

The Andrew Connection

FALL 2008

FAMILY AND FRIENDS PROGRAM BEGINS!



This fall, the Andrew Social Workers are kicking off a new group for family and friends of our residents. Starting September 18th, Andrew will offer educational presentations at 7:00pm the third Thursday of each month on a wide variety of topics. Presentations will be given by community professionals or Andrew staff, followed by a group discussion and snacks. Andrew Social Workers will also be on hand at each meeting to address individual concerns or questions about the care of your loved one.

Through education, Andrew would like to help provide you with the tools to cope with a variety of issues that may impact you or your loved one. Research shows that family and/or friend support helps significantly reduce relapse rates and aids in the recovery process of people coping with schizophrenia and other mental illnesses. Keeping this in mind, we will offer information regarding medication side

effects, advocacy, available treatments, community resources, activities available at Andrew, and causes/symptoms of a wide variety of mental health diagnoses.

In addition to assisting your loved one with the challenges of mental illness, we will offer education about how mental illness can affect *your* life. As a result, topics on family dynamics, financial/estate planning, family resources, spiritual resources, and guardian/conservator information will also be shared.

As we work to provide you with a new supportive resource, we welcome ideas and suggestions on how to make the Family Program a success. Feel free to call Andrew and ask for any Social Worker at (612) 333-0111. We hope to see you at our first meeting at Andrew Residence on Thursday, September 18, 2008 at 7:00pm.

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

Andrew Family and Friends Program Schedule

*The third Thursday of each month unless otherwise indicated
Each presentation will begin at 7:00pm.

September 18th: Andrew Social Workers - What Andrew Offers You and Your Loved One

October 16th: Vicki Fondie, RN.C - *Medication Side Effects*

November 20th: Richard Bunin, Attorney - Financial Decisions/ Estate Planning/ Trusts

***3rd Wednesday, December 17th:** Dr. Robert Baumer, MD, *Current Research and Findings on Mental Illnesses*

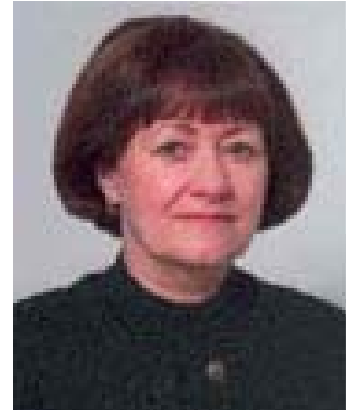
A Message from Our Executive Director

Dear Family and Friends,

Fall 2008

I hope summertime has been as enjoyable for you as it has been for us at Andrew. It has been such fun to hear stories of the fun residents are having – camping, at the State Fair, musicians on the patio and soon we will have our annual Resident/Staff softball game.

Family members seem to enjoy information on our website (www.andrewresidence.com), including the monthly Group/Activity schedule. We have recently added our menu to the News and Event page of our website. If a change needs to be made due to special events or food availability, we post this at Andrew.



Karen M. Foy

Our quarterly Family and Friends Dinners are very popular. The next two dinners are scheduled for 11:30am – 1:00pm on Sundays, September 28th and December 14th. Each resident is always welcome to bring up to two guests free of charge. Due to the increasing cost of food, after the first two free guests, the Family Dinner cost will be \$10 per adult and \$5 per child (12 and under). The former cost was \$5. Although this is an increase, the value for this very special meal is still good! The cost of regular meals (not the quarterly family dinners) remains \$5. Please come and share a meal with your loved one!

Please welcome Katie Shaughnessy, LGSW as our new 2nd Floor Program Director (floor supervisor). Katie has recently been a Social Worker on 5th floor and will do a great job supporting the residents and the staff team on 2nd floor.

In July our generous staff organized and donated blood at the Red Cross “Bloodmobile” which was parked outside throughout the day. We were told our donations saved 45 lives!

The Minnesota Department of Health completed our annual survey in July. As a result of the survey, we have implemented changes to improve systems to track medications and to ensure that we are consistently meeting the needs of our residents who have extraordinary dietary needs. The Health Department Survey results are always available for you to see at our Front Desk and you are welcome to ask me - or any staff person - if you have any questions.

I enjoy talking with family and friends and hope you will stop in to say “hello” the next time you are at Andrew Residence.

Did you know??

NAMI (National Alliance on Mental Illness) Minnesota is sponsoring a “NAMIWalk for the Mind of America” on Saturday, September 27th at Minnehaha Park in Minneapolis. The 5K (or less, if you prefer!) walk begins at 1:00pm. “The Walk brings people together to raise awareness that mental illnesses are treatable medical conditions...,” said Sue Abderholden, executive director of NAMI Minnesota. To participate as a walker, team captain, walk volunteer, or with a donation, go to www.namimn.org and or call 1-888-NAMI-HELPS.

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

These fun quarterly Sunday events, from ***11:30AM-1:00PM***, are a time for each resident to invite friends and family to share a delicious meal at Andrew. The next Family and Friends Dinners are Sunday, **September 28th, and December 14th.**

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

For Your Information:		
<u>Floor</u>	<u>Program Director</u>	<u>Resident Phone #</u>
2nd	Katie Shaughnessy	(612) 333-1148
3rd	Nicole Moore	(612) 333-1232
4th	Maisie Fossie	(612) 333-1364
5th	Rita Grev	(612) 333-1442

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**The Mission of Andrew
Residence is to promote**

**We're On The Web!
www.andrewresidence.com**

LONGEVITY OF OUR STAFF!

The longevity of Andrew staff is really quite amazing. We have 68 staff (permanent full time and part time) who have worked here for five years or more! Of that 68...39 have been here for 10 or more years. 27 have provided service for 15 or more years. 12 staff have been here for 20 years or more. And 8 have graced our halls for 25 or more years. Congratulations to Karen Foy, our Executive Director, Patti Wettlin, our Housekeeping and Laundry Supervisor and Peter Thelen, our Director of Program Services, each of whom celebrate a Milestone Anniversary in 2008; Karen and Patti, 30 years of service and Pete, 25 years.