

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

Faribault State School and Hospital  
State Hospital

January, 1962  
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

enrolled

1. Number of patients enrolled in Occupational Therapy activities on the last working day of the month 28; handicraft 294.
2. Number of newly referred patients to this division during the month .
3. Number of patients dropped from this division during the month .

INDUSTRIAL PLACEMENT

1. Number of patients enrolled in Industrial Therapy activities on the last working day of the month 1442 .
2. Number of newly referred patients to this division during the month 9 .
3. Number of patients dropped from this division during the month 2 .

REHABILITATION THERAPIES DEPARTMENT  
January 1962 monthly report

During the month of January 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 ward schedules.

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

- 4 Protestant and 4 Catholic Services
- 4 Evening Religion Classes
- 3 Community Sing Programs
- 7 Social Dance Programs
- 2 Special Wheelchair Programs
- 12 Game-time Programs
- 8 Girls Sports Activities
- 4 Womens Sports Activities
- 8 Boys Sports Activities
- 5 Mens Sports Activities
- 7 Mens Basketball Practice Sessions
- 2 Special Basketball Programs
- 8 35mm film Auditorium Movies
- 78 16mm Ward Movies

The Recreation Therapies staff in January resumed a full central and ward activities schedule. January was a period of comparative tranquility in contrast to that of December and Christmas festivities.

With snow in abundance this winter, sliding is very much in demand. All the residents, and especially the teen-age boys from Chippewa East, derive great pleasure from the sport. The hill providing the longest and most thrilling slide is situated south of the dairy. This desirable sledding area is an invigorating hike from the campus buildings. Because of the distance from a shelter, a warming house located in the area would enable these sport enthusiasts to warm themselves during the outings and before the trek home. It is the recreation department's hope that, with plans made now, a warming house will be constructed for use next year.

Ice skating, such a popular routine sport last winter, was not as thoroughly enjoyed thus far this year. Due to the weather, of either excessive cold or intermittent thawing, the skating rink at the central playground has been put to but limited use.

Because of the inclement weather in January, two wheel chair programs and two game-time programs were cancelled. The recreation therapies staff assigned to those central activities instead conducted individual recreation activities on the wards of the cottages involved.

Oaks cottage has become a Globe Theater for nine women who have shown an interest in "dramatics." The project is being conducted by Miss Roberta Gruetzman, Patient Activities Leader I assigned to East Grove Division.

Activities may include individual and group interpretive reading, the one-act play, skits, a self-composed "musical" with appropriate dialogue interspersed between songs, etc.

Factors under constant consideration must be:

1. The interest and attention span of the group.
2. The ability of the group, i.e., mental, physical, emotional\*
3. The RECREATIONAL (re-creative) purpose for which this project was launched and toward which it strives.-

In mid-January on a Sunday afternoon, Mrs. Margaret Reuvers, Patient Activities Assistant I assigned for recreation work in East Grove Division, took a group of eighteen Oaks women on a downtown outing. The group left the campus in a gay mood in eager anticipation of the outing which they had requested. With delight the women window-shopped, and they stopped often to marvel at the many window displays. Because the weather was a bit nippy, Mrs. Reuvers treated the group to coffee at a restaurant. For a number of the women, having coffee in a restaurant was a new experience. By prearrangement, the group next visited at radio station KOHL. Few of the women had ever been inside a radio station and, since most of them listen to KDHL on their radios, the visit was a meaningful event. For Al Carsons of the station very generously explained its operation. The group was highly pleased in being asked to name a tune to be played for them on a later program. Tired and happy, the women cheerily reminisced over their adventures as they walked back to the campus.

The first prize in the Christmas ward-Decorating Contest was a party for the winners in each of the three categories - for men, women, and children. At a social party on the evening of January 25th, the men residing at Sioux cottage were hosts to the women from Ivy "E". Both were first place winners and chose to combine forces to make the party an outstanding one. The guests were treated royally by their hosts, and manners and deportment were at a high level indeed. Soon everyone lost themselves in the pleasures of dancing, playing cards, and just good old conversation. Mr. Dewey Gates, Patient Activities Leader I assigned to Greenacres Division, with the assistance of two resident musicians provided very spritely and danceable music much to everyone's complete joy. Party-refreshments were served as a fitting ending to an evening immensely enjoyed by all participants. Mrs. Muriel Green, Patient Activities Assistant I assigned to Skinner Division, aided Mr. Gates in supervising the gala affair.

--- a thirteen year old blind patient residing at Osage, is a very musically inclined youngster. Upon his admission to the institution he delighted in singing and playing upon an old piano at his cottage. Little by little the piano disintegrated and a number of months elapsed before it was replaced at Christmas-time. Both the Charge Aide of Osage and the Recreation Therapies staff working at Osage noted that James had regressed considerably in the absence of the piano. With the piano's return, --- has come out of much of his regression and is once again singing and playing the piano to his heart's content. It is reasoned that, with this renewal of interests, he will continue to improve and progress.

During the month of January the FSSH basketball team played three inter-institutional games. The team won the game at Hastings State Hospital on the 25th but lost the two home games against Cambridge State School and Hospital and Owatonna State School on the 1st and 18th respectively. The TWO home games were well attended by avid basketball fans. Each of these games were closely played, closer than the scores indicated. The overall improvement in the teams playing ability is due considerably to the addition of one new player, a recently admitted resident, who has bolstered the team with his skill and team spirit.

Efforts to lend a normal school atmosphere took a big step forward this past month with the formation of a cheer-leaders club, The club evolved as an expression of the residents enthusiastic loyalty to the basketball team. Many residents have shown interest in a club of this sort for a long time, and, due to their persevering

interest, the club became a reality when three women from Ivy asked for the opportunity to show that "It can be done," To date they have been very successful in their venture. The cheer-leaders are Miss ---, Miss ---, Miss --- PBF. and Miss ---. The actual instruction of basic fundamentals of cheer-leading has come from two very competent young women of Faribault High School.

The assistance of these volunteers would have been of no value had it not been for the keen enthusiasm shown by the four cheer-leaders. To emphasize the importance of cheer-leaders and their performance, the four women were taken downtown to observe at a high school game. It has been amazing, and gratifying to watch these women as they practice countless hours to perfect their leadership. Their uniforms are red and white, of which they made the skirts themselves. Miss Marlene Cram, women's sports leader and Patient Activities Assistant I assigned to Greenacres Division, guided and assisted the four women in realizing their goals,

On the afternoon of Sunday, January 25th, the Don Swani Dance Band of Minneapolis entertained at two special social dances. The heartily appreciated occasion was jointly sponsored by the Harry G. Molm Legion Post 611 and the Teamsters Joint Council #32, both of Minneapolis, The institution's friend and benefactor, Mr. Charles Koch, handled the arrangements for scheduling the entertainment.

Pool tables used extensively in the various buildings are presently in process of being given an annual reconditioning. New cushions are being installed on the rails of the table at West Cottage. These pool tables being reconditioned are having the slate beds re-aligned, worn pockets replaced, and recovered with a stout fabric from surplus properties. Incidentally, much enthusiasm is being voiced over the forthcoming pool tournament to be held in March and April,

Mr. Richard Miller began employment on January 15th as a Patient Activities Assistant I for assignment in recreation work in Sunnyside Division. Mr. Miller, occupies the position vacated on December 31st by Mr. Donald McCarthy.

Each of the 210 residents observing birthdays in January were on the 16th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square.

Barbering service gave 1653 haircuts and 324 shaves in January

During January our beauty operators gave 62 permanents, 63'8 haircuts and 81 finger-waves.

During January, Handicraft classes concentrated on the completion of projects in preparation for class changes which will take place during the first part of February.

Highlighting the month's activities were the projects of the cooking classes. During the latter part of the month each class prepared a complete meal which they ate in the handicraft's kitchen area. This is the third time that this has been done, but this time, with the help of the Volunteer Council, the program was enlarged. The council provided necessary funds enabling each class to purchase the food to be prepared. After drawing up a shopping list, each class went, with a handicraft instructor, to a local supermarket and purchased the necessary food. Classes went by bus when possible, but evening classes made the trip in a car. Response to the shopping trip was almost greater than the reaction toward the meal, but one girl expressed the group feelings very well with the statement "This is the best meal I've ever eaten!" The main course for each group was fried chicken, but each class had their choice in determining the rest of the menu. An example of one of the menus was: Fried chicken, home baked rolls, tossed salad, buttered peas, home made apple pie ala mode, relishes, milk and coffee. Members of the classes wrote a note to the Volunteer Council thanking them for making this enjoyable and educational experience possible.

During the month sewing projects completed included dresses, housecoats, blouses, and skirts. One of the girls, ---, recently discussed at Case Review, and at that time it was decided that she should be evaluated at the power sewing machine. She has been spending part of each session at this machine and is doing quite well considering her limitations (she is a paraplegic). After a suitable length of time, Mrs. Good will prepare a written evaluation of her capabilities. An additional project this past month was the making of pleated skirts for the cheerleaders. Three of the cheerleaders made the four skirts, although none of them are enrolled in sewing at this time. They came in during their free hours and were supervised by the handicraft instructors.

Weaving and craft classes conducted by Mrs. Kennedy were temporarily discontinued on January 26. Mrs. Kennedy retired on January 31, and the last three days were spent writing progress reports on all of the patients in her classes. A reception for Mrs. Kennedy was held on January 25. She retired after almost 24 years at the institution.

Other craft classes continued as before. One patient, ---, who is blind, has been working on leather link belts. It was felt that this would be a challenging project for him, but he learned rapidly and has no difficulty with the project. Previously he mastered leather lacing, so new, more difficult projects are now being planned.

In Ceramics, many projects have recently been completed following repair of the kiln. Two to three firings have been completed each week in order to catch up. The patients are responding with greater enthusiasm now that they can see the results of their efforts.

Manual arts classes have been working on finishing of projects made by a group of men from the Dakota County ARC. Items include large checkerboards, form-boards, wooden rockers, lock boxes and special equipment for Occupational Therapy (a standing table for four, two single standing tables and a relaxation chair.)

In Occupational Therapy, enrollment is now 28. During the month a maximum enrollment was 33. This increase was due to referrals of five patients following orthopedic surgery. Of these, two were seen for a two week evaluation period and then discontinued after discussing them with the doctor in charge because it was felt they would derive no further benefit from the O.T. Two psych patients were also discontinued with the doctor's approval, as it was felt that they were not able to benefit from the program. Progress notes have been written on patients and placed in the hospital charts and social histories. On January 19, Miss Blom and Mr. Berg attended the Clinic conducted by the doctors from Rochester who are in charge of the orthopedic surgery program.

In Service training during January:

Jan. 9	-	Music Therapy - Miss Gruetzman P.A.L. I
10	-	Music Therapy - " " "
Jan. 16	-	Demonstration - music - Miss Gruetzman *
17	-	Case abstract review
23	-	Industrial Therapy - tour of Laundry
24	-	Case abstract review
30	-	Handicraft techniques
31	-	Case abstract review

\* Part of Patient Activity Assistant II training program.