

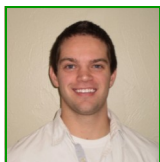
The Andrew Connection

“ME AT A GLANCE”

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

What’s the best way to get to know someone?? Have a conversation! We talk all the time with our residents and so enjoy the richness of our relationships with them. We want to know more! Each resident now has the opportunity to develop a “Me at a Glance!” poster to be displayed in a location of his/her choosing. Our residents have led fascinating lives and it’s important to ‘capture’ that. It’s fun to listen to what people want to share – where I was born, my family, hobbies, who I admire, what I’m proud of, favorites (book, car, food, TV show, season, animal)... You name it! We welcome your involvement in putting together the “Me at a Glance!” posters. Photographs or mementos from years past are encouraged. We’ll all start to see these ‘popping up’ around Andrew soon. Many residents are excited about this project and we hope you are, too.

Welcome Sean!



Sean Dancey has joined the Andrew team! Sean is our “Exercise Specialist”, a new position here at Andrew. Sean is a certified personal trainer who, along with help from other staff,

will guide residents through healthful exercise regimens. Sean brings great experience as well as a true sense of motivation! Please welcome Sean when you see him. Our Fitness Center in the Commons Area is now open.

Strive to Thrive!
A Minnesota 10 x 10 Initiative

KUDOS to our Food Service Team!

A recent Resident Satisfaction Survey conducted by the Department of Human Services showed that our residents are VERY pleased with the food here! We ranked #2 out of 374 facilities in Minnesota in “quality of food”. Wow!

A Message from Our Executive Director, Karen Foy

Hello Family and Friends:

Andrew is very festive at this time of year. I hope you'll come to see for yourself at our Sunday, December 16th Family and Friends Dinner when we'll serve a delicious meal to residents and guests (see page 3 for details).



As always, there's been a lot of action at Andrew! 30 residents recently received new dressers to replace ones that were "past their prime". Many residents were good citizens on Election Day and either voted prior to November 6th or went to Elliot Park to vote. We have a new hot/cold water machine in the Vending Area of the Commons that all residents can easily access.

I'm proud of our generous staff. Our annual United Way Campaign was successful and many staff bring in gifts for residents who do not have family or friends. We've moved our Food Shelf drive to the spring when the need is greatest.

Later in December, each resident will receive a gift card to one of three locations of their choice. Our Community Council Board (12 residents, 3 selected from each floor) donate to the gift cards every year. Their treasury is primarily funded by aluminum can recycling. Andrew, of course, provides funds as well. We feel proud of the generosity of our Community Council Board who asks everyone to "keep recycling"!!

80% of our residents and 75% of our staff have received flu vaccinations either here or at their own physician's office.



Cathy and Jen

Cathy Iverson, RN, our Director of Nursing Services will retire in early January. Cathy has been with us for 21 years, and has been a nurse for 42 years. We thank her for the invaluable service she has offered all of us. I am pleased to announce that Jen Fitch, RN, currently a Nurse Manager, will take on these responsibilities. Jen is well suited for her new role after 15 years at Andrew in a variety of positions including being on the "front lines" as a Floor Nurse. Please thank Cathy and welcome Jen.

2013 is our

40th Anniversary Year!

We will be celebrating our past and embracing our future all year.



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 **Sunday, December 16** 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

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

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	Christie Matts cwm@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



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Phone: 612-333-0111

Fax: 612-338-1734

Email: info@andrewres.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.**



Welcome to the Iris Room...

This cozy gathering room, off the Commons Area on main floor, has this name for a special reason:

In folklore, the iris is a symbol of hope, faith and valor. It provides encouragement for those who are suffering. Vincent Van Gogh, a famous artist with a mental illness, found hope in his darkest days by painting irises he saw in the “asylum” garden at St. Remy, France. The iris has been adopted by many organizations, including Andrew Residence, as a symbol of hope for people with mental illness.

