



Kind Words

From Community Care Corporation

Volume 4, Issue 2
Summer 2004

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Assisted Living Plus

By Glen Albert, Program Director

We received good news!!!

Community Care can proceed with construction of our new Assisted Living Plus facility.

On June 1, Hennepin County notified residents and staff at Breckinridge House that the county has approved the funding to remodel the facility into three apartments, each with three bedrooms. The building's owners, the Garvin family, have also contributed funds toward the remodeling.

Now our work truly begins.

Community Care has chosen Noah's Remodeling, LLC to perform the work. The City of New Hope has approved the building's plans already. Because the program will provide congregate meals, we must upgrade the kitchen to be a commercial, restaurant-style workplace. Hennepin County's Community Health Department is reviewing the kitchen's proposed construction. We hope to obtain approval in June. Noah's Remodeling can pull the building permits to start construction as soon as the county has approved the plans.

Residents and staff are moving to temporary locations until the construction is complete. Community Care has secured

four apartments at the Regency Pointe Apartment Homes in Plymouth, each with two bedrooms. Two of these spacious apartments will accommodate the 7 residents who are moving with us. A third on the same floor will serve as the staff's office. The three apartments are all within two doors of each other. The other 4 residents are moving to other temporary locations. Community Care's staff will use the fourth apartment, which is on a different floor, as a business office.

This solution allows us to move residents' belongings and our office equipment to one location, avoiding the cost and inconvenience of separate storage.

The Assisted Living program



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Assisted Living Plus, continued

will continue to provide supervision of medications, staff on site 24 hours per day, recreation, and congregate meals. Staff's job titles will change, including the introduction of Home Health Aides, who will help clients with living skills.

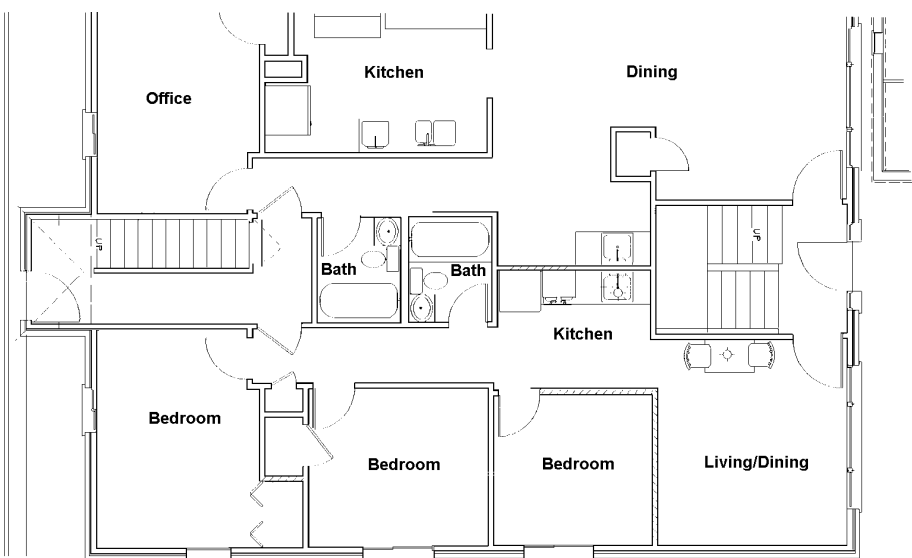


Residents have stated that they want to return as a group to the new living facility because of the friendships they have nurtured at Breckinridge House. They must complete a prescreening requirement to demonstrate

their need for the CADI services before they can move into the new apartments. The county has assured us that current residents will have no difficulty in meeting these requirements.

During the construction, our staff will complete training to meet the facility's new requirements for delivery of Assisted Living Plus services. The state and county will fund our services through Community Alternatives for Disabled Individuals (CADI), a Medical Assistance program. Although our new services will be quite similar to what Breckinridge has provided previously, the Medical Assistance program requires somewhat different and very specific documentation and training.

Residents and staff are all excited about this new opportunity. Universally, the residents are looking forward to living in a more normal environment while continuing to receive support from Community Care and maintaining the sense of community that they have worked hard to develop.



1st Floor Plan for One Assisted Living Apartment with Office Space and Congregate Dining Area

Community Care's Fundraiser

1st Annual Rummage Sale

What?

Raise funds to furnish future supportive housing; at present, we need furniture for our new Assisted Living Apartments, formerly Breckinridge House.

When?

July 29, 30, and 31, 2004

Thursday and Friday, 9:00 a.m.–5:00 p.m., Saturday, 9:00 a.m.–1:00 p.m.

Where?

Elim Lutheran Church,

3978 W Broadway, on the corner of County Road 81 and 40th in Robbinsdale

What You Can Do to Join the Fun!

- 👑 **Donate items** to the rummage sale. Donated items are tax deductible. Drop off items July 26th to 28th at the church.
- 👑 **Plan to shop** at the sale; you're bound to need something there!
- 👑 **Make a cash donation** that also is tax deductible.



For more information or to donate items, contact Monica Smith at 763-536-8134 or msmith@communitycarecorp.org

Headwaters Fund

Walk for Justice

September 19, 2004


11:30 a.m.—3:30 p.m.

Boom Island Park, Minneapolis

In 2003, Community Care raised \$4,355 through the Walk for Justice for the Cynthia Riggs Supportive Housing Fund, which is helping us furnish the remodeled Breckinridge House.

Join us again this year in raising dollars for that fund:

 By walking

 By pledging funds to a walker

Help us reach our goal this year of \$6,000, which will help us fund supportive housing for persons with serious and persistent mental illness.

For information, contact Bob Marion at 612-874-6409 or bmari on@communitycarecorp.org



Donors 2004

Individuals

Anonymous (1)
Glen Albert
Nancy Abramson
Marie Barron
Sara Barron-Leer
David Baune
Judy Bernier
Jonathan Burris
Tim Cashin
Signe Middlefort Dysken
Judi Gordon
Judy Hanks
Carol Johnson
Greg and Janet Johnson
Lorrie and Marlyn Johnson
Jennie Leskela, Douglas Choate,
and Aidan
Diane Martin
Allen Nelson
Doreen Obi
Patrick Robinson
Mary Kay Romportl
Margaret and Carl Roser
Charlotte Sebastian
Maura Sullivan
Peggy Wright

In Honor of

The Gerdis family in honor of
Janice and Lawrence Badje
Lyn Badje Gerdis in honor of Alyssa,
Jaden, and Abby

In Memory of

Anonymous (1) in memory of
Cynthia Riggs

Jane Garvin in memory of Hal Garvin
Larry Bourgerie in memory of
Cynthia Riggs
David Sagula in memory of
Cynthia Riggs
Lisa Stevens in memory of
Cynthia Riggs
Jennifer Ward in memory of
Kenneth Ring

Businesses and Organizations

Healing Touch International
Foundation, Inc.
Osseo Lions Club

In Kind Donations

Kathleen Bakke
Katy Boone
Chatterbox Pub
Cub Foods
Mary Gaetz
Lyn and Michael Gerdis
Mark of Excellence Homes, Inc.
Ana Martinez
Helen Raleigh
Richard and Ardelle Ronn
Mike Ronn
Saint Paul Shrine Circus
Mark and Amy Smith
Mike Smith
Ronald Villejo
Patty Zlotkowski

Wish List



CLIENTS' NEEDS

Personal Care Items

- Donations for medication copays
- Shampoo & conditioner
- Toothbrushes & tooth paste
- Dental floss
- Deodorant
- Multivitamins
- Gift certificates for new shoes
- YM or YWCA or health-club memberships

Other Items

- Gift certificates to coffee shops
- Long-distance phone cards
- Bus passes
- Variety of art supplies
- Portable TV with built-in VCR
- Craft kits
- Magazine subscriptions
- Movie tickets

Programs' and Staff's Needs

- IBM Blank Diskettes
- White Copier Paper
- Furniture Dolly
- Window Air Conditioners
- Services from a Print Shop
- Black Pens

Project Connections is Amazing

By Helen Raleigh, Executive Director

We have needed so much time and energy to prepare for the huge changes coming to Breckinridge House and Sentinel House that we easily have lost sight of Project Connections' amazing work.

Birgit Kelly, their Program Director, shared results of a clients' satisfaction survey that staff mailed out this spring. Forty-three clients responded, about a 40%, and very high, rate of return:

- 88% experienced an improvement in their mental health or overall well-being.
- 90% feel safe or safer.

- 93% are able to stay healthier or feel healthier.

What accounts for such high ratings of satisfaction?

One client wrote, "Having a case manager definitely helps me weather transitions and difficult life events without going into crisis."

Another said, "Weekly visits with my case manager keep me on track."

According to clients, their satis-

Continued on page 6

Mission Statement
We collaborate with persons living with mental illness and those who support them to create community and opportunities for well being.

faction results from the respectful treatment they receive, from their ability to obtain access to their case managers easily, and from their feelings that their case managers recognize the validity of their goals and values.

The satisfaction shows.

Nurse Consultant Renee Svoboda encouraged a client struggling with depression to sew her first quilt. After breaking down the project into small steps and working on it jointly with Renee for over a year, the client finished a beautiful quilt that truly is a work of art.

When she met him, Lyn Badje Gerdis' client had given up hope of a fulfilling life after living with schizophrenia and substance abuse for years. Over the past

couple of years, Lyn, a Case Manager, and the MICD project's staff engaged this client in thinking about change. With time and persistence, he has achieved and maintained sobriety for a year, is working regularly, and feels good about his life.

Kara Vangen, another Case Manager, helped an artistic client to organize her large body of work. Kara encouraged her to frame her work at a local shop, where some of her pieces now hang on display. She also is exhibiting currently at a Byerly's store.

Respect, active listening, hope and optimism, and superior clinical skills make a huge difference in the lives of Project Connections' clients.

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