

The Andrew Connection

OUR VEGETABLE GARDEN!!

Have you seen our first vegetable garden? It's on the east side of the building, near the parking lot. We are so proud of it! Residents planted tomatoes, peppers, onions, broccoli, cauliflower, green beans, radishes, kohlrabi, lettuce, spinach, corn, cucumbers, cabbage and strawberries. We're all enjoying watching what happens. This spring, 23 residents participated in the Shape Up Challenge (as did 62 staff!). This is a wellness program, offered to all, that encourages healthy habits – eat more fruits and veggies, drink water, move more, sleep enough but not too much, take time to relax and rejuvenate yourself. Pat Carpenter, our Clinical Dietary Manager, was the “energizer bunny” and creative leader of this resident group.



The residents wanted a garden, and Pat helped that happen. Maintenance tilled the garden. Everyone had so much fun on the Saturday morning when planting was done; it even rained some and no one seemed to care (much!). Our garden worries are the same as any gardener: sun (too much or too little), watering (too much or too little), bunnies... Tasks are divided now and all residents can participate – not just those Shape Up Challenge participants who initiated the garden. We're hoping to make fresh salsa, cucumber and tomato salad, corn on the cob and to enjoy fresh strawberries! Many residents had never gardened before. Some have in the past and this brought back many memories. It's fun to see residents whose rooms face the garden look out their windows to see what growing is happening. The garden has helped many residents feel useful as they nurture and care for their vegetables. It's a delightful project – we hope you will stop and see the veggies prosper!

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

A Message from Our Executive Director, Karen Foy

Hello Family and Friends!

We're all enjoying springtime and watching flowers – and vegetables! – peek their heads up. Speaking of 'going green' - at Andrew we have recycled cans for years. We have recently added paper, glass and plastic recycling containers throughout the building. Every little bit helps.



If you wish, you can order apparel with our Andrew logo on it by contacting Donna Svec, our Office Operations Coordinator by phone or email: djs@andrewres.com. An order form with details can be found on our website www.andrewresidence.com under the "News and Events" section. We have t-shirts (short and long sleeves) and zip up hooded sweatshirts in various sizes and colors. We feel proud when we wear our Andrew logo!

We have completed the process of helping each resident who has a bicycle register it here at Andrew. We record each bicycle's serial number during the registration process so in the event of theft, we have the necessary information to file a police report quickly. All bicycles must be in good working order for the rider's safety. Bikes are kept in our locked patio.

Our "Letters from Andrew" group can always use more cards with envelopes (birthday, get well, blank cards or special occasions such as Valentine's Day and Father's Day). If you happen to have any, you can leave them at the Front Desk and residents will welcome them!

Annually, we identify a High Risk Process with which to intervene. This is a process that, if not planned and implemented correctly, has a potential for impacting the safety of residents. Past High Risk Processes have included Falls Reduction, Pandemic Preparedness and having an orderly, organized, clutter-limited facility. Our 2011 High Risk Process is: Encourage a safe medication administration environment by limiting interruptions and distractions. Staff in all positions are helping with this. We thank you, in advance, for being as quiet as possible when you visit and are in the area of a medication pass.

Past issues of the Andrew Connection can be read on our website, www.andrewresidence.com. You can also find the monthly menu and a group/activity calendar, among other things.

I look forward to seeing you at our next Family and Friends Dinner on Sunday, September 11th, if not before.



Andrew: Some Basics!

We have 212 residents here at Andrew, 53 on each floor. 67% are men, 33% are women. 60% of our residents have a diagnosis of Schizophrenia, 24% Schizoaffective Disorder with the remainder a variety of diagnoses. 13% have experienced chemical dependency in the last year; and 6% have an active seizure disorder. 27% have diabetes. Mainly, they are each courageous and inspirational!

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**. 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>
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3rd	Nicole Moore nas@andrewres.com
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<u>Resident Floor Phone Numbers</u>	
2nd	612-333-1148
3rd	612-333-1232
4th	612-333-1364
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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.**

Smoking at Andrew

In Minnesota, 17.6% of adults (over 695,000 individuals) are current cigarette smokers. At Andrew Residence, 62% of our residents smoke. Our residents self report smoking an average of 18.75 cigarettes a day (essentially one pack per day). The rate of smoking of Andrew residents is a 200% increase over the general population in Minnesota. Quitting smoking is difficult for everyone; however research shows that people with a mental illness have no more difficulty than anyone else. We are giving greater attention to this and hope to add to our current smoking cessation and smoking reduction offerings.

