

The Andrew Connection

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

Minnesota 10 x 10!

Andrew is making history!! Along with many persons with mental illness and providers of services we are working toward a nationwide goal of increasing the lifespan of persons with mental illness. People with a diagnosis of schizophrenia and bi-polar disease die, on average, 25 years before those without a mental illness. We hope to decrease that by ten years in ten years (thus, 10 x 10). The premature death is due to PHYSICAL HEALTH issues common to people with mental illness including diabetes, high cholesterol, high blood pressure, lung disease and heart disease. At Andrew we will focus on weight reduction and smoking reduction/cessation. Here's what's happening so far: The Commons Kitchen is available for residents to chat,



visit, play board games and do art projects, thus expanding our “non-smoking” area. A design consultant will help us plan changes in the Commons Area in a variety of ways including changing one of the smoking rooms into a multi-purpose room in which exercise, yoga, etc., will be offered. We have added skim milk at each meal, an option that is very popular! Consultation with the Hennepin County Medical Center Smoking Cessation Clinic has begun. We have increased the number of “Walking” groups. Soon, several staff will be trained by the Arthritis Foundation in ‘low impact’ exercise by the Arthritis Foundation. Staff and residents are excited and sharing ideas for healthful change. Hilary Greene, Quality Coordinator, would love to hear any ideas YOU have!



A Message from Our Executive Director, Karen Foy

Hello Family and Friends!

Fall is in the air! We have been harvesting vegetables from our garden which has been a delightful project this summer. Recently residents made me a platter of fresh veggies which I thoroughly enjoyed!

During our annual "Back to School Week" residents and staff enjoyed reminiscing together about their school days. Late in August we all enjoyed "Water Week" – the pinnacle of which is submerging staff in the Dunk Tank!

The annual NAMI Walk is Saturday, September 24th at 1:00pm at Minnehaha Falls. The National Alliance on Mental Illness provides support, advocacy, and education. Our residents will participate in the walk. If you are interested in walking or donating, you can contact Hilary Greene at Andrew or go directly here: www.nami.org/namiwalks11/MIN/AndrewRes.

DHS (Department of Human Services) staff visited about our upcoming Wellness Program recently. One of them, who is nearing retirement, said, "What a great visit! Thank you for your hospitality and the tour. If I were younger, I would apply to work at Andrew. I felt right at home." That is what we like to hear!

Many celebratory moments have occurred recently. Amanda Wetrosky, RN, our 4th Floor MDS Coordinator received the 2011 Customer Service Award. Liz Streich, Admissions Coordinator and Gary Olson, Financial Assistance Manager were each honored for 25 years of service. Please congratulate all three of them!

Thanks to many of you who called to inquire about how things were going here during July's Government Shut Down. Payment to Andrew continued uninterrupted (this was considered a 'critical service') and there were only a few instances of residents being unable to see physicians or get rides to appointments.

The Andrew Award of Excellence is presented each year to a community professional who has shown dedicated service to people with mental illness. This year, we will present Cathy ten Broeke, City of Minneapolis/Hennepin County Coordinator to End Homelessness, with the Award. This will occur at our Mental Health Awareness Reception on Wednesday, October 5th, 2:30 – 4:00pm.

Please consider joining us between 11:30am – 1:00pm for our next two family dinners: Sunday, September 11th and Sunday, December 11th. It will be nice to see you.



Creative Arts Display!

We are proud to showcase the artistic endeavors of our residents.

Each month a different resident's creations will be displayed on first floor on the office door on the right just past the elevators.

We'll enjoy photography, painting, and needlework among others.

Creative arts encourage self-expression, self-discovery, self confidence and the pride in completing a project. We welcome you to take a look!





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, September 11th and Sunday, December 11th**. 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

<u>Floor</u>	<u>Program Director</u>
2nd	Katie Shaughnessy kls@andrewres.com
3rd	Nicole Moore nas@andrewres.com
4th	Maisie Fossie mkp@andrewres.com
5th	Rita Grev rlg@andrewres.com

<u>Resident Floor Phone Numbers</u>	
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

www.andrewresidence.com

**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.**

Lack of Insight... a frustrating symptom of mental illness

Anosognosia (lack of insight) is a lack of awareness that one has an illness. This occurs in about 50% of people with schizophrenia as well as in a smaller percentage of people with bipolar disorder. From the person's point of view, if they feel they are not ill, they have little reason to take medications or engage in therapy. Psychological denial is NOT the reason for the lack of insight. Rather, frontal lobe difficulty is central to these diagnoses. Frontal lobes organize information and help to interpret experiences. Efforts to get people to see that they are ill may be met with denial or anger; it is more beneficial to find out what a person's goals are and help from that perspective. Agreeing to disagree about diagnosis may be the first step. It does not mean we pretend the person is well. A book that addresses this topic well is I AM NOT SICK, I Don't Need Help! by Xavier Amador who reflects his experiences with his brother who has a psychiatric diagnosis, including anosognosia.

