

The Andrew Connection

Steps to Wellness



An essential component of health is *wellness*. Personal wellness is a self-care approach to enhance overall health and well-being. Steps to Wellness is a personal tool kit offered by the Mental Health Association of Minnesota (MHAM) that can help improve health and well-being. The free kit has several tools designed to work together to help your loved one develop a plan for self-care, address a crisis should it arise, and advocate to receive treatments that work best. Included in this 8" x 6" kit are clear, concise forms on which to summarize important aspects of a wellness plan including healthy nutrition, medications, adequate sleep, exercise, activities to be enjoyed and a crisis plan for oneself. Additionally included is a plan for those in the individual's support system (that's you!). We offered an educa-

tional program here at Andrew for residents and staff about the Steps to Wellness kits, and we think you may find one useful. The mission of the Mental Health Association of Minnesota is "to enhance mental health, promote individual empowerment, and increase access to treatment and services for persons with mental illnesses". MHAM offers education, support and advocacy. You may be interested in their services yourself! Contact MHAM at 651-493-6634 or 800-862-1799 to order a Steps to Wellness kit or learn more about their services; the contents of Steps to Wellness can also be downloaded from their helpful website at www.mentalhealthmn.org

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

Family and Friends Program Takes a Break...

We are temporarily placing our monthly third Thursday Family and Friends program on hold due to very low attendance.

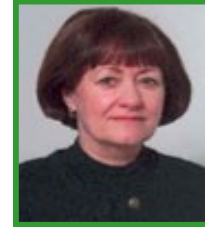
Any ideas you have for ways Andrew can offer information and encouragement to family and friends are most welcome – please contact Social Worker Emily Barrett. (What are your needs? How can they best be met? When can we best meet them...?!)

In the meantime, please consider using the resources for education and support listed on page 3.

A Message from Our Executive Director, Karen Foy

Hello Family and Friends!

It's been quite a winter for everyone here in Minnesota. I hope you have been safe and warm. My thanks go out to our staff who have done an incredible job of showing up and providing great service during treacherous weather conditions. I was also touched by this 'thank you note' from residents on our Community Council Board for the holiday cheer spread by staff: "Thank you all for the decorations, shoveling snow, salting the sidewalks, Santa, Goodie Bags, delicious food, the lights on the bushes out front, the gift cards, the carolers, extra activities like gift wrapping and making holiday cards and ornaments, the party with the wonderful singer, for the gifts staff donated to some residents who wouldn't get a gift, the Menorahs, coming in to work when there was the blizzard, photos that we could send to our families, the new tree in the Commons... *most of all, thank you to our staff who helped us feel like part of the family.*"

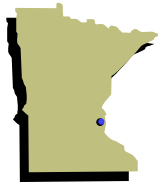


We were pleased with the good result of our Department of Human Services (DHS) Rule 36 Survey in December. No deficiencies were found and the surveyors commented on the fact that many residents sought them out to praise Andrew. They mentioned the good service provided by staff as well as the pleasant, welcoming atmosphere here. Surveyors from both the Department of Human Services and Minnesota Health Department licensing have expressed surprise at the depth of the program services and supervision the staff provide with the limited financial resources made available to us. Speaking of which . . . thank you for following local media to learn what is occurring in the Minnesota legislature pertaining to funding for services to people with mental illness. I urge you to contact your legislators to encourage adequate funding in general, and for Andrew Residence in particular. You can go to this website (www.leg.state.mn.us) to learn who your state senator and representatives are or you can call (651) 296-2146 or 1 (800) 657-3550.

In January we were all saddened by the death of Chuck Coles, our Food Service Manager. Chuck died unexpectedly of a heart attack. Well known for his ready smile, delicious cooking and the close relationships he established with residents and staff, Chuck is sorely missed.

As you may know, our December Family and Friends Dinner was cancelled due to one of our huge snowstorms. So, I particularly invite you to come to the Family and Friends Dinner on Sunday, April 3rd. And, as always, please stop in to say hello to me whenever you are at Andrew.

MN 10 x 10



A number of recent national studies indicate that adults with a serious and persistent mental illness (specifically schizophrenia and bipolar disorder) die, on average, 25 years earlier than the general public. The leading causes of these premature deaths are heart disease, lung disease, diabetes and cancer. With timely screening, these diseases can often be prevented by lifestyle changes or can be detected early so treatment can control these health conditions. The goal of the initiative is to increase the average lifespan of Minnesotans with Bipolar Disorder or Schizophrenia by 10 years within 10 years. This initiative is referred to as MN 10 x 10. We, at Andrew, are proud to be part of this initiative as we help residents focus on healthy lifestyles.

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. If your family member gives permission for you to attend, we would 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 **Sunday, April 3rd**. These events, from 11:30am – 1:00pm, are 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.

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

Mental Health Association of
Minnesota

Phone: 612-331-6840

Toll Free: 1-800-862-1799

website: www.mentalhealthmn.org



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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.**

Andrew Residence Recognized for Successful Resuscitations

Emergency Medical Services (EMS) Education at Hennepin County Medical Center (HCMC) recently presented nurses from Andrew Residence with “The Beat Goes On...” award for successfully resuscitating a resident in cardiac arrest. The resident survived and, following hospitalization and rehabilitation, returned to Andrew. “I am so amazed and proud of Andrew’s nurses, who rose to the occasion and went above and beyond,” said Bob Treague, Education Specialist for EMS Education. Cathy Iverson, Director of Nursing Services at Andrew, attributes part of their success to the excellent training classes that Bob provides, which allow Andrew staff to practice using our own equipment. Andrew has one Automatic Emergency Defibrillator (AED). Nurses and other appropriate staff receive regular training in CPR, the Heimlich maneuver and use of the AED. This is the second “The Beat Goes On...” award received by Andrew nurses. About two years ago, another resident in cardiac arrest survived – and is now thriving - as a result of their skilled resuscitation efforts. “For us to be noticed and honored by HCMC feels really gratifying and affirming,” said Cathy.

