

## MONTHLY REPORT

APRIL 1965

## FARIBAULT STATE SCHOOL &amp; HOSPITAL

During the month of April the Rehabilitation Therapies staff continued to serve the residents of Faribault State School and Hospital. Aimed at furthering the resident's social adjustment and development, these activities are provided through central and ward schedules.

## RECREATION:

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

- 4 Catholic and 4 Protestant Sunday Church Services
- 5 Special Entertainment Programs
- 1 Community-Sing Programs
- 2 Square Dances
- 1 Special Social Dance
- 4 Regular Social Dances
- 16 Game-Time Programs
- 3 Wheelchair Activity Programs
- 20 Boys Sports Programs
- 4 Mens Sports Programs
- 8 Girls Sports Activity Programs
- 4 Womens Sports Activity Programs
- 68 16mm Ward Movies
- 8 35mm Auditorium Movies

The warm weather and the gradual appearance of budding vegetation has wrought a clamor from the residents for Recreation Therapies staff to take them on as many campus nature outings as can be arranged. April showers have thus far prevented extensive use of the outdoors but, weather permitting, the Recreation staff organized treks into the wooded areas and to points and places of interest. At present the rather damp ball diamond and the central playground facilities have been inaccessible. The wheelchair patients and other physically handicapped persons have been especially appreciative of being taken outdoors to savor the promises which springtime offers.

The Recreation Therapies Leaders are all but finished in their programming of the summer's schedule of recreational activities. In the central playground schedule attendance by certain cottages has been rearranged to better suit the cottage's work schedules and routine. Mr. Kenneth Johnson, Patient Activities Assistant I assigned as 16mm movie projectionist nine months of the year, will again be in charge of the playground with assistance of a Recreation Therapies staff person assigned to the particular cottage in attendance. In planning the residents annual picnic schedule, picnics will be again held for the infirm and for the younger children early in the season, for those for whom the activity could be readily transferred indoors in case of rain. A request for volunteer assistance at the picnics was submitted to Mrs. Helen Stabbert. Those Recreation Therapies personnel assigned to men's and women's intramural softball are lining up the equipment necessary for the activity.

Recreation staff delivered institution-purchased candies to all the cottages for final distribution on Easter Sunday. While, as one resident said, "I'll never get fat on the candies I received!", the treat is never-the-less much relished and helps to add to the residents appreciation of the day's festivity. With regard to Easter, The staff since early April has been busily assisting and directing residents in the manufacture of Easter motifs. The majority of cottages are nicely decorated with these creative efforts.

The annual pool tournament for male residents was completed in mid-month, the finalist being William Cole of Sioux cottage. Though regarded as "slop-pool", the tournament elicited much interest among the many contestants. It is always surprising at how keenly anxious the players are to win but, when loosing, at how manly defeat is taken in stride.

Forty-two Oaks ladies enjoyed a new and exciting experience recently when they attended Cinerama at the theatre in Minneapolis. For several months they have been anticipating this event. A very thrilled group of women they were when they arrived at the theatre and were shown to their seats by ushers, no less. This in itself was a new experience for many, as they had never before been to a large theatre or given such courteous regard. The ladies enjoyed the Cinerama picture to a great extent, as was evidenced by their manner in which they showed their pleasure and enthusiasm. Upon their return to campus the group ate a bag lunch in the canteen, another change of atmosphere which was novel and enjoyed. This excursion to a Cinerama was a very worthwhile experience for these ladies, both in a psychological and in a social manner. They benefited through learning to save their money for the event, being shown concretely how through saving they can achieve the things they want most for themselves. Too, they were alerted as to deportment in public places. Mrs. Margaret Reuvers, Patient Activities Assistant II assigned to recreation work in East Grove Division, arranged for and supervised the excursion.

An intensive program of card playing was started at Oaks cottage, and also at Birch, by Miss Lora Steeg, P.A.L. I assigned to recreation work in East Grove Division. Miss Steeg sought to teach the women how to play Flippo, a game fashioned after Bingo. After a few moments spent in explanation and then a demonstration, it was discovered that most of the women did not know their numbers or even the colors black and red by name! To help the women learn colors first and then a few simple numbers was a long and tedious process, so an attempt was made to help the women learn by identification, through matching of colored cards. While to date not much progress has been made, Miss Steeg is pleasantly surprised to see that the idea is slowly catching on. In Birch several of the ladies there know and play cards quite well and in turn have been trying to teach or help the others there to learn. Being made aware of the potential and the lack of potential that exists among these residents has provided Miss Steeg, an employee of but two months, with a basis from which to gear recreational activities in the ward area.

In ward-recreation among the Cedar girls, comparative success is usually achieved among those who have had some previous school experience. The old stand-by games work rather well, such as Grey Duck, Ring Around the Rosey, etc., all of which are circle games. Instruction in relay games promises some success. These more complex games require a certain dexterity and difficult body movements. By way of teaching these new games, the girls are seated in long rows of chairs, and move to the next seat when the person to the right has moved. The rudiments of relay are gradually being implanted and, after four weeks, many of the participants are able to successfully, and with pleasure, carry out the simple relays being shown them. At Cedar Miss Steeg has been trying out a color and shape identification project, but with little progress. A very minimal number are able to use scissors or with discernment color differing pictorial objects.

The recreation staff women assigned to the Wednesday evening women's sports program have been putting emphasis on weight reducing and in general muscle toning. The staff women, in addition to the 20 to 25 minute calisthen sessions, are leading participants in volleyball and Dodge-ball, indoor kittenball, and the learning of dance steps.

Beside planning, organizing, conducting, and supervising their central and ward recreation programs and assignments, Recreation Therapies staff assisted and supervised at the following special entertainment programs.

The Mound Senior High School Band, directed by Mr. Roger Oviatt, presented a well received concert at Rogers on the evening, April 2nd. An enthused audience was delighted by the array of music which was featured. Mr. Oviatt is remembered from his previous visits here with the Shattuck band.

On April 4th the residents were pleased to once again see their "old friend", Esther Bowles, who, as "Raggedy Ann", entertained here with her students. The very entertaining show featured clever dance routines and many colorful costumes. The lighting effects on Rogers stage further enhanced the presentations attractiveness.

The residents were honored to have the Washington High School Band from Brainerd perform at Rogers Auditorium on the afternoon of the 23rd. This outstanding band featured a generous selection of amiliary and loved tunes.

On April 25th the Alpha Phi ~~Inc~~ sorority from Gustavus Adolphus College, St. Peter, for the second year performed here. Costumed as gypsies, they presented an engaging program in which dancing and singing were the main highlights. Their visit was heartily enjoyed by the audience.

Also, for the second year, the Theatre Department from Burnsville High School, Savage, presented a comedy in Rogers Auditorium on the evening of April 29th. The spirited and highly amusing comedy was enacted under the direction of Mr. Thomas Mraz.

Each of the 214 residents observing birthdays in April were on the 14th honored with an addressed birthday card, a dixie cup of ice cream and a decorated cake square.

#### Handicraft

A number of patients participated in constructing appropriate decorations for the month of April. These were used either in the ward areas or craft rooms, as the patients preferred. Highlight of the month was a visit from Mrs. Rolvaag and a group of ladies from various women's clubs.

Many of the girls in sewing classes are concentrating on finishing projects in preparation for the rescheduling of classes. Projects which were completed during April include 2 dresses, 3 pair of pajamas, 3 pair of slacks, 2 housecoats, 2 skirts, and 1 blouse.

The Activities of Daily Living classes spent one week making individual apple pies which they were allowed to take back to their wards to be enjoyed later. The week of April 12th, they baked and decorated cup cakes so that they could give all of the handicraft classes an Easter treat. The last two weeks of this month were spent making a variety of yeast breads - cinnamon rolls, coffee cakes, buns, and clover leaf rolls which were frozen to be used later for their big dinner in May. They also enjoyed frying hamburgers for which they had made their own buns.

In general craft classes, several boys are making use of our recent donation of ceramic tile, vinyl tile, etc. by making mosiac mats. We completed an appliued child's quilt on which several persons have worked. [REDACTED] is a new member of the Wednesday afternoon sewing class. [REDACTED] and [REDACTED] are new members of the craft classes. [REDACTED] has been showing a slight response to the instructor. [REDACTED] has been dropped from the enrollment on two days since she returned to work. She is continuing in the program on one evening and two days each week. [REDACTED] has been regularly attending an evening class for assistance with his typing and is making some progress. [REDACTED] has not attended craft class for seven weeks due to his visit in Hickory Building and a home visit.

Several of the individual patients have made slight improvements. [redacted] behavior seems to be improving slightly. Although it is still very difficult to interest her and keep her interested in a project. She does spend some time working and does accomplish something every time she does. [redacted] has been much more quiet and cooperative the last few classes she has attended. [redacted] has been alert and very cooperative. He is quite talkative but his conversation is rational, although repetitive.

Several staff personnel have attended rehabilitation therapies team meetings on [redacted] and [redacted]. [redacted] will be transferred from a sewing class to a craft class. [redacted] will be in handicraft four times weekly and will go back and forth to the hospital alone. Her behavior is still passive with no changes to note.

No. of Handicraft instructors: 3

No. of patients: 214

### Occupational Therapy

No. of Occupational Therapists: 3

No. of patients carried: 62 plus Maple Feeding Group

No. of patients dropped from program: 2

No. of new patients: 8

No. of psychiatric patients: 37

No. of physically disabled patients: 33

No. of patients evaluated: 3

No. of treatments: 438 plus 15 sessions with the Maple Program

No. of cancellations: 124

Cancellations were due to meetings and half-days of in-service training for two of the therapists from April 27 - May 1.

The Maple Feeding Group continues to be seen four times weekly by two or three therapists. After an oral report was given by a therapist to the building team meeting, the technicians became more interested and enthusiastic about the program and made a greater effort to remind the patients to use napkins and eating utensils. Soft music has been played during the meal to calm the patients. In the cafeteria group, more are using knives and more seem to be waiting for their desserts. In the self-feeder group, several are using forks and eight bring up their dishes. In addition, the boys appear to be more responsive and are talking more.

The psychiatric group continues to meet twice weekly to help the patients adjust to the institution and to aid socialization. Media for individual patients includes ceramics, mosaics, leather work, paper craft. Absences have been due to illness, refusing to come, vacations, or punishment.

Two meetings of the Youngs Adults Club were held during April. The members made plans for future meetings and also saw a movie on the Civil War which was followed by a discussion. Three new members joined the group after being suggested by the social worker and physician: [redacted], [redacted], [redacted]. One patient, [redacted], who was unable to compete or socialize with the others, was dropped from the group.

The Birch therapy group has progressed well, and the members remain highly motivated. Two of the patients receive additional therapy in tolerance, control, and exercise besides the general exercise and the activity program. The following have been added to the program:

1. Music for motivation and rhythmic exercise
2. Patients direct own exercise program
3. Additions to upper extremity exercise program

The patients also worked on Easter decorations and baskets and enjoyed seeing a baby duck.

The Chippewa-West group's program has changed to include an educational review for twenty minutes each session. The remainder of the period is spent on new experiences and discussions on such things as musical instruments and clothing styles or it is spent on a craft experience. Patients are responsible for care of the therapy room and for making room decorations. The patients prepared food for a brunch on April 19 which gave experience in table setting, manners, and socialization. This type of a party will be held monthly to celebrate birthdays and holidays. Dr. Watts has referred another patient to the group for a review of skills which will help him adapt to the community. Because of the vast differences in the ability levels of this group, a change in the program will be discussed.

Two ten year old boys who are both severely involved with spastic quadriplegia have been included in the program. Since traditional methods of treatment have been unsuccessful, several newer methods, such as use of facilitation or Bobath inhibitory postures, will be tried with these patients. Further consideration will be given to including other patients from the children's areas.

On April 1st, Miss Rapacz gave a talk at Bethlehem Academy's Career Day. An explanation of the profession was given, and adaptive equipment and a promotion movie were shown. Several students will visit the School during summer vacation. Miss Warpeha and Mrs. Lien presented two patients, [redacted] and [redacted], and their programs to Mrs. Rolvaag and a group of 60 ladies on the 1st.

Music Therapy

[redacted] was evaluated in Music Therapy, with the recommendation that she be referred to occupational therapy. Her hearing loss limits her ability to speak and to understand verbal direction, but it is felt that she could benefit from further training in activities which involve learning by touch.

[redacted] has not been seen since March 12 because of being restricted.

[redacted] is now responding at a high level, after a period of absence due to illness.

The mixed chorus is preparing for a program to be given at the Daytime Activit Center, Albert Lea, May 19th. New [redacted] [redacted], [redacted], and [redacted].

[redacted]'s session has been changed to include [redacted] [redacted] [redacted] [redacted] [redacted], as [redacted] was shown in singing with her. This period may help with socialization efforts

April, 1965 Monthly Report

As [redacted] has shown much improvement in the past months, he is being scheduled for individual sessions in order to encourage further self expression.

In Service Training sessions for Rehabilitation Staff include:

|             |          |             |
|-------------|----------|-------------|
| Dr. Bruhl - | April 5  | Treatment   |
|             |          | medications |
|             | April 12 | EEG         |

Barbering and Cosmetology

Barbering service gave 1192 haircuts and 255 shaves.

Beauty Operators gave 380 haircuts, 51 permananents, and 63 fingerwave

Industrial Therapy

New 12

Dropped 9

Total 1126

Director Rehab. Therapies

Raymond C. Roach

dmb