

IN-HOME FAMILY SUPPORT STAFF MEETING SUMMARY

Subject: February Staff Meeting

Date: February 6, 2025

Time: 11:30a-1:30p

Meeting Review:

Individual Reports:

RD – 1/22/25- Jeremy Houser, weight 261#, Seen for sore on bottom of right foot, and urinary urgency, sores on lower right leg. Med changes furosemide 20 mg to once daily and began on tamsulosin 0.4 mg daily for BPH. He had been on 60 mg furosemide daily. PSA- 2.19. Urinalysis completed, and had UTI, began on Bactrim DS, for 5 days. Referral to OT for lymphedema treatment. If notices increased swelling his lower extremities will increase Lasix to 40 mg daily. F/u Jeremy in month. 1/15/25- taken to Grand Forks shopping. Out to eat with peers to Hanks.

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

TG – Tabitha has needed more verbal prompts to stay on task when cleaning while staff is there as she usually likes to talk a lot due to not being around adults much or out of the house. Tabitha makes animated videos and likes staff to see what she has done.

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

DH – 12/30/24- saw Jesse Fuhrer for pressure area on left buttock. The wound is healed. 1/1/25 Taken to NVHC by ambulance due to heart attack, flown by helicopter to Fargo to see cardiologist. Staff went to Fargo to see what would go on. Deb had an angiogram and showed that there was blockage so she had a stent put in her heart. Upon discharge she was sent to North Star Manor nursing home for rehabilitation from this procedure for about 2 weeks, then discharged back to her apartment. Deb is seeming to be doing well since the heart attack and gets around pretty good ambulating. Deb needs to decide if she wants to get her medications through TRF or warren pharmacy and if she will continue to see Dr. Kahn instead of Nichole at NVHC so her medications can be filled accordingly and sent to right pharmacy. Deb had appointment at NVHC in regards to cardiac rehabilitation for her heart and in going it was found that she would not be able to do the exercise machines they have due to shoulder and knee pains as she tried them out for about 10 min and could hardly do it and for cardiac rehab it's about 80-90 minutes 2x a week. The nurse and Deb both agreed she is not a candidate for cardiac rehab, but Deb said she would start walking her hallways and nurse told her that would be good, but she needs to pick up her pace when doing so to get her heart rate up and pumping. Deb also had an appointment

with Dr. Khan, and he asked her about her smoking, and she stated she is down to 2 a day and that once the packs (5) she has in her fridge are out and done she will be done smoking as she said the lozenges are working well. He did not say when he would like to see her back so staff will send my chart message to see if he would like to follow up with her or for her to follow up with cardiology instead in going forward. Appointment on 2/6 with cardiologist from Fargo at Sanford in TRF. Deb is at 265#, still wants to eat potato chips and other unhealthy foods. Will also ask Dr. Khan or cardiologist about her seeing a dietician and can explain about healthier food choices and the importance of it now with heart issues and if she will have surgery on her knee.

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

MH – Footcare clinic 2/4. Continues to see her therapist Keegan in TRF bi-weekly. States she has been crabby and moody since surgery and snappy at her housemate and other peers and does not like the feeling, Melissa seems to be better with feelings now after having catheter for a few weeks. preop for super pubic catheter and catheter was surgically placed on 1/13. Melissa was very sore after and was told she would be and what to do for pain and that the bladder would spasm at times and she could get “wet” in her pants from this so not to worry, however this did happen and Melissa was very worried the eve it happened and called this staff crying and then called Altru on call about this and again was explained that this could happen with surgery like this. She did leak again recently, and staff explained it again to her that it may happen from time to time like doctor stated and that she could wear a panty liner pad of some kind, so Melissa did purchase some at the store to use. Melissa seen Dr. Holm’s that did her preop and her diabetes checkup, her A1C was still a bit high so he gave her a new insulin regimen and also increased her Jardiance. When he sees her again if her A1C has not come down more he may place her on a more concentrated insulin. Haircut on 1/22

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

EJ – 1/14/25– Foot Care Clinic, 1/22/25– meeting at his place, Bathroom– finished what he can afford now. Discussed a goal for him to put out garbage weekly to pick up. His helper is giving him 8 nicotine lozenges for two days. She must give him many reminders to put out garbage. He went to legion on a very cold windy night. 1/22/25- telecall with Megan Weddingfeld, fasting labs ordered, and no med Changes. 1/28/25- taken to see Dr. Lo podiatry at Altru- diabetic foot care trim calluses. Recommended new shoes. Purchased Brooks shoes, elastic shoestrings, and ASO ankle brace. Ran off info on how to put on ankle brace. Dr. Also suggested insert for right foot. 2/11/25- has appointment with Michelle W for referral for AFO brace for left foot. He is eligible for new AFO every 5 years. 1/28/25- taken for fasting labs at NVHV. Corey Kurtz,NP – cardiology department is leaving Altru. 2/19/25- Appointment pulmonology. In January Ernie and peers ate at Hanks. 2/26/25- birthday party at Dell.

- 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 – Not using medication machines. She has a lot of laundry to do. Piles of clean laundry on Floor by dryer. House is very cluttered. She went through fridge and threw spoiled foods after prompts from staff. Continue to

have food, garbage, and other items all over floors. Bags from the Food Shelf are left on the floor not put away. Visited with AK and PK about picking up before IN- Home staff comes to place. She got a garbage can for the bathroom. Dog Sprocket is back and has accidents on carpet. Have heater in back porch. Often is on the phone with boyfriend. She needs to work on decluttering the place.

- 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.
- Twice weekly, Amanda will complete housekeeping tasks in her home

PK – Not using medication machine and does not always take medication. Has helped pick up and vacuum the living room and take out garbage. He needs many prompts to do any cleaning. The elbows are black and concern of hygiene. He has not done cooking. Feel they both need to work on picking up house before staff come to place. No sheets on bed. Transcript from school.

*Could a goal be added for PK and AK to have first floor picked up before In-Home staff comes.- Goals need to be what the client wants. However can change the programming.

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

KL – 1/14-Went to TRF for groceries. He first bought cigarettes at the gas station. When we got back to his home, I found the receipt for them on his table and there was a purchase of 12 grape items. I asked what they were, and he said “candy”. I asked if I could see what they looked like and he said with an annoyed tone, “I already put them away”. Then he threw the receipt in the garbage. His shakiness was very bad. I called Kevin to tell him he has fasting labs. He wanted to know why she wants this now. I said they do it at every annual physical and explained what fasting labs means. It took several explanations for him to understand. 1/16- Annual Physical with Dr Joseph. She encouraged Kevin several times to quit smoking, but he said he wasn’t ready. She also told him how bad it is to drink 5hr energy drinks and said he should stick with drinking the 1 regular a day as he had agreed to before. He said ok. Then she talked to him about having a guardian in case he needs one. He said he would consider his sister for that. Labs, prostate exam, and a UA were done. BM sample kit was sent with to be done and returned to the clinic. His shakiness was much less that morning since he did not have any caffeine. 1/18- Kevin called me at 10:15pm to tell me he may not be going to church on Sunday due to cold weather and he would need to go buy cigarettes and cash his check on Tues. He also said he thought I would be sleeping so said, “Then why did you call?” He said he didn’t know. I nicely said he shouldn’t call that late unless it’s an emergency. He said ok. 1/23 – He was anxious about getting cigarettes, but I wondered if it was more due to wanting to get more more 5 hr drinks. So I reminded him what Dr Joseph said about them right before we got there. He said he was going to use the bathroom while in there and I said ok. After he walked in, I went in right afterwards and he already had one handful of the drinks on one hand (they’re on the counter) and was grabbing another handful. His shakiness was bad and they were dropping on the counter and the floor. He saw me then and I asked him if he could put them back and he did right away. He bought the cigarettes and said he didn’t have to use the bathroom. We talked about it again on the way home and he seemed to be listening. Jan 28th – Kevin had a bm in the “bonnet” before I got there, and I got the sample ready to bring to the clinic. He had a lung x ray while we were there too. Picked up a med and got groceries and cigarettes. He went into the gas station and did not buy anything else.

- Twice a month, Kevin will assist staff in preparing a meal and/or bake.

- Monthly, Kevin will participate in a community outing, of his choice, that promotes socialization with others.

MP- Attended Christmas party with other peers and staff, decided against getting his colonoscopy

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

SP – Attended Christmas party with other peers and staff, foot care on Jan.7th, would like to go on outing with other peers. Stacy would like to attend Park River Bible Camp this summer. Janelle has planned an outing for Stacy and another female individual for Jan. 20th. Stacy will need money for the outing – request from her mother.

- 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 – Has been in a manic high episode, “tore” apart his apartment with stuff all over, did get this to go through some of it, social worker went through stuff with him one day as well. Greg needs a new bed, going to Grand Forks to look for one to be delivered. Old one out? Outing for February to go bowling and out to eat with another peer as Greg would like to do this. Greg has been cooking but still does not like to change things up much with what he wants to make even with suggestions and assistance from staff.

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

CS – Jan 7th – Came to my home and he helped put in ingredients for a pumpkin pie. When I gave him the spatula to lick, he did not know how to stick out his tongue. But he was able to eat the batter anyways. Played with the Connect 4 game too. Jan 14th – Snack and bathroom at his home and then to mine. He was fixated on our cat, but not in a good way. He would pet her and then with a mischievous smile, he would squeeze her neck and laugh. I tried distracting him with other things but he kept going back to the cat, so we left. Jan 15th – Went to the DQ in EGF for a sundae, then to the River Cinema to walk around and look at all the things there. He listened well and enjoyed himself. Jan 22nd – Went to McDonald’s in Crookston for a snack. He was good in the restaurant. Jan 24th – His mom said he was wound up at school ,so we went to my home. The first thing he did was to throw his shoes behind a dresser. I put his shoes in another place and then gave him a sandwich and milk. Watched kids tv and played catch with a ball.

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

JS – Services “on-hold” during school basketball season.

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

CT – Cleaned fridge, and counters. Shelves made for China hutch. Taken to Bully Brew. She said the apartment was cool, the temperature was 62 degrees. She called manager and we did what he suggested. He called back later and temperature It was still 62 degrees. Staff bought them at my housemate's mom's place. New furnace.Put in apartment. Making invitations for peer's birthday party.

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

AW – Outing to Grand Forks on 1/21 with another peer, bowling and out to eat and both of them had a good time together and are wondering when they can go somewhere again. Ariel behaved very well with awesome manners.

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

KW – Met at her apartment and went over some paperwork she wanted to organize then decided to go for a bite to eat at the cafe as she said she needed to eat as she was going to be going to horse therapy. So did not work on goals. Kat attended the Christmas party and helped with decor and games.

- Kat will complete one tie blanket in her 6 month review period

Next Staff Meeting is scheduled for: Wednesday, March 12th at 11:30p at the MCGH office.

STAFF MEMBERS PRESENT:

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

Authorized By: Sabrina Deschene, PD

Acknowledgement completed in STAR Services.

