

REHABILITATION THERAPIES DEPARTMENT
May, 1961, Monthly Report

During the month of May the Rehabilitation Therapies Department continued to serve the patients of the 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 May conducted or assisted at the following central activities:

- 1 Protestant and 4 Catholic services
- 2 Community sing programs
- 3 Social dance programs
- 1 Square dance program
- 1 Wheel chair activity program
- 6 Play Party programs
- 2 Modified sports programs for boys
- 1 Modified sports program for adult males
- 2 Modified sports programs for girls
- 1 Modified sports program for adult females
- 2 Women's intramural softball games
- 1 Men's intramural Softball game
- 71 16mm dormitory movie programs
- 6 35mm auditorium movie programs

The intensive fall and winter central activities program conducted at Rogers Auditorium by the Recreation Therapies staff was concluded on May 7, at which time the central summer activities program was put into effect. The recently concluded program had within it twenty-three recreative activities specifically arranged for group activity according to the mental and physical levels of the participant. This program was scheduled weekly and consisted of four morning, four afternoon, and six evening sessions. In addition to this, Recreation Therapies supervised each week at two religious services and whenever special entertainment programs were presented. With the commencement of the summer activities program, Recreation Therapies will concentrate upon an outdoor schedule of picnics, Softball, street dances, nature outings, and a broadened playground program of organised games and sports.

In preparation for the approaching Softball season, Recreation Therapies instituted a new plan whereby there will this year be five evenly balanced men's intramural teams. At a meeting attended by all male residents interested in playing softball, five appointed team captains each chose players in rotation until the teams were completed. This procedure provides five evenly balanced teams instead of the former method by which each cottage formed its own team, and it will thus prevent domination by any one cottage. Every one of the players expressed enthusiasm with the new system, and as a result it is expected that keener and more spirited competition will prevail. Softball players demonstrating outstanding skill will be selected from among the five men's intramural teams and will play against out of town and employe teams. Approximately 60 girls tried out for the downtown team. Tills is the fourth consecutive year that we have entered a combined patient-employee team in the City Softball league.. Those not selected for the team are encouraged to clay girls intramural softball. Six teams make up the intramural league this gear.

An off-campus excursion recently provided a new experience for a number of Iris residents. The young women, accompanied by Mrs. Effie Paquette, Patient Activities Leader I assigned to Skinner Division, early on a Sunday afternoon first visited at various churches. Later, after they finished window-shopping downtown, Mrs. Paquette took them to visit at radio station KDHL. At the management's insistence they were privileged to witness a quartet of girls recording a song to be broadcast that evening. The women toured through the station and were shown in detail the operation of each of the many machines. Mrs. Paquette states that the radio management was most impressed, and surprised too, by the refined and dignified behavior of the delighted women.

On days when weather permitted, Miss Marlene Cram, Patient Activities Assistant I assigned, to Greenacres Division, has been taking the Mohawk boys on nature outings in the woods. After each outing the group has a question and answer period and reviews the varieties and phases of nature which they have observed. The youngsters are progressively becoming more observant and are quickly adding to their knowledge of nature. One of the boys has begun a snail collection and others are in the process of collecting stones.

After extensive preparation and rehearsal under the combined direction of two Recreation Therapies staff members, a cast of one hundred seventeen residents presented a program of music and dancing, entitled "A Day in Spring," at Rogers Auditorium on Memorial Day. The entire cast was presented in costume before a colorful backdrop of an overscaled flower garden effectively created of crepe paper by Handicrafts students. The hour-long program was comprised of a mixed chorus of fifty voices, three vocal soloists, a whistling soloist, a teen-age boys' chorus, a harmonica quartet, a trio of drum solos, and ballet, waltz, schottische, and square dance numbers. The music included songs with a spring theme from musical plays and children's songs. The program was concluded by a grand finale of three drummer boys preceding the entrance of flag bearers, and the joining of the audience with the entire cast in the singing of patriotic songs. A packed audience at both the afternoon and evening presentation applauded resoundingly in expressing its admiration and appreciation of their fellow residents' outstanding effort and ability.

It is with deep regret that we shall no longer have the qualified services of neither Mrs. Emma Kuhlman, patient Activities Leader I as music instructor, nor Mrs. Esther Bowles, Patient Activities Assistant I and dance therapies instructor. Without their professional skill in directing the above program, one hundred seventeen of our residents would never have been motivated to exercise their various talents, nor would our population have had the gratifying pleasure of viewing their friends *on* stage. Both of the ladies are obliged for personal reasons to resign their positions. Their valued service to the institution and to Recreation Therapies will be greatly missed.

Mrs. Bowles during the months of her employment, since February of this year, has conducted a dormitory program designed to instruct our residents in the basic arts of dancing. Prior to this our dancing program has been limited to square dance and social dance. With Mrs. Bowles' assistance Recreation Therapies has sought to include not only the older residents but those of adolescent and pre-adolescent ages, and not only to teach the basic steps but to teach music appreciation on all levels. Dancing with music has served decidedly as a

valuable medium with which to reach the withdrawn and the disturbed person, also. Dependent upon the intellectual and age levels, dance ability and appreciation of music displayed by our residents is wonderful, and to teach them to dance to music of their choice as an outlet for their emotions certainly makes a dance therapy program valuable. It is desired that circumstances will be such that an even more extensive dance therapy program can be initiated in fall and winter of this year.

The men from Glen and Lind cottages have been flying high: Dewey Gate, Patient Activities Leader I assigned to Greenacres Division, guided, the happy-go-lucky group in a kite manufacturing project. The men painted their names on each kite as it was completed. The cooperative project conducted at Haven recreation room pleased everyone of the group greatly, their pleasure was particularly noticeable as each took turns at flying the various kites.

The first picnic of the season, conducted at Birch cottage, was indeed successful. Mrs. Barbara Priem, Patient Activities Assistant I assigned to Bast Grove Division, in the absence of a recreation leader for her Division, made the necessary planning assisted by six Recreation Therapies staff members. Fancy ribbon name tags for each of the participants were pinned on in advance of the picnic. Blue was worn by everyone except the diabetics who wore red name tags. Paper party hats were distributed, followed by lemonade and dietetic nectar. Carnival games of bingo, bean toss, and balloon dart were favorites of the group. Each participant received numerous prizes, from dolls to jewelry to crochet and fanciwork materials. The bedridden who could not join in the fun also received gifts of bed toys, and clusters of balloons were used to decorate their dormitories.

With the budding of spring, arrives the urge to go fishing: Donald McCarthy, Patient Activities Assistant I assigned to Sunnyside Division, reports that while fisherman's luck is not what would be desired, the groups who have been fishing are ever as much enthused over their catches as any deep-sea fisherman would, be!

The Mankato Junior High School band at 1 p.m. on Friday, May 12, marched through our campus amid hearty applause of appreciation from nearly the entire population who lined the route.

The Loyal Order of Moose presented a one-hour specialty program at Rogers auditorium, Sunday, May 28, at two afternoon performances. The residents in attendance enthusiastically responded to the merriment of the occasion.

Each of the 283 residents observing birthdays during May were on the 16th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square. Members of Recreation Therapies are pleased to have received a recent supply of new and used birthday greeting cards which they address each month and distribute with the ice cream and cake to the various cottages and dining areas.

Barbering service gave 2,067 haircuts and 308 shaves. Beauty operators gave 55 permanents, 466 haircuts, and 168 fingerwaves. Our barbers and beauty operators give special attention to patients going home on vacation or participating in special programs. Often it is necessary to adjust their schedules and arrange for special appointments to do this. This procedure was followed for our Memorial Day program with each participant receiving attention from the barbers or beauty operators. In addition to this, our beauty operators worked at the two Memorial day programs applying make-up to the members of the cast.

Over the past five years the barbers have given special attention to a patient of pawnee I who has a tremendous fear of the barber shop and chair. The history of the patient shows that he has presented this problem for many years. This patient now will voluntarily come to the barber shop to receive barbering service. However, he still will not stay in the barber chair and receives his haircut standing. It is felt that progress has been made in eliminating some of the patient's fears.

On May 24 Mr. Welsandt, the Industrial Therapist, conducted a meeting of all patient details and employees of the Hospital kitchen. The purpose of this meeting was to air the complaints of both employees and details and try to come to some understanding as to what should be done in order to get a smoother operating organization. Meetings will be held each week. This program is patterned after a similar program used by the employees cafeteria. It has been in effect some two months and has been very effective and beneficial both to the food service personnel and patient details.

In addition to regular duties, the Handicraft instructors supervised the construction of a backdrop for our Memorial Day program. The instructors also worked backstage at rehearsals and actual performance assisting with costume changes and giving general supervision.

General craft classes continued to work on individual projects. Textile painting continues to be a popular activity as does tile mat work. Several class members are becoming more proficient at leatherwork including carving, tooling, and lacing. One class member who has shown improvement, particularly in attitude, is _____. This patient was a severe behavior problem when he started class. He was unable to concentrate on one activity for more than 30 minutes and always wanted to walk around the area, helping himself to many supplies, and disturbing others in the group. He has settled down considerably and has proven himself capable of doing good work. He is cooperative and conscientious and appears to enjoy each class session.

Activity of Daily Living classes observed two movies on food as did other Handicraft classes. These movies are sent free of charge and are a useful supplement to the program. Classes continued on breakfast, menus, making French toast, waffles, etc. A waffle iron was donated to the class by the mother of one of the patients who was previously in the class. One patient in Activities of Daily Living who appears to be deriving a great deal of benefit from the class is Doris Schaeffer. She has been seen by Occupational Therapy for the past seven months and was put in this class in April on a trial basis to determine whether she could adjust in a group situation. She works very slowly and needs constant encouragement and supervision, but generally she fits into the group very well. She willingly performs simple tasks and does very well at

ironing flat pieces. It is hoped that eventually there will be a carry-over of these activities in the building.

Heaving classes continue as before. All of the donated bedspreads (110) have been made into rugs. A total of 79 rugs have been woven of this material for institution use.

In sewing, the following items were completed during May; five skirts, two dresses, one bolero top, and one apron. One of the students showing an increase in interest and skill in his area is _____. He recently transferred into the class expecting to be an immediate success and has found that sewing entails more than he anticipated. He has shown steady progress in the five times he has been in class and is now cutting out a pair of pajamas. It is felt that he will continue to do well in the class and appears to enjoy this activity.

In ceramics, a majority of the class is working *on* figurines.' These range from small religious figures to larger animals, masks, etc. One girl, _____ has been, in the class since April and is showing great skill in this area. Her work is imaginative and shows a good sense of humor. She requires little or no direction and is *one* of the few in the class who will go ahead on a project without assistance.

Mrs. Adeline Good, Handicrafts instructor, is on vacation from May 26 to June 12.

In-service training for May includes:

- May 2 - Dr. Hugunin - Dentistry
- 3 - Case Review abstracts
- 9 - Enid Boyes - Food service
- 10 - Case Review abstracts
- 16 - Dr. Snow
- 31 - Movie, "Angry Boy," Case Review abstracts

In Occupational Therapy enrollment is now 19; four patients with physical disabilities were discontinued and two were added, and one psychiatric case replaced three who were no longer benefiting from the program. Mr. Berg is now seeing eight of these patients and Miss Blom is seeing the remaining 11. Of these, 10 are physically disabled, eight are psychiatric or behavior problems, and one is working on speech correction.

Mr. Berg has been spending hours each week constructing adaptive equipment. Thus far he has made a standing table, a large pegged checkerboard set, and has adapted a tricycle; all of these items are used principally with Cerebral Palsy patients.

Several more patients have recently been referred and will be scheduled in the near future. Progress notes have been written on each patient and placed, in their charts.

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