

REHABILITATION THERAPIES DEPARTMENT

March, 1961, Monthly Report

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During the month of March the Rehabilitation Therapies personnel continued to serve the patients of Faribault State School and Hospital. Aimed at furthering the patient's social adjustment and development, these activities are provided through central and dormitory schedules.

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

- 4 Protestant and 4 Catholic Services
- 4 Community Sing Programs
- 4 Social Dance Programs
- 4 Square Dance Programs
- 3 Special Wheel Chair Activities
- 12 Play Party Programs
- 4 Social Graces and Skills Programs
- 6 Modified Sports Programs for Boys
- 4 Modified Sports Programs for Adult Males
- 8 Modified Sports Programs for Girls
- 4 Modified Sports Programs for Adult Females
- 8 35 mm Auditorium Movies
- 65 16 mm Dormitory Movie Programs

Early March was highlighted by the attendance of more than two hundred residents at the Shrine Circus. The institution received free tickets and transportation for the circus through arrangements made by Mr. Kurth, field representative of the Minnesota Association of the Mentally Retarded, with the cooperation of the county A.R.C. groups. The entire event was thoroughly enjoyed by each and every one of the participants, the thrill of the bus trip and the novelty of seeing the circus was for all a gratifying experience. Two Rehabilitation Therapies and two nursing personnel accompanied each of the three buses journeying to the circus. One bus load of residents attended the circus performed in Minneapolis on February 28, and on March 6 a second group of two bus loads attended in St. Paul.

Much to the delight of the many residents fond of winter outdoor sports activity, the heavy snowfall in early March allowed one last fling for everyone to fully take advantage of winter's fun. Numerous groups experienced a rousing good time in the snow, including Recreation Therapies staff members! Recreation Therapies also arranged for various evening outings for mixed ' adult groups, men and women having daytime work assignments. The programming for these evening outings was patterned similarly. Two competing teams were chosen from the 30 to 40 residents present, and each team constructed either snow men or snow forts after which, at a signal, the teams sought to destroy their opponents creation while striving to protect their own. A tug-of-war in the deep snow always caused the eventual appearance of rather sensational living snow men, and those winning 3 out of 4 tug-of-wars were declared winners! On the occasions when the snow was too deep, a few of the party would pack a sled-run by first sliding down the Elm. hill on snow-shovels! The evening activities were usually climaxed with a campfire, a marshmallow roast, and a song-fest. Coffee and cookies were served at the conclusion.

Outdoor mixers of this nature elicit much enthusiasm from all participants. It is felt these mixers help to provide a normal setting conducive toward the attainment of a wholesome social balance. Unfortunately, following a heavy snowfall there must eventually be muddy, wet weather. Wetness has restricted outdoor recreation activity for the teen-age boys in quarantine at Chippewa East, further dampening their spirits. The three Recreation Therapies staff members assigned to Sunnyside Division have been devoting as much time as is possible in recreating with these mouths, with card and table games, records and singalongs, drawing and coloring, and bowling, and nature outings when the weather permits. As part of his dormitory program for Chippewa East, Mr. Donald McCarthy, Patient Activities Assistant I, has been periodically showing 16mm travel movies borrowed from the Faribault City Library. These movies are in addition to the regularly scheduled dormitory movies being shown there on Friday evenings,

It is gratifying to note that the attendance at community sing in the evening is steadily increasing from sing to sing. There has developed a spirited repartee among the assisting volunteers and the recreation personnel, an amount of cheery banter which between song numbers contributes toward nutting everyone in a gay mood. Mr. Jerry Johnson, Patient Activities Leader I assigned to Sunnyside Division, and assisting at community sing, reasons that due to this congenial atmosphere all participants join wholeheartedly in song and leave community sine refreshed and in the best of spirits,

The basketball season ended with the last of four official games, patients versus employes, played before an intensely anxious resident audience. Much to the resounding joy of their fans, the team eased through with a close win. The year's basketball record stands at two wins and two losses. Mr. Bernard Parkos, Patient Activities Assistant I assigned to Sunnyside Division, reports that though having to coach the men has been a trying task at times, the accomplished results have been very rewarding. It is anticipated that next year's games will be of more interest to the men of the team, for it is hoped that there will then be no quarantine preventing their competing in outside

Through the generosity of his family, Henry Flor once again treated his fellow residents at :lm. The treat on this latest occasion was an exciting Easter Egg Hunt. Mr. Dewey Gate, Patient Activities Leader I assigned to Greenacres Division, was able to assemble 115 Easter baskets of candy eggs with the assistance volunteered by the patient helpers in the employes cafeteria during their free hours. Residents of *Elm* in groups of ten were sent into an adjoining room during which time their Easter baskets were hidden about the Elm day room. The baskets were hidden in various easily accessible and sometimes obvious locations, others were hidden in amusing places even under overall bibs! The Elm residents had a riotous Easter Egg Hunt; the suspense and excitement were kept to a feverish pitch until each of the 115 baskets was located.

The Recreation Therapies department is making initial plans for the approaching picnic season, tentatively planned to begin May 15. The Patient Activities Leaders I with their Recreation Director plan also to regroup a few of the cottages, thereby reducing by one the total number of patient picnics to nineteen.

Each of the 299 residents observing birthdays during March were, on the 14th, honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square.

The staff of Recreation Therapies is pleased to have Mrs. Emma Kuhlman again working with them. Mrs. Kuhlman, Patient Activities Leader I, on March 1 has resumed her former position of music instructor on a temporary basis after a retirement of eighteen months.

Mrs. Mary Kane, Patient Activities Assistant I, on March 27 returned to work after a three month leave of absence.

Barbering service gave 2,178 haircuts and 304 shaves this past month. Cosmetic therapists gave 70 permanents, 100 fingerwaves, 521 haircuts in March and 2 scalp treatments.

Handicraft classes did not change as scheduled during March because groups had not completed all projects. Transfer will take place beginning April 10. Instructors continued to evaluate patients in order to ascertain the best class assignments for each individual.

Two woodworking classes have been resumed. Other classes will be started again following removal of building quarantine. *One* of these classes is helping to make picture frames for number paintings which have been completed by patients. These will then be distributed to patient areas. Other projects include bird houses and individual projects: shelves, picture frames, lock boxes, etc.

The Ceramics class is concentrating on jewelry and slab vases. Many of these people have derived maximum benefit from the class and will be transferred to other classes. Others will continue in order to learn more about this activity.

In sewing classes, the following projects were completed during the month: 6 dresses, 2 blouses, 2 skirts, 1 apron, 1 pr. pajamas.

One girl, Lois 3., has been in the class for almost one year. During this time she has shown considerable improvement. At first she required a good deal of help and her work was poor. She has shown a steady increase in ability to work in this media and is able to turn out neat projects. She still lacks confidence and requires a good deal of assurance. Lois is one of those who will not be transferred to another class at this time because it is felt that she will continue to learn and to show improvement.

In weaving classes, patients have completed tearing bedspreads and sewing them into strips for rugs. Approximately 50 rugs have been completed for institution use, and there is material left for about 15 more. One patient, Rick ?, has now learned to use the plain floor loom. This boy has a very short attention span and exhibits flighty behavior. Weaving is employed in an attempt to increase concentration and attention span. Rick requires close supervision and needs a great deal of reassurance, but appears to be showing slight improvement in behavior,

General crafts classes continue as before, Stella W. continues to do above-average work in leather carving, turning out neat, precise projects. She comes and works on this craft once a week, and has also been enrolled in an

Activities of Daily Living class, because it is felt that she should learn other activities along with crafts. General craft projects include shell-jewelry, textile painting, leathercrafts, beadwork, knitting, tile mats, etc.

In Activities of Daily Living classes, complete meals were prepared and each group ate their evening meal in the Handicrafts kitchen. Final class sessions were spent reviewing and preparing food which had been missed by some groups due to holidays, etc. One patient, Molly P., is doing very well in this class. She is alert, shows initiative, understands directions, and follows them carefully. She requires very little supervision and is usually very congenial and pleasant.

Occupational therapy enrollment now totals 21. One patient is seen as part of post-surgery follow-up, and one girl is being seen for psychiatric evaluation. Treatment has been resumed for one boy following removal of quarantine. This individual, prior to the quarantine, was learning a few simple words. He has remembered the words for a three month period without benefit of review, and is anxious to learn more. This boy is a severe spastic and is unable to attend school because of this disability. He appears to have the ability to learn quite easily, and it is hoped that with the use of adaptive equipment and special individual attention, he will show considerable improvement.

The orthopedic program carried out by consultants from Rochester has now become a regular part of the O.T. routine. The O.T. attends each clinic to determine which patients need a special program of O.T. or modified P.T. These individuals are then scheduled for Occupational Therapy or else a program is outlined to be carried out by the ward personnel. These patients are referred by one orthopedic consultant or the physician in charge.

Notes are being written on each patient as indicated for review by the medical staff, and then placed in the patients charts.

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