

The Andrew Connection

Strive to Thrive!

A Minnesota 10 x 10 Initiative

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

In the last Andrew Connection we mentioned “Minnesota 10 x 10”, the state-wide initiative to increase the lifespan of people with mental illness by ten years, in ten years. “Strive to Thrive/MN 10 x 10” is what we now call Andrew’s own program. Our focus is smoking cessation and weight reduction. We think our vibrant logo, above, shows how excited and enthusiastic we are about this new program which is being supported by funding from the Department of Human Services.

Stopping smoking, or reducing the amount of cigarettes smoked, is beneficial to everyone. Research shows that, although stopping smoking is a challenge for anyone, it is no more difficult for a person with mental illness. We have recently completed a Smoking Survey with the 62% of our residents who smoke. Our residents self report smoking an average of 18.75 cigarettes a day (essentially one pack per day). Our rate of smoking is a 200% increase over the general population in Minnesota. Most of our smokers have been smoking for 20 years or more. Some residents are very interested in quitting; others are not so

sure! Those who want to quit say they are motivated by improving their health (now and in the future) as well as the financial benefit. The cost of cigarettes is high and makes a large dent in the meager financial resources residents have available to them.

Andrew is embarking on a multi-faceted plan to help residents quit smoking, including increasing the number of Smoking Cessation Education and Support Groups (aka “Kickin’ Butts”!!); referring residents to the well respected HCMC Smoking Cessation Clinic; use of nicotine patch and gum and helping residents find a “Quit Smoking Buddy” (misery loves company!). Anxiety may initially increase so we will be offering more relaxation groups including yoga, mindfulness and meditation. Additionally, groups that increase movement will be encouraged (walking, going to the Y, Zumba, chair exercise and dancing). Of course, non-smokers can participate in these groups as well! In a few months we will begin to change the Commons Area and will eliminate one of the two smoking rooms to make space for more “smokeless” activity. We are in the initial stages of this program and look forward to resident and staff ideas – and ideas from you!



A Message from Our Executive Director, Karen Foy

Hello Family and Friends!

As always, we are preparing for a festive season. Our staff goes the extra mile to decorate and plan fun events. Each resident will receive a \$25 gift card, a “Goodie Bag” and staff always makes sure residents who otherwise would not get a gift from family or friends receive one. If you would care to be part of this effort, ideas include: AA batteries, belts, socks, hats, gloves, wallets, body wash, watch, alarm clock, calendar, lotion, pedometer, water bottles, jewelry, local sports team paraphernalia, books on tape and relaxation CDs or DVDs. 65% of our residents are men, so we particularly appreciate donations for “the guys”.



And, if you would care to donate to the local food shelf, we are collecting food at the Front Desk through December 19th.

In mid-September we had a successful Minnesota Department of Health annual survey. Our MDH survey results are always available at the front desk for you to review. Also, we are voluntarily accredited by the Joint Commission as a Behavioral Healthcare Organization. This on-site survey occurs every three years and took place in November. The intense survey produced successful results and we continue to be accredited. The results of these surveys make us proud and I hope offer you reassurance that your loved one is receiving excellent care by highly qualified staff.

90% of our residents have received the flu shot, a percentage of which we are very proud. Here at Andrew we concentrate on hand washing, “covering our coughs” and being sure to dress warmly when we go outside. I hope you stay healthy this winter and, if you are ill, please consider rescheduling your visit to see us.

I look forward to seeing you at the Sunday, December 11th Family and Friends Dinner from 11:30am – 1:00pm. It is always a festive time with live music and good cheer.





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, December 11th** 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.

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>
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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.



Quitting Smoking May Improve Mood

Researchers tracked symptoms of depression in people who were trying to quit smoking and found that they were never happier than when they were being successful, for however long that was. For those who quit temporarily, their moods were clearly brightest at the checkups when they were abstinent. After going back to smoking, their mood darkened, in some cases to higher levels of sadness than before. There is a strong correlation between increased happiness and abstinence from smoking. The efforts we make with residents who attempt to quit smoking are worth it, for many reasons!

