

REHABILITATION THERAPIES DEPARTMENT  
October 1961 Monthly Report

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

- 5 Protestant and 5 Catholic Services
- 4 Evening Religion Classes
- 2 Community-Sing Programs
- 7 Social Dance Programs
- 2 Special Entertainment Programs
- 4 Wheelchair-Activity programs
- 16 Game-Time Programs
- 12 Boys Sports Activities
- 4 Mens Sports Activities
- 8 Girls Sports Activities
- 4 Womens Sports Activities
- 4 35mm Auditorium Movies
- 75 16mm Ward Movies

Our residents were indeed enthused over this year's autumn festivity, that of Halloween. The annual observance of Halloween may also be described as being one of the busiest times of the year for the Recreation Therapies Department, for, in addition to their regularly scheduled duties, the staff planned and supervised Halloween ward-parties and 51 one-hour bus tours for twenty-five cottages.

The following is an account of a Halloween ward activity conducted at Laurel cottage by Miss Roberta Gruetzman, Patient Activities Leader I assigned to the East Grove Division:

GRAVEYARD FROLIC...Halloween, the night of eerie spirits, when ghosts walk and witches ride, when jack-o'lanterns peer from darkened windows, was celebrated in a "Graveyard Frolic" by 27 laurel girls...Dressed in mask, costume and a spirit of traditional excitement, the girls commenced the party in a Graveyard Treasure Hunt. All party-goers were led to a graveyard, the downstairs playroom (where small packets of Halloween candies had been previously hidden), and instructed to hunt for a "treasure." After the candy treasures had been "unearthed," all packets were placed in a large cardboard pumpkin "treasure chest".....Forming a large circle, the girls now sat on the "graveyard ground" to play "Pass the Pumpkin," To Halloween melodies played on the piano, the candy-filled pumpkin was passed from person to person until the music stopped. The person holding the pumpkin at the time took her candy "treasure" from the pumpkin treasure box and left the circle. The last one to remain in the circle was crowned Miss Witch of 1961 and cheered in appropriate fashion by fellow ghosts and goblins...Miss Mitch of 1961 then became the fortune teller for the next game, Blindfold Witch Fortune. All youngsters scrambled into another circle with Miss Witch blindfolded in the center. A prophecy of the future was read in question form (i.e., who will turn into a pumpkin at midnight?). Miss Witch proceeded to spin around several times, stop, then point her finger at an unsuspecting victim. When most girls had had the opportunity to giggle over their allotted "fate," the circle was converted into a straight line and the Halloween game mood continued with "Pin the Tail on the Cat." To "tail" a tail-less black cat mounted on heavy cardboard became the

object of each blindfolded youngster. Laughter arose freely from "pinners" and observers alike when the point of tail placement became an ear, eye, back or mouth....The evening's activity concluded as hungry party-goers were served Witches' brew (soda pop), Red pumpkins (apples), and Ghosts' Rings (doughnuts)...Food, fun, and frolic disappeared only when 27 tired "Halloweeners" tumbled into their "graveyard beds."

Immediately following their annual autumn bus ride, bedlam nearly reigned at Chippewa East as Mr. Jerry Johnson, Patient Activities Leader I, and Mr. Donald McCarthy, Patient Activities Assistant I, both assigned to Sunnyside Division, sought to organize and channel the energies of these teen-age youths. With great enthusiasm the group quickly involved themselves in tracing and cutting Halloween patterns. While not an exhibit for "House Beautiful," the boys were most pleased with their eventual decor of bats, cats, pumpkins, and witches covering the windows and walls of their day-room.

Each of the two adult dance groups had an especially memorable Halloween evening dance party. For the first time in eight years the participants attended in costumes. Using apparel of all conceivable description, chiefly donated oddments of clean but antiquated used clothing, costuming ran creatively rampant from the grotesque to the sublime, from Frankenstein-like garb to resplendent formal dress. For a week preceding the gala event the Recreation Therapies staff was sought as clothiers and stylists. The upper-level adult dance group was granted mixed seating privileges. Appreciative, the group responded with model behavior. With the residents assistance, Rogers gym-auditorium was gaily festooned overhead with black ribbon representing a large spider web in which a spider glowered. In addition to their share of work on the web, women residents from Iris cottage made both traditional and novel wall decorations. Refreshments, consisting of a bottle of poo, donuts, and an apple, were served each of the two dance-parties. Dance music was provided by the resident's dance band accompanied at the organ by Mr. Marvin Bottke, and at the piano by Mrs. Aris Lockner, both volunteers from Faribault.

"The weather during October was so very pleasant that the Boys Sports Activities was conducted on the central playground rather than in the gym. Activities consisted mostly of teaching these young boys how to pass, catch, and kick a football. A few boys were very adept at this. Others tried their best to accomplish these feats. After 30 to 45 minutes of such instruction, Mr. Bernard Parkos, Patient Activities Assistant I assigned to Sunnyside Division, would have the boys kick a ball to one of two boys at the end of the field and they in turn would try to run the ball back through ten to twelve players without being tackled. Much to their delight a few boys would always succeed in safely reaching the goal line. Even those who did not succeed thrilled to have the chance to outwit their fellow players.

Under the guidance of Mr. Dewey Cates, Patient Activities Leader I assigned to Greenacres Division, about twenty of the men residing at Springdale are on a scrounging campaign to acquire necessary lumber to complete the construction of an outdoor Christmas scene. With lumber from dismantled orange and apple crates, and other crating, the scene is gradually being constructed according to a design enlarged by one of the men from a pattern. While the project is yet in its formative stages, the men hope to have it completed in time for display in front of their cottage at Christmas.

The little girls at Spruce Cottage have been in need of large size toys of the type they could push about or in which they could ride. Toys of this nature are rather costly. However, with donated monies lumber has been obtained and a crafts project has been initiated in the toys handicraft classes conducted by Mr. Jerry Johnson, Patient Activities Leader I assigned to Sunnyside Division. This

project will provide the boys with an opportunity to more constructively use their knowledge of woodworking and, moreover, it will produce the toys for which the little Spruce girls have great need.

At their Council Meeting, the women residing at Iris requested and were given permission to invite the men from Sioux Cottage to a party. The written invitation was formally accepted and the women proceeded to make the necessary purchases and preparations. Given cake mixes donated to the Handicrafts Department, they baked and iced twelve cakes under the supervision of Mrs. Effie Paquette, Patient Activities Leader I assigned to Skinner Division. The hostesses graciously welcomed their guests. Entertainment consisted of bingo, cards, and dancing, after which a lunch was served by "the food committee. A clean-up committee cleared away the dishes. The members of the council at Iris had invited "Pes. Paquette to serve in an advisory capacity on the party. Mrs. Paquette was most impressed with the initiative demonstrated and feels that the women at Iris through this experience learned much in the art of party planning and preparing.

On Sunday afternoon, October 0, the Veterans of Foreign Wars and the V.F.W. Womens Auxiliary, of Albert Lea, sponsored two variety programs featuring various vocal, instrumental, and dance talents. Throughout each of the programs, V.F.W. members dressed as clowns would dart out on stage to confuse the master of ceremonies much to the merriment of the audience. At the conclusion of each program the sponsors distributed candy bars at the exits.

The Harry O. Holm American Legion post 611 and the Teamsters Joint Council #32, both of Minneapolis, sponsored 2 special social dances on the afternoon of October 29. Through arrangements made by Mr. Charles Koch, the Don Swani Dance Band performed.

Jr. Pally Michels, proprietor of the Shamrock Bar in Faribault, arranged for the presentation of the "Voyagers" at a special afternoon program on Thursday, October 26. Two very talented young men, The "Voyagers" held the capacity audience spellbound for an hour with their renditions of internationally known folk tunes and ballads.

Pack of the 233 residents observing birthdays during October were on the 17th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square.

The following is a description of the monthly publication, the COVERALL, issued by the Rehabilitation Therapies Department at the Faribault State School and Hospital.

Now in its eleventh year of publication, the COVERALL is a ten page magazine composed of seventeen separate news columns totaling approximately 5,320 words. The columns represent seven areas of the institutions Patient Activities, Chaplain, School, Library, handicrafts, Volunteer Coordinator, and Cottages.

Activity news from each of the thirty-four resident cottages within the four institution divisions is written by various residents. Tills news is gathered by Recreation Therapies personnel and submitted to the COVERALL staff editors.

The cover of the COVERALL is usually designed by one of the residents. Themes for the cover vary with the seasons and current interests. Special events and the month's schedule of central activities is in calendar form on the back cover.

Three of the columns are designed for mental stimulation: a cross-word puzzle for concentration, Guess-the-Song with catchy clues for alertness, and the Hobby-Merry-Go-Round, an illustrated crafts idea with instruction, for enjoyment and use.

After the COVERALL reporters and staff members have drawn up the stencils, and gathered and written the news for the various columns, all copy is then forwarded to the Steno-pool. At the Steno-pool the columns are typed on stencils for mimeographing. Upon completion of mimeographing, which is usually a days work, the ten cages are assembled in magazine form by a volunteer crew of residents.

The COVERALL is distributed to the thirty-four resident buildings and to various departments of the institution. It is also mailed to approximately one hundred and twenty-five of the residents' families and to friends of the institution. Flight hundred and seventy-five copies of the COVERALL are published monthly. The demand for COVERALLS necessitates periodical increases in the total published.

The COVERALL is a very good example of the team-work existing at the Faribault State School and Hospital. Each publication is looked forward to, by not only the residents but employees as well, as a source of enjoyment and local news.

During October Handicrafts and Occupational Therapy continued to serve the needs of the patients through planned activities. During the week of Halloween each class received a treat of cake, cookies and coffee. Baking was done by the cooking groups and the treats were served by different class members.

The ceramics class is decreasing in size because of transfers to Brainerd and completion of instruction for some individuals. Those who will benefit no further from this activity have been transferred to other classes or dropped from the handicraft program. New members are to be added in November.

In general crafts no new types of crafts have been started. Patients continue to work on a variety of craft projects varying in complexity from simple coloring to leather tooling. Textile painting continues to be a favorite activity among many of the girls, and leather lacing and bead mats rate high with the men.

Cooking classes, as was mentioned previously, have spent considerable time baking cookies and cakes for the Halloween treats. They are also preparing hot dishes. These classes are filled to capacity and there are many on the waiting list who should be in this type of a class.

Weaving classes continue as before. Younger school children in these groups are being evaluated. Because these children get craft training in school, it is felt that the program would be of greater value for those who are not in school classes. At the time of the next class change most of the school children will be dropped so that others can enter the program. Those who are dropped will be picked up again later when they no longer attend school..

There will be *only* three manual arts classes this year; two afternoon groups and *one* evening class. Instead of a fourth class, a certain time will be set aside for working patients every other Saturday. These men work on their own projects in the buildings, but occasionally need some work done with power machinery. The assigned Saturdays will provide an opportunity for this work to be done with the proper supervision. The afternoon classes consist of teen age boys no longer in the school program, and the evening class is made up of working men with no previous experience in woodworking.

During October, progress notes were written on patients to be transferred to Brainerd. These were placed in the medical and social history charts.

On October 2, 3, and 4, Miss Blom attended the Regional AAMD Conference in Lincoln, Nebraska. A report is being prepared to present to other members of the Rehabilitation Therapies staff at an In-Service training meeting.

In Occupational Therapy enrollment is still 28. Several more referrals have been received, but at the present time no more can be accommodated. Patients presently in the program are being evaluated to determine whether or not they will benefit from further treatment. One patient who is showing considerable progress is --- Previously he was seen for 1½ hours daily and accomplished very little. At the physician's request he is now seen twice weekly and improvement was evident almost immediately. His endurance has increased and he is able to perform more activities successfully.

Barbering service gave 1699 haircuts and 409 shaves during the month. Beauty service gave 463 haircuts and 51 permanents and 66 fingerwaves in October.

One beauty operator, Mrs. Helen Tripp worked in the Recreation Department from Oct. 2 through the 20 because of an injury to her hand which prevented her from performing her duties as a Cosmetologist.

In-Service Training attended by all Rehabilitation staff members:

- October 11 - Review of Case Abstracts
- 17 - Occupational Therapy - History, scope, education, activities  
(P.A.A. II trng. program)
- 18 - Review of case abstracts
- 24- O.T. Physical Disabilities (PAA. II trng. program)
- 25 - O.T.- Psychiatric " "
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Supervisor of Rehabilitation Therapies