

## The Andrew Connection

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

### What impact has Andrew Residence had on your life?

*You may recall that this is Andrew's 40<sup>th</sup> Anniversary. We asked this question of both residents and staff. Here are some responses:*

**\* Before I moved into Andrew I was having a terrible time. Andrew truly helped me get back on my feet. God Bless Andrew!!**

This is the best place I've ever worked. I always look forward to coming to work. I've worked a lot of different jobs and this is the only one where I feel "at home".

**\* I have friends at Andrew and I have a job I can handle. I work hard. I am thankful to have a chance to talk to staff members.**

I have gained so much knowledge and understanding working at Andrew. I have made friendships that are very dear to me and know that Andrew is the place that has helped me realize my potential as a mental health professional!

**\* Andrew has helped me feel better about myself.**

Andrew Residence has some of the best and nicest people I've worked with. My awareness of and knowledge about mental illness grows, along with my admiration for our residents.

**\* Andrew staff gives me a lot of support. Andrew has kept me stable and out of the hospital.**

It feels wonderful to be able to build relationships with our residents and see the impact of care I, and the whole nursing team, have given them.

**\* When I came to Andrew I started to learn how to talk to people and how to make friends. It's a good place to live.**

My belief is that work should be fun. After 15 years at Andrew, it still is. That is amazing and wonderful!

**\* Andrew Residence has really helped me to live very well with a mental illness, and my entire life has improved a lot in many ways. The support and encouragement I receive is truly outstanding.**

The residents are so sweet and I feel I make a difference in their lives - and I know they make a difference in my life!

**\* Andrew has provided me with support and a place of security. It has also given me an environment where I can begin to shine a little.**



## A Message from Our Executive Director, Karen Foy

Hello Family and Friends:

I hope early fall is as pleasant for you as it is for us here at Andrew. There is so much to be proud of these days . . .

Our Strive to Thrive/MN 10 x 10 program continues with terrific participation rates. We now have 70 residents using the Fitness Center, and an average of five additional residents each month. We've made our "Smoke Free" patio to the east of the building more welcoming with new furniture and landscaping. As of July 1<sup>st</sup>, staff can no longer smoke on the Andrew campus - a practice typical for healthcare facilities these days. While the French cheered on the Tour de France participants, 60 of our residents biked over 15,000 minutes on stationary bikes during our Tour de Andrew!

Our Annual Minnesota Health Department Survey went very well in June. We had only one deficiency, related to cleaning of ice packs. As a result, we decided to use disposable ice packs when needed. The Health Department Survey results are always available to anyone at the front desk.

We have over 50 residents who volunteer at Andrew and in the community. In August our Annual Volunteer Celebration was a fun time to honor and thank the many ways they serve.

You may have noticed that, after many years, the cost of pop in our vending machines has increased recently. The cost went up from 60¢ for all types to 65¢ for diet pop and 80¢ for regular pop. Perhaps more people will choose the lower calorie diet pop?!

Please review the enclosed Suggestion/Complaint and Vulnerable Adult policies. Our residents are familiar with these and we want you to be as well.

I hope to see you at our next two Family and Friends dinners - Sundays, October 6<sup>th</sup> and December 8<sup>th</sup>. And, feel free to stop in to chat with me the next time you're at Andrew!



### Cost of tobacco...

Due to the tobacco tax, the cost of a pack of cigarettes has risen to over \$7.50 per pack; \$75 per carton. Although fewer residents now smoke (and those who do smoke fewer cigarettes), this increase has impacted many residents. Some are using electronic cigarettes as a less expensive alternative. An e-cig is a cigarette shaped device containing a nicotine based liquid that is vaporized and inhaled. Given the current price of tobacco, we can expect to see them used more. Another new trend for our residents is making/rolling their own cigarettes. This involves paper and loose tobacco. It is cheaper, but certainly messier - and we ask residents to clean up after themselves. Please encourage your family member or friend to consider reducing or stopping smoking. We have many supportive services to help residents do this.



## 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, Oct. 6th and Sunday, Dec. 8th** 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](http://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](http://www.namimn.org)

*Mental Health Association of*  
*Minnesota*

Phone: 612-331-6840

Toll Free: 1-800-862-1799

website: [www.mentalhealthmn.org](http://www.mentalhealthmn.org)

### Floor    Program Director

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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.**



### **"Mighty Motivators"**

A nice support to our Strive to Thrive/ MN 10 x 10 program are the colorful, catchy phrases and photos called "Mighty Motivators" posted around Andrew every week. It's a nice way to keep everyone focused on healthy life changes.



### **40 years!**

What a moving 40th Anniversary Celebration we had in May, with residents, staff, friends and many former staff in attendance. The Dining Room was filled with photos and memorabilia collected since 1973. Especially meaningful were the staff from former years who talked about how important Andrew has been to them both personally and professionally. Many former staff continue to provide services in important ways in the Twin Cities.



Karen chatting with Jon and Howard, staff from the '80's!