

IN-HOME FAMILY SUPPORT STAFF MEETING SUMMARY

Subject: August Staff Meeting

Date: August 6, 2025

Time: 11:30a—1:30p

Meeting Review:

1. Janelle will be taking Cindy's position. She has started training and will be training until Cindy retires November 1, 2025.
2. Picnic will be 8/22/25 at the American Legion in Argyle from 1130a-130p. Luau theme. Lunch will be served
3. Employee Expense sheets are getting to be very expensive. We cannot go out to eat every time we have clients for appointments or outings. **This will be limited to 2x a month.** Clients cannot afford to go out to eat this much either. It is also not healthy.

Individual Reports:

RD – 7/16/25-Nicole Straus,NP- He is on tamsulosin and finasteride. Began on tolterodine 2 mg daily. C/o of nocturia bladder problems. He is emptying the bladder. UA completed and had infection, began on sulfamethoxazole-trimethoprim , 1 tablet 2 times daily for 7 days. Robert to decrease evening fluid intake, avoid caffeine and alcohol. Handout given on food and liquids that Are bladder irritants. Increase water intake. Next appointment is 9/17/25. 8/5/25- Foot Care Clinic. The left hand is chapped and has cuts. He sets up his medication weekly with supervision. Staff assist with checking fridge for spoiled food weekly. Prompts needed for cleaning of his place. He went to the fair every day, was given \$70 for the fair. His nephew stayed at his place from Wednesday to Monday. His nephew slept in Robert's bed and Robert slept in the recliner. 7/16/26- out to eat and shopping in Grand Forks. Phone was not working, staff called Frontier. Frontier fixed the outside wire. He goes to peer's place in Argyle quite often and will bring pizza to share. He prepared burger/vegetable for peer. He completed cooking goal 3 X. Taken to the food shelf.

- 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 – only met 2x in July due to other things she has going on with herself or the kids. She did text staff pictures of cleaning the kitchen, living room and front entryway and staff praised her for doing this so well and on her own. Times for cleaning are harder for her with the kids home all day every day.

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

DH – 7/24/25- Taken shopping to Thief River Falls and out to eat. Saw Dr. Khan for pre-op physical for shoulder surgery. Had CT Scan and labs, everything looked good for surgery. Laundry 2x a week, not as many soiled items as there usually has been (soaker pads ect.), medications filled 2x a month (every other week).

Shopping in GF on 7/11 for groceries and out to eat at Culver's. The dental appointment for 7/10 was cancelled due to her surgical procedure on 7/30. Nursing phone call from Sanford in Fargo on 7/7 on dos and don'ts for surgery on 7/30 as well as some training on what she would need to do after surgery. Pre-op on 7/24 and shopping in TRF. Staff assisted in ordering 4XL button-up shirts for her as she was advised this would be better to wear after surgery on her shoulder. Deb asked to go to Hank's to eat a couple times as she wanted to get out as much as possible before surgery and going into the nursing home for recovery. Surgery 7/30 right shoulder replacement followed by going to nursing home.

- Every other week Debra will accurately set up her medications in her pill boxes

MH – continues to work at Dollar General 2x a week and is loving this. Seeing her therapist now only 1x/month in Thief River. Melissa and housemate taken to Grand Forks for grocery shopping on 7/11 and out to eat. Staff assists in changing her Dexcom every 7-10 days. Melissa's blood sugar has been very good running in the 100's. Dr. Holm made an Insulin change as it was lowered for AM dose as she was running low through the mid-morning/day. Melissa received her new glasses on 7/28 from Warren Eye Care. Melissa, with staff assistance, fills medication machines every two weeks. Melissa participated in the fair parade for MCGH. Melissa and housemate had an incident of a peer's nephew following them around at the fair as was told to leave alone but would not, so Melissa told a police officer of this and that the individual is a known pedophile. Police talked with the individual and stated to leave alone and also was checking into why he was roaming the fair with no supervision.

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

EJ –7/22-Echo, 7/29- pulmonology. Dr. Mangardich. Taken to appointments and out to eat at the Dairy Queen. He has wheezing on exam. Added nebulizer budesonide twice daily. Needs to do oral cares after each treatment. Ernie stated he was not interested in biologic agents or injections. Staff helped him 2 times with neb treatment. He had not smoked for three days. 9/9/25- pulmonary function test. He has not been putting on Nicotine patch consistently. In-home and Chore Services staff will clean the nebulizer. Laminated sheets made up on how to do neb treatments, and when he needs to do inhaler and neb treatment. Feel he will need supervision and prompts with the nebulizer treatments. Set up nebulizer machine on table by recliner. Staff sets up medication weekly. He purchased light bulbs and extension cord from True Value. The light with the fan in the ceiling in the living room area needs to be replaced. He does have a 3-bulb floor lamp. The frame of window in kitchen fell apart. The carpenter came and has been fixed. Money has \$50 for shopping Grand Forks, and \$20 weekly. \$40 for the fair.

- 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 –Seen on 7/7/14, 7/28. Texted on 7/24 and 7/31 regarding doing housework. The carpet has large stains. Continue to have dirty dishes, dirty clothes, paper and other items all over. The place is very cluttered. AK Has not had time to clean the upstairs. The back porch has smoke smell and clean clothes on floor. Staff has texted to work on cleaning, but it does not get done. A large pile of clothes needs to be washed.

- 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 – July 9th - Polo was happy to show me some rearranging that was done in the house, and he and Amanda were quick to give all the credit to Ean. The house was very messy, though, overflowing basket loads of laundry in the porch and lots of dishes to be washed. Wrappers, clothes laying all around the main floor. Steps were dirty and upstairs hallway the same. Polo's room had clothes and garbage everywhere, plus food and crumbs under the bed and floor. Empty boxes from pop, crackers, and various things under the bed and mixed in with the clothes. We cleaned it all up together and put a clean sheet on the bed. I suggested to Amanda that she buy a mattress cover and new pillows for him as he needs them badly. She said she would. Cannot find pill machine. Will take out garbage with many prompts. Staff asks him to clean his room. The NP he sees at Sanford Behavior has left, He will need to establish care with another provider. July 30th – I went up to Polos room and he greeted me by saying, “My room is clean”! And it was! He had put his clothes in the closet as his dresser is much too small for them. The med container was still missing, and when I asked if he had taken his medications, he said no and then went downstairs to take them. He did not come back up, and mother’s boyfriend said he went to his Grandma’s. He did not have the new sheets on his bed either. The bathroom floor had wrappers, empty TP rolls, clumps of hair, etc all over. The garbage can was empty. The litter box was also full, and the main floor messy again. Not a lot of clothes in the porch though.

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

KL – July 8th - Saw Dawn Ellis in the morning and then to the pharmacy, bank and DTree. At his home I refilled his meds, cooked a hotdish, washed the kitchen floor and dusted his front room. He had the dishes washed. His closet was getting messy again, so we went through 2 baskets of things and found blankets, old curtains, and old sheets that had holes in them plus there was mouse poop in them too. Kevin agreed to throw them away, so we filled an XLgarbage bag full, and I took it to the dumpster up the road. July 22nd – Dentist appt in GF. Kevin has 3 small cavities to be filled. They advised him to brush twice a day and floss (which he does not do). I need to call on Aug 11th for an appt, as they only schedule out 2 weeks at a time. We had lunch at Blue Moose, which he enjoyed. July 29th – Neurologist appt with Dr Lynde. She encouraged Kevin to cut back on energy drinks and talk to his primary doctor about quitting smoking. She also said to use his wrist weights, which he does at work but not at home. **His BP was 92/60, pulse: 51, CO2-96.** She asked that we recheck this over the next 2 days as it was lower than it should be. We talked about it being caused by dehydration and he admitted that he only drinks water 2 x day, when taking his meds. She said that caffeine can also cause it so to be sure and drink other things throughout the day. He said he would. I took his BP at 2:40 that afternoon and it was **112/65**. I contacted our supervisor and she asked the ODC to track it for the next 2 days. **Results:** July 30th - 116/65 pulse: 67. July 31st - 116/70 pulse: 49. Kevin called on Aug 4th to ask if I was coming out on Tues (he always asks that first) and then to make sure we are stopping for energy drinks. July 9th – ***Dr Nupdal is no longer working at Sanford Mental Health in TRF. Kevin has an appointment with Dr Davis Mills on Aug 12th.

- Weekly, Kevin will go shopping for his personal needs.
- Weekly, Kevin will cash his check to be used for spending money.

MP- No contact month of July

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

SP – Participated in the fair parade for MCGH; noted that Stacy appeared unkempt in appearance.

- 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 – Staff fills medications every 2 weeks, Greg likes to prepare a meal on the day staff meets with him. He gets a check from social services weekly for 110.00. Greg usually has laundry done prior to staff contact as he will tell staff it is done, and staff checks to make sure. Clean out fridge every other week. Cupboards with dishes need to be gone through as a lot of dirty items were not washed properly and cluttered. Greg's apartment has been clean, no signs of manic episode. Greg participated in the fair parade for MCGH.

- Greg will visit his brother's gravesite x4/year.

CS – July 8th – Went to TRF DQ. Chris enjoyed the ride and seeing new things. On July 9th, we took Chris on a trail ride, and he was much better than last fall when we did that. No behaviors or issues the whole time.

July 23rd – Horse Therapy went very well. He kept his shoes on the whole time too! July 30th – When I arrived to pick him up, Chris's other caretaker said he was hyper and throwing things around. So, when we got to Horse Therapy, I suggested he walk the horse around for a bit to get some energy out. They did this for half an hour and then he rode the horse. He was pretty quiet but listened well to his instructor.

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

JS – No services provided.

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

CT – 7/15/25- Shopping at Thrift Store, and out to eat at McDonald. Met on 7/7 and 7/28- Broke boxes down and cleaned the fridge. Continues to work at Dollar General 1x a week (Mondays). Charlotte fills her medication machines every 2 weeks with staff checking for accuracy. Charlotte was seen in the ER on 7/13 for severe constipation, she was given an enema in the ER and could not be released for home till she has a BM, released home and was to push fluids (water), take OTC stool softener and MiraLAX PRN for constipation. Charlotte with housemate taken to Grand Forks on 7/11 for grocery shopping. Charlotte states no constipation since this encounter. Charlotte participated in the parade for MCGH. Charlotte and housemate had an incident of a peer's nephew following them around at the fair as was told to leave alone but would not, so Charlotte and her housemate told a police officer of this and that the individual is a known pedophile. Police talked with the individual and stated to leave alone and also was checking into why he was roaming the fair with no supervision.

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

AW – horse therapy on Tuesdays, been a struggle for her as in watching her while there as well as talking with the instructor Ariel is struggling with being on the horse with her weight gain, she has lost balance while trying to ride as well as having “attitude” when she cannot ride or does not have a partner to ride with to do games. The instructor stated she also does not currently have a horse to support her weight. The instructor is going to call mom and visit her about this to see what should happen in going forward. Outings?

- Monthly, Ariel will participate in a community outing of her choice

KW – supposed to meet on July 18th however Kat had something else come up to go to, then was going to meet on July 31st, but Kat had to go to her sister's. Did not meet the month of July. Trying to get a date set for August.

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

Next Staff Meeting is scheduled for: Wednesday, September 3rd at 11:30a at the MCGH office.

STAFF MEMBERS PRESENT:

Name:	Position:	Name:	Position:
Kristal Walen	ADM	Liz Anderson	DCC
Cindy Gratzek	PS	Janelle Fick	DCA
Kelsey Grandstrand	CRSS	Mary Kay Stinar	DCS
JoAnn Saunders	LPN		

Authorized By: Cindy Gratzek, PS

Acknowledgement completed in STAR Services.

