

Patients Program Department Report- MINNESOTA DEPARTMENT OF PUBLIC WELFARE

Faribault State School and Hospital.
State Hospital

March, 1963
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 19. handicraft 281 .
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 1,371__.
2. Number of newly referred patients to this division during the month 6 .
3. Number of patients dropped from this division during the month 5_.

REHABILITATION THERAPIES DEPARTMENT
March, 1963 Monthly Report

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

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

- 5 Catholic and 5 Protestant Church Services
- 4 Special Entertainment programs: 1 Variety Show
 - 1 Band Concert
 - 1 Basketball Game
 - 1 Choral Concert
- 2 Special Social Dances
- 4 Social Dance Programs
- 4 Square Dance Programs
- 2 Community-Sing Programs
- 3 Wheel Chair Activities Programs
- 18 Game-Time Programs
- 6 Boy's Sports Programs
- 4 Men's Sports Programs
- 8 Men's Basketball Practice Sessions
- 10 Girl's Sports Programs
- 3 Women's Sports Programs
- 10 35mm Auditorium Movies
- 75 16mm Ward Movies

In recent years the month of March has become one of utmost significance to our residents, for among them there is great speculation as to who will be chosen to attend the Shrine Circus. Three hundred and sixty-six highly elated residents were privileged to attend the Shrine Circus performed in the Minneapolis Auditorium on March 4 and March 6. This year's attendance was increased by forty-one over last year. Recreation Therapies personnel were assisted by nursing personnel in supervising, a ratio of one employee for each fifteen residents. A registered nurse accompanied each of the excursions. Transportation and tickets for the circus were presented to the institution by the Minnesota Association for Retarded Children, Inc., in cooperation with the county A.R.C. groups, through arrangements made by Mr. Merlin C. Kurth. Their field transportation was also provided by Dr. and and the 16 residents, including their son, from Pawnee cottage. In addition, funds were provided by the Minnesota A.R.C. for the purchase of food treats amounting to forty cents for each participant. The thrill of a long bus ride, the kindness of the Shrine members, and the delight of seeing the circus were all a deeply satisfying and momentous experience for the young and old alike.

Square dancing, conducted every Thursday evening at Rogers Memorial Center for two alternate groups of two squares each, is not progressing according to expectation. The dancers enjoy themselves greatly, it is true, yet to all appearances the majority seem to forget what they have learned from one session to the next.

The hour's activity consists of a review of routine dance steps followed by a repeat of supposedly learned square dances. The participants are all of moderate and mild levels of retardation. Their slow progress may be due to the normal but, perhaps for them, fast speed of the recorded calls and music. A slower paced tape recording is being tried in the hope that it will enable the dancers to keep in step. A variable speed phonograph, requisitioned on the 1963-65 biennial request will, when it eventually arrives, provide the Recreation Therapies Department with means for slowing the tempo of music for all dance instruction and for certain singing-action games. Original square dance plans were so charted that after instruction the dancers from the two alternate groups would be combined. Two new squares would then begin instruction and, after training, would join the larger group until ten or more squares were involved. The plan has not worked very well.

The annual pool tournament is well under way. Held in Green Acres and Sunnyside Divisions, the men are in spirited but friendly competition. Tensions mount as fellow residents cheer their favorite players. It would appear that some of the leading pool players have been out-manuevered by minor players. This unexpected turn-about may be attributed to the observation that some of the slower residents react much better under pressure than do those of a higher intellectual level.

Mrs. JoAnn Hoffmann, recently employed Patient Activities Assistant I assigned to recreation work in Skinner Division and in the Hospital, states that she finds her work assignment a distinct challenge. The patients in the Hospital have tested her ingenuity to find interesting things for them to do other than to look at comic books or to color pictures. Every time she has the opportunity to do so, Mrs. Hoffmann gives guidance to a lady on North Two who wants to learn to spell and to write. The patient has now written a brief letter to her mother, a memorable milestone, indeed. A grade one writing book has been used advantageously in giving instruction. Other recreation activities in the Hospital were comprised of playing card games, checkers, phonograph records, miniature pool, and showing View-Master slides. Profiles of patients have been projected and traced on white construction paper, after which, when cut out and mounted, were used in an identity contest. ---, a young man at the Hospital with a mental problem, has been at times difficult to motivate. His behavior is very erratic. On occasion Mrs. Hoffmann has been able to encourage him to watch television, and to paint and color pictures. On being permitted to operate the phonograph himself, he takes pleasure in playing music of his own selection. He seems to enjoy helping with the making of the profiles. Mrs. Hoffmann is planning to use a tape recorder in her work in the Hospital. With warm weather fast approaching, various patients in the Hospital are looking forward to short nature outings.

By request of the institution's chaplain, Recreation Therapies has been assisting with certain religious functions. Recreation Therapies personnel seat and monitor the resident congregations at Protestant and Catholic Sunday morning services held in the auditorium at Rogers Memorial Center. An estimated 1,400 residents attend the weekly services. Residents at these church services are routinely seated in the same locations. Personnel are mindful of the exits assigned for each of the groups. As is the circumstances at all other auditorium functions, the residents thusly seated and dismissed, can be evacuated from the building in case of fire. In addition to the Sunday morning services, a Recreation Therapies staff member during the year assists on from two to four occasions at confessions for about two hundred Catholics. Mrs. Effie Paquette, Patient Activities Leader I assigned to recreation work in Skinner Division, for a number of years has been delegated the responsibility to supervise and give counsel to these residents.

Attendance at wheel chair activities has been increasing, now that the weather has been less inclement. The wheel chair patients eagerly look forward to this special recreational activity. Parading, circle, and relay games designed and geared to their physical ability are the activities favored by the participants. Four Recreation Therapies staff are assigned to this weekly event and a fifth, a recent employee, is presently assisting. After training this person will replace one of the staff members who will be free to conduct a ward-recreation activity.

Getting capable pushers for wheel chair patients, when they attend special wheel chair activities every Wednesday morning in Sogers Auditorium, has on occasion been quite a major problem. The wheel chair pusher is the most important man on the pusher-rider combination. On occasions scarcity of qualified pushers, due to various reasons such as illness, dentistry, vacations, etc., reduce the number of pushers from whom to select, leaving mostly Chippewa East teenagers. In the case of Seneca patients, some weighing upward to two hundred pounds, these teenage boys are too light in weight and lack strength to adequately handle and push wheel chairs. Mr. Gary Schmidt, Patient Activities Assistant I assigned to recreation work in Sunnyside Division, comments that at first escorting wheel chair patients did not seem to be much of a challenge. However, upon becoming experienced his attitude has changed. To illustrate, recently one of the patients was spilled from the chair onto the ground. Learning that the patient was all right and with no injury, Mr. Schmidt did not report the incident to the building Charge-Aide. The next day the patient ran a fever and complained of a pain in his right side, Mr. Schmidt learned the vital necessity to report all accidents which, though appearing to slight, might actually be quite major.

Recreation Therapies staff women during the month of March began cooking projects for certain residents at Fern, Oaks, and Willow. As a recreational activity, this activity is designed to be of a special benefit for the more regressed and those of the middle and lower level of intelligence among the older women. Mrs. Effie Paquette and Mrs. Helen Hoffmann, Patient Activities Leader I's of Skinner and East Grove Divisions, respectively, have, in their direction of this activity, noticed that the majority of these women displayed a more aggressive behavior and interest when placed in an informal, relaxed situation. The social and psychological benefits gained would appear to equal and, in some cases, excel any social skills they previously acquired. The recreation Therapies staff women feel that the classes have proved their value when the participants readily display initiative and cooperation in the preparation of the food in addition to learning the usual cooking procedures.

Not many years ago St. Patrick's Day was traditionally observed by the residents, by their taking part in a talent show. Music personnel in the Recreation Therapies department would direct the residents in working out various Irish acts in which singing, dancing, and comedy routine was featured. With the retirement of the music personnel and the difficulty in replacing them, the St. Patrick's Day program was discontinued. But it was not forgotten by our residents. This year a number of them approached Jerry Johnson, Patient Activities Leader I assigned to recreation work in Sunnyside Division, inquiring if they could present a couple of talent acts at the Community-Sing to be held on March 17. Given approval, practice began in earnest on the ward. A rehearsal followed. Costumes were either made by the performers themselves or were improvised from items stored in the costume room. Of course, the show on St. Patrick's Day did not approach professional caliber, but it was a source of great merriment and satisfaction to both the performers and the audience. These self-promoted entertainers, though possessing but amateur talent, do have the potential to develop their skills if given more guidance and time to learn.

In the central recreation program sports activities are scheduled for female residents from eleven cottages. Three afternoon sports sessions of forty-five minutes each, are held for the residents from Cedar, Laurel, Poppy, and Daisy. Participants at evening sports activities come from Iris, Ivy, Oaks, Laurel, Willow, Birch, and Poppy. Athletic activities are planned so as to include all participants attending the sessions. Sessions usually begin with calisthenics, which seems to be best in getting everyone out onto the floor and "loosened up". With the exception of an evening group, the participants especially like games in which a ball is used, and enjoy such games as dodge ball, dribbling relays, catch, and shooting for baskets. The one evening group, comprised of women of a higgler level of intelligence, were difficult to interest in sports, per se. Attendance improved when dance instruction and weight reducing exercises were introduced. The Recreation Therapies Department is trying to make the sports program enjoyable for everyone.

In addition to planning, organizing, conducting, and supervising a full schedule of central and ward-recreation activities, the Recreation Therapies staff assisted and supervised with the seating and lighting effects at the following special entertainments presented in the auditorium of Rogers Memorial Center:

On the afternoon of March 3 the Don Swani Dance Band entertained first with a concert at the Hospital and then at two social dances held in the auditorium. The band's timely visit was a welcome treat for our residents. The patients confined to the Hospital were completely thrilled by the bouncy music which they requested. At the two dance programs that followed the atmosphere was festive and gay. Mr. Swani's band entertained with a range of polka, waltz, fox trot, and two-step numbers, including the "Butterfly", an all-time favorite. The band's appearance was sponsored by the Harry C. Molm American Legion Post 611 and the Teamsters Joint Council #32, through arrangements made by Mr. Charles Koch, Minneapolis.

Faithful sponsors of an annual entertainment program here for many years, the Selim Grotto Clown Unit, of Minneapolis, presented a variety show on Saturday evening, March 9. The residents were keenly delighted by the broad variety of amateur and semi-professional talent featured in the program. With the assistance of the Selim Grotto Clowns, Mr. Ragner Johnson, Master of Ceremonies, and Mr. Don Munger, Monarch, kept the audience in continuous suspense with their comical antics.

The Mankato Women's Glee Club on the afternoon of March 31 presented a 3rd annual concert here under the skilled leadership of their director, Mrs. Deters. The Glee Club entertained with choral and a cappella selections, including songs from the Club's forthcoming public presentation of "Brigadoon". The residents were very appreciative of the program, and of the invitation to join in the singing of Easter songs, a thoughtful consideration which made the event additionally memorable.

The Faribault Senior High school Band, under the direction of Mr. Oskar Teisberg, presented a special concert on Friday evening, March 29. Enthusiastic applause was given the band as they presented their program of popular melodies, marches, and classical numbers. The audience thoroughly enjoyed lively numbers such as "Seventy-Six Trombones", "Minnesota March", "Muskrat Ramble". Popular numbers such as "Alley Cat" and "Sentimental Journey" were well received. The Faribault Senior High School Band's visit is its first. Previous invitations to the Band to play here on a Sunday went unfulfilled until arrangements were made this year for programming the concert on a Friday evening.

Our Stater basketball team won two of three games played in March, winning over St. Peter on the 7th and again on the 27th. The loss came on the 20th at the hands of Cambridge whom the Staters had defeated earlier in the season. These games were played very well and the team has shown an exemplary team spirit. This attitude and a desire to win progressed throughout the season. The season's record shows three wins and three losses, a reasonably good average. The basketball season was completed with the game against St. Peter played in Rogers Auditorium on the 27th.

Following special entertainment programs, held in the auditorium at Rogers Memorial Center for the pleasure of our residents, all guest entertainers are routinely served light refreshments in the employees cafeteria. Arranged for in advance with the dietitian, these refreshments usually consist of cookies and milk or coffee. Judging by the guests' comments, the gesture is deeply appreciated. It has become the custom at this time for Mr. Kenn Kroska, Patient Activities Leader II as director of Recreation Therapies, to informally thank the entertainers on behalf of the residents for their generosity and interest. He also give a "thumb-nail" word sketch of the institution, its history, role, and function.

Each of the 266 residents observing birthdays in March were on the 12th honored with an addressed birthday card, a dixie cup of ice cream and a decorated cake square.

Barbering service gave 1,738 haircuts and 277 shaves during March.

Beauty operator gave 29 permanents, 344 haircuts, and 344 finger waves during March.

Handicraft and Occupational Therapy

All classes are getting into the routine of things following the February class change. Many of the new students are progressing very well in their new activities.

The instructors are writing progress reports on the students who were dropped from the program as well as periodic notes on others wherever indicated.

Mrs. Sterling is still attending training classes two and three days weekly. This makes her scheduling rather difficult; however, she will soon complete her requirements. Considerable time was spent this month discussing how to meet the various needs of our residents most satisfactorily. They also covered various types of behavior such as withdrawal, hyperactivity, excitability, depression, etc., as well as the functional and organic causes of mental illness.

The Cooking Classes have nearly completed their breakfast menus. During the month some of the preparations were: pancakes, syrup and coffee; muffins, boiled eggs and coffee; and waffles, syrup and coffee. Each time cooked cereal was also prepared.

The Sewing Classes completed many projects this month. Among them were: skirts, jumpers, pajamas, shoe bag, bermuda shorts, dresses, and blouses. ----
made the bermuda shorts from blue denim material secured through the tailor shop. She is frequently very hyperactive and quite difficult to channel in her activities. However, she does show considerable interest in the class. She requires considerable supervision but takes direction and correction very well.

One other student --- has had only limited sewing experience. Since the class change she has already completed a blue corduroy skirt. She is presently making a jacket for a two piece suit. --- does very well, but she does go ahead in a very hasty manner and lacks patience. Emphasis will be given to these weak points and it is certain that she will become a quite capable seamstress.

The General Craft Classes are again active in many craft areas. Many new students have shown an interest for weaving. One fellow, --- has attempted many different craft pursuits in the past with only fair results. He is doing very well weaving and is expressing a tremendous amount of gratification for the activity. Many older female members continue to knit as well as several new ones. Slippers are a popular, but simple beginning project. Three girls, ---, ---, and --- are knitting sweaters. This is a craft which is highly encouraged for the more capable girls because it is not only practical but it offers tremendous leisure time possibilities. Many of the new fellows are busy making a variety of leather projects. Several people have been making Easter decorations.

Mrs. Sveiven has continued to work with --- two one-hour periods weekly on an individual basis. At times it appears debatable whether she is benefiting from this contact. Many times it is impossible to get her to remain clothed long enough to participate in any activity off the hospital ward. Her interest span continues to be very short. Many times the patient will suggest an activity which she has enjoyed previously, but before she has attempted it she has changed her mind. The patient does seem to look forward to Mrs. Sveiven's contact and on a few occasions she has shown an increased interest in various activities.

Several of the new members of the Ceramics Class are demonstrating considerable ability in the media. Some of these people are ---, ---
^ M | B B f c and --- In spite of her serious hearing handicap, has shown very rapid progress. All four are very fine examples for the remainder of the class.

The boy's Woodworking Class members continue to work on a variety of individual projects as well as institutional ones. During the month Mr. Johnson, the instructor, secured a used bicycle to be used as part of his recreation program. Many of the boys helped restore it by completely disassembling and refinishing it. This was an excellent group project and many of the machines and tools used offered an excellent learning and training experience for them.

Rehabilitation Therapies In-service training program for March is as follows:

- March 5 Reading of new case abstracts and program discussion. Reading of the new 'Employee's Policy Manual' was initiated and various aspects of it were discussed.
- March 11 Reading of new case abstracts and program discussion.
Reading of the 'Employee's Policy Manual' was continued.

- March 18 Mr. Berg met with new Rehab employees to discuss the objectives and functions of Occupational Therapy for the physically handicapped. This is part of their requirements for the P.A.A. II Training Program.
- March 19 Reading of new case abstracts and program discussion as well as continuation of reading and discussion of 'Employees Policy Manual'.
- March 26 Discussion of 'Employees Policy Manual'.

The Occupational Therapy enrollment for March is 19. Two physical disabilities were dropped because it was felt that they had received maximum benefit. One patient, ---, had bilateral derotational osteotomy before Christmas, began weight bearing and ambulation training. He is progressing very well. The patient is no longer walking with both feet inwardly rotated. He is able to walk behind a chair or with other supporting means. Just recently two canes were secured and he ambulates quite well with them. His leg muscles are still weak causing unsteadiness. with continued exercises the muscle strength should gradually increase making weight bearing and ambulation much easier.

Mr. Berg regrets to announce that he will be leaving his position on April 26, 1963, to accept a position with the Veterans Administration. His reason for leaving is that future opportunities and salary are more generous with V. A. It is hoped that another therapist can be secured very soon to continue the program.

On Tuesday, March 5, Mr. Berg and Mr. Roach went to the Cities and contacted the Directors of Occupational Therapy at both the University of Minnesota and St. Catherine's College in hopes of recruiting a therapist. No one is available at this time.

Ruth Tracy and Richard Kempton of the Recreation Department each spent one half day with Mr. Berg receiving orientation to his portion of the total Rehabilitation Therapies Program. They observed the treatment of patients in O.T. as well as observed Handicraft Classes in session.

Raymond C. Roach
Rehab. Therapies Supervisor

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