapolis primarily serves residents from the Powderhorn and Phillips neighborhoods; however, they do allow a one-time visit by non-residents. Other pet food shelf options are provided on their website [www.peopleandpetstogether.org](http://www.peopleandpetstogether.org).

*“I know there is strength in the differences between us. I know there is comfort where we overlap.”*

*—Ani DiFranco*

**BeechWood Inc.**  
**3901 Chicago Avenue South**  
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## *For Our Supporters & Friends*

### **BeechWood Board of Directors**

*Mark Simpson, President*  
*Kathleen Beecher, VP/Co-founder*  
*Dustin Bystrom, Treasurer/Secretary*  
*At Large: Linda Brathen, Shannon Regan,*  
*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](http://www.beechwoodinc.org) for further details.
- Interested in more info about joining our board? E-mail [board@beechwoodinc.org](mailto:board@beechwoodinc.org)
- Interested in more info about BeechWood programs or employment? E-mail

### **Thank You to our Volunteers!**

We recently welcomed Barb T., and Kitty S. as new volunteers at BeechWood,! Their time, generosity, and heart are greatly appreciated. If you are interested in volunteering, e-mail: [miriam.colacci@beechwoodinc.org](mailto:miriam.colacci@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](http://www.beechwoodinc.org/news.html)

## **Thank you for donating!**

As a 501c3 organization, BeechWood welcomes your support in providing quality services and other resources to more than 250 program participants throughout the metro area. Please visit our website @ [www.beechwoodinc.org](http://www.beechwoodinc.org) to donate and learn more about BeechWood. You may also donate through GiveMN.org [www.givemn.org/organization/Beechwood](http://www.givemn.org/organization/Beechwood)



To donate via mail: Make checks payable to BeechWood, Inc. and mail to Attn Miriam at our BeechWood offices.

**Another way to give...** AmazonSmile is a simple and automatic way for you to support BeechWood every time you shop at no cost to you! When you shop at [smile.amazon.com/ch/41-1955152](http://smile.amazon.com/ch/41-1955152), you'll have the same shopping experience as Amazon.com, with the bonus that Amazon will donate 0.05% of your purchase to BeechWood, Inc.

