

BeechWood Now

September 2019

For Our Program Participants, Supporters, and Friends

About BeechWood (BW)

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.



A Message to Our BeechWood Community from Fanny Miller, BW Executive Director

With the end of summer and a new season upon us, I am reminded of the opportunity we all have for positive change and my gratitude for those who help others pursue it. Thank you to our wonderful team of staff and volunteers at BeechWood who are impassioned by the work they do on behalf of the individuals we serve. I consider it a privilege not only to be able to partner one on one with people who participate in our programs, but to join with staff and volunteers in providing a place of belonging and community.

We foster community by offering social events, field trips, and focus groups to our program participants. Those who choose to attend come together with staff and volunteers for group activities and fun—building community on the way. Our monthly Bingo Buffet and Lunch Club, and ARMHS mental health focus groups, continue to be well received. This last spring, we were also able to show our special appreciation to program participants at our annual BW Appreciation Bowling and Taco Buffet party at Memory Lanes in Minneapolis.

I look forward to embracing the spirit of this colorful season as our BeechWood community continues to grow, strengthen, and evolve.

“If you want to go quickly, go alone. If you want to go far, go together.”

- African Proverb

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From Our Program Participants



Interview with Craig—ARMHS program participant

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

A—*We got so much accomplished. I got my life back on track. I learned life-building skills. I learned how to have patience. I learned a better*

way to talk to people. I learned confidence-building skills and communication skills. I learned how to resolve conflict without blowing up. I've got too much to lose now. I'm not all the way whole, but I'm a lot closer than I was before I got involved in ARMHS.

Q—What did you like the best about the ARMHS program?

A—*BeechWood's Bingo Buffet and ARMHS groups, and meeting different people.*

Q—How would you describe yourself? A—*I'm nice, outgoing, open-minded, respectful, compassionate, grateful, appreciative, and I care.*

Q—How did you get involved with the ARMHS program at BeechWood? A—*My doctor suggested that it might be a good support system for me.*

Q—How long have you been a part of the ARMHS program? A—*Over two years.*

Q—How do you feel you've changed since your involvement with the ARMHS program? A—*I'm a better person now. I'm not the same guy who started in 2017. I'm in a much better place. I used to take life for granted. I'd lost my way. I got back whole again. I'm back to the place where I used to be. Through hard work and dedication to my recovery and well*

-being, I've just been accepted into the State of MN Certified Peer Support Specialist training program, and I now also have a part-time job working for the MN Twins.

Q—What do you enjoy doing in your spare time?

A—*Bowling, fishing, hanging with friends, being in a baseball league with others with low vision, making new friends, and being a part of church activities.*

Q—What do you feel are your core values?

A—*Respect, my health, do unto others as you'd have them do unto you.*

Q—What would you tell others about your work with the ARMHS program? A—*It's a good place to get back on your feet, to get grounded if you lost your way. You won't be judged. Everybody's in the same boat, everybody has some kind of issues. It's a place to learn constructive ways to deal with things, rather than the hurtful ways that got you in trouble in the first place.*

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

A—*My worker always went the extra mile for me. She was always 100% in my corner. Her input was very much needed and respected. She helped me to make good, sound, life-affirming decisions. She always squeezed some challenge into what we did together every time. She always kept me on the positive and never let me get away with cutting corners. She kept me on the right track. She helped me get through a lot of major trauma. She helped me to find some good, solid support systems. She always had my best interest in mind. She wanted to see me succeed and be productive and get the good stuff that went along with it. She really cared.*



Interview with Rick - ARMHS program participant

Q—How would you describe yourself to someone who does not know you? A—*I am a published multi media artist. I love color. I love my garden, inside and outside - I have two.*

Q—How long have you been a part of the ARMHS program at BW? A—*Since March 2016 - that year was a hard year. It's been over 3 years.*

Q—What skills have you gained from participating in the ARMHS program? A—*Distress tolerance, mindfulness, the five senses, positive self talk, reframing (changing how you look at it), meditation bracelet.*

Q—How do you feel you have changed since you started the ARMHS program? A—*I have made changes for the better— a better relationship with my mom and better relationships with other people around me.*

Q—What do you enjoy doing in your spare time? A—

Beading, coloring, painting, sketching (with color), casting color, gardening.

Q—What do you feel are your core values? A—*To cast color, happiness, hope, joy, faith, breath, silliness.*

Q—What would you tell other people about your work with the ARMHS program at BeechWood? A—*Guidance... BeechWood gives me tools and space, the opportunity to choose right or wrong. The guidance piece helps me make better choices on my journey.*

Q—What would you tell people who are considering receiving ILS/ARMHS services? A—*If you need some help, they'll show you the way...if you're willing to walk!*



Digital Art by Rick

For Our Program Participants

BeechWood Ongoing Resources...

BINGO BUFFET (ILS & ARMHS)

The BW Bingo Buffet is held at our offices from 4:00-6:00pm every second Tuesday of the month—enjoy a dinner buffet, bingo with prizes, and the opportunity to visit with others in your BW community. Contact your ILS/ARMHS worker for further details. Items from our food shelf are distributed at this event.

LUNCH/BOOK/CRAFT CLUB (ILS & ARMHS)

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

ARMHS GROUPS

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

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 at the BW Bingo Buffet and Lunch/Book/Craft Club.

Medication Education & Health Assessments (ARMHS program participants)

Assessments are provided by our on-staff nurse who will discuss your current prescriptions and their related side effects, interactions, etc. Contact your ARMHS practitioner for further information.

ATTN: ALL MA RECIPIENTS

DHS (Department of Human Services) has/will be mailing out a NEW form requiring completion to ensure continued MA eligibility (A 10 day return request will be noted on the DHS cover letter.) This form is not related to your regular recertification letter. Please follow-up with your Cadi Case Manager, ILS Specialist, or ARMHS Practitioner for further assistance.

MINNESOTA STATE FAIR

The Minnesota State Fair generously donated 150 tickets to BeechWood this year. Because of the increased number of tickets received this year, we were not only able to distribute tickets to program participants and their accompanying BW staff for initial visits, but were able to accommodate multiple visits and/or other companions in need (family, friends, etc.) We hope all of you who attended the fair had a great time!



Guthrie T.O.P Discount Ticket Program

BeechWood has recently been approved for this program. We are now able to offer \$2.00 discounted tickets to our program participants for specific dates/times of performances and back stage tours as notified monthly by the Guthrie. **Tickets are currently being subsidized through donations to BW and there is no cost to you!**

Please Note: The Guthrie also offers \$5.00 tickets to patrons with limited income through their Gateway Program. For more info: www.guthrietheater.org/shows-and-tickets/discounts/.

Please let your ILS/ARMHS worker know if you are interested in either of the above programs.

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For Our Supporters & Friends

Employment Opportunities

- Positions are available at BeechWood for ILS Specialists and ARMHS Mental Health Practitioners on a regular basis. Spanish speakers are encouraged to apply. Visit our website for more information—www.beechwoodinc.org/employment-opportunities.html information.

E-mail contacts

- Info about our board of directors: board@beechwoodinc.org
- Info about our BeechWood programs and employment: info@beechwoodinc.org
- Info about volunteer opportunities: miriam.colacci@beechwoodinc.org

We have two BeechWood 'Our Story' videos as well as archived newsletters on our website. Check them out for more info about our organization @ www.beechwoodinc.org/news.html



REMEMBER TO SHOW YOUR SUPPORT TO BEECHWOOD ON GIVE TO THE MAX DAY THIS YEAR!

"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) FROM

NOV.1 THRU NOV. 14TH—
Donate to BeechWood on any of these dates using the givemn.org website and we will become eligible for golden ticket daily drawings for extra funds.

Or donate NOW ! <https://www.givemn.org/organization/Beechwood>—all donations large or small are appreciated!