

Patients Program Department Report - **MINNESOTA DEPARTMENT OF PUBLIC WELFARE**

Faribault State School and Hospital
State Hospital

March 1965
Month, Year

Instructions: Not later than the third day of the month, forward the previous month's report to Department of Public Welfare, 117 University Avenue, St. Paul.

PATIENT ACTIVITIES

1. Attach weekly or monthly schedule of group recreational activities that were available for patient during month under direction of this division.

OCCUPATIONAL THERAPY

1. Number of patients enrolled in Occupational Therapy activities on the last working day of the month Handicraft 147; OT 112_____.
2. Number of newly referred patients to this division during the month OT 103 »
3. Number of patients dropped from this division during the month 1_____.

INDUSTRIAL THERAPY

1. Number of patients enrolled in Industrial Therapy activities on the last working day of the month 1123_____.
2. Number of newly referred patients to this division during the month 6_.
3. Number of patients dropped from this division during the month 11_____.

REHABILITATION THERAPIES DEPARTMENT

March 1965, Monthly Report

During the month of March the Rehabilitation Therapies Department continued to serve the residents of Faribault State School and Hospital, Aimed at furthering the resident's social adjustment and development, these activities are provided through central and ward schedules,

RECREATION REPORT

The Recreation Therapies staff in March conducted or assisted at the following central activities:

- 4 Catholic and 4 Protestant Sunday Church Services
- 3 Special Entertainment Programs
- 1 Special Basketball Game
- 1 Community-Sing Program
- 4 Square Dance Programs
- 4 Social Dance Programs
- 2 Wheelchair Activities Programs
- 18 Gametime Programs
- 20 Boy's Sports Sessions
- 4 Mens Sports Sessions
- 8 Girls Sports Sessions
- 4 Womens Sports Sessions
- 71 16mm Ward Movies
- 8 35mm Auditorium Movies

The month of March provided the last of the seasons heavy snowfall. Much to the joy of those residents fond of outdoor sports activity, there was ample opportunity to enjoy winter's last fling. The hill south of the Dairy was the scene of many tobogganing and sledding outings. Recreation Therapies staff arranged for various evening outings for mixed adult groups, men and women having daytime work assignments. The evening activities were frequently climaxed with a campfire, a marshmallow roast, and a song-fest. Coffee was served at the conclusion.

Once again the annual pool tournament is under way. Held among the men in Greenacre and Sunnyside Divisions, the tournament is a much anticipated event. The spirited, friendly competition evidenced by the players gives promise for a contest of wit and skill. It is again observed that some of the leading pool players are being out-manuevered by minor players, men of lesser intellect and who are possibly more cautious and less ready to take chances.

Following a sick-leave absence of five weeks, Mrs. Effie Paquette, Patient Activities leader I assigned to recreation in Skinner Division, has resumed once a week cooking project for certain Fern residents. In this ward-unit recreational activity for geriatric women, it is observed that the participants demonstrate more than the usual responsiveness expected of them. The relaxed, informal affairs tend to serve as a means for the women to express themselves in a creative, culinary way.

To reduce Recreation Therapy time devoted to editing the resident's monthly paper, the COVERALL, columns and news items are now being headed with large bold-face type instead of with illustrations. The new format, though not as pictorial, eliminates the staff hours spent in cutting stencils. Residents capable of either doing or assisting in this task are now few in number.

On February 25th the Recreation Therapies department supervised the attendance of 405 residents to the Shrine Circus performed in the Minneapolis Auditorium. Never before has there been such a large single exodus. Aboard nine buses, the eager circus-bound residents were chaperoned by twenty-seven employees, a ratio of one employee to fifteen residents. Free tickets and transportation, and food treats too, were provided by the Minnesota Association for Retarded Children, Inc., in cooperation with the county A.R.C. groups. The --- family, of Minneapolis, on March 3rd sponsored the attendance to the circus of forty fellow residents of their son at Pawnee cottage. Words can never adequately describe the circus-goers happiness and contentment. Suffice to say, the gratifying experience will long be treasured in fond memories.

Circumstances were such, fortunately, that weather conditions in March allowed for wheelchair patients to attend the central recreation programs expressly planned for them. Held on Wednesday mornings, the occasion is one of jollity and social festivity. The activity offers persons confined to wheelchairs an assortment of circle and relay games geared to their physical abilities, songfests featuring their favorite songs, and an occasional movie. Participants favor an assortment of recreational activities, and indicate to the Recreation Therapies staff those activities which they most enjoy.

In addition to their regularly scheduled duties, of planning, organizing, conducting, and supervising a full program of central and ward-recreation activities, the Recreation Therapies staff assisted and supervised at the following special entertainment

Employees and residents are most grateful to the Lions Clubs of South St. Paul, St. Paul Park, Newport, and Faribault, for having sponsored the St. Paul Clown Club's appearance in Rogers Auditorium on March 7th. The residents were highly entertained by the clowns utterly comical "horse-play and the very fine variety show which they brought. This is the fourth year these outstanding entertainers have appeared here under the auspices of the Lions Clubs. Much credit is due to Mr. Thomas Stanek of the South St. Paul group for his coordination of the sponsorship,

For the fifth consecutive year the Mankato Women's Glee Club presented selections from their annual spring concert program for the pleasure of the residents. The presentation was given at Rogers Auditorium on the afternoon of March 21st. The audience thoroughly enjoyed the tasteful assortment of choral songs, not to mention the sing-a-long and the guitarist who entertained with a choice variety of Western-type songs.

On the 28th of March the Minneapolis VFW Military Order of the Cootie, Antsinpants Pup Tent #14, presented an exhibition basketball game in Rogers Gym. Needless to say, resident basketball fans were delighted,

For the third successive year the Volunteer Council of the Faribault State School and Hospital presented "Sweethearts on Parade", a style show, at Rogers Memorial Center on March 14th. A combined community and institution effort, the proceeds from the timely affair will be used for the purchase of items for resident-use, including recreational equipment for the children's areas.

Under the direction of Mr. Loren Knack, the local teen-age rock-and-roll dance band known as "The Midnighters", entertained at a special social dance at Rogers on March 19th. The capacity crowd of rug cutters had the time of their lives. Loren is the son of Mr. Delbert Knack, FSSH school principal.

Each of the 244 residents observing birthdays during the month of March were honored on the 16th with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square. The observance of birthdays is most meaningful to all residents, including those who have the barest awareness of the day's significance.

Handicraft

During the first two weeks of March, the handicraft department completed and set up the stage decorations for the fashion show which was held on March 14th. Several of the handicraft classes assisted with the decorations. Many of class members also made St. Patrick's Day decorations to be used in their ward areas.

In crafts, many have been doing painting in water colors, utilizing the paper we received from 3M. All types of painting continues to be popular. Several of the girls are knitting, some just beginning, and others, more advanced, are making sweaters. Other craft areas being currently pursued are useful objects, such as flower planters, wall hangers, baskets made from craftsticks, and mats made from ceramic tile.

---, of a Wednesday evening class, is learning to knit at his own request. He is quite handicapped because of his crippled hands, but he is doing very nice work on a pair of slippers.

In sewing, garments completed were 2 pair of pajamas, one skirt, and one dress. --- joined a Wednesday sewing class where she has been a disturbing influence as she demands constant attention, shows no initiative, is entirely dependant on the instructor, and talks constantly. In a craft class, she is not willing to accept correction and is often moody and stubborn. Mrs. Sterling has found that best results are obtained by correcting her and then ignoring her remarks.

-- is showing signs of establishing a social relationship, through the media of painting, with a female member of his group who is presently interested in this activity. Current plans are to encourage him to attempt leather work or a similar unstructured activity.

--- is being very cooperative. She arrives daily as scheduled and willingly works at tasks assigned. She requires close supervision and cannot accept much responsibility.

Several patients have attended very irregularly during March. --- has not attended activities for three weeks because he is in punishment. --- has not attended activities as scheduled for 4 weeks due to illness and transportation problems.

OCCUPATIONAL THERAPY

Chippewa-West Group: The Chippewa-West group first met on March 26, 1965 and will meet twice weekly, Monday and Friday, from 2-3 p.m. The group was established for providing group experiences and to promote socialization. It consists of ten members, ranging in ages from 21 to 68 years, and all members were referred by Dr. Watts.

A special room has been set aside for therapy purposes. The facilities include two rooms with tables, chairs and cabinets. It may be rearranged to obtain more working space. Bathroom facilities are available nearby.

Fifteen minutes at the *end* of beginning of the hour are set aside for educational purposes. Such things as numbers, colors, and forms have been reviewed, Telling time and object identification are also being taught. The rest of the hour is spent on individual craft projects, such as mosaic tiles, scrap books, small leather projects, and copper tooling. In the future the program may be developed to provide educational, social, and general experiences for men who would be capable of using these learned experiences.

Birch Group: The OT group was established on March 1, 1965 and consists of 12 girls, two of whom are ambulatory. The girls, who range in ages from 14 to 33, were all referred by Dr. Fedders. Treatment aims for the group are to increase range of motion and muscle coordination through general exercise and crafts. The group meets three times weekly for an hour and fifteen minutes in the Birch school room.

Treatment media includes a half hour of general exercise at the beginning of the hour and general activities and crafts following. The patients work on activities such as: eye-hand coordination, conscious control movements, relaxation, cutting, coloring, stringing beads, scrap books, weaving, knitting, crocheting, and raffia work. In addition, the following media are used for stimulation and to increase motivation: a special calendar was constructed to enable patients to know the day and have the experience of placing the dates and months on a board; a plant had been brought for the girls to care for; all birthdays are celebrated with wall decorations, individual decorations, and a short explanation of the celebration.

Progress can be noted in the patients' abilities and motivation to exercise, A few of the patients are not able to actively perform so exercises are done passively. In general activities most of the patients attempt to work to their ability. They socialize somewhat with the group, the therapist, and visitors, but socialization does need improvement. The patients seem to look forward to each treatment period. Individual patients have accomplished such things as relaxation, tolerance for work, ability to be patient, and control of crying and laughing outbursts, They have also increased in ranges of motion, attempts to use ranges established, motivation, and ability to take directions,

Maple Feeding Group: The group started on March 1, 1965 to help establish table manners and to show correct use of eating utensils. Two or three therapists go to the building 4 times a week at the noon meal. They work with two groups: 1) 35 cafeteria boys; 2) 35 self-feeders,

The cafeteria boys have learned to use napkins, to use forks in place of spoons, and many have learned the correct use of knives. Their over all eating habits are also improving.

The self feeder group was started March 11. Some have learned to use their spoons instead of fingers, and many have learned to use their napkins. To help the program, the Dietitian gave us 12 suction cups and 12 plate guard sets. The suction cups do not stick to the tables but have been used to stick the plates to the trays for several patients. The plate guards seem to help several patients.

The future goal for both groups is to help them continue progressing to more acceptable eating habits.

Psychiatric Group: The group was started on March 23, 1965 in order to help patients adjust to the institution and to improve socialization. The group includes 9 patients, 4 girls from Poppy and 5 boys from Elm and Hickory. Initially the girls were introduced to the area and to the types of activities they could participate in. Their choices of media included embroidery, knitting, and coloring. On March 30, the boys were scheduled for the initial treatment, but only one was able to attend because of illness, refusing to come, or for reasons of punishment.

Social Group: Two meetings of the Young Adults Club were held during March. On March 5, the members toured the Faribo Woolen Mills where they observed general factory work in the production of blankets and were able to ask questions about the procedures. The members were very well groomed and polite and seemed to be interested in the tour. One member volunteered to send a thank-you note to the factory and another took pictures of the group. At the second meeting a movie on Glacier National Park was shown as part of the series on travel.

Music Therapy

The style show was held March 14 rather than March 2, with the mixed chorus and Pat Loughrey entertaining during the show and the dance band playing for the coffee hour afterwards.

The therapist spoke on Music Therapy as a Career for Career Day at Bethlehem Academy on March 18.

---, a "blind and deaf girl, who seems to have the capacity to learn began coming to Music Therapy, March 5th for a period of evaluation. Amplified sounds, records, and microphones are being used to determine how much --- can hear and how much speech she can assimilated.

--- and --- were both dropped from music therapy sessions as progress was minimal, ---s inter personal relations have improved markedly in the past year. Continued participation in activities is apt to help maintain --- on this higher level.

Because of improvements seen in --- during March, another session was added to her schedule, having her come to Music therapy 3 times a week.

Music activities with --- were changed to Willow and including other girls in order to help her become accustomed to being in that building.

In Service training sessions for Rehab staff members included:

Dr. Bruhl - March 8 -Lukstomy and lobotomy brain damage
March 15 - pneumo encephalogram Epilepsy - kinds and etiology

Barbering and Cosmetology

Barbering service gave 1218 haircuts and 246 shaves.

Beauty operators gave 496 haircuts, 57 permananents, and 68 fingerwaves.

Director Rehab. Therapies

Raymond C. Roach

dmb