

Patients Program Department Report - MINNESOTA DEPARTMENT OF PUBLIC WELFARE

Faribault. .State School .and Hospital_____
 State Hospital

December 1964_____
 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 avail able for patient during month under direction of this division.

OCCUPATIONAL THERAPY

- 1* Number of patients enrolled in Occupational Therapy activities on the last working day of the month Handicraft 207, OT 27 _____ '
2. Number of newly referred patients to this division during the month _____ .
3. Number of patients dropped from this division during the month _____ .

INDUSTRIAL THERAPY

1. Number of patients enrolled in Industrial Therapy activities on the last working day of the month 1146 _____ .
 2. Number of newly referred patients to this division during the month 2 _____ .
 3. Number of patients dropped from this division during the month_9
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REHABILITATION THERAPIES DEPARTMENT

December 1964, Monthly Report

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

4	Catholic and 4 Protestant Church Services
3	Social Dance Programs
2	Special New Year Social Dances
2	Square Dance Programs
7	Special Entertainment Programs: 3 Christmas Pageant Programs, and 4 Visiting Entertainment Groups
8	Game-Time Programs
1	Wheelchair Activities Program
8	Boys Sports Program
2	Mens Sports Programs
4	Girls Sports Programs
2	Womens Sports Programs
8	35mm Auditorium Movies
96	16mm Ward Movies

Recreation Therapies staff continued their program of ward-unit assignment and central activities through the first two weeks of December. Thereafter, recreational activities were curtailed until January 2nd, with exception of special entertainment programs and auditorium and ward movies, to permit the staff's operation of the Cedric Adams Memorial Room, the Christmas gift distribution center at Willow. Recreation Therapies staff began in the expectation that after the first week in December all areas would be supplied. The procedure proved effective, and also by December 9th most cottages had requested and received Christmas tree decorations supplementing those they had on hand,

Needless to say, there was an air of excitement throughout the campus among employees and residents, alike, due to the planning for, and the expectations of Christmas. The eventful day was a joyous one for all, the residents being grateful for society's remembrance of them, the employees sense of reward through witnessing the happiness resulting from their efforts. Were it not for the persistence and dedication of the employees, Christmas for the residents might otherwise be quite minimal,

In submitting a report on Recreation Therapy's role in helping to bring Christmas cheer to the residents, it is difficult to refrain from plagiarizing reports of previous years since methods and procedures are essentially the same each year. The Cedric Adams Memorial Room, set up in the Willow cottage basement in November, began the distribution of gifts to residents on December 1st. From that date through December 22nd the Psychiatric Technician Charges, representing thirty-two cottages selected an average of eight individual and personalized gifts for each person for whom they were responsible.

An estimate of 23,000 gifts were thus selected. Complete accounting was made of the gifts each resident received, copies of which were distributed to the Rehabilitation Therapies Supervisor, Social Service, Division Nurse Supervisors, and the Psychiatric Technician Charges.

About 10,000 gifts estimated at a value of \$8,000 arrived at the Gift Room mostly after December 12th. Received either by mail or personal delivery from more than six hundred and fifty individual and group donors, these gifts by-and-large were the sort most requested by the residents, that is, toiletries, hosiery, lingerie, blouses, tobaccos, pipes, shirts, wallets, dress gloves, and lounging slippers.

While this year's gifts were all of a useful and valued nature, by mid-December the quantity dwindled and needed to be replenished with the local purchase of short-supply items. The use of funds provided by the State and by the Volunteer Council rectified the situation. These locally purchased items served effectively as a "tide-over" until the arrival of more gifts. The question may arise as to the wisdom of processing at least two-thirds of the cottages in their selection of gifts by December 15th. In explanation, prior experience has shown that when processing is delayed a "pile-up" occurs which curtails the effectiveness of filling residents gift requests. At the most not more than two cottages, from a male and a female area, can be processed at the same time. In the case of Ivy North, Ivy South, Fern, and Daisy as much as three days time is spent by the Charge in selecting gifts.

This year, as in previous years, volunteers greatly assisted the Recreation Therapies staff in the operation of the Christmas gift-distribution. The volunteers were, however, of greatest assistance in the wrapping of gifts. The majority of volunteers represented various church and social groups, many of whom donated quantities of colorful gift-wrap. The residents were thrilled, indeed, upon receiving Christmas presents handsomely wrapped and tied with luxurious ribbons and bows. 3-M ribbon received a few years ago is admirably serving the institution's needs.

Peanuts and candy, twenty-six hundred pounds of each, were delivered to the Cedric Adams Memorial Room for distribution to the entire population. Purchased with State funds, the treats were repackaged and divided by three elderly male volunteers from Northfield, one a former grocer. The treats were delivered to the cottages by December 12 for use on Christmas Day.

As he has been doing each year, jolly Santa Claus with a hearty "ho-ho" visited at all the cottages and wards in the company of resident-carolers on the 21st, 22nd, and 23rd. Groups of residents rotated as carolers, thus making it possible for all interested persons to carol one or more times. Candy treats were left at the cottages, in most cases personally given out to each individual by Santa Claus. High School students from Bethlehem Academy volunteered their assistance this year, their first such service, by helping to lead in the singing. Three of the seniors served as Santa Claus, each doing an excellent impersonation. Mr. Willion Thomas, Psychiatric Technician I of Greenacres Division also served as Santa on one occasion.

The 7th annual Christmas Decorating Contest evoked considerable interest and enthusiasm, well illustrated by the entries submitted by twenty cottages plus six wards at Ivy cottage* The Recreation Therapies department's efforts in supplying the cottages with art materials and decorations, and advice, were well rewarded. Residents of all cottages decorated the ir day rooms in varying degrees of artistry. As to which was the best done was not easily determined by the judges. Winners receiving first prize, an after - Christmas party, were Chippewa West, Ivy C, and Pine. Second prize, a soda-pop treat, went to Springdale, Oaks, and Cedar. A candy treat went to the third place winners: Sioux, Poppy, and Spruce. Judges for the women contestants areas were Mrs. Burkhartzmeyer, Mr. Berndt, Mr. Hanegraaf; in the mens areas judges were Mrs. Hedges, Mrs. Schafback, and Mr. Helling; Dr. Santos, Mr. Prax, and Mrs. Lein judged the children's cottages.

Men of Recreation Therapies staff reconditioned and placed the Nativity Scene, Santa Clans and his reindeer, and other Christmas displays on the campus grounds. The men likewise set-up a pair of loudspeakers atop Rogers Memorial Center with wire lead-in to the Chaplain's Room just off stage. ---, Sioux cottage, was placed in charge of manning the amplifier and phonograph. Christmas music rang out over the campus December 13th through the 24th.

More than one hundred fir and pine Christmas trees were distributed to each of the thirty-two resident building and other areas. A number of the trees were attractively trimmed with ornamentation created by the residents themselves. Commercial ornaments were also provided. All trees were gaily decorated, either by the residents alone or with Technician assistance. Because trees placed indoors cannot be lighted, due to fire ordinance, strings of brightly colored lights decorated the large live evergreen trees on the campus grounds. These, and a considerable number of large cut trees strategically positioned and decorated, contributed outstanding visual evidence of the luletide .

Preceding Christmas a large quantity of novelty plastic cups were donated to the institution. The cups, in white, are ornamented in bas-relief with a smiling Santa that winks one eye as the cup is moved about. Recreation staff discussed at length as how to best use the cups. After consulting with the dining room personnel, the cups were distributed to the cafeterias where, after being used at the evening meal on Christmas Day, they were issued to each person to take to their cottage. This pleased the recipients, as heretofore when the cottages sponsored a holiday party, cups had to be borrowed.

The main outdoor sports so far this season have been tobogganing and sliding on the hill south of the Dairy. Weather conditions have been very favorable, with soft snowfalls and not sub-zero temperatures. Due to the comport of the warming-house positioned at the foot of the hill, residents are able to spend a longer period at their favorite sport.

It is planned that the ice-skating rink, to be located at the central playground, will be readied soon. However, maintenance of an ice rink has been a discouraging and frustrating problem. With alternate thawing and freezing it is difficult to maintain the ice and, when melted, the evaporation is very great. If last year's interest in ice-skating prevails, since only a minimum number of residents are either interested or have the skill to skate, the question arises as to whether maintaining a rink is commensurate to the little use it may receive.

During the autumn months and into December, simple social gatherings have been arranged and carried out for adult male residents of Greenacre Division and the women from East Grove Division, namely participants from Hickory and Oaks cottages respectively. The activities vary from a popcorn pop listening to music, to table games and dancing. Usually twenty to thirty women are in attendance, and a similiar number of men. These social gatherings have shown themselves to be most enjoyable and are such where in many persons can be invloved. Miss Diane lee, Patient Activities Assistant I assigned to recreation work in Greenacre Division, has been conducting the social gatherings.

The women residing at Oaks cottage have interested Mrs. Margaret Reuvers, Patient Activities Assistant II assigned to recreation work in Bast Grove Division, in contemplating an excursion to Minneapolis, to attend the Cinerama • Most of these women have never before seen a movie presentation of this sort. It is reasoned the excursion and new experience would not only provide pleasure, but social and psychological benefits as well. Going to a movie theatre, observing proper behavior, and also paying for one's own way, will add to healthy of self-esteem. Total expense for each participant will be \$3.00, \$1.25 for bus fare and \$1.75 for the entertainment. The Division Nurse Supervisor is heartily in favor the proposed plan. I'he proposed excursion will not take place for a few months. Meanwhile the women plan to save their monies. It is possible that as much as \$25.00 may be requested from Volunteer Council funds to defray the difference in costs, or deficit, as some of the women's income is rather limited.

In addition to planning, organizing, conducting, and supervising a partial December schedule of central and ward-recreation activities, plus the management of the Cedric Adams Memorial Room, distribution of Christmas trees, erection of Christmas scenery on the campus grounds, playing Santa Claus and directing carolers, and construction of stage props for the annual Christmas pageant, Recreation Therapies assisted and supervised with the seating and lighting effects at the following special entertainment programs:

On the sixth of December "Little Caesar and the Conspirators" presented a very lively concert of rock-and-roll music. To those residents favoring this sort of music, the occasion was one of supreme elation. "Little Caesar", or Jim Barnholdt is the son of Curtis Barnholdt, Psychiatric Technician Charge at Elm cottage.

The Minneapolis V.F.W. Military Order of the Cootie, Antsinpants Pup Tent #14 sponsored the second annual appearance here of the Salem Lutheran Church choir under the direction of Mr. Vern Sutton. Following the beautifully sung and inspirational Christmas choral music, the audience was invited to join in the singing of numerous carols. After the much enjoyed program, the Cooties and Ladybugs distributed food treats to each resident in attendance. There was such an abundance of treats that a substantial balance remained for distribution among residents unable to attend the program.

At three showings, two on the 17th and one on the 18th, it was the population's pleasure to see fellow residents perform in the institution's annual Christmas pageant. The story of Jeremiah and the Three Kings was edifying and attractively portrayed. Due to the very cold weather, attendance was not equal to that expected. The audience was deeply admiring of the talent displayed in the pageant, the theme of which contributed much to the resident's involvement in the spirit of Christmas.

The "Torchbearers", a theatrical guild for young mentally retarded adults from Minneapolis, presented "Christmas Tine", a novel phantasy play in which the moral of greed versus generosity was dramatized. This much enjoyed program was held at Rogers on Sunday, the 27th.

Residents from St. Peter State Hospital, on their first visit at Rogers Auditorium on the 19th presented a jolly "Christmas International" in which carols from many lands were featured. The large audience was quite impressed by the program. Directed by Mrs. Mary Paquette, P.A.L. II of St. Peter's Recreation Therapy Department, the cast was joined by a number of Faribault's residents in roles of angels and shepherds.

On the afternoon of the 20th, high school students from Bethlehem Academy, Faribault dramatized and inspiring story, "The Other Wise Man". A choir of 125 voices served as choral background for the depiction. Following the presentation the choir and cast joined the residents in a grand songfest, singing favorite Christmas carols. Their second visit within two months, credit is due to the school's student leaders and the nuns of the faculty. Needless to say, the capacity audience thoroughly enjoyed the entire presentation.

Each of the 272 residents observing birthdays in December were honored on the 12th with an addressed birthday card, a Dixie cup of ice cream, and a decorated cake square.

Cash received during the Christmas season amounted to \$ 1977.85 • This amount is deposited in the Chaplains fund, Xmas fund, Amusement fund, and Volunteer Council fund.

Xmas fund \$ 344.55

Amusement fund \$198.50

Chaplains fund \$486.44

Volunteer Council \$948.36

OCCUPATIONAL THERAPY

Two new patients, both with physical disabilities, began receiving Occupational Therapy in December. The breakdown of patients by diagnosis is: cerebral palsy, 8; arthritis, 2; epileptic with motor or psychological problems, 2; amputee, 1; schizoid personality, 2; post-orthopedic surgery, 2. One patient is also being seen temporarily for a pre-discharge program. Several of those seen with physical disabilities also have adjustment problems.

During the latter part of the month the classes were smaller since several patients were on vacation, one was receiving surgery to correct Dupuytren's contractures, and two were confined to their beds. The remainder continued working on craft projects, exercises, speech training, and school subjects.

The Young Adults Club held two meetings. They planned, made decorations and arranged the room for their Christmas party which was held on Saturday afternoon, Dec, 19th. Take games, dancing, and listening to records were part of the program. The members and their guests enjoyed taking part in this small group activity.

CRAFTS

Attendance was low in craft classes during the later part of December with a majority of patients being home for visits. However, the early weeks were devoted entirely to Christmas. Each patient was encouraged to make a small gift or decoration for personal use and many patients created decorations for ward areas.

The handicraft instructors assisted the music therapy department in creating new costumes for the Christmas Pageant and also supplied materials to repair old costumes. The staff also assisted in repairing stage props and helped arrange costumes for the various performances of the pageant.

The handicraft instructors made table decorations for the employee's holiday tea and assisted with the decorations in the dining room.

The Christmas craft workshop was held during the first week in December. At the close of the workshop items which had been on display were distributed to ward areas for the patients enjoyment. Approximately 70 people attended the workshop. However, only 23 of these were employees at FSSH.

--- continues to be very quiet and will not answer unless the instructor insists. She did not regress as she has at the two previous Christmas seasons. However, she still continues to sleep on a mattress on the floor of her room and refuses to sleep in a bed. She gets dressed and spends most of the day in a rocking chair on the ward.

SEWING

A few projects were completed during December. One pair of pajamas, one jumper and one dress. One girl remodeled a dress given to her.

ACTIVITIES OF DAILY LIVING

After several weeks of preparation the Christmas Teas were held from December 10 through December 17. All who attend Occupational Therapy or handicraft classes were invited and cookies, candy and coffee were served by the girls in the cooking classes.

GENERAL CRAFTS

Some of the boys made Christmas decorations which they were allowed to keep for their buildings. Others worked on their regular projects— basketry, rug weaving, etc.

Attendance in all classes was limited because so many of our residents were on vacation.

SPECIAL CLASSES

- spends two hours a week (is worked with individually) "attempting" different kinds of handiwork. It seems impossible to hold her attention or keep her interested in any project over ten minutes.
- spends one hour each Wednesday working on various crafts. He appears interested, is very willing to try any assignment and is very cooperative. He has become much more talkative in recent weeks, does a lot of repeating but most of his conversational is rational.
- has been quite restless, noisy and inattentive again. However, occasionally, she will work quietly for a few minutes if she is given a very simple project that she can work at without assistance, of any kind.
- has been extremely talkative and giddy—seems to have difficulty concentrating on her work. She requires much supervision but seems capable of fairly good performance when she is able to relax. She just completed a pair of pajamas that she started almost a year ago.

The handicraft instructors prepared and conducted a Christmas workshop for Aide personnel the week of December 7-11.

They also decorated lobby, auditorium, cafeteria.

MUSIC THERAPY

December 3rd the mixed chorus presented a program in Minneapolis, for the ARC group. The numbers were as follows:

Chorus Sicilian Bagpipers' Carol
Angels We Have Heard on High
Star of the East
Christmas Lullaby
Go Tell It on the Mountain — Ronald Farkas, Soloist

Solo He Shall Feed His Flock — Pat Loughrey

Community Sing with audience
Jingle Bells
Adeste Fidelis
Silent Night

The members of the chorus were well received by the audience, who included them in conversations and complimented them afterwards, during coffee.

A radio broadcast of Christmas carols and Biblical readings by Rev. Nelson was taped to be played twice over KDHL, the local radio station. Many of the same carols were used, with Elmer Ruehling providing the accompaniment.

Ronald Rarkas entertained for the Lions' Club, December 17th. His performance was faulty because of his refusal to study the words, even though he professed a desire to perform. He some times seemed to take pride in not knowing the songs, and at other times, seemed to feel very inferior, but would not make any attempt to follow through after practices.

Much time during December was spent in preparation for the Christmas Pageant so that some ward activities and individual therapy sessions were cancelled. The greatest problem experienced in planning the program was one of acoustics, in regulating the tape accompaniment so that it could easily be heard on stage without being too loud in the auditorium. I would like to suggest that the first rehearsal with the complete cast be held even as much as a week in advance of the final performances so that such problems can be resolved without the confusion and anxiety that occur when the performances are only a day away.

The cast was taken from the adult choruses with the exception of the child, Raymond Hinkle, and the narrator, Paul Zimpel. All members performed very well, in speaking and acting. Carolyn Lafayette and Alma Cutsforth sang "Star of the East" as a duet; other carols mentioned above were also sung by the mixed chorus. The women's group appeared on stage during one act as villagers and sang " Wind Thru' the Olive Trees" and "Shepherds, Be Merry". The Junior Chorus and organ students in the school program entertained during intermissions.

In-Service Training: December 1, Miss Mullin finished her presentation on Speech Therapy. No sessions were held after that until December 29 when Mr. Madow explained the use and function of the addressograph machine, in discussing possible programming for the Rehab. Therapies.

BARBERING AND COSMETOLOGY

Barbering service gave 863 haircuts and 138 shaves.

Beauty operators gave 484 haircuts, 72 _____permanents, and 93 fingerwaves.

Director Rehab Therapies

Raymond C. Roach