

## IN-HOME FAMILY SUPPORT STAFF MEETING SUMMARY

**Subject:** April Staff Meeting

**Date:** April 2, 2025

**Time:** 12:00p-2:00p

### Meeting Review:

#### **Individual Reports:**

**RD** – 3/11/25- taken to Food Shelf. 3/24 to 3/20- had cold and not feeling well stayed home from the ODC. Monday 3/24- Tri- valley brought him home from the ODC because not feeling well. Had him purchase a thermometer from the pharmacy. Changed his glucometer to one that insurance will pay for test strips. Walleye supper was brought to his place on 3/26. 4/9/25- Scheduled to see dietitian and shopping day.

- o Weekly, Robert will independently prepare a nutritious, main entrée of his choice using a simple recipe.
- o Robert will explore a variety of leisure activities he can do at home by monthly choosing a new activity to try.

**TG** – She is very distracted when staff are there and wants to chat, staff reminds her that cleaning is priority, house has been messier than normal this past month, however she sent staff pictures of clean kitchen, living room and entryway that she did in a “panic” as mother in law was going to come over and she worries she will turn her into CPS. Staff praised her for the cleaning effort under stress. Worked on a “workbook journal” for ADHD individuals that she received from UCARE and it has goals and outcomes in it. Tabitha stated they were going to buy a house in warren but fell through so now looking at purchasing the one they are living in and expanding a room upstairs to make 3 bedrooms. Been only meeting 1x a week due to her schedule and staffing schedule, but staff would like to get back to 2x a week, if possible, with noting house messier ect.

- o Tabitha will complete one housekeeping task in her home to clean and organize
- o Tabitha will prepare a healthy food item once month with staff assistance.

**DH** – (Janelle report) Saw dietician on 3/3 @ Sanford, declines a return appointment. Continues to want to eat “junk”. Smoking 1-2 cigarettes a day. Continuing to do laundry 2x weekly, Deb has been having some difficulty with this as her shoulder is very painful. Cardiologist check up on 3/6 to which he stated things are good for her and follow up in 1 year. Shopping in TRF on 3/6 and Grand Forks on 3/24 and out to eat at Biff’s, Hank’s and culvers. Dental appointment in Halstad on 3/25 to which no dental work was done as needing clearance from her physician due to recent placement of stent, she needs a filling, faxed form to Dr. Khan’s office to fill out and then they will get back to her with appointment date. Ate at shanty after on way home. On 3/25 had a “weird” episode of behaviors of talking to people that did not seem to be there when asked who she was referring to and talking very loudly. No incidents noted since then. Deb usually is talkative and joking around and will do a word search with staff when laundry is going.

(Liz report) 3/6- medication set up and laundry. 3/19- cleaned vacuum cleaner. Staff called Dr. Khan nurse regarding insurance refusing to approve MRI in 11/24. Insurance wanted her to have therapy. She stated that DH would need to be seen again. Appointment is 4/1/25. Due for annual eye exam.

- o Once per week Debra will go to the grocery store to purchase her groceries
- o Every other week Debra will accurately set up her medications in her pill boxes
- o Each month, Debra will participate in socialization/leisure outing of her choice, with staff in the community

**MH** – Saw Keegan (therapist) on 3/4 then was to see him again on 3/18 but cancelled and ended up going to NVHC for ear pain to which she had an ear infection and put on oral antibiotic and follow up on 3/24 to which she still had some drainage so put on a ear drop to finish clearing it up, also breaking out on her leg from catheter tape so PCP gave her some ointment to put on. Went to clinic for cold like symptoms and put on oral antibiotic. Melissa needs help with filling pill machines and ordering meds, staff does the AM meds and assists Melissa in what the PM meds are, and she will fill the container when she knows the right med. Continues to cook with housemate even though this is no longer a formal goal they still like to cook and make things with staff. Getting headaches from odor next door coming into the apartment. Foot care clinic on 4/1, she has large calluses forming on bottom of feet so recommended to see Dr. Yuska podiatry for these, appointment made on 4/30. Melissa is interested in the special Olympics, the coordinator for Trf contacted staff about this, bocce ball for summer and bowling for fall.

- o Weekly, Melissa will set up her medication
- o Melissa will complete her daily and weekly cleaning tasks for her CPAP machine

**EJ** – 3/11- Foot care clinic, 3/19- saw Megan Weddingfeld through telehealth, No medications changes, 3/20, 3/25, 3/27, 4/1 went to pulmonary rehab. Plan on going to 12 sessions. 4/1/25- saw Dr. Mangardich, pulmonologist. The weight is 237 lb. 9.6 oz. Rescue inhaler is not working. Ernie wants to hold off on Dupixent at this time. Would like him to keep track of how often he uses a rescue inhaler. F/u in 3 months, on 7/1/25. In-home is taking him on Tuesday and helper is taking him on Thursdays for rehab. Taken to pharmacy in Warren to check inhaler, need to remove capsule and wash outside case with warm water. Put back capsule when dry. When taken to Pulmonary rehab on 3/25- he had cigarette outside building. Needs many prompts to get out for appointments on time. He likes the tennis shoes he purchased, needs to purchase an insert for shoe. 3/20/25- seen by orthotics for AFO, replaced velcro and brace part was still okay. 3/25- taken to peers and played Yahtzee. Went out to eat when taken to appointments.

- o Each month, Ernie will choose an outing he would like to participate in that promotes socialization with staff and other individuals and peers in the community.

**AK** – Met with 4 X in March. The back porch electric heater was on and close to the chair. Clean clothes on floor, paper, and lint from dryer. Entry way to living room there is two large dirty spots on the carpet. AK works on washing dishes, folding clothes, cleaning fridge and putting stuff away from entry way. Large pile of dirty clothes to be washed. Pills bottles are all over the first floor. Staff gathered all pill bottles and went through for dates. Put bottles in her pill box. Bathroom very dirty with a lot of hair in shower. There is garbage can in bathroom, but stuff thrown on floor instead of using the can. Much clutter in house that needs to be gone through.

- o Twice a month, Amanda will work on unpacking boxed up items in her extra bedroom or cleaning out what is left in her storage unit.
- o Twice weekly, Amanda will complete housekeeping tasks in her home

**PK** - Has gotten his temporary ID. Physical is 4/11/25. Got a haircut. He started washing clothes and picked up items in the living room. He has gotten a frame for his bed. Have found many bottles of his medication on the first floor. Staff sorted through bottles and 12 bottles of outdated meds brought to courthouse. He is not taking the pm medication. He went to Jason N and he needs to be taken. 3/31- Asked him to get his pill machine, he yelled at his mom to help him find it in his room. Mom refused, and he yelled that she doesn't do anything for him. Continued to be on his mom, yelling and swearing. Behavior is a concern. Mom handled well in telling him no.

- o Polo will prepare the evening meal for him and his mother twice monthly.

**KL** – Feb 11<sup>th</sup> – Took Kevin to the pharmacy to get his Shingles vaccine. Then we went to the gas station for cigarettes and Dollar Tree for his energy drinks and other items. When we got back in the van, he opened an energy drink and started chugging it. We were going to Wal Mart next, which is right next door, so I told him he didn't have time to finish it, and we were going to go to eat after that. He only drank half then. Back at home he opened up his new Carbon Monoxide Detector and plugged it in. It started beeping every few seconds so he tried pushing buttons but it wouldn't stop. I told him to check the directions, but he put away groceries instead and went outside to smoke, so I looked at it and found that the battery was not hooked up. I made a pizza for him that was in the freezer.

Feb 19<sup>th</sup> – Kevin called the day before many times in a row, but I was driving so couldn't answer. When I called him back, he said he needs groceries and cigarettes. On the way to TRF he said twice that he needs to see Dr Joseph because he hasn't seen her for a while. I told him both times that he just seen her a few weeks ago. Then he said he meant Dawn. I told him he would be seeing her the next week.

At Wal-Mart, he talked about how he and his dad used to love apples so we bought 3. We had lunch at Subway where he got a roast beef sandwich, which he really liked. Back at his home, I saw that his pop cup was still on the counter from last week and he had not been using his weighted silverware (they were still in the clean side of the sink I washed last time and not with the dirty dishes). I took out a frozen meal from the freezer for him, put it in the fridge and asked him to try using them with supper and he said he would.

Feb 25<sup>th</sup> – Kevin saw Dawn and then Dr Nupdal. I had learned that morning that Kevin had bought energy drinks after church 2 days before and told his neighbor (whom he rode to church with) that it was pop. He had just bought 8 cans 5 days before that. So I wrote a note to Dr Nupdal about the recent events with energy drinks and gave it to the receptionist when he was seeing Dawn. Dr Nupdal asked Kevin the mental health questions and his answers were not the same as he had given the nurse who checked him in. No med changes, but the Dr told Kevin that he should limit his caffeine because it's hard on his heart and tremors. When he handed Kevin his papers, his tremors were so bad he could barely fold them up to put in his pocket.

March 5<sup>th</sup> – When I arrived at Kevin's, his social worker was there. I was not expecting this, as we weren't supposed to have his quarterly meeting until the 10<sup>th</sup>, but we did have it anyways. She had Kevin write his name on a paper without the weights and with the weights, which was the better of the two. We talked about several more things; sleeping on the couch, eating the meals in the freezer, and then went to TRF. We went to the bank, pharmacy, had eye exam, got a hair cut, then Dollar Tree, Wal Mart, Fleet, and McDonald's.

His eye exam went well. Very little changes in his eyesight and Glaucoma. I asked if he can increase his eye drops because he's going thru them too quickly due to his tremors. He put the order in but could not guarantee the insurance would cover it. As we were walking out, I told Kevin he could buy 2 less packs of cigarettes to pay for the drops and the eye doctor turned around and said to Kevin "You smoke? That is not good for your eyes! You should try to quit." Back at his house, I went into his spare room and there was a large shoe box that wasn't there before. I found that it was full of cigarette butts. Kevin was outside smoking and when he came back in, I asked him if he is smoking in the house, and he said no. I asked if he was sure, and he again said no. So I asked him where they came from, and he said he didn't know. Then he said they were from winter time. We put them in a garbage bag and then outside. He said he is smoking outside all the time.

- o Twice a month, Kevin will assist staff in preparing a meal and/or bake.
- o Monthly, Kevin will participate in a community outing, of his choice, that promotes socialization with others.

**MP-** No contact in March, was going on outing with another peer on 3/28 but was cancelled, will go on 4/4.

- o Each year, Michael will participate in 12 socialization outings with staff to interact with other individuals/peers in the community

**SP** – Foot care clinic on 3/4 and feet look good according to the nurse as long as she keeps up with foot care.

- o Each year, Stacy will choose socialization outings she would like to participate with staff to interact with other individuals and peers in the community

**GR** – Annual Physical on 3/5, abnormal lab values for fatty liver disease and cholesterol level, PCP Jeremy stressed diet patterns with Greg, no medication changes at this time. Greg's apartment has been fairly clean this month, not noticing a "manic high" currently. Greg went to visit mom in Grand forks with a volunteer driver, he bought her a birthday card, also bought a card and stuff bear for a girl peer in Trf and mailed to her. Greg enjoys cooking when time allows with the staff. Went on an outing to spaghetti supper with peers at the warren legion and he enjoyed the food and visiting and wants to go again. Staff have noted that Greg's mood appears much happier and he is visiting more with peers. Planned to go to Grand forks for a new bed on 3/28 but cancelled due to weather prediction, going to go on 4/4 with another peer and staff. Greg has a large amount of money to spend down so looking for a new bike as well and some Dallas cowboy's things he wants/needs online that Katie can order for him. Eye appointment on 4/7 and Dental on 4/15.

- o Twice a month Greg will remove and wash his bedding
- o Greg will clean out his refrigerator every other week
- o Greg will participate in socialization outings, interacting with other individuals and peers in the community.

**CS** – Feb 12- Chris and I went to the Courthouse to walk around and look at the wall pictures. Then to my home where he watched cartoons and played with toys. He was quiet and listened well. Feb 18<sup>th</sup> – The school report said he had diarrhea 3 times so we stayed close by. Went to Tru Value and looked at toys, and he bought a sucker. Then to my home to play with toys. Feb 19<sup>th</sup> – Went to the DQ in EGF. When waiting for his order, he walked over to someone sitting at a table, so I lead him back to the counter. When we sat down, he took off his shoes and threw them a few feet away. I put them beside me until he was done with his sundae and then he put

them on and we left. He threw them into the back of the van as soon as he was buckled in. I waited until we got to his home for him to put them back on. Feb 25<sup>th</sup> – Went to EGF and on the way he unbuckled, took his shoes off and walked up and threw them in the front seat. I pulled over and buckled him back up, saying he cannot do that and if he did it again, we would go back home. He didn't do it again. We walked around inside and around the block of River Cinema as it was a nice day. Then to Dollar General to get a treat. He picked out a treat and when we went to pay, he quickly took his shoes off and threw them over the top of the aisle divider. I quickly picked them up and took him outside where he tried again to throw them into the store entry, instead of putting them on. I talked to him about not doing that and asked if he would like to try again to buy a treat. He said yes. He did it again, so we left and went home. His mother said he has been doing that at school too and he wears slippers there. He throws them too, but they're not going to hurt anyone. He ends up going barefoot sometimes there, too. Feb 26<sup>th</sup> – Chris had a snack at his home. When I buckled him up, I asked if he wants his shoes off and he said yes. So I put them in the front seat. I do this every time now. Then we went to my home where he was very nice to the cats this time, and didn't try to choke them. We went for a walk and then to the Warren car wash, which he liked. March 4 – My home – had cookies and milk. He wouldn't play with toys, but did drop them behind the couch. He took his shoes off in the van too, and when we stopped at Marshall Place for a short while, he tried to put them in the sink. March 5<sup>th</sup> – Went to the DQ in Crookston and used the bathroom first. He took his shoes off and tried to throw them into the next stall. I asked him if he still wanted to get a snack there and he said yes, so I lead him out the door quickly and we went to the dirveup instead. I sat with him in the back seat and gave him his fries in small portions to eat. He had a diet coke too. I also put his shoes in the front seat on the way home.

- o Once monthly, Christopher will participate in an activity that he enjoys in the community

## **JS –**

- o Once monthly, Jason will prepare a recipe new to him

**CT –** (Janelle report) She works 1 day a week-Mondays 8-11. Last hair laser treatment on 3/7 and recommendation for more, however payee stated she does not have the funds for this currently so to wait a bit to pool some more money. Went to clinic for cold symptoms and put on an antibiotic. Botox pre-op on 3/10 as Botox was scheduled for 3/21, however the day before it got cancelled since she had recently been on antibiotic with cold symptoms it could not be done, new pre-op for 4/17 and Botox for 5/2 for bladder. Shopping in Grand Forks and Crookston, out to eat at Hank's, spaghetti supper with peers, and out to eat at shanty in Crookston Ordered 2 new pairs of pants, arrived and look good on her. Does very good at filling her medication boxes, however, needs prompts to stay on task. Been doing cooking with housemate even though it is not a formal goal anymore they still like to work on it and enjoy making things.

(Liz report) Met with twice and worked on cleaning cupboards, fridge and counters. Also went through the lock box. Went to Bully Brew.

- o Weekly, Charlotte will set up medications independently without errors 50% of trials.

**AW –** Outing on 3/19 went to Crookston as she wanted to have her nails done for her 17<sup>th</sup> birthday the following week. Ariel really enjoyed doing this. Ate a supper meal at Scoobeys after nails as she was picked up from school this day. Would like to try 2 outings a month, one with a peer and one without.

- o Ariel will work on a leisure interest of her choice in her home, trying 3 different activities
- o Monthly, Ariel will participate in a community outings of her choice

**KW** – Did not meet in March as she was busy with other things (OT, PT and speech and horse therapy and therapists and dermatology). She was overwhelmed and could not get a date to meet that worked with both our schedules. Asked for an April schedule from her to get a date to meet for April, has a semi-annual meeting on 4/9.

- o Kat will complete one tie blanket in her 6 month review period
- o Monthly, Kat will complete one housekeeping or organizational task

**Next Staff Meeting is scheduled for: Wednesday, May 7th at 11:30a at the MCGH office.**

**STAFF MEMBERS PRESENT:**

<b>Name:</b>	<b>Position:</b>	<b>Name:</b>	<b>Position:</b>
Kristal Walen	ADM	Liz Anderson	DCC
Cindy Gratzek	PS	Janelle Fick	DCA
Sabrina Deschene	PD	Mary Kay Stinar	DCS
JoAnn Saunders	LPN		

**Authorized By:** Cindy Gratzek, PS

Acknowledgement completed in STAR Services.