

## Strive to Thrive! A Minnesota 10 x 10 Initiative

*The Andrew Connection*  
is printed regularly by  
Andrew Residence  
as a service to the  
family and friends of our  
residents

Thanks to all of our residents and staff who have worked hard these last three years in our wellness program we have called “Strive to Thrive/MN 10 x 10”. The “10 x 10” is to signify that we are part of a national effort to increase the life expectancy of people with mental illness by ten years in ten years. Currently, many people with mental illness die from physical health conditions such as heart disease, lung disease, diabetes and cancer. Our focus on exercise, weight loss and smoking cessation has been successful and

is embedded in the atmosphere and culture of Andrew. Although the grant funding from DHS will stop at the end of this month, all of the groups, initiatives, activities and staff enthusiasm will continue, including the Exercise Specialist position. Many residents have lost weight. 73 residents use the Fitness Center regularly (34%!). In 2011 62% of all Andrew residents smoked cigarettes. In 2014, 45% smoke. So many residents are proud of their successes – and rightfully so!

## Sleep Well!

We are proud that the Department of Human Services has approved funding for the next two years to implement our Sleep Well program. We want residents to sleep well (get adequate, restorative sleep) and sleeping well helps us all be well. Most of our residents have a diagnosis of schizophrenia, and 85% of people with schizophrenia have sleep disturbance as a symptom of their illness. Many other residents, despite their diagnosis, are sleep deprived. We are embarking on a facility-wide emphasis on sleep – helping residents be busier during the day, take less naps, use

less caffeine, develop relaxation skills to help get to sleep (deep breathing, meditation, guided imagery) and providing residents with sleep aids such as relaxation tapes, “worry logs” (write it down and it won’t keep you awake) and eye pillows. We will also look at reducing noise by staff, lighting, and building temperature. We are excited to get started in October. If you have any ideas, please let any of our staff know!



## A Message from Our Executive Director, Karen Foy

Dear Family and Friends,

We've been having a fun-filled summer and early fall here at Andrew. Residents have enjoyed going to the State Fair, Back to School Week and Water Week (during which they got to dunk staff in our annual dunk tank!). Nearly 25% of our residents volunteer at Andrew or in the community and our annual Volunteer Celebration honored all of their efforts.



Stop in on the smoke-free patio (to the east of the building). It's a peaceful spot which has been updated and landscaped in a lovely way, largely thanks to a donation to honor the memory of the mother of one of our residents.

Thanks to the "can do" attitude of our staff, our switch to the Electronic Medical Record has gone smoothly. Staff response to it has been positive – it's easier to find and share information and to meet documentation requirements.

In May we had our annual MN Department of Health Survey, which went very well. The average number of deficiencies in MN is 8.5 and we had only four deficiencies, all of which we have corrected. Our survey results in their entirety are always available to you at the front desk.

Minnesota State Representative Raymond Dehn, who represents our district (59B), took a tour of Andrew to learn more about us. He plans another visit soon to meet with residents to learn their concerns and issues so he can adequately represent them. We appreciate his interest!

I welcome you to stop in, give me a call, or email me ([kfoy@andrewres.com](mailto:kfoy@andrewres.com)) to let me know how things are going here at Andrew from your perspective. I particularly invite you to our next two Family and Friends Dinners, Sundays, September 21<sup>st</sup> and December 14<sup>th</sup>.

### Our Andrew Vision

The "vision" of an organization is a short statement about where it hopes to be in ten years or so. After getting ideas from residents and staff, we decided on:

**"A supportive mental health community where all believe recovery is possible".**

We think this emphasizes the importance of recovery and "all" (residents, families, staff) feeling this can be a reality. Treatment and recovery are ongoing processes that happen over time. Remember that "recovery" does not necessarily mean "cure", but rather improving health, living a self-directed life and achieving the fullest potential possible. This vision melds well with our first Core Value "Champion Hope".



## Andrew Residence Family Services



### **Treatment Planning Meetings**

We consider you an important part of the treatment team. Every three months each resident participates in a meeting to review progress of the last quarter and to plan for the next. With your family member's permission we welcome your participation in these meetings. Please talk to your family member or staff on his/her floor for more information.

### **Family & Friends Dinners**

Please come **Sundays, September 21<sup>st</sup> and December 14<sup>th</sup>** from 11:30am – 1:00pm. This is a time for each resident to invite friends and family to share a delicious meal at Andrew. Each resident can host 2 guests free. Additional guest meals are \$10 for adults and \$5 for children 12 and under.

### **Family Contacts**

Two family members serve on our Advisory Board and they welcome you to contact them if you would like a family perspective: Helen K. (952-884-1690) or Nikki E. (952-933-5320).

### **Family Council**

Although we have an active Community Council in which residents are involved, we do not have a Family Council at this time. Please contact Hilary Greene at (612) 333-0111 if you are interested in starting one.

### **[www.andrewresidence.com](http://www.andrewresidence.com)**

Check our website where you can view groups offered, our menu, resources and past issues of [The Andrew Connection](#).

### **Education and Support**

We recommend the following organizations to you for support groups, educational programs, and advocacy:

**NAMI-MN**  
**(National Alliance On Mental Illness - Minnesota)**

Phone: 651-645-2948  
Toll Free: 1-888-473-0237  
website: [www.namimn.org](http://www.namimn.org)

**Mental Health Association of Minnesota**

Phone: 612-331-6840  
Toll Free: 1-800-862-1799  
website: [www.mentalhealthmn.org](http://www.mentalhealthmn.org)

<b><u>Floor</u></b>	<b><u>Program Director</u></b>
<b>2nd</b>	<b>Christie Matts</b> <a href="mailto:cwm@andrewres.com">cwm@andrewres.com</a>
<b>3rd</b>	<b>Nicole Moore</b> <a href="mailto:nas@andrewres.com">nas@andrewres.com</a>
<b>4th</b>	<b>Maisie Fossie</b> <a href="mailto:mkp@andrewres.com">mkp@andrewres.com</a>
<b>5th</b>	<b>Rita Grev</b> <a href="mailto:rlg@andrewres.com">rlg@andrewres.com</a>

<b><u>Resident Floor Phone Numbers</u></b>	
2nd	612-333-1148
3rd	612-333-1232
4th	612-333-1364
5th	612-333-1442



1215 S 9th Street  
Minneapolis, MN 55404

Phone: 612-333-0111  
Fax: 612-338-1734

Email: [info@andrewres.com](mailto:info@andrewres.com)

[www.andrewresidence.com](http://www.andrewresidence.com)



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**The Mission of  
Andrew Residence**  
is to promote compassion  
and respect in a therapeutic  
residential community  
where quality mental and  
physical health services are  
provided.

**Our Core Values:**

- **Champion Hope**
- **Act with Compassion**
- **Cultivate Success**
- **Embrace Creativity**
- **Guided by Ethics**
- **Do What it Takes**



Dr. Thomas Keul has been the Medical Director at Andrew Residence for many years. Raised in Tracy, MN, Dr. Keul was a family doctor in Cannon Falls for five years. He then completed a psychiatry residency, working in this field since 1983 at HCMC, Anoka Metro Regional Treatment Center and, now, as Medical Director of the Department of Mental and Behavioral Health at Abbott Northwestern hospital. Dr. Keul is here regularly, consulting with residents and staff. He received the 2014 Andrew Residence Award of Excellence for his many years of dedicated service to people with mental illness. How fortunate we are to have him share his guidance and wisdom with us!