

REHABILITATION THERAPIES DEPARTMENT
December 1961, 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 of eleven members in December conducted or assisted at the following central activities:

- 5 Protestant and 5 Catholic Services
- 2 Evening Religion Glasses
- 5 Social Dance Programs
- 3 Community-Sing Programs
- 1 Special Wheelchair Activity Program
- 8 Game-Time Programs
- 6 Special Entertainment Programs
- 6 Girls Sports Activities
- 2 Women's Sports Activities
- 4 Boy's Sports Activities
- 2 Men's Sports Activities
- 8 Men's Basketball Practice Sessions
- 10 35 mm Auditorium Movies
- 68 16 mm Ward Movies

December again afforded outstanding evidence of energetic, cooperative work by resident and employee alike to make Christmas 1961 a genuinely happy event. Christmas activities at the Faribault State School and Hospital follow a pattern established through the years, a tradition which has become the institution's very own. The cumulative effect of activities leading up to Christmas brought our residents the greatest possible joy the institution could provide for them.

Each of our residents anticipated receiving an abundance of Christmas gifts. Their confident wishes were granted as the result of the response to the appeal made by Mr. Robert Murphy in behalf of the Minneapolis Association for Retarded Children, in his November 26th column in the Minneapolis Sunday Tribune. The M.A.R.C. Christmas gift drive was originated thirteen years ago by Mr. Ruben T. Lindh, who has been continuously active in executing the annual drive. The generosity of the public in response to the appeal for Christmas gifts for institutionalized retardates has with each year become increasingly more gratifying. Needless to say, the late Cedric Adams was most instrumental in promoting this worthy drive. This year's gifts were above average in quality and, while the quantity received was considerably less, there was more of an abundance of the type of articles desired by our adult residents.

In mid-November the Charge Aides at the Faribault State School and Hospital are asked to consult with the residents in their care, and for each of them to prepare a list of seven or eight desired Christmas gift items. At this time Recreation Therapies staff distributes large paper bags to the buildings. Each bag is labeled with a resident's name and later brought to the Cedric Adams Christmas Gift Center by the Charge Aide at the time that building is scheduled for the selection of gifts,

The Christmas Gift Center is housed at Willow cottage, a building having an indoor loading dock and three large basement rooms, one each for receiving, displaying, and gift wrapping. As the gift parcels arrive at the receiving room, the donors name is recorded and an acknowledgement is mailed. The gifts are evaluated, sorted, and then placed in bins and shelves in the display room. This room resembles a large department store and visitors are most impressed by the vastly assorted merchandise.

From December 1st through the 23rd the Charge Aides from each of the thirty-four residences are invited to bring their lists and make a personalized selection of Christmas gifts for each person in their care. As the choices are made the items are placed into the large paper bags identified with each residents name. The contents are then recorded and sealed - the bag is then sent to the gift wrapping room where each gift is attractively wrapped and beribboned by volunteers. The gifts, in sealed cartons, are delivered to the buildings in time to be opened either on Christmas Eve or Christmas Day.

A complete account of what each of the 3200 residents receive is kept by the Rehab. Therapies Supervisor, Mr. Raymond Roach. Each of the four division nurse supervisors receive a record of gifts distributed in her area, and likewise, each Charge Aide receives a record for the building.

This year about 22,337 gifts were processed through the Cedric Adams Christmas Gift Center from December 1st through the 23rd. This count represents an average of seven gifts for each resident, an amount of one less than distributed in 1960.

Peanuts and candy by the carload were delivered to the Christmas Gift Center for eventual distribution to our entire population. Two thousand and six hundred pounds of peanuts and two thousand and five hundred pounds of hard and soft Christmas candies were purchased with state funds. Two elderly volunteers from Northfield, one of whom is a former grocer, have for three years experienced deep satisfaction in the enormous task of dividing and packaging these treats. The treats were delivered to the buildings on December 15th for distribution on Christmas Day.

The entire operation of the Christmas Gift Center project is staffed by Recreation Therapies personnel, who in addition, conduct a somewhat reduced central and ward activities schedule, of necessity curtailed from December 13th through the 28th. Volunteer assistance has been of great assistance in all areas of the Christmas Gift Center's operation. They were, however, of primary assistance in the wrapping of gifts.

Once again the institution purchased more than one hundred prime Christmas trees for distribution to each of the thirty-four resident buildings and other areas. The trees are gaily decorated by the residents either alone or with Aide assistance. Many trees are handsomely trimmed with skillfully designed ornaments made by the residents themselves. Commercial ornaments are furnished, also. Since the trees in the buildings cannot be lighted, due to institution policy, garlands of brightly colored lights decorate the large live evergreen trees on the grounds together with several large cut trees strategically placed around the campus for everyone's viewing.

Recreation Therapies promoted its fourth annual Christmas ward-decorating contest. Spurred by the possibility of their winning first place, awarded with an after-Christmas party, contestants increase yearly to where two-thirds of the resident buildings have submitted entries. A stipulation is made that the decorating must be done by the residents themselves, or with a minimum amount of Aide assistance. Materials, ideas, and advice are furnished by Recreation Therapies. Judging is determined on basis of creativity and originality. The contest began on December 6th and deadline for entries was December 18th. Judging was held on December 22nd. This year, for the first time, there were three categories within the Christmas ward-decorating contest, one each for men, women, and children. The entrants in each category competed among themselves and each was judged by a panel of three. In placing first to win the coveted after-Christmas party were Sioux, Ivy E, and Mohawk. Second place, a dandy treat, went to Haron, Oaks, and Spruce. Those placing third, Dairy, Ivy D, and Rose, received honorable mention.

The spirit of Christmas prevailed throughout the entire campus. Christmas music of carols and chimes cheerily greeted everyone outdoors. The tape recorded programs were ably managed by two of the residents, Santa Claus in his red velvet suit merrily waved from his sleigh as Rudolph led his six fellow deer at their position on the Circle lawn, \$00, Christmas was emphasized in its religious aspect by a large Nativity scene, and other Christmas scenes, placed around the campus,

Characteristically, there was great enthusiasm among approximately seventy-five residents who performed in the annual Christmas pageant. The choir members and the actors rehearsed faithfully for the event. Costumes were made and fitted, stage props constructed, and lighting effects studied. Our residents viewed the pageant on the evenings of December 14th and 15th in the auditorium of Rogers Memorial Center, and as an audience they had the singular opportunity to applaud admiringly of their fellow resident's talent and sustained effort. The social warmth of the occasion generated the spirit of Christmas as only our residents are able to express it. Two bus loads of men from Grandview attended the Christmas Pageant through the courtesy of the Faribault Exchange Club,

Jolly Santa Claus every year has quite a journey touring campus buildings: Together with resident volunteer carolers, on the 19th, 20th, and the 21st he visited each of the thirty-four residences and wards therein, and everywhere he had a delightful chat with his faithful admirers. The carolers under the direction of a song leader sang as they never sang before, Members of the Chorus caroled one evening, otherwise the carolers were comprised of rotating groups of resident women. However, at the final tour of the season the carolers were joined by a small band of male singers. At their last stop the carolers, a total of sixty-two, relaxed over a cup of coffee as guests of the men residing at Sioux Cottage.

Special volunteer entertainment programs, each having a holiday theme, were presented on December 3rd, 10th, 17th, and 31st. Each of the programs were presented at two afternoon performances in the auditorium at Rogers Memorial Center.

An unusual mass ensemble accordion concert was presented on December 3rd by students of Mr. Don Swani of Minneapolis. The program had a breath-taking quality much appreciated by our residents. Classical and popular arrangements, together with a medley of much loved Christmas numbers, highlighted the program.

On December 10th the Military Order of the Cooties, of the Antsipants Pup Tent Post #11; Minneapolis V.F.W., sponsored the appearance of Mrs. Marguerite Novak and her dance students. The dancers presented varied and clever dance routines.

As has become their custom, the Cooties annually distribute food treats to those residents attending the special entertainment programs sponsored near Christmas time. After the December 10th program they gave a candy bar, an orange, and an apple to an audience numbering one thousand. In addition, the Cooties donated pipes and tobacco and dietetic candies to the Cedric Adams Christmas Gift Center. The wholesale value of all the gifts and treats was placed at \$225.25.

Lewis and Laurence Brazil, twin sons of Mrs. Lewis Brazil, special teacher in the School Department, entertained with their dance band, the "Jolly Fellows," on December 17th. Their voluntary appearance occurred at a most opportune time and favorably provided the special Christmas social dance which many residents had requested. The most interesting part of the dance program was the final dance, an ingenuous arrangement of "Jingle Bells" to which the residents sang while they danced.

On December 31st the Don Swani Dance Band of Minneapolis merrily entertained at two special social dances. The special New Tears dance was arranged through our genial friend, Mr. Charles Koch, and was sponsored by the Harry C. Molm American Legion Post 611 and the Teamsters Joint Council #32 of Minneapolis. Mr. Koch also arranged for the appearance of Mr. Larry Torgenson, who, as La Tor the Magician, amused the audience with a clever series of magic stunts before each of the dance programs.

On December 17th an accomplished baritone volunteer, Mr. Irv Behlke of Faribault, led the scheduled community songfest in the singing of religious and popular Christmas songs. About six hundred and fifty residents participated in this activity.

Through the beneficence of the Minneapolis Association for Retarded Children, one hundred boys and girls, ages eight through twelve, on December 23rd were privileged to attend a special children's Christmas program at Northrup Auditorium at the U of M. campus. The program, "Fun With Music," featured the children's T.V. idol, Captain Kangaroo teamed with the renown Minneapolis Symphony Orchestra under the direction of James Dixon. Had the composers of the music which was played been able to observe our boys and girls, they would have been indeed impressed by the rapt attention given to the music. Homeward bound, three bus loads of sleepy youngsters enjoyed the glittering holiday decorations of the "big city." And what would any bus excursion be without voices raised in song, clapping hands, and tapping toes. Much excited talk of a certain jolly Captain, his big orchestra, and the good time had by all emphasized that music CAN be fun. The excursion was chaperoned under the supervision of three Rehabilitation Therapies staff members.

A sock-hop was conducted for three hundred residents working in food service area. The event on the evening of December 28th was supervised by food service employees with the assistance of two Recreation Therapies personnel. Mr. Dewey Cates, Patient Activities Leader I assigned to Greenacres Division, directed the institution dance band.

Five musically talented residents under the direction of Mrs. Mary Kane, Patient Activities Assistant I, entertained with music and song for an hour each at Christmas parties held by three Faribault social clubs. On December 17th the quintet visited at the Veteran of Foreign War club and at the Elks club, and on the 23rd at the Eagles club. Also, Miss Robert Greutzman, Patient Activities Leader I assigned to East Grove Division, with a mixed chorus of 35 patient volunteer carolers entertained at five local nursing homes on the evening of December 20th. Both Mrs. Kane and Miss Greutzman were greatly impressed by the courtesy and interest extended to them by their hosts. The residents who entertained, besides enjoying being off-campus, were much edified by the cheer they brought to their hosts.

Being informed by the Charge Aide at (Hen cottage that few of his men received mail from their families and that many would not receive a season's greeting, Miss Marlene Cram, Patient Activities Assistant I assigned to Greenacres Division, initiated a project for bringing a bit of cheer to these forgotten residents. Enlisting the assistance of residents in another area, fifty-five new Christmas cards were "signed" by Santa Claus and placed into envelopes individually addressed and postmarked "North Pole." Before sealing a candy cane was tucked into each envelope. Delivered just before Christmas, the cheery greetings were joyously received. Most appreciative of the remembrance from an unknown benefactor, the men proudly showed their cards to everyone interested.

During the week of December 17th a special 16mm Christmas movie was shown in seventeen cottages housing severely retarded and infirm patients. The 35mm movies viewed by our \population at two showings in the auditorium at Rogers Memorial Center, on December 23rd carried a theme appropriate for Christmas, CHEAPER BY THE DOZEN. The

two proceeding movies, on December 9th and 16th, were of a religious theme, THE BIG FISHERMAN AND THE STORY OF RUTH, respectively.

Each of the three inter-institutional basketball games resulted in defeat for our team. Games played were: November 29 at Owatonna State School; December 8th with Hastings State Hospital here; on December 20th at Cambridge State School and Hospital. These defeats were humiliating indeed. In remorse, the players question the wisdom of their continuing. With the respite gained over the holidays, it is hoped their spirits will be "recharged" sufficient to at least chance a game with Owatonna State School on January 18th.

Employed on August 1, 1960, Mr. Donald McCarthy, Patient Activities Assistant I assigned to Sunnyside Division, resigned on December 13, 1961. Mr. McCarthy plans to enter college this semester at San Diego, California.

Each of the 300 residents observing birthdays during December were on the 13th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square.

Barbering service gave 1,781 haircuts and 373 shaves in December; also during the month our beauty operators gave 456 haircuts, 82 permanents, and 139 finger-waves.

HANDICRAFT

During December, patients scheduled for handicrafts and occupational therapy spent much of their assigned time working on Christmas projects.

General craft classes made decorations which were used in the lobby of Rogers Building, the handicraft area, and the employees dining room. Regular projects were set aside, in many cases, for the entire month.

Cooking classes are now working on desserts. Again this year they baked and decorated a variety of Christmas cookies, and during the week prior to Christmas they served treats to the other classes. Not only does this provide an enjoyable time for other classes, but gives girls in the cooking class a chance to practice what they have learned about sewing and etiquette.

Weaving and sewing classes spent part of their time during the month on their own projects but also spent some of the time decorating for Christmas at their own request. A large number of patterns were received from two sources - Ochs, a local department store, and the Richfield Ladies Auxiliary group. This donation has made it possible to throw out many patterns that are out-dated or worn.

The evening craft class conducted by volunteers met only twice during the month. Enrollment is irregular at this time due to conflicts with Boy Scouts and basketball. While the number in the class is now four, it will be increased when classes change. The volunteer group which works at Fern building also missed two sessions due to bad weather and conflicting schedules. They resumed classes on 12/29/61.

Manual Arts classes were cancelled during most of December. Many of the class members assisted in putting up Christmas scenes on the grounds.

On December 6th and 7th, from 3:30 - 5:00, Handicraft instructors conducted Christmas craft demonstrations for building personnel. All divisions were notified a week in advance, and the invitation was open to everyone. A total of 13 people participated. Of these there were 3 P.A. trainees, 4 P.A. I's, 4 P.A.II's, 1 Reg. nurse, and 1 librarian.

Mrs. Sveiven returned from vacation on December 4. Mrs. Good and Mrs. Kennedy were on vacation from December 23 - January 2. Miss Blom was on vacation from December 18 to December 27.

In Occupational Therapy enrollment remains at 28. During December, one patient expired and two others were discontinued as it was felt that they had received maximum benefit from the program. All three of these patients had physical disabilities. Of the three who were added, two are psychiatric patients and one was referred for gait training following orthopedic surgery.

On December 5th and 6th, the film "Prescription OT" was shown to institution employees. Everyone was urged to attend. During the six showings, attendance totaled 153. Prior to each showing Miss Blom or Mr. Berg briefly explained the program as it is set up at Faribault and answered questions from the group.

On December 7th, Miss Blom met with Mr. Wrobel from the state office, Mr. Boswell from Cambridge, and Mr. Carter from Anoka to set up an interim test for the P.A.A.II training program. The next scheduled meeting will be January 22 at which time questions will be drawn up.

Patients enrolled in O.T. also participated in Christmas planning. All of the decorations in the O.T. clinic were made by the patients. The Christmas tree in the lobby of Rogers building was decorated by six patients with diagnoses of schizophrenia, behavior disorder, or cerebral palsy. The effects of this project on the group were very rewarding. One destructive patient handled delicate ornaments with extreme care. A patient with catatonic symptoms moved with amazing speed in helping. In the future, more projects such as this will be planned.

In-Service training was cancelled during the month. This will resume in January on a regular basis. Two meetings were held to discuss new admits.

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Supervisor of Rehabilitation Therapies

1961 Christmas Report

Gifts carried over from 1960
Gifts received and distributed

A. Estimated value of approximately 11,800 on hand from Christmas of 1960	\$ 9,000.00
B. Estimated value of approximately 14,500 gifts received either by mail or personal delivery from 500 individuals or groups for Christmas of 1961	8,950.00
C. Estimated value of about 5,500 gifts received from the Minneapolis and St. Paul collection points by truck on December 18	3,500.00
D. Estimated value of 500 gifts received from the Minneapolis and St. Paul collection points by truck on January 8	310.00
Total gifts available - approximately 32,300 valued at	21,760.00
We will be carrying over about 11,000 gifts for Christmas of 1962 valued at	10,000.00

The following large gifts were received:

1. Portable RCA TV set (1)	\$ 190.00
2. Portable Satchell-Carlson TV sets @ \$200.00 each (2)	400.00
3. 2 portable RCA phonos @ \$50.00 each	100.00
4 2 used radios @ \$10.00 each	20.00
5. 1 used console TV	<u>50.00</u>
	\$ 810.00