

REHABILITATION THERAPIES DEPARTMENT

July 1961 Monthly Report

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

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

- 5 Protestant and 5 Catholic Services
- 5 Outdoor Social Dance Programs
- 54| Central Playground Programs
- 5 Women's Intramural Softball Games
 - 1 Women Resident versus Women Employees Softball Game
- 6 Boys Softball Instruction Programs
- 4 Men's Intramural Softball Games
 - 3 Men Residents versus Visitors Softball Games
 - 1 Men Resident's Out-of-Town Softball Game
- 4 Evening Playground Programs for Mixed Adults
- 2 Special Entertainment programs
- 34 16 mm Dormitory Movies

July's central activities program has revolved almost entirely around our playground facilities. The day's sessions are determined by the mental level of the participating resident and by the size of the group in attendance. However, inside the cottages scheduled for attendance at the playground, other cottages have also been joining in the recreation program in session in addition to their own scheduled appointments.

A unique situation encountered recently points to the practicality, and even the desirability of having certain mixed groups on the playground simultaneously. Forty-three Poppy residents, a hyper-active and mentally disturbed group of women ranging in ages from fourteen to sixty-nine, were present on the playground when an Aide with thirty boys ages six to twelve from Mohawk asked permission to use part of the play area. Miss Marlene Cram, Patient Activities Assistant assigned to Greenacres Division and for groups could be kept in separate areas and at first felt hesitant to integrate thee. However, daring to experiment, she allowed the groups to mingle. It was quickly found that irregardless of the difference in ages and I.Q. levels, the integration proved very successful. She quotes, "It was heartwarming to see the Poppy gals helping the little Mohawk boys to roller skate, the Mohawk boys sitting alongside the poppy girls working puzzles together, Poppy gals sitting reading and looking at books with the boys, pointing out different animals, their playing ball, and so forth. These are but a few things they shared together, but well illustrates the nuasiru cooperation demonstrated between the groups." The Poppoy women were well pleased by the companionship of their young visitors, and for some of the women the occasion was an opportunity to express "motherliness" toward the boys. As a matter of fact, both groups reacted toward each other in a most unexpected and extraordinary manner, indeed nor did either group show the customary restlessness when by themselves.

Recreation activities in the dormitory areas consists primarily of fishing trips to the river adjoining the campus, nature outings in the woods, off-campus treks, softball, and horseshoe.

1th wheel chair pushers volunteering from Chippewa East and West, Mr. Donald McCarthy, Patient Activities Assistant I assigned to Sunnyside Division, has twice each week been taking an average of twenty-one Seneca wheel chair patients on campus outings. Both the new water-tower and the new streets under construction have been of particular fascination for the men. The group has also visited fellow wheel, chair acquaintances and friends at Osage cottage. Their next objective is a visit to the Dairy. Outings such as these have not proven to be physically exhausting for either the Seneca patients nor their pushers. Rather, the exhilarating adventures relative to the outings have given them a new and fresh outlook on life.

Under the guidance of Mr. Dewey Sates, Patient Activities Leader I assigned to Greenacres Division, a fishing expedition for men of Grandview resulted in great job for them. With the assistance of another recreation staff member, Mr. Gates by car shuttled the fishermen to the river. The river is at this time of the year very shallow, but wading at ankle depth the men were quite fortunate in catching fish sufficient for a fish-fry that evening. Fishing has proven to be a great source of pleasure for our residents. Wouldn't it be fine if the institution had a stocked pond?

Through arrangements made by Social Service on suggestion from Recreation Therapies, forty women from Oaks cottage were on July 13th thrilled by an outing few will ever forget. The Oaks women went by chartered bus to Como Park in St. Paul, accompanied by a Psychiatric Aide I and two recreation personnel, Mrs. Barbara Priem, Patient Activities Assistant I assigned to East Grove Division, and Miss Mary Viitanen, college student employed in recreation for the summer. Upon arrival at Como park the group picnicked beside the lake, after which they then toured the conservatory and the 200. Following refreshments the group returned to the campus in time for the evening meal. To simply comment that the women enjoyed the trip immensely would be a decided understatement! All would next year go on another tour! The tour to Como Park was for a very educational experience, and for some of the group it was the first occasion to visit any distance away from the institution. Certainly everyone received great personal satisfaction and pleasure from, the excursion.

Mr. Bernard Parkos, Patient Activities Assistant I assigned to Sunnyside Division, and coach of the men's Intramural Softball teams, reports that the softball program has been gradually reduced from the original five teams to only two teams resulting from the absence created by players away on vacation. From the remaining players appearing for the Wednesday evening softball program, sides are chosen and the players proceed with a game. This procedure gives every man who desires to play a chance to do so. A healthy team spirit has prevailed throughout the season and has contributed greatly in the development of physical skill and coordination and in social adjustment.

The 16 mm movies shown in the seventeen dormitories to an approximate total of 1300 residents each week are for the months of July and August being shown bi-weekly, Mr. Leonard Blais, Patient Activities Assistant. I assigned as movie projectionist, has been engaged during the non-movie weeks in the repair and reconditioning of play equipment in both the cottage and playground areas. Using a number of large size tractor tires donated by a local merchant,, Mr. Blais has also been busy locating these at various cottage play areas and filling them and other sandboxes with white sand.

The three college students assigned to the Recreation Therapies Department express unanimous accord upon the value they have thus far derived from their work experiences.

We felt their reports worthy of reprint in their entirety because they express a sincerity and devotion that guarantees the retarded a better life.

"It hardly seems possible that I have been here for a month and a half. Perhaps this is because this whole situation is so new to me and also because I enjoy my work very much. Of course there have been trying days but no less could be expected. It is difficult to try to write about only one activity for we have been included in so many.

In general the attitude of everyone toward me, as a student, has been one of trust and confidence. Although we may quake in our "tennies" at times, it is an incentive for us to go to work doing the best we can at all times. When I first began working in Spruce and Cedar I did not know just exactly what to do. However, this was not of long duration for someone was always eager to make suggestions. The aides have been a great help to us - I do hope this is a mutual feeling. They are usually ready to help us carry out any activity we plan.

One activity planned by Mary Viitanen and I which did not turn out as expected was our popcorn pop at Cedar. We had planned to take the popper to the north side of Cedar where we would pop the corn with, the girls right there. We also wanted to use bowls from their kitchen instead of putting the popcorn in bags. Mary and I thought that the girls would really enjoy this and it would also be a new activity for us. However, all did not go as planned! We were late in starting because we first had a meeting with Dr. Smith. When we got to Cedar all the girls were outdoors, so we put the popper in the kitchen and began to pop the corn. We thought that the girls could at least have the popcorn as long as we could not do it all together. Mary and I popped the corn and then had to bag it because Cedar was short of kitchen details and using dishes would have made too much work for those on duty. As we were going to pass the popcorn out to the girls the aides decided that it was too near dinner time and it would be best to give it to the girls after they ate. Needless to say, our plans were a bit upset!

As I understand the girls did enjoy the popcorn, but we were again planning a popcorn pop at which we hope to carry out our original plans and perhaps even improve them. It is essential that we have an early start so that the girls will have time to enjoy the popcorn right away. And we will try to use dishes from Cedar because we think that it is much more like having a popcorn pop at home or with a group of friends. We plan to go to one side of Cedar at a time, for this would seem to be a large enough group to handle. However, I do not like to favor one group. Perhaps we can plan to have a popcorn pop for each side. This merits more discussion. Such an activity would seem to be excellent for a rainy day since the girls would already be indoors. This factor will be kept in mind as we plan to do so again.

I can honestly say that I do not think that I have ever learned so much in so little time as I have here, A situation such as this offers invaluable experiences. My concept of mental deficiency and of the mentally deficient person has been greatly enlarged and improved, The more I work with the residents, all the more

do I realize that they are not so unlike the so-called "normal" person. It is, at times, very difficult to try to understand why some of those little children must endure so much. But then trust in God's plan always seems to be the answer, It will certainly be hard to leave all my new friends behind when summer ends, but I know I will not forget them or the work in which I have had a part. Who knows--some day I may even be back here as a full-time plague!"

Patricia Donnelly

"This summer has been a learning and growing experience. I have not only become aware of factual information on mental retardation but I have learned to know, accept, and tried to help individuals whom possibly looked hopeless to me at first,

In the beginning I found it difficult to organize the Spruce girls into any simple games. Now the girls play Ring Around the Rosy and London Bridge with some assistance. Small groups particularly enjoy going for walks and participating in activities in the basement playroom.

_____ from Spruce has shown increasing interest in all activities, She always plays the games, claps her hands during song fests, and is usually cooperative and helpful. I feel that she has potential and could advance if she could only talk somewhat understandably. She is very persistent to demonstrate her capabilities. On one of our recent hikes I informed the girls we would walk on the grass when we came to the steps. A few girls had skinned knees so I wanted to take this precaution. However, ____, who is a spastic child proceeded to tug my hand as she walked to the steps and took each step without falling down.

The Cedar girls have presented quite a challenge. My main problem is planning enough activities for the period. Music, whether it be singing, listening to records, or marching with the rhythm band, provides an outlet for their hyper-actives because there are too many articles to divert attention.

One afternoon Pat and I popped popcorn for the Cedar girls. We had originally planned to do this in the grade so the girls could participate. The girls were outside by the time we started. Next time we plan this activity we will begin at 1 p.m., and conduct it in the grade. Then the girls will be able to enjoy the popcorn in the afternoon rather than eating it after their evening meal.

One of the most serious problems seems to be speech difficulties. If many of the Spruce and Cedar girls could only learn to talk, progress in other areas would be exhilarated."

Mary Viitanen

"I have been doing most of my work in Mohawk and Osage so I will concentrate on these two buildings in this narrative,

The Mohawk boys are lots of fun and fairly easy to work with.; they are always full of energy and willing to do anything that sounds fun. Since they enjoy being outside I rarely plan anything that could not be done outside,

One activity Mohawk particularly likes is the nature outing. We have walked in the woods around the Campus to observe the construction work, and down to the river. The boys are full of questions on these walks, On longer walks an aid usually accompanies us.

Mohawk also enjoys coming to the central playground. The boys make good use of the swings, slides, etc. They just love to roller skate and probably make use of the skates more than any other group. Those that didn't know how to skate can catch on fairly easy with help. Sometimes I get a group together to play circle games -- they love to do this and have a few favorite games. The boys also like to have stories read to them. They are very attentive too. One can truly say of work with the little Mohawk boys - there is never a dull moment!

A very challenging group to work with is Osage. A large percentage of these fellows are in wheel chairs. They particularly need someone to work with them since they can't play by themselves as easily as walkers.

These fellows just love wheel chair outings. I plan these as often as possible, for they don't get out of the buildings as often as they should. Osage fellows also enjoy coloring, making puzzles, building with blocks, playing cards, and especially playing in a rhythm band. I have never seen a group so fond of music.

When I began work in Osage it was suggested to me that I try to get _____ to participate in the various activities. _____ is very lonely and withdrawn boy. It is an occasion when he smiles. At first he wouldn't speak to me or do anything. He is improving every day however; he smiles at me when I come and will now put puzzles together instead of saying "I can't do it". A few days ago I talked him into coming over next to the phonograph - he later rang some bells -- I was thrilled over this, for he had never wanted anything to do with music. On Monday _____ even asked me if I would bring him a puzzle. Progress with the Osage men is much slower than with other groups but I find that even the smallest sign is rewarding.

I have also spent some time in Pine and the third floor of the hospital where the youngest children live. It is harder to do anything organized with these young ones but they love to be held and talked to.

Mary and I have also worked with the older residents at the social grace gatherings. At these parties they dance, play cards, roller skate, golf, or just visit. They enjoy just being in the company of the opposite sex. All present seem to enjoy these gatherings a lot and appreciate them." - Janet Martinson

Lewis and Lawrence Brazil, twin sons of Mrs. Lewis Brazil, special teacher in the School Department, entertained with their dance band, the "Rafter Dusters" at an evening dance on July 11th.

We are profoundly indebted to the State Employees Incorporated under whose sponsorship a two-hour variety entertainment program was presented to our residents on July 8th, an occasion appropriately serving in place of an Independence Day celebration. The program featured entertainers of the highest professional caliber. Miss Britt Ingjer Nesheim, Miss Oslo Norway, Norwegian Water Queen, also made an appearance at the program. Employee and resident alike are indeed grateful to Mr. Ed Dahl, producer-manager of the program, and to the State Employees Incorporated for this exceptional program.

On Sunday afternoon, July 16th, the Military Order of the Cooties, an honorary degree of the V.F.W. Antsinpants Pup Tent _____ of Minneapolis, were defeated at our ball diamond by our Women's Stater Softball Team after a five-inning game. The Cooties, however, won by one point over the Men's Allstar Team, The Cooties visit was a hilarious event, chuck full of shenanigans and clownish tricks. The entire attendance enjoyed the humor until ribs began to ache from laughter, inspite of the very hot afternoon sun.

The Men's Allstar Softball Team was defeated on both the 11th and on the 25th by-visiting teams from the Hastings State Hospital. The Allstars were also defeated on the 14th at St. Peter by the Minnesota Security Hospital team. Somehow the Allstars ability to win seems to have escaped them. Thus far there have been two wins and five losses. Even-so, the men are keen on continuing and are earnestly practicing so as to win a few more games before the season ends.

On Sunday, July 31st, through arrangements made by Mr. Erlin Else of rural Faribault, the Cannon Valley Saddle Club presented a horse show exhibiting trick riding and stunts. But much to everyone's displeasure dark, forbidding clouds terminated the program shortly after it began. Luckily, the residents reached their cottages just before a downpour. The Saddle Club intends to return for an appearance in the **fall**, and will again plan to tour the campus for the shut-in's and small children's viewing preceding the program as they have done on this occasion.

Each of the 280 residents observing birthdays during July were on the 18th honored with an addressed birthday, and a dixie cup of ice cream, and a decorated cake square. These items are each month delivered by the Recreation Therapies staff to the dining area. The Recreation Therapies staff is most appreciative for a recent supply of new birthday cards donated in answer to pleas via the Volunteer Council.

During July, attendance in Handicrafts continued to be lower because of vacations. This gave instructors a chance to work more closely with individuals who could benefit from more intensive supervision.

A new program was set up on July 18 when Miss Lucy Pfab and Miss Diane Tourje, summer students in the department, began a ward Handicrafts class in Fern building. During the summer these girls will go to the building from 9 o'clock to 11 o'clock each Tuesday morning. They are teaching embroidery to all who are interested in taking part. During the first session 16 occupants of the building participated and on July 25 this increased to 24. A request has been made to secure a volunteer to carry on the program when the students leave. It is hoped that this individual could start while the students are still conducting the class to insure a long term program. The students are also working with some of the Handicraft classes in Rogers building as well as helping in O.T.

In sewing class items completed included dresses, blouses, aprons, jumpers, pajamas, skirts and a project bag. One dress was remodeled. ___ has been in this class for about one and one-half years. She does very well at this activity and enjoys making clothes for herself. She is always cheerful and presents a good personal appearance. She shows initiative, usually, understands directions, and is always willing to accept responsibility, ___ attitude toward the activity is excellent and rate and quality of performance is good.

Mrs. Kennedy's classes were closed during the week of July 24-29 while she was on vacation. During the rest of the month her classes continued to work on weaving, rug fringing, embroidery and needlecraft, tile mosaics and a variety of other small crafts, One student who has shown a great deal of improvement ___ . She has been in the class a little more than one year. She has learned to spool knit and pin and baste towels, and is now learning to fringe rugs. When she first entered class she would constantly tease her classmates and was very stubborn. Her attitude and work has improved a great deal and she is much

more pleasant and cooperative. She is usually alert and will accept responsibility although she rarely shows initiative. She is now courteous and considerate and gets along fairly well with others in the group.

Activity of Daily Living classes continue to work on luncheon menus with emphasis on soups, salads and sandwiches. _____ has been in this class for about four months. She appears very interested and cooperative and is pleasant to work with although she is very shy. She generally understands directions and follows them carefully. She can perform many of the tasks with little or no supervision.

In Occupational Therapy enrollment is now 24. No patients were dropped from the program during June. The two added were referred as psychiatric problems. Miss Lucy Pfab is working with one of these as a part of her special project, and is seeing this girl daily for half-hour sessions.

One of the patients in C.T. is showing outstanding progress. _____, a 12 year old girl with Cerebral Palsy, has spent a good deal of time with Miss Pfab on gait training. Up until this time Cindy could walk with crutches only if someone stayed directly behind her. She has now lost her fear of falling and walks alone on level and slanted surfaces. On one occasion she walked from Rogers building to her own building which is approximately three blocks away, and required only two rest periods, _____ is now learning to master stairs (she is able to walk up stairs using the railing for support, but she can not yet descent without some help.) She is also showing improvement in speech.

Others assigned to O.T. continue to attend several times a week on a regular basis. Notes are being written for each patient, and these are put in the patients' charts.

In-Service training for July for all Rehabilitation personnel.

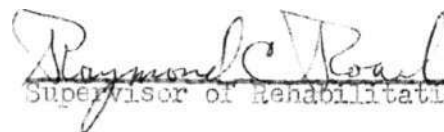
July 5, 19, 26, Review of case conference abstracts.

July 11, Film "Nurse-Patient Relationships"

12, Film "The Proud Years"

25 - Plans for Employees Picnic, Discussion of certain problems in recreation.

Beauty operators gave 394 haircuts, 44 permanents, and 75 finger waves in July. Barbering Service gave 1,637 haircuts and 224 shaves during the month.


Supervisor of Rehabilitation Therapies