

# The Andrew Connection

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

## Volunteer Services

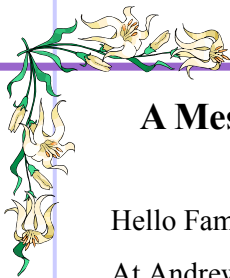


### Volunteer Program at Andrew!

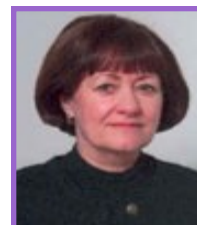
We feel volunteers will add to our services to residents and also offer support to our hard working staff and so we have begun a formalized Volunteer Program at Andrew. As a family member or friend of an Andrew resident you may be interested – or know someone who is. Volunteers must be 18 years of age and make at least a six month commitment. The number of hours volunteered is less important than being a regular and consistent presence. Potential volunteers will apply, be interviewed and have references checked. Accepted volunteers will have a Mantoux, a Criminal Background check and will attend a Volunteer Orientation. Volunteers will not be given confidential information about a resident but, as needed, will learn about a resident's interests and general needs and approaches that will be useful. Due to insurance liability, a volunteer may not leave Andrew with a resident.

We have all sorts of opportunities for volunteers including spending time regularly one to one or with a group of residents. Ideas include playing board games, painting, drawing, journaling, yoga, meditation, knitting, crocheting, exercise, making healthy snacks, encouraging weight loss or smoking reduction, gardening...and we're sure you have other ideas! Also, we could always use help with special events, decorating bulletin boards and other 'as needed' activities. Hilary Greene is our Volunteer Program Coordinator. If you know someone who may be interested in volunteering, or you just want more information, Hilary would love to hear from you.





## A Message from Our Executive Director, Karen Foy



Hello Family and Friends!

At Andrew we feel, as you do (if you are in Minnesota) that we've barely had a winter. We are forging into spring and summer without waiting for snow to melt.

We now have Wireless Internet service here at Andrew. Many residents are enjoying this service and you, also, can use it when you are here.

"Knit Wits" is a resident group that meets each Friday to knit and crochet. They have made innumerable items for themselves. This winter they donated over 70 scarves and hats to a local shelter. What a gift!

Please welcome Christie Matts as our new 2nd Floor Program Director. Christie has an undergraduate degree from the University of Wisconsin in Madison and a Master of Social Work from the University of Minnesota. She has a depth of experience at Andrew Residence as both a Mental Health Worker and a Social Worker.

People frequently ask us what we need for residents and we've decided to put a little "box" in each Andrew Connection to let you know. See it in this issue below.

I hope to see you at our Family and Friends dinner on Sunday, April 15th. We'll be serving from 11:30am – 1:00pm.

### Donations appreciated...

Right now our residents could particularly use:

- Underwear (new panties, briefs/boxers – all sizes)
- Sleepwear in all sizes
- Socks for men and women
- Cards with envelopes (birthday, get well, thank you, blank, etc.)

Donations can be left at the Front Desk.



### OMEGA 3 FATTY ACIDS

These naturally occurring fatty acids are most abundant in cold-water fish such as sardines, salmon and anchovies and can also be taken via fish oil capsules (they should contain both EPA and DHA). Fish oil may boost the effectiveness of antidepressants. In people with bipolar disorder, fish oil can trigger mania, so it is best to take this supplement along with a mood stabilizer. Like the American Heart Association (to protect against heart disease), the American Psychiatric Association recommends that all adults consume fish at least twice a week and that individuals with mood, impulse control or psychotic disorders should take a daily 1 to 2 gram fish oil supplement.



**DID YOU KNOW?**



## 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, April 15th** 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](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)

<b><u>Floor</u></b>	<b><u>Program Director</u></b>
<b>2nd</b>	<b>Christie Matts</b> <a href="mailto:cwm@andrewres.com">cwm@andrewres.com</a>
<b>3rd</b>	<b>Nicole Moore</b> <a href="mailto:nas@andrewres.com">nas@andrewres.com</a>
<b>4th</b>	<b>Maisie Fossie</b> <a href="mailto:mkp@andrewres.com">mkp@andrewres.com</a>
<b>5th</b>	<b>Rita Grev</b> <a href="mailto:rlg@andrewres.com">rlg@andrewres.com</a>

<b><u>Resident Floor Phone Numbers</u></b>	
2nd	612-333-1148
3rd	612-333-1232
4th	612-333-1364
5th	612-333-1442



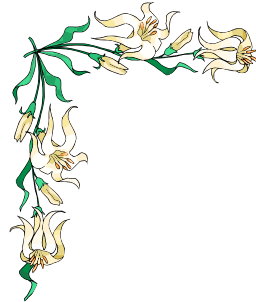
1215 S 9th Street  
Minneapolis, MN 55404

Phone: 612-333-0111  
Fax: 612-338-1734

Email: [info@andrewres.com](mailto:info@andrewres.com)

[www.andrewresidence.com](http://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.**



**Strive to Thrive!**  
A Minnesota 10 x 10 Initiative

Our Strive to Thrive program is underway. Staff are working with all residents who smoke and residents who have a BMI (Body Mass Index) of 25 or above to encourage them to establish a Smoking Reduction/Cessation and/or Weight Reduction Plan. We have incentives, including Target Gift Cards, to reward success – even the small steps! When you come to visit, check out the menus posted on each floor and you will see that the healthiest entrée is highlighted in green. It's a great way to plan ahead! Our "Salads to Go" program is very successful – residents and staff can pre-order a salad for lunch or dinner on weekdays. When you shop for (or with!) your family member, or go out to eat together, you can help by encouraging healthier, lower fat, lower sugar choices. We're all in this together!