

REHABILITATION THERAPIES DEPARTMENT  
 April, 1961, Monthly Report

During the month of April the Rehabilitation Therapies Department continued to serve the patients of the Faribault State School and Hospital. Aimed at furthering the patient's social adjustment and development, these activities are provided through central and dormitory schedules.

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

- 5 Protestant and 5 Catholic services
- 4 Community sing programs
- 4 Social dance programs
- 4 Square dance programs
- 4 Wheel chair activity programs
- 17 Play party programs
- 4 Social graces and skills programs
- 10 Modified sports programs for boys
- 4 Modified sports programs for adult males
- 8 Modified sports programs for girls
- 4 Modified sports programs for adult females
- 10 35mm auditorium movie programs
- 68 16mm dormitory movie programs

The expectancy of approaching summer, heralded by the disappearance of snow and ice and the gradual greening of the campus lawns, aroused, especially among the youngsters, a keen desire to take advantage of the out-of-doors and all its recreative pleasures. Recreation Therapies staff with groups of residents on campus outings in early April periodically checked the central playground for sufficient dryness, and a joyous, whooping occasion it was indeed when the grounds were found in satisfactory condition for use! Explorations by the "Davy Crockett" crowd into the adjoining playground woods revealed for them the wondrous world of plant life. Unhampered by any confinement of space, the ball playing enthusiasts each sought to prove his skill, but not until the merry-go-round, slides, swings, and gymnastic playground equipment were in their turn played upon!

The Recreation Therapies Department in April completed plans for this year's residents picnic program. Because rains such as experienced in May last year had necessitated the postponement of various picnics scheduled for the central playground, the picnic program this year will instead begin with those picnics scheduled to be conducted in the building areas. For the infirm patients and for the younger children, these picnic activities can be conveniently transferred indoors in case of inclement weather. Two Sunday picnics are planned also, one in May and the other in June, for those cottages housing adult residents engaged in daily work assignments.

Sixteen girls from Laurel cottage returning from a nature outing through the woods brought with them bouquets of milkweed pod, pussy willow, cockleburr, grasses, etc., which a few days later they painted in an assortment of bright and pastel spring colors. At another session they made a papier-mache vase using for foundation a tin container. This upon completion was likewise painted and in it the girls arranged the choicest of their handiwork for placement in

their cottage's reception room. Mrs. Barbara Priem, Patient Activities Assistant I assigned to East Grove Division, arranged the project. Mrs. Priem reports that the girls of Laurel cottage are proud in having visitors compliment them upon their creative efforts. The girls were pleased and felt very gratified in carrying through on the project; they daily looked eagerly forward to the step-by-step processes involved.

Attendance is steadily increasing at the recently equipped recreation room situated in the old Haven cottage. The men from Springdale, Glen, and Lind, while at first reticent and shy, are now learning to play pool and they now more readily enter into other recreative activity offered to them there. Mr. Dewey Cate, Patient Activities Leader I assigned to Greenacres Division, states that he is most impressed by the men's attendance interest and their receptive attitude.

One of the major problems of the Rehabilitation Therapies Department has been the activation of the wheel chair resident. A recent Recreation Therapies endeavor proved greatly successful and rewarding for these residents. Mrs. Effie Paquette, Patient Activities Leader I assigned to Skinner Division, twice in April conducted bingo parties at which a total of more than 50 wheel chair residents attended with each accompanied by a designated "pusher" detail. Card tables were generously spaced about in the Rogers auditorium with three or four wheel chairs at each. The groups were mixed as much as possible, generally with residents from assorted men's and women's buildings at a table. The "pusher" details assisted those spastic persons unable to place the bingo markers for themselves. Much to everyone's liking was a ruling that when a bingo prize was won the winner's "pusher" was also entitled to select a prize! After the game's conclusion, coffee and cookies were served. Every one of the participants was most excited and happy to be provided entertainment in this sociable manner. Bingo "mixer" parties such as these solely for wheel chair residents are the first known to have ever been programmed.

Originated by members of the Recreation Therapies staff, a novel Easter egg hunt was featured at the evening community sing on the Sunday before Easter. Women residents from Iris cottage in the afternoon cut eggs from colored construction paper and then taped them on the underside of chairs scattered in the sections to be occupied by the men and women attending sing. Two special eggs were later added to the men's and women's sections. At the announcement of the "Hunt," participants at community sing scrambled to search beneath their chairs for the announced prize eggs. Before receiving their prize, the two winners were obliged to sing a duet! A volunteer, Miss Gerry Revier of Faribault, dressed in a comical, moth-eaten Easter Bunny suit, awarded the winners with Easter baskets filled with candy!

On Easter Sunday Miss Marlene Cram, Patient Activities Assistant I assigned to Greenacres Division, supervised an Easter Parade of 168 women residents from Ivy, Laurel, Iris, and Oaks cottages. Dressed in their Easter finery, the ladies toured the campus and at buildings in quarantine they sang Easter and spring songs.

With softball season about to commence, the men and boys are anxious to be provided with equipment with which to begin practice. Recreation Therapies is again using the color system to mark equipment. Each building has been

designated a distinctive color and every item of equipment assigned to that building is marked accordingly. This system aids in quickly identifying ownership of items whenever players from a group of buildings are playing ball together. The identifying color also helps immeasurably when inventorying supplies at season's end, and in determining what building has missing items. However, this year an exception has been made to the color rule. Experience has shown that a ball glove when issued to the individual person is better cared for than when it is used communally, that the personal responsibility for the glove, as if a status symbol, encourages and intensifies the player's interest in the game.

Through arrangements made by Mrs. Jack Huston of Minneapolis, the Bloomington Civic Theatre Guild on Sunday afternoon, April 16, presented two special programs of "Winnie The Pooh," a lively animated and engrossing fairy tale of especial appeal to the children in attendance.

A rapt and attentive audience expressed its hearty appreciation at each of the two programs shown on stage at Rogers auditorium on Sunday afternoon, April 19. Mrs. Esther Bowles of Savage and her daughter, Mrs. Priscilla Muttel of Minneapolis, presented members of their student dance classes in classic and interpretive dance. The dance students, who live in Savage, Bloomington, Farmington, and Shakopee, ranged in ages from two to fourteen. Fondly remembered for her many previous appearances as the Raggedy Ann Lady, Mrs. Bowles is a recent employee in the Recreation Therapies Department, as Patient Activities Assistant I assigned to Skinner Division.

Mrs. Emma Kuhlman, Patient Activities Leader I, as music instructor, and Mrs. Bowles as dance instructor, are presently busily engaged in rehearsing various individuals and groups in preparation for a spring program to be presented at two performances on Memorial Day.

Patient Activities Assistant I assigned to East Grove Division, Miss Barbara Wendler on April 22 became the bride of Mr. Ray Priem of Zumbrota.

Each of the 250 residents observing birthdays during April were on the 18th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square.

Barbering service gave 1,991 haircuts and 288 shaves this past month. Beauty operators gave 514 haircuts, 70 permanents, and 101 finger waves. Through our barbering program we have arranged for all buildings of Sunnyside Division and certain others to receive a professional shampoo. Many patients of these areas developed scalp conditions which several of our staff felt were caused by the harsh soaps previously used. Since we have used the proper shampoo, most of these conditions are eliminated or greatly retarded.

To encourage better grooming habits among our male patients, a tonic and oil, prepared in the institution pharmacy, has been introduced to male patients through our barbering program. The barbers in discussing grooming habits and providing tonics have been able to motivate many male patients into better grooming.

During April new Handicraft classes began. Patients were scheduled during free hours or on days off whenever possible. Those who have no free daytime hours were scheduled in one of the evening classes which are held three times weekly. Handicraft schedules are as follows:

	<u>Mrs. Good</u>	<u>Mrs. Kennedy</u>	<u>Mrs. Sveiven</u>
Mon. a.m.	Act. of Daily Living--7 students	Weaving & Crafts 8 students	General Crafts 5 students
Mon. p.m.	Sewing 8 students	Weaving & Crafts 12 students	General Crafts 6 students
Tue. a.m.	Sewing 6 students	Weaving & Crafts 10 students	General Crafts 5 students
Tue. p.m.	Act. of Daily Living--6 students	General Crafts 7 students	Sewing 8 students
Wed. aft.	General Crafts 5 students	Weaving & Crafts 10 students	Sewing 7 students
Wed. eve.	Act. of Daily Living--7 students	Weaving & Crafts 8 students	Sewing 7 students
Thu. aft.	Sewing 7 students	Weaving & Crafts 12 students	General Crafts 8 students
Thu. eve.	Act. of Daily Living--6 students	Weaving & General Crafts--8 students	Sewing 8 students
Fri. a.m.	Sewing 7 students	Weaving & Crafts 11 students	Crafts & Ceramics 8 students
Fri. aft.	Sewing 7 students	Beginning Crafts 9 students	General Crafts 7 students
Fri. eve.	Crafts 9 students	Crafts 10 students	Crafts 11 students

Also included in the program are five classes conducted by Kenn Kroska and Jerry Johnson of the Recreation staff. Their schedules are as follows:

	<u>Kenn Kroska</u>	<u>Jerry Johnson</u>
Tue. aft.		Woodworking--7students
Wed. a.m.		Woodworking--7 students
Wed. aft.		Woodworking--7 students
Wed. eve.		Woodworking--11 students
Thu. eve.	Ceramics--10 students	

Total enrollment following class changes is 302. (Twenty-one of this number were not totaled in previous reports because they were members of three wood-working classes--all in quarantine.)

In changing classes, 28 patients were dropped from the program, 31 were added, and the remainder will continue in the same class or transfer to another group. Progress notes are being written on each patient and will be put into the individual charts.

On Friday, April 28, 15 girls, accompanied by the three Handicraft Instructors, attended a style show at the School for the deaf. These girls had either just completed the sewing class or are just in the beginning phases. They expressed enjoyment in seeing the handwork that others have completed and in being able to attend an off-campus function. Sewing projects completed during April include two skirts, two remodeled skirts, one suit, one jacket, one blouse, two house-coats, one baby gown, and four project bags.

One of the patients who has just completed work in a weaving and craft class is G. He showed an interest in a variety of projects and was willing to try any of them. At first his disposition was not too pleasant, but he is now cooperative and shows a great deal of interest. He is pleasant and well liked by other members of the class. Quality of performance was fair and rate of performance is good. G. has now transferred into the woodworking class to evaluate his skills in this area.

In general crafts, one patient appears to have derived a great deal of benefit. A., a deaf patient, shows continued progress with each finished project. It is hard to communicate with this patient but he comprehends directions quickly when shown what to do. He is always pleasant and is considerate of others in the class. He shows a good deal of interest in the class; however, attendance is irregular because of physical complaints.

Enrollment in Occupational Therapy during April totaled 24. This increase of three includes one behavior problem, one physically disabled patient, and one Occupational Therapist. Mr. Orville Berg joined the staff on April 10. Mr. Berg spent the first three weeks in orientation to the institution, assisting with patients presently scheduled in Occupational Therapy, and constructing adaptive equipment. He has been assigned two patients, one with physical disabilities and one who is a behavior problem. These two individuals are typical of the type of patient that Mr. Berg will see, and consequently were used as a part of the orientation in working with the retarded. Patients will gradually be divided, with Mr. Berg working with male patients and Miss Blom working with female patients.

A film, "Prescription, Occupational Therapy," was shown to various groups in the institution. It is hoped that after viewing this film, the various disciplines will observe the patients to see who might benefit from the program, and will see that these individuals are referred to O.T. At present, there are a number of referred patients who have not yet been scheduled.

In-service training for the month for all Rehab. personnel included:

- \* April 4--Purpose of training program for Rehab. Assistants--Mr. Roach
- \* 11--Orientation to Institution--Mr. Roach
- \* 18--Roles and functions of Superintendent and Institution--Dr. Engberg
- 25--Film, "Child Behind the Wall"
- 19--Film, "Prescription, O.T."

April 5, 12, 19, 26--Review of case conference abstracts

\*Part of training program for P.A.A. II in Rehab. Therapies