

# ***BEECHWOOD, INC.*** ***NEWSLETTER***

SPRING 2021



### ***New! Virtual Craft Group:***

Starting this month, on the third Tuesday of each month, from 3-4:30. Contact your ARMHS or ILS worker to get connected. This group is held online through **Google Meet**. Clients are to bring a craft that they are working on to share and socialize.

### ***ARMHS Support Groups:***

Tuesdays online from 1:30-3:30.  
Thursdays online from 2:30-4:30.

Contact your ARMHS practitioner to get connected and to learn more.

### ***ILS Groups:***

Virtual Bingo; Fill out your Bingo card using words related to a theme for virtual bingo fun! Contact your ARMHS or ILS worker to get connected. This group is held online through **Google Meet** the second Tuesday of every month.



"This is ripping off Led Zeppelin's Stairway to Heaven. This is from the stone age at Wilmar Hospital in 1975. I was making the best of being somewhere I didn't want to be and was making a stairway to a rainbow, from different angles. Light can change, or stay, or remain the same. Light transforms but never changes, unlike water which turns to steam, water, ice. When it's dark and gloomy I make rainbows. I find a remedy and make sense in a world full of nonsense. Something that can shine, but not burn out. Doing artwork is like therapy. Having ARMHS services helps with finding answers to my questions and to have another perspective to deal with my life." ~John C.

## Mental Health Resources

- United Way 211 or 651-291-0211
- Peer Support Connection: 1-844-739-6369
- MN Warmline: 651-288-0400, 1-877-404-3190 or text "support" to 85511
- Crisis Text Line: Text "HOME" to 741741
- COPE: 612-596-1223
- Suicide Prevention Line: 1-800-273-TALK (8255)
- MN Recovery Connection: 612-584-4158
- NAMI: 651-645-2948
- Chemical and mental health resources: <http://www.fasttracker.org>
- COVID cares stress support line: 833-HERE-4MN
- COVID support group via Zoom: [www.riverridgemn.com](http://www.riverridgemn.com)

## COVID Resources

1. If you have access to the internet, use the Department of Health's Vaccine Connector at <https://vaccineconnector.mn.gov/en-US/>.
2. Contact your insurance agency or your primary care clinic to find out what they are offering.
3. Metropolitan Center for Independent Living (MCIL) offers services for individuals with disabilities who live independently with or without formal in-home supports. The coordinators can be contacted through email at [mdh@mcil-mn.org](mailto:mdh@mcil-mn.org) or through phone by calling Karli Keegan at 651-707-6304 or Jenni Schwartz, Project Manager 651-207-9560.
4. Minneapolis Vaccine Hunters on Facebook (helping all of MN)

## 5 WAYS TO MAKE CHANGES THAT STICK

- 1. Focus on your why.** Frequently, when people are making a change, they focus on what they don't like about it. If your resolution is to exercise, you may focus on how much you hate running or going to the gym. The secret, however, is to focus on why you want to make that change. What are the benefits of making this change? Consider psychological, physical, relationship, purpose/work, spirituality.
- 2. It's not failure; it's data.** People often give up on a resolution or change when they revert back to their old ways. Maybe your resolution is to be more organized, and yet you realize at the end of the week that things are just as messy as always. Instead of beating yourself up and proclaiming, "This will never work!" use the situation as data. By data, I mean information that you can learn from to make positive changes. You can learn from what didn't work to make it work.
- 3. Take - and celebrate - even small steps.** People often bite off huge goals for New Year's resolutions. Perhaps it is to lose a significant amount of weight or to never eat sugar again or to never fight with your partner again. While these are certainly wonderful aspirations, they are significant changes. There are a lot of steps that go into it. Celebrate each step in the right direction. And if you revert to old ways, reread number 2, and apply it.
- 4. Schedule it.** Sure, it sounds great to have a goal of lessening your stress, but how can you actually do it? The key is to figure out actionable steps and then schedule them. Perhaps you choose to wake up 10 minutes early to take an action toward your goal. Or maybe you set a reminder in the afternoon to stop and just do one small action toward your goal. You can also use an association method. For example, each time you watch TV you take an action step toward your goal during commercials. Over time, one thing just automatically goes with the other and TV commercial = action.
- 5. Get an accountability partner.** Choose someone to whom you will be accountable—whether it's your partner, a friend, or your worker. Sure, you may want to make the change, but when we are accountable to someone else, we are more likely to stick with that new behavior.

Elizabeth Lombardo, 2017; edited by Patty Holdahl



Spring is a time of new beginnings, new possibilities...What quality would you like to grow this spring?





Brain Teaser #1:

I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

Brain Teaser #2:

No matter how little or how much you use me, you change me every month. What am I?

Answers:  
1. White, since the only place you can do that is the North Pole and polar bears are the only kind of bears that live there.  
2. A calendar

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