

64-RTF-RCR

Patients Program Department Report - MINNESOTA DEPARTMENT OF PUBLIC WELFARE

Faribault State School and Hospital
State Hospital

February, 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 available 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 264.
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 1,316.
2. Number of newly referred patients to this division during the month 7.
3. Number of patients dropped from this division during the month 12.

REHABILITATION THERAPIES DEPARTMENT

February 1964 Monthly Report

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

- 4 Catholic and 4 Protestant Sunday Church Services
- 2 Special Entertainment Programs
- 2 Community-Sing Programs
- 4 Wheelchair Activity Programs
- 17 Game-Time Programs
- 1 Special Social Dance
- 4 Social Dances
- 4 Square Dances
- 12 Girls Sports Programs
- 3 Womens Sports Programs
- 8 Boys Sports Programs
- 3 Mens Sports Programs
- 10 Mens Basketball Practice Sessions
- 3 Special Basketball Games
- 72 16mm Ward Movies
- 10 35mm Auditorium Movies

From the first of the month until the 14th, Recreation Therapies staff have been devoting a part of their ward-unit assignments to the making of Valentine decorations. While many of the adult residents experience pleasure in this form of creativity, the younger residents derive special satisfaction and delight in projects of this nature. Suffice to say, every ward and cottage throughout the campus commemorated Valentine's day with a cheery assortment of decor.

Thanks to the generosity and thoughtfulness of benefactors, the Recreation Department felt most fortunate in being able to boast of a more than adequate supply of new and used Valentine greeting cards. But, much to the staff's consternation, this feeling of security was false. Word of the supply quickly spread among the residents and by the 8th of February the cards had diminished to zero.

Although weather in February daily alternated from winter to spring, considerable tobogganing and sledding was enjoyed by winter-sports enthusiasts. The new warming house, located at the hill south of the Dairy, has proven to be of great value, providing warmth and shelter for all participants. The skating rink at the central playground, while adequate, provided less pleasure than in previous years. In their ward-unit assignments, Recreation Therapies staff sought to utilize the winter play facilities as frequently as possible for those residents who were physically able to participate.

Bouncing along in grand style, the Stater basketball team has been playing earnestly to establish a record for itself. The three games played in February were each victories, with wins over the Faribault VFW 42 to 40, Cambridge State School and Hospital 44 to 30, and a real thriller over Hastings State Hospital 37 to 36. These were all

very hard fought contests for which the Staters deserve much praise. With the addition of two new players the Stater basketball team is vastly improved over last year's squad. One of the players has also been playing on a downtown team. With this additional experience which he has gained, he is able to contribute considerably to the Stater team. Another of the players felt he too should have been entitled to play on the downtown team, feeling he was equally as skilled. He was not considered because of his poor attitude, as he had tantrums if any play of the game was not to his liking. However, after sitting out a couple of games, he calmed down and began to show cooperation with the team.

A novel and much enjoyed social party took place on the afternoon of February 2nd for thirty-two women residing on C. Ward at Ivy. The women were awarded the party as first prize in the women's division in the Christmas ward-decorating contest. Through arrangements made by Mrs. Effie Paquette, Patient Activities Leader assigned to recreation work in Skinner Division, the women were guests of the Social Science class at the local Catholic high school, Bethlehem Academy. The attractively groomed and well-mannered party-goer's were given name tags upon arrival at the school. Guests and hostesses were quickly on a first-name basis. Ninety minutes of games, socializing and much fun brought smiles and hearty laughter to everyone. After a light lunch served in the gaily decorated school dining room, the women returned to the campus as they had left, by bus. The activity was a very rewarding and pleasant social occasion for all participants. It provided the Ivy women with an opportunity to meet and socialize with residents in the community and to practice social graces. It was beneficial for the hostesses also in that the event gave them an opportunity to become better acquainted with mental retardates and the Faribault State School and Hospital.

A recent cosmetic project has proven to be of great worth for newly admitted teenage and adult female residents. While in residence at the Hospital and awaiting placement in a cottage, each is given a "beauty" kit consisting of various small size cosmetic aids. The project was innovated by Mr. Mary Cody, Patient Activities Assistant I, assigned to recreation work in Skinner Division and the Hospital. The kits are prepared in advance and vary as to range of content, dependent upon the anticipated need of the recipient. The items consist of sample and small size toiletries, all of which have been donated to the institution. Though the estimated cost is anywhere from twenty to fifty cents, the kits are treasured by the new admits whose personal belongings are still packed. On welcoming each new admit and in presenting the kit, the recreation staff woman explains the recreation program and offers an invitation to attend the activities. The kits serve as good icebreakers. The grooming aids help the new admit feel more at ease. It helps the new admit to retain her individuality and it gives her a feeling of importance in having been recognized.

The Wheelchair Activity Program held every Wednesday morning at Rogers Auditorium has taken on a new look. New recreational activities have been planned and geared to the needs and abilities of the participants. The new look has come about as a consequence of increased attendance. The duties to plan and supervise the conducting of the activity became more than what one recreation leader could cope with. Two Recreation Therapies staff, Patient Activities Leader I's, Gerald Johnson and Rnger Lowe, have been now assigned to jointly plan the activity, being assisted by two Patient Activities Assistant I's. The combined planning by the two leaders has appreciably improved the overall program. Their joint creativity of ideas, plus their demonstrative enthusiasm, has made the Wednesday morning central wheelchair program an activity anxiously awaited by participants from five cottages.

At the annual Sock Hop sponsored by the Dietary Department for all residents employed in food services, Mrs. Helen Hoffman, P.A.L. I, assisted by Bernard Parkos, P.A.A. II, planned and conducted the recreational phase of the gala affair. Held in Rogers Auditorium on February 5, the event was a marked success in comparison to that of previous years. More than three hundred residents were present. With participants of all mental levels, it is not a simple task to create a hearty social atmosphere. A certain amount of shyness, and clanishness, needs to be first overcome. But by placing a sufficient number of banquet and card tables around the perimeter of the room, the groups were by plan intermingled and within a comparatively short time the majority were at ease and secure. The institution dance band provided lively dance music and games, too, were played.

"Sweethearts on Parade", the second annual style show sponsored here by the FSSH Volunteer Council, on February 11, grossed over \$800. Designated for the purchase of recreational equipment, the proceeds will add greatly toward the happiness and physical well-being of the residents. Recreation Therapies staff are most appreciative of the Volunteer Council's interest in assisting the recreation program in this manner.

The profoundly retarded women living on B ward at Holly cottage do not attend any recreational activities away from the ward area. They have a short interest span, or in many cases, they are completely disinterested in any sort of recreational activity held on the ward. Recreation Therapies personnel find it nearly impossible to conduct a group activity among these women. Mrs. Mary Cody, Patient Activities Assistant I assigned to recreation work in Skinner Division, in her determination to seek a means by which to activate the Holly B women, ran an experiment involving ten of the fifty women residing there. The ten, who are partially ambulant, were taken via a tunnel to a recreational area in the Ivy basement. Most of the first session was spent encouraging the women to go down the steps leading to the tunnel. Having lived in a one-floor building, these women were unaccustomed to walking up and down stairs. Many were frightened, although a few would step two or three stairs at a time. The first two weeks the women were led down the stairs two or three steps at a time, depending upon their sense of balance. After six sessions all could go down the stairs with little or no assistance. In the recreation room the group was seated at a long table. When given crayons and paper many did not know how to hold a crayon. After guidance by the third week they began to select colored crayons of their choice and start to color immediately. Everything concerned with this recreation project was done in a repetitious manner. After a few sessions the women, when seeing Mrs. Cody upon her arrival on the ward, seemed to know what was planned for them. Most of the women chose the same partner week after week in walking to the recreation area. Too, most amazingly, though extremely untidy on the ward, none soiled or wet herself during absence from the ward. Three conclusions were made in the experiment: 1. These profoundly retarded women can be taught the simplest of tasks, games, and crafts through repetitious and consistent training. This can be accomplished only on a small group basis with proper supervision. 2. Behaviour patterns change drastically where there is a change of environment from the ward to an area for pleasurable activity. Individuals who are usually hyperactive and impossible to "reach" on the ward tend to become quiet and eager to participate in familiar and enjoyable activity away from the ward. 3. If staffing was such that one recreation employee could work with a group of ten or less profoundly retarded, the retardates could be taught how to amuse themselves by a constructive rather than a destructive manner. Not enough profoundly retarded have the experience of holding a crayon or scribbling a design on a paper, nor do they have the opportunity to socialize and enjoy recreative activity away from the ward.

The Saturday matinee and evening 35mm movies shown at Rogers Auditorium during February were "Konga, Wild Stallion", "Gigot", "Music Man", "Flipper", and "Three Stooges in Orbit." Each week during February the following 16mm movies were shown at eighteen

cottages: "Lassie Come Home", "Return of the Texan", "The Clown", and "Accent on Courage" plus a series of eight cartoons. Each of the films shown at the institution must have an A-1 rating. Selection is based on content and subject matter having appeal to children and youth. Action pictures in color are most enjoyed by the residents.

Mr. and Mrs. [redacted], Minneapolis, generously arranged and financed the attendance of thirty-eight Pawnee men, including their son, to an afternoon performance of the Ice Capades on February 8. Needless to say, the new experience, plus the bus ride to and from the Minneapolis Auditorium, was a treat much enjoyed by the delighted group. The occasion was equally as thrilling for the men as was the [redacted] previous sponsorship to the Moscow Circus on December 1st. Two Recreation Therapies staff men and a Psychiatric Aide accompanied the Pawnee men.

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

The residents are very grateful to Mrs. Roland Meyer and the Mankato Association for Retarded Children who, for the fifth consecutive year, arranged and sponsored the appearance here of the Mankato Senior High School band on February 2nd. This thoroughly enjoyed concert, in which more than 100 students participated, was conducted under the direction of Mr. Robert Northernstold. Forty men from Grandview also attended the concert, being transported by one of the Mankato buses.

"The Village Players", a theatrical group from Richfield, on February 9th presented a fairy tale comedy, "Many Moons", at Rogers Auditorium. The capacity audience greatly appreciated and enjoyed the unusual play, costumes, and stage settings. This is the Richfield group's first visit here. Their visit was made through arrangements of a member of the Bloomington Civic Theatre which entertained here in January.

Among the adults and older teen-agers, dancing is a much favored recreational activity. All were thoroughly delighted by the appearance here of the "Blue Banner Dance Band" on February 23rd. Thanks to arrangements made by Miss Marlene Cram, eleven of her fellow townsmen from Albert Lea jointly financed the band's playing at the two special dances held on the afternoon of the 23rd. Everyone of the dancers was thoroughly delighted in being given the opportunity to dance to the lively waltz and polka numbers featured by the "Blue Banners." The dancers felt very honored in having this particular band entertain, as many were acquainted with the band's recordings played on the radio.

Each of the 218 residents observing birthdays in February were on the 18th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake-square.

The beauty operators gave 130 haircuts, 10 permanents and 12 fingerwaves.

The barbers gave 1,405 haircuts, 232 shaves.

MUSIC THERAPY

The first week in February was filled with preparations for the Style Show, held February 11. The dance band provided music for a coffee hour preceding the show. For the first intermission, during the show, [redacted] sang "Because" and "Climb every Mountain." The mixed chorus sang "Let Me Call you Sweetheart," in keeping with

the theme of the show, Sweethearts on Parade, and "Cherry Pink and Apple Blossom White," with rhythm accompaniment for the chorus numbers. It is more conducive to better singing, following, and expression by the entire chorus when the therapist is free to conduct without having to also accompany.

Other performances during February were made by the dance band and harmonica band. Two special resident dances were held; one, February 4, for Huron and Iris, as an award for the Christmas Decorating Contest, and the Sock Hop, February 5, for those residents working in food service. On February 10, the Dance Band played for a dinner meeting of the 15th District Nurses Association in Rogers. February 18, the harmonica band performed before the meeting of the Rice County ARC.

The therapist continues to see [REDACTED]. During the first part of the month, [REDACTED] participated in activities in the most normal way that the therapist has thus far witnessed. When [REDACTED] would walk with the therapist, she would do so independently, as opposed to the previous need of hanging firmly to the therapist's arm. She has enjoyed dancing simple dances and can do so reasonably well, as she is adept at imitating motions. She attended one play party, for a time, again this month.

Toward the end of the month, [REDACTED]'s behavior seemed to reverse itself. She would not talk in a sensible way, but would use profane language and laugh wildly. She did not sing much; when she would sing, she would use inappropriate language instead of the correct words. During these sessions she seemed obsessed with the idea that [REDACTED] wants Miss Hoem to cry." She impulsively would hit the therapist but just as impulsively would also hug her.

[REDACTED] seems to be relating to the therapist well enough so that he can sometimes express himself. On occasion he prefers to talk for part of the session. He enjoys making up stories about himself in the role of a criminal and has told the therapist of dreams he has had. These seem to be of some concern to him, as he considers them to be "filthy, dirty nightmares."

[REDACTED], a member of the blind group, is beginning to relate a little more to the therapist. Usually it has been impossible to understand him; if he is understood, his statements are not always realistic. During one ward activity in Osage, he asked the therapist questions about what she did when she went home and seemed to thoroughly enjoy the answers, repeating each answer in an understandable manner and laughing. The aides in the building state that he does not often talk to them.

In-Service Training:

February 4, 11: Dr. Engberg spoke on the role and function of the State School and Hospital, DPW, and DPW consultants.

February 25: Mr. Krafve spoke on the lines of responsibility in state government and at the Faribault State School and Hospital, and on major institutional meeting.

HANDICRAFT REPORT

The handicraft instructors were very busy the first days of February completing the decorations and setting up the auditorium for the style show. Mrs. Sveiven went on a weeks vacation following the show. Upon her return to work the instructors, in addition to regular classes, concentrated on completing the evaluation of patients attending handicraft classes. In January memos were sent to all buildings asking for names of

patients who might benefit from the handicraft program. Patients that had been dropped were replaced by ones from the lists and from previous referrals. It is hoped that we will be ready to adopt the new schedule in March.

In general crafts class members continue to work on their individual projects. No new crafts have been started but painting, leatherwork, mosaics, bead mats, knitting and needlepoint continue to be popular. Many made valentines to be given to relatives or friends and some took them back to the buildings to use as decorations in their respective areas.

Members of the sewing classes who will transfer to other classes are busy finishing their projects. Garments completed are 2 pair of pajamas, 1 skirt, 2 housecoats, 1 blouse and doll clothes.

Activities of Daily Living classes spent this month in review. In most cases the girls chose a project and then worked with a minimum of supervision. Groups attending classes February 25-28 were taken to the Food Handler's School conducted by Mr. Johnson of the State Health Department.

The Thursday evening ceramics classes are showing varying degrees of progress. Students are encouraged to use their own creative ability in making objects from clay. ██████████ has a special talent for clay sculpture and at present is making a woman's head to go with a man's head which she had previously made.

██████████ has improved some since the last report. Her attention span has increased and it is possible to interest her in some activities. Physical activity is still her choice but will also participate in painting, paper cutting, doing puzzles, etc.


Raymond C. Roach, Rehab Supv.

/lf