

Patients Program Department Report - MINNESOTA DEPARTMENT OF PUBLIC WELFARE

Faribault State School and Hospital_____
State Hospital

____ February, 1965 _____
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 Handicraft 1159: OT 26 _____.
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 1128 _____.
2. Number of newly referred patients to this division during the month 2 _____.
3. Number of patients dropped from this division during the month _____ 10 _____.

REHABILITATION THERAPIES DEPARTMENT

February 1965, Monthly Report

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

RECREATION REPORT

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

4	Catholic and 4 Protestant Sunday Church Services
1	Special Entertainment Program (Variety Show)
2	Community Song-fests
4	Auditorium Social Dances
4	Square Dance Programs
16	Game-Time Sessions
16	Boys Sports Programs
4	Mens Sports Programs
8	Girls Sports Programs
4	Womens Sports Programs
1	Special Basketball Game
68	16mm Ward Movies
8	35mm Auditorium Movies

Although a short month, February was nonetheless a period of much recreative activity, and especially so in the ward areas. In their ward-unit assignments, the Recreation Therapies staff spent part of their time assisting the residents in the making of Valentine decorations. The majority of younger residents took keen interest in their artistic endeavors. Many of the adults likewise experienced considerable pleasure in projects to enhance their living areas with Valentine motifs. Every cottage was decorated, in varying degrees according to the mental level or creative ability of the occupants. Again, as in previous years, quantities of ribbon donated by 3-M Company was put to effective use.

The abundant snowfall in February has again enabled winter-sports enthusiasts to enjoy tobogganing. The Dairy Hill has been the scene of numerous outings during the daylight hours. Mixed groups of twenty to thirty, of teen-agers or of adults, have been participating. The various groups have been well behaved, and abide by the rules of conduct and courtesy expected of them. At an occasional evening tobogganing outing, coffee was served. The welcome refreshment, served around a camp-fire, does much to stimulate friendly rapport and fellowship.

The adult, ambulant residents anxiously look forward to Friday evening social dances. The institution is indebted to Mrs. Aris Lockner, volunteer pianist, for her guiding the resident dance band, While nearly all the residents prefer country-style music, the band also provides rock-and-roll and twist numbers for the more ambitious "rug cutters." Miss Elaine Hoem, Music Therapist, has done a very good job in instructing the band members. They now know many, many new dance numbers.

Participants in Mens Sports have been engaged in intramural basketball during the season, There have been a number of very exciting games. From among the players a team was chosen to pit it's strength against an employees team on February 9th. A very exciting game was witnessed by an enthused audience representative of most cottages for the adult. employees won the game after a close contest, 75 to 76.

In conducting Womens Sports sessions every Wednesday evening, the recreation staff women seek to provide an assortment of recreation activities of an athletic nature. A curriculum outline is followed. It is revealing how participants differ in preferences, especially between the age groups 20-35 and 35-45. The younger women more readily favor physically active games and exercises, and willingness to learn, as opposed to the older women who do not. Reluctant to try to learn new skills, the older group prefer free-play and non-organized activity instead. The two age groups attend Womens Sports on opposite weeks. With age a definite deciding factor, the sports sessions are geared according to the mental level and physical ability of the participants.

For a nominal cost of \$14.00 Mr. --- Elm Cottage, invited twenty resident-friends to a rather sumptuous party, at which hamburgers, french-fries, malts, coffee, and cake was served. Dancing and visiting was the main social activity. Miss Diane Lee, patient Activities Assistant I assigned to recreation work in Greenacres Division, reports the preparation of food entailed more work than anticipated, but that the added effort effected more than a little pleasure for Mr, --- and his guests. Mr. --- is blind

The Recreation Therapies department has never had a manual of procedures, specifying how each staff member is to carry out his role in the conducting of the central recreation program. Information has been conveyed orally from leader to leader and leader to assistant. Misunderstandings have sometimes occurred. Kenn Kroska, Recreation Therapies head, at a series of in-service meetings, discussed the staff's responsibilities toward one another and toward the overall recreation program. From these in-service meetings descriptions of "Job duties" were established. Recreation leaders Roger Lowe and Jerry Johnson were assigned to write-up a rough draft of the procedures. It is reasoned that a manual will be of special value to new recreation staff, enabling them to become better acquainted with their duties.

Recreation Therapies staff assisted and supervised the seating and lighting effects at a special entertainment program presented by the Selim Grotto, from Minneapolis, at Rogers Auditorium on the evening of February 20th. The Grotto's annual visits here are much appreciated and welcomed by the residents. The many jolly clowns can always be counted upon to keep the audience in side-splitting laughter. The Grotto's highly entertaining variety show featured an impressive assortment of new talent and acts including musicians, singers, chorus-dancers, a juggler, and Swedish folk dances.

Each of the 206 residents observing birthdays in February were honored on the 16th with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square.

Mrs. Effie Paquette, Patient Activities Leader assigned to recreation work in Division, sustained five fractures to her right wrist in a fall on the ice while at work, on February 8. Residents in Skinner division greatly miss Mrs. Paquette, particularly those dependant upon her conducting ward activities for them. She has been working alone, without assistance, in Skinner Division since July 18, 1963. A recent employment in Recreation Therapies as Patient Activities Leader I assigned to East grove Division. Miss Steeg occupies the position vacated by Mrs. Helen Hoffmann who resigned in July of 1964.

HANDICRAFT

During February many of the classes worked on decorations for the style show. Some girls also volunteered to come during their free time to assist the handicraft instructors. Most patients who did not have other projects made Valentine decorations to be used in the craft room and in ward areas.

In Mrs. Sveiven's craft classes, three girls are knitting sweaters for themselves. They have also been making plaques using various colors of leather to work out a design. They have used leather as a base to work out a texture mosaic which makes a rich looking picture when finished. In Mrs. Sterling's classes, various forms of painting continue to be the current popular craft activity. A number of boys are presently construction a variety of items with craftsticks.

Several individuals are adjusting well in craft classes. --- is making progress in crafts and seems to be able to complete any project presented to her. She made an especially nice picture using glitter on cloth. --- has been enrolled in an evening craft class and has been enthusiastic and cooperative. He has expressed a desire to do leatherwork and recently completed a wallet which was well done.

--- has been exhibiting unorthodox behavior. If this cannot be altered in a group situation, it will be necessary to schedule an individual class session with this patient.

--- continues as usual. At a case review, it was decided that she be gradually transferred to willow. Individually Mrs. Sveiven and Miss Hoem will take her for short sessions in activities conducted within the building. It is hoped that she will become acquainted with some of the residents and the building. Thus, when she is transferred, the atmosphere will not be completely strange to her.

Mrs. Good, Patient Activity Assistant II, has been home bound since February 1 with a fractured vertebrae. All cooking classes, several sewing classes, and an evening craft class have been suspended temporarily.

OCCUPATIONAL THERAPY

On February 8, 1965, the Occupational Therapy staff increased to three when Miss Loretta Rapacz and Miss Eleanor Warpeha, recent graduates of the College of St. Catherine, joined our staff. Several other individuals have also expressed an interest in working on our staff.

During February Miss Rapacz and Miss Warpeha spent three weeks in an orientation program. They received lectures and experience in recreation, handicraft, library, occupational therapy, and ward programs in Cedar and Birch. In addition, they received lectures in psychology, industrial therapy, and on the school program and attended in-service training, case conferences, and orthopedic rounds and clinics. Each therapist was assigned articles from a reading list on professional lateral and hospital policy and also began reading charts on patients who will be receiving therapy.

With these increases in staffing, several new programs were planned. A therapy group for 12 severely physically handicapped patients in Birch was programmed. The group will meet for an hour three times each week and will spend half of the session on a general exercises program with the group and the other half on individual projects of specific therapeutic value. Dr. Bruhl also requested that the occupational therapists help with a feeding program at Maple. The meal program has been observed, and two or three Therapists will spend time with the 35 boys who spoon feed themselves. --- --- ---

MUSIC THERAPY

---, of Spruce, has attended three sessions of Music Therapy, with a group of blind children. Besides ---, there are six boys and one other girl in this group. Because of the differing abilities, limitations, and emotional problems of each child, each requires much individual attention. Thus far only a few of the children can relate to others in the group.

--- is very active and requires complete individual attention. She does not play with the instruments given her, but throws them after she has felt them. She seems to enjoy playing with a ball; when it rolls from her, she is able to find it quite easily. Because of the smallness of the room and the amount of equipment in it, it is necessary to work with --- continually, in order to keep her attention focused in appropriate channels. Otherwise, she is handling anything she can find, and then throwing it. Her play seems to be entirely distinctive.

--- does seem to follow simple instructions when I work with her individually. She has a good sense of directions walks rapidly, and has no fear of bumping into things or of heights. She does become resistive if she does not feel that she is being led in the right direction. She has a fairly good sense of rhythm and hums short phrases. These tunes are not related to the music she hears in the group sessions.

It is my opinion that --- could benefit from further training, but that this should be done on an individual basis. I find that having her in the blind group is neither advantages to her or to the others because each person cannot receive as much attention as is necessary to further development and to encourage each person to function at his highest level. If there comes a time, after further training, when --- relates better and when the play is more constructive, placement in such a group would be considered,

The dance band performed before a meeting of the Rice County ARC, Feb, 16. ---- <OMha began claying w some potential in playing drums, so lessons will be continued.

Two volunteers have begun working in the music therapy dept. Mrs, Rita long, a pianist, is entertaining the women at Birch on afternoon a week. It is hoped that she will soon extend her services to Willow and Fern. Mrs. Ronald Sprain has begun to accompany the mixed chorus in preparation for particular events.

The mixed chorus has been practicing selections from Walt Disney's "Cinderella" for the style show, Mar. 2. They will sing "Cinderella", "So This is Love", "The Work Song" and "A Dream Is a Wish Your Heart Makes", Pat Loughrey will also sing selections from Disney Productions: "One Song", Bella Notte", and "Once Upon a Dream".

Marie Duschene has been regularly playing the piano for music activities at Poppy every week and Linden, every other week. This has been a great help in creating better organization and in freeing the therapist to work with individuals. Both groups respond well to Marie's Music,

The group of boys at Linden has continued to be quite large, and activities tend to be structured towards individuals or smaller groups within the larger one. Some march, others listen, some play instruments, a few sing. Much improvement has been noticed in ---- who is talking more clearly and is in much better contact with his environment, ---, who previously had to be coaxed to march and then would do so only with the therapist, now takes great delight in leading the blind boys. His walking and balance are now markedly improved, --- continues to act more regressed, seldom even singing unless specifically asked to. --- also is difficult to work with, constantly repeating the same sentence about himself and

following the therapist around, or standing by himself making strange jerking movements with his arms and body, and seldom participating in any music activity. When questioned about this behavior he answers, "You'd better go now". --- is conversing more since he has moved to Linden and for the first time in over a year, he sang all of one song. The environment at Linden seems less stimulating for --- HOW will march but is usually content to sit, rarely singing,

One session in which --- worked on musical quizzes and music games seemed to interest her, but most suggestions for activities do not hold her interest for any length of time.

___ is responding rhythmically to Latin American music by dancing and playing maracas. Heretofore she has seemed too nervous and tense to participate in such activities.

--- behavior continues to be the same. If my questions are repeated many times she will answer. She has begun to hang up her clothes in the hospital, carrying over something she has done for a year at Rogers.

--- attitude seems markedly improved, as can be witnessed by the spontaneous song "Let's think about living, Let's think about love." He talked about wanting to do outside work for the summer, and is beginning to view his behavior in comparison with that of theres, and to interact with others as being equal to them.

In-Service Training Dr. Bruhl talked of research in PKU and Mongolism, Turners Syndrome and Klinefelters Syndrome on Feb. 7 and Feb. 1\$.

Barbering and Cosmetology

Barbering service gave 1111 haircuts and 89 shaves.

Beauty operators gave 420 haircuts, 43 permanents, and 64 fingerwaves •

Director Rehab. Therapies

Raymond C. Roach

dmb