

REHABILITATION THERAPIES DEPARTMENT
August, 1961 Monthly Report

During the month of August 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 August conducted or assisted at the following central activities:

- 4 Protestant and 4 Catholic Services
- 4 Outdoor Social Dance Programs
- 47 Central Playground Programs
- 2 Special Entertainment Programs
- 1 Guest Exhibition Softball Game
- 2 Women's Intramural Softball Games
- 1 Women Residents versus Women Employees Softball Game
- 3 Boys Softball Instruction Programs
- 4 Men's Intramural Softball Games
- 1 Men Residents versus Visitors Softball Game
- 3 Men Resident's Out-of-Town Softball Game
- 34 16mm Dormitory Movies

The recreation activities program effective throughout summer will be concluded the first week in September* A fall and winter central activities schedule will begin formally with auditorium movies on September 9.

During August, for six days a week, twelve cottages were represented at sixteen play sessions at the central playground. Approximately one hundred residents participate daily. With the assistance of volunteers, mainly Faribault High School students, Recreation Therapies has been able to provide a continuous summer playground program of both organized and free play activity for our residents. Organized play first begins with callisthenics. Muscle toning is emphasized for conditioning purposes* Exercise begins with limbering of the larger muscles of the body and progresses into exercise of the smaller extremity muscles. This phase is then followed by the playing of those circle games which necessitate physical exertion, such as running, throwing, and so forth. The entire group is dismissed for free play activity immediately following thirty minutes of organized play. With the guidance of volunteers, small groups are supervised in roller skating, table games, story-time, playing catch and bouncing playground balls, and the use of stationary playground equipment including the obstacle course designed to involve climbing, crawling, and jumping. Phonograph records provide music during the free play period. Residents request their selections and various groups gather around the phonograph to sing along with the record or to pair off to dance. The participating groups daily vary in clinical types, from the profound level to mild and moderate levels. They are of all age brackets, Nine of the twelve scheduled cottages average two play periods per week, and the remaining three once a week. Although each cottage has an assigned appointment for the playground, no cottage is ever refused attendance when desiring to join the scheduled group. Many times as many as three and four cottages participate in integrated play activity. It has been encouraging to discover that integration of sexes and various age and intellect levels has not presented the problems first predicted. The central playground program has been under the supervision of one

recreation staff member, with assistance of volunteers.

Numerous cottages are periodically enjoying popcorn pops. These usually occur in the evening or on afternoons when the weather is inclement. An especially festive occasion was recently experienced by the residents of Pawnee. In addition to the popcorn the Pawnee men and youths were treated to Kool-Aid furnished by one of their members. The Aides poured the beverage and assisted in bagging and distributing the treats throughout the three wards. The Pawnee residents were thrilled and clapped with glee as they watched the kernels pop and overflow from the popper. Quantities of beverage and popcorn were consumed by more than one hundred and thirty delighted persons. Mr. Donald McCarthy, Patient Activities Assistant I assigned to Sunnyside Division, conducted the event and was pleased in observing the Aide personnel share in the responsibility as well as the pleasure of the affair.

Not only the men's intramural softball ranks were reduced due to vacation, but the men's All Star team suffered similar reverses in membership. At times it was difficult to field the team so as to compete with opposition. However, the All Star's spirit remained intact, and whatever the outcome each of the team members gave his best effort. In spite of their valiant determination to win, the All Stars regretfully lost a double-header on August 3 to the St. Peter State Hospital and the St. Peter Security Hospital, and another to the latter on August 17. On August 14 the second of their three games against the Hastings State Hospital ended in defeat, at Hastings. The final game of the season was another loss, against the Faribault WW on August 22. Mr. Bernard Parkos, their coach and Patient Activities Assistant I assigned to Sunnyside Division, comments that had it not been for the absence of key team members the All Stars certainly would have made a better showing.

The three college students assigned to work during the summer months in the Recreation Therapies Department were, without question, an invaluable asset to the institution. Without their assistance four cottage areas would have been obliged to forego any-concerted recreational activity this summer. These three young women, Miss Patricia Donnelly, Miss Janet Martinson, and Miss Mary Viitanen, were an inspiration to all with whom they associated, employee and resident alike. Their leave-taking at the end of August emphasizes more than ever the great need for immediate filling of staff vacancies.

The three students were able to provide much needed individual attention to certain of the disturbed children. Miss Martinson exclaims about the exuberant delight the Mohawk boys experienced when playing in their large wading pool. She was able to encourage two withdrawn youngsters, hitherto fearful of the water, to enter the pool and splash about. Among those with whom she worked individually, Miss Mary Viitanen reports about her work with a blind, brain injured child at Spruce cottage, _____. Upon investigating the child's social history, Miss Viitanen was able to learn of the child's interests in music and puzzles. Using these two mediums in establishing a friendship, Miss Viitanen was pleased with ____ response and resultant talkativeness. Miss Patricia Donnelly's playing with the little girls at Spruce and at Cedar gave the children an opportunity to learn simple games which they delighted in repeatedly playing. Theirs was never a polished performance, as she states, but in her giving special attention to the less adept and slower children in the group, a more jovial atmosphere was created. Says Miss Donnelly, "Patience is a virtue, where do I get more!"

Mr. Jerry Johnson, Patient Activities Leader 1 assigned to Sunny-side Division, has established a card-file system by which he is able to keep an efficient accounting of the 33 1/3 long-play phonograph records distributed to cottages within his division. When a cottage borrows a record, the card for that record is filed in the cottage's name. The records are also cataloged according to classification, thus enabling easy selection. The file system has proven to be very practical and other recreation leaders in the recreation department are following suit. With music systems being installed in many cottages, a brisk exchange of records is taking place. As a result the recreation department is commencing to build a worthy record library.

Fishing is an outdoor sport never occurring frequently enough for our male residents. In August the recreation personnel assigned to Sunnyside Division have been taking various groups to the river bordering the institution grounds. On one fishing expedition men from West Cottage, after great sport catching carp, caught a fine string of bullheads which they later fried. With rules lately relaxed concerning escort and supervision of responsible men, residents from Sioux and West Cottages are reveling in their privilege to fish alone in groups of not less than three. Recreation Therapies is busy equipping and furnishing fishing supplies for these two cottages.

The sense-training program conducted by Mrs. Mary Kane, Patient Activities Assistant I, at Maple and Cedar cottages for four groups of twelve each, beside serving in a recreational manner also provide a limited educational purpose. The day's session for these hyperactive children begins with a "gab fest." Seated at their places in a circle of chairs, Mrs. Kane encourages conversation by making routine questioning and comment, Discussion revolves around familiar and current topics. Most of the children do not speak fluently nor form sentences well. Some of the children act out their' experiences, instead. Mrs. Kane feels that the incoherent babblers is aided to a great extent in the learning of key words when he is in close association with those who do speak. The association of words with familiar large objects is of appreciable value. Music is correlated throughout the activities, and through this medium the interpretations and play acting dramatized through rhythms and song are effectual in stimulating and strengthening the child's interest span. Following musical circle games the balance of the period is devoted to free play. During the summer months and early in the fall, the sessions are spent outdoors as much as the weather permits. Outdoors on nature outing and on the playground the children, "drunk with freedom," revel in the many discoveries they make. Mrs. Kane's sense-training program for Maple and Cedar has proven to be a most rewarding and essential activity for each of the participants.

The Rehabilitation Therapies Department once again shouldered its share in the conducting of the annual Faribault State School and Hospital employees picnic and dance. The picnic was held on August 15 at Alexander Faribault Park for all present and former FSSH employees and their families. Beginning at 9 a.m., the picnic ended with a dance at the Faribault National Guard Armory from 9 p.m. to 1 a.m. Dance music was furnished by Art Fitch and "The Polka Dots," and the nationally known tap dancer, Mr. Teddy Quails, performed during an intermission. The entire Recreation Therapies staff was assigned by the Picnic Committee to personally solicit donations for use as contest prizes from the local merchants. The response from the merchants was gratifying indeed. The donations upon receipt were each identified with the donor's name, and when awarded the donor's name was publicly announced. Two days were necessary to carry out the solicitation phase of the project. On the day preceding the picnic, the six men employed in Recreation Therapies assisted in gathering and transporting furnishings to the picnic and dance areas. Meanwhile the distaff side of Rehabilitation Therapies decorated the Armory. At the picnic the full Recreation Therapies staff and other members of Rehabilitation Therapies either conducted or assisted with the

morning and afternoon contest activities. On the day following, the Recreation Therapies staff in four hours cleaned the picnic and dance areas and returned both borrowed and state equipment. It has been repeatedly stated that this, the 6th annual FSSH employees picnic, was the most enjoyed of any. The Rehabilitation Therapies Department, as well as other contributing departments, is indeed gratified in being thus complimented.

On Wednesday afternoon of August 2, Mr. Henry Gordien, nationally known Minneapolis magician, delighted a capacity crowd at Rogers Auditorium with an impromptu presentation of a bewildering and amusing array of baffling tricks. For the past fifty years Mr. Gordien has followed a satisfying hobby of personally doing something to make other people happy. His thoughtfulness and professional skill is indeed highly appreciated by our residents and those employees having the pleasure to see and meet him.

The Faribault Junior Suburban Softball League presented an exhibition game here on Tuesday evening, August 7. The Junior League game, comprised of boys under twelve years of age, was of special interest to our own junior and teen-age boys, boys upon whom the success of the institution's future teams depend! Parents of the little leaguers were also present to watch the game. Their presence among our residents provided another opportunity for members of the Faribault community to witness the normality of our population's interests.

Through arrangements made by Mr. and Mrs. _____, Minneapolis, parents of a former resident, Mr. Lee Larson and four musical friends with their electric guitars on August 13 entertained at an outdoor community sing* Mr. Larson led in the singing of western-type songs, and at his invitation a group of Iris women sang with him on stage. While not many residents joined in singing, all were jubilant and applauded with fervor after each of the instrumental selections. Upon overhearing the residents wishing he could provide dance music for them, Mr. Larson at the time of his departure stated with pleasure that he will return for a dance program at his earliest convenience.

Few events bring as much satisfaction as the summer outdoor dances conducted weekly on Sunday evening. If music is a means of communication, dance music would appear to be a means for levitation as well, that is, if one considers the hundreds of fleet feet winging their way across the dance floor. This is particularly whenever a visiting dance band performs. For the third time this summer the residents were privileged to dance to the music of Messrs. Lewis and Lawrence Brazil and their recruited dance band, "The Rafter Dusters." Sons of Mrs. Lewis Brazil, special teacher in the School Department, the Brazil twins voluntary presence with their friends on our campus is valued beyond expression.

Under the supervision of Mrs. Helen Underwood of St. Paul, for the twenty-sixth year the Negro residents again experience the joy of an annual picnic arranged expressly for them. This year's picnic was sponsored by the parishioners of two St. Paul Negro churches united in a Prayer Bond. Numbering about twenty-five, each of the group brought an abundance of various delectable foods which they shared with twenty-two of our residents on the lawn east of Rogers Memorial Center. Mrs. Barbara Priem, Patient Activities Assistant I assigned to East Grove Division, assisted Mrs. Undersood. Mrs. Priem reaffirms the observation made last year, upon how warmly and with genuine interest these church people attend to the desires of their guests. Our Negro residents were truly thrilled and honored by the charitable generosity expressed toward them.

Each of the 280 residents observing birthdays during August were on the 17th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square,

Barbering service gave 1,812 haircuts and 328 shaves.

The cosmetologists gave 565 haircuts, 35 permanents, and 47 linger waves.

During August Handicraft classes continued on a regular basis. Classes were cancelled on Tuesday, August 15, while the instructors operated the fish pond at the employees picnic. Prior to the picnic some of the classes helped prepare prizes for the fish pond and others helped to make decorations for the armory.

Attendance continues to be lower because of summer vacations. Class lists are being revised to facilitate a larger enrollment. Many of the patients who will be returning to school must be rescheduled because of conflicting schedules.

Miss Pfab and Miss Tourje, summer students, have conducted Mr. Kroska's ceramic classes on two occasions. This was to give them opportunity to work with a wider variety of patients. Attendance in this class has been very low because of summer schedule conflicts such as out of town softball games.

Woodworking classes are now completing a variety of projects including lawn ornaments, shelves and gun racks. The afternoon class consists mainly of those between 15 and 25 years of age with similar mental levels. The evening class is made up of men, age 25 and older with a few exceptions. There are a number of patients who should be in a class of this type but until a volunteer can be designed to a class, there is no room. One patient who is showing interest and progress is _____. He started out by making picture frames for oil paintings which he completed and is now working on other wood projects. He appears to be more outgoing than previously and gets along with the others in the group.

General craft classes continue as before. Many of the girls have shown increased interest and ability in textile painting. They are making projects such as toaster covers, luncheon sets, aprons and purses. One of these classes is made up of elderly male wheel chair patients. Also included in this class is one blind man. Ability is varied in this group. One man is doing a large bead picture, one knits capes, and others color or draw simple pictures. What this group lacks in ability is replaced by enthusiasm. It is felt that this group derives a great deal of benefit from the class by being given opportunity to socialize in a situation outside of their buildings.

Activity of Daily Living classes are progressing slowly due to interruptions, vacations, etc. This class will not complete the scheduled program when originally planned but will have to be extended approximately three months. Classes are now working on luncheon and dessert menus.

Sewing projects completed during August include blouses, dresses, pajamas, aprons and housecoats. One class member who has been showing considerable progress is _____. She has been in the program for approximately six months. During the first three months attendance was irregular and she showed little interest in the class, Recently however she has improved rapidly in attitude and ability. She stated that originally she was afraid of failing, but now she realises that she is learning and will be able to complete projects successfully. _____ will be transferred to Owatonna as soon as there is room, so she is attending several classes during the week in order to complete the dress she is making.

Summer students Miss Pfab and Miss Tourje continue to work in the Fern handicraft program. On August 22, three volunteers were assigned to this area to carry out this program after the students leave. The new volunteers will conduct the program every other Tuesday from 9:00 - 11:00, Miss Pfab and Miss Tourje have also continued to assist in both occupational therapy and handicrafts.

During August, Occupational Therapy enrollment totaled 26, an increase of two. One of these is a psychiatric problem and the other has cerebral palsy.

With the assistance of Dr. Smith in the Dental Department, a mouth-piece was constructed to be used as a typing stick for a patient with cerebral palsy. This stick enables him to type with more accuracy than did a typing stick. Typing will serve as a communicative device for this patient and also serves to cut down on drooling and strengthen neck muscles.

Another patient with cerebral palsy is also learning to type. Because of severe involvement in the tipper extremities, she is learning to type with her feet. A stick attached to one toe is a successful means of accomplishing this goal. The patient reads at a fairly high level and does not have to concentrate on learning words. Her main difficulty is encountered in applying enough pressure to the keys. An electric typewriter would alleviate this problem and results would probably be good, because she is able to hit the keys with considerable accuracy.

Mr. Berg continues to work on adaptive equipment which is essential in carrying out treatment.

Inservice training for Rehab. Therapies:

- August 1 - Reading and discussion of article concerning program at an institution in the state of Washington.
- 8 - Mr. Thurber - role of the business office.
- 9 - Case abstracts
- 15 - No meeting - employee's picnic
- 22 - Mr. Madow - role of psychology and demonstration
- 29 - Discussion of summer student's projects
- 30 - Case Abstracts

Raymond C. Roach
Supervisor of Rehab. Therap