

IN-HOME FAMILY SUPPORT STAFF MEETING SUMMARY

Subject: September Staff Meeting

Date: September 3, 2025

Time: 11:30a—1:30p

Meeting Review:

1. Richelle Boman has accepted a position and plans to start in October.
2. Discuss how to bill for 2:1 time.
3. Mileage sheets due for August

Individual Reports:

RD – 8/5/25- Foot care clinic and out to eat with peers. 8/13/25- annual eye exam, new glasses ordered. Erin OTR ordered more leg wraps. He replaced the ones he was wearing. 8/12/25- taken to food shelf. 8/25/25- Out to eat with peer to Hanks and to Library. His left hand is dry and chapped. He has medication and lotion to put on. He is setting up his medications, and orders. Does not know what all medications are for. Attended the Group Home Picnic. He cooked 3 times in August. He had peer over for a meal. 8/13/25- played some games on Grand Pad with staff help. He visits peer in Argyle.

- 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 continues to clean areas of her home, from time to time she will clean and send pictures to staff of work completed and staff praise her for this. Tabitha also needs reminders from time to time to stay on task when staff is there as she wants to visit and then things do not get done. Tabitha's daughter ran out on her and went hiding, cops were called to assist and did find her and was talked to about running away and things that could happen, Tabitha called her daughter's therapist after incident. Tabitha's annual meeting was held on August 14th at social services. The goal for Tabitha was added that she would like to have staff assistance in reminding and or helping fill her pill box weekly, so she takes her medications regularly.

- 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 – Deb had surgery on August 30th, she had a total shoulder replacement in Fargo. Deb is currently at the nursing home. Not sure on when discharge will be for Deb to return to her home.

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

MH –Melissa attended foot care on 8/5 and went out to breakfast with her housemate and another peer and staff beforehand. Melissa gets assistance from staff biweekly on filling her medication machines. Melissa and her housemate like to cook a meal when the staff is there, time allows. Melissa did go to the Dr. C/O, being cold, Shakey and headaches with tummy not feeling good. Dr. Told her to hold off on her Ozempic for 1 week as see if things improve as all other tests came back good. Melissa has appointment sept. 12th to see Dr. Holm for diabetes. Melissa attended the MCGH picnic. Melissa continues to see her therapist 1x a month in TRF. Melissa received a haircut on 8/13. Melissa continues to work at Dollar General and enjoys this.

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

EJ – 8/5/25- annual eye exam, no change in vision. 8/15/25- went to peer's place for meal. 8/22- attended Group Home Picnic, 8/15- to Hanks with peer. Talked to him about putting on clean clothes daily and showering at least twice a week. His hair often looks greasy. Chore person calls him to remind him to do his nebulizer treatment and inhaler. He states he smokes 4 to 5 cigarettes a day. He had hair cut on 8/27. Staff cleaned his fridge and cupboard.

- 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 – 8/4- worked on folding laundry at laundromat, needed prompts to put it away, 8/11- House very cluttered and messy. First floor had stuff all over. Staff talked to AK and son about picking up after themselves. It needs to be done daily and should be done before staff come. Need to work on going through the clutter and decide what to do with. Staff helped clean the back porch area. She needs to schedule a mammogram.

- 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 – (Liz)8/4/25- Went to laundromat and 6 loads of clothes. He Has a new mattress. 8/18- Got a new Dose med machine. He set up the machine and filled it. He had been using the machine and taking his medication. His appointment on 8/27 at Sanford Behavioral was canceled. He has been frustrated saying no one listens to him. He stated that mom's boyfriend belittles him and asks him about getting a job. Arguing about who is leaving a mess. (MaryKay) 8/6 - Polo still had a full bottle of Adderall from March and 3/4 of a bottle from a more recent fill. He was also very hyper when I arrived. Amanda was doing dishes, and he was bantering back and forth with Ean, with a lot of cuss words going back and forth, mostly from Polo. When I went to give Amanda an invite to the Group Home picnic, he snatched it away from her, read it, and tore it in half, yelling he's not going to that stupid thing. He wasn't angry, just loud and obnoxious. When Amanda tried telling him it would be fun, he picked up a large knife and pretended he was going to stab her with it if she made him go. I told him to put it down, and he did, after smarting off a bit more. Ean was not helpful as he continued to berate Polo for not helping enough around the house. I told Polo to grab a garbage bag so we could go check his room and then we went upstairs. His room was a mess, clothes piled up on the floor, empty pop cases, dirty dishes, etc. There was also a McDonald's bag with 3 lg fries and 4 ten piece boxes of chicken nuggets not even touched from a few days ago. He also had a tote packed full of snack cakes and other junk food. He said his Grandma took him shopping at WalMart. 2

garbage bags were filled; one was almost all pop cans. I went downstairs and tried talking to Amanda about Polo's hyperness and not taking his meds, but Ean kept interrupting, complaining about Polo being lazy and other things, including how he gets anything he wants from his Grandma. I explained that not taking his meds and eating junk food constantly is a big reason Polo acts the way he does. I encouraged Amanda to talk to her mom about not buying him so much stuff. She said she has, but Polo wears her down til she gives in. The discussion lasted about 15 min. We talked quietly so Polo couldn't hear us. I am not very confident anything will change.

8/13 - Polo's room had the usual clothes, garbage, and McDonald's bags of old food scattered around. He put his new clothes in his dresser. He was complaining about several things and cussing constantly, so I asked if he had taken his meds and he said, "No, because my mom didn't give me them." He said he would take them if she would give him them, so I talked to them together and they agreed to this. I messaged Amanda to remind her the next morning, and she had already done it. 8/20 - Went through his clothes and he gave up half a garbage bag of things that didn't fit him anymore. His room was the same; garbage and stuff all over the floor. His new sheet was very dirty and lots of animal fur on it too. He didn't have another sheet so I talked to his mom and grandmother about getting him another set and possibly a new dresser. His grandmother said she has one he can have. 8/27 - Canceled because of meeting in TRF.

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

KL – 8/12 - Dr Mills appointment. B/P 110/62 pulse – 60. I had written a summary of Kevin's obsession with buying energy drinks and caffeine use and gave it to the nurse for the doctor to read prior to the appointment. His B/P was 110/62, pulse 60. Dr Mills asked Kevin several questions about his mental health, his family's history, and then his caffeine addiction. He encouraged him to quit buying energy drinks and to quit smoking. I asked if his ADHD was part of that problem, and he said that going on ADHD meds wouldn't make a difference. No change in meds and return in 3 months. Afterwards, Kevin said he liked Dr Nupdal better. Dr Mills has a very quiet monotone voice and never smiled, which is quite different from Dr Nupdal.

8/20 - Saw Dawn, then DT, Wal Mart, and McD's. Made tuna hotdish. Kevin had washed dishes and cleaned the toilets. 8/22 - Kev went to the annual picnic, which he really enjoyed. He took home a lot of leftovers too.

8/26 - Quarterly meeting. Kevin said he had biked to TRF the day before to buy cigarettes. He had also bought them after church on Sunday so there were 10 packs on his table, and one opened on the counter. Afterwards, I walked around the trailer and found 5 animal holes going underneath. Since then, a person trapped two woodchucks. Kevin had not eaten any of the food from the picnic, so I made it into meals for him using the ham and added boiled potatoes and veggie). He ate the rest of it for supper the next 2 nights. He had lots of Powerade in the fridge but no energy drinks. We went to TRF and he bought 3 new smoke alarms which have been put up. On the way to TRF, I asked Kevin if we could go back to buying cigarettes on Tuesday's so that he can keep better track of it and then Pat wouldn't have to stop after church for him. He agreed. When I told this to Pat she was very happy she wouldn't have to do it anymore.

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

MP- Michael attended MCGH picnic

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

SP – Attended the MCGH picnic

- 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 – Greg is doing well, he has been completing his cleaning duties such as fridge and laundry, apartment has been clean with no signs of “manic”. Greg likes to cook when the staff are there to make a meal with him when time allows. Staff fills Greg’s pill machines 2x monthly. Greg attended the MCGH picnic with staff and peers. September 9th Greg has his annual physical with Jeremy Houser his PCP.

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

CS – 8/6 - Went to the courthouse to walk around, then to my home where he enjoyed watching my husband weed - wack and do other things around the yard. 8/12 - Went to McDonald’s in EGF, then to Warren Park. He was flicking his cheek and licking his hand, plus saying, “Daddy’s gone!”. I assured him that his family would be back soon (they went on a vacation for the week). 8/13 - Horse Therapy. Chris was showing more behaviors; he wanted to throw his shoes different places, kept licking his hand, flicking his face and not wanting to listen very well. He only rode for 20 minutes. He also unbuckled when we were driving to grab his water bottle which he threw on the floor. 8/19 - My home for cookies and milk. He helped make the batter and was much more focused and happier since his family had come back. 8/20 - Chris was quiet at Horse Therapy, pulled up his shirt several times but otherwise was fine. 8/26 Chris was in GF as his father misunderstood when I said there was no HT and thought I wouldn’t be taking him. 8/27 - Went to Crookston, McD’s and to look at the sheep. Then to True Value where he was very good.

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

JS – Parents have stated that plans are for Jason to move to East Grand Forks. When this is confirmed, MCGH will discharge Jason from the In-Home Program.

CT – **Charlotte** attended foot care on 8/5 and went out to breakfast with her housemate and another peer and staff beforehand. Charlotte fills her medications bi-weekly, and staff checks for accuracy, Charlotte does very well with her medications and knows what they are for. Charlotte continues to work at Dollar General 1x a week. Charlotte, with housemate like to prepare a meal when time allows with staff present. Charlotte made appointments for her mammogram on 10/1 and colonoscopy 12/19, along with Botox for her bladder on 12/3. Charlotte had a haircut on 8/13. Charlotte attended the MCGH picnic with staff and peers. 8/20/25- helped clean garage and brought clothes to church to donate.

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

AW – Ariel attended horse therapy, however this is now on hold as the last couple sessions she did not go well. Ariel was upset she was not with a partner so she would not concentrate on being on the horse and had a tough time with balancing ect. The next time staff took her to therapy she did not want to even participate and ended up taking her back home. Ariel had her annual meeting on 8/28 and she would like to continue with outings in the community. Ariel attended the MCGH picnic.

- 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, October 1st 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 and Janelle Fick, PS

Acknowledgement completed in STAR Services.