

REHABILITATION THERAPIES DEPARTMENT

June 1963 Monthly Report

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

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

- 4 Protestant and 4 Catholic Church Services
- 2 Special Entertainment Programs
- 8 Resident's Picnics (including 16 bus rides for 16 buildings)
- 5 Social Dance Programs
- 50 Organized Playground Programs
- 4 Women's Intramural Softball Games
- 2 Women's Allstar vs "Women Employees Softball Games
- 4 Men's Intramural Softball Games
- 2 lien's Allstar vs Men Employees Softball Games
- 5 Attendances at Downtown Baseball Games
- 2 Fen's Allstar Out-of-town Softball Games

Recreational activities in the central program during June larely revolved around our playground facilities. Organized and free play for ten buildings, with each attending two and three sessions weekly, and conducted six days a week at the central playground. Three evenings, Monday through Wednesday, are devoted to men's and women's Softball.

In their unit assignments in the ward areas, Recreation Therapies staff avail themselves of every opportunity to involve the residents in outdoor recreational activity, Equipment in the cottage play areas is used extensively. Circle games, relays, and other similar organized activities end regularly conducted, the complexity of which is dependent upon the physical ability and mental status of the participants, With June's favorable weather the most ambulant pre taken on marshmallow roasts, fishing expeditions, nature outings both on campus and in the woods, and on downtown shopping tours combined with visits at the local fire station or at the radio station. Wheel chair residents are most pleased to be taken on campus tours followed by the playing of modified games and food treats served in Circle Park.

Of the many female residents who enjoyed visiting the *peony* show at Brand's Nursery, the elderly women from Willow and Birch buildings seemed to be most awed and appreciative, Transported by auto, a thrill in itself, the women were not only impressed with the floral exhibit but by the ducks, rabbits, and dogs housed on the nursery grounds, Given an opportunity to get off campus grounds, which some seldom have, and the experience the group shared in this excursion gave the women topics galore for future conversation,

The meaning and goal of recreation therapy is all too often misconstrued by some persons as mere play with little concern as to its social and emotional implication and value. That recreation becomes therapeutic is entirely dependent upon the motives and ability of the play leader. A recent situation occurring at the central playground illustrates the worthiness of simple applied psychology and personalized Interest, --- came to the playground much against her will, The Aide from her building Cor

months felt powerless to "get through to her." --- would neither play nor talk and favored sitting forelorn behind a tree. The play leader introduced herself informally and commenced to comment upon ---'s pretty clothes. She warmed slightly to this recognition, saying "thank you." The play leader kept up a line of pleasant commentaries and, knowing --- liked to work, invited her to help straighten supplies in the playground shack. She consented, not enthusiastically, although she quickly took interest in the task. --- ^{was} then challenged to see who could swing highest, she or the play leader. At first she just sat on the swing but, reminded of the challenge, suddenly entered into the competition which ended at a draw. Invited to shoot baskets, --- played reluctantly until she made the first basket. Encouraged by this success she began excelling. Relaxed and more at ease from having achieved victory, she promised to attend the next playground session. Since this occasion she has begun to show small signs of entering into group play. Helping the withdrawn gain self-confidence through play can indeed be therapy in a true sense.

A year and a half ago --- was admitted to the institution. Then three years old and weighing 10 1/4 pounds, she has since gained a scant four pounds. The tiny mite is adored and loved by all who come in contact with her* The resident-helpers care for her are fastidious about how --- is clothed. When clothing donations occasionally arrive, --- duly receives first choice until she now has a wardrobe extensive enough for any queen. In addition to many suitable toys, Recreation Therapies obtained a playpen for her use on the Hospital lawn. If tender loving care makes a child grow physically and develop into a socially well adjusted person, uld attain great success]

Is such activity as fishing therapeutic in nature as well as being simply recreative? For eighteen Oaks women, five volunteers from Bethlehem Academy, and a recreation leader, the pure joy and relaxation provided by a recent fishing expedition to the river well answers the question in the affirmative. The Oaks women behaved shyly upon being introduced to the volunteers, tending to cling together particularly since one of the volunteers was a male. The volunteers reacted nonchalantly and each quickly paired off with four or five women whom they were to assist in fishing. Enroute to the fishing area both residents and volunteers had an excellent opportunity to get acquainted. Arriving at their destination finally, the group was well relaxed, having begun to joke and tease one another. For the following two hours sheer merriment prevailed with all participants benefiting "from the mutual association. There was as much excitement over catching a frog and two crabs, and a few brances, as if prize catches of fish were reeled in. For several days the fishing episode was an important topic of joyous conversation among the women, all of whom now inquire when they can go fishing again and whether the volunteers would come too]

The resident's 1963 picnic season was completed with the last of the month's eight picnics held on June 17. After an hour's bus tour, the residents from six cottages were entertained by the institution's dance band. During the entertainment each participant received lemonade and numerous gifts of toys and useful items. The picnic meal followed. At the two large group picnics the residents had a gala time taking part in carnival games and contests. Volunteers assisting with these two picnics were amazed by the gusto with which the picnic food was consumed. Heedless to say, very contented picnicers returned to their wards with pockets laden with prizes and tummies well filled.

The Faribault Lakers Baseball Association has again invited the residents to attend their home games played at Bell Field* During June those residents interested in baseball were given opportunity to attend these games. A total of 575 attended the five games. Each of those who attended received a popcorn treat and a bottle of pop. Recreation Therapies arranged for these outings and likewise supervised them.

Always a much relished treat among the residents, popcorn has become symbolic of festivity, picnics and downtown baseball games included. During the course of the season many pounds of corn have been popped by the Recreation Therapies staff for these events. Too, a modest amount of corn is given to those buildings now equipped with utility-size corn poppers. The recreation staff within the year has conducted numerous corn-pops in the ward areas. Knowing of the residents' likes, a friend of the institution donated a thousand pounds of hulled corn for their pleasure. This abundance of corn assures everyone throughout the institution of many future corn-pops,

Recreation Therapies staff members are becoming much involved, "swamped" in fact, with giving assistance and counsel to Aide personnel and residents in charge of the institution's forthcoming 4th of July parade. Richard Kempter, Patient Activities Leader I at FSSH for three months training in preparation to assuming duties at Lino Lakes, has been appointed coordinator and consultant. The entire Recreation Therapies staff has been scrounging for costumes and giving out crafts materials. The costumed paraders and their floats give promise to being competitive to community-sponsored parade units, if one is to judge by the parade projects being worked upon.

The crushed rock on the perimeter of the 80'x80' concrete slab located at the central playground was recently graded and covered with fine sand and tarvia. It is felt that this surfacing will contribute to the function of the slab, and that crushed rock will hereafter not be both tracked and thrown onto the slab, a nuisance problem and a safety hazard.

A plea made by Kenn Kroska, Patient Activities Leader II, to Mr. Ted Moberg of West St. Paul resulted in the institution's receiving a gift of used bicycles. At Mr. Moberg's suggestion, his city's J. C.'s sponsored a drive which, through Paul Light's column in the St. Paul Dispatch resulted in the collecting of twenty-six various sizes of bicycles. The J.C.'s not only delivered their generous gift but expressed desire to maintain it in good working condition. The much appreciated gift will serve as a nucleus for bicycle outings both on and off campus. Thanks to the J. C.'s intercession, certain bicycles are equipped as trainers. Skinned elbows and knees can be expected, but imagine the exclamations of pride as the learners accomplish the seemingly difficult feat of balance!

In addition to planning, organizing, conducting, and supervising a full schedule of central and ward recreation activities, including picnics and bus rides, the Recreation Therapies staff assisted and supervised at the following special entertainment presented on the outdoor stage at Fern building:

Through the arrangements made by Mr. Maurice Small, the Moose Lodge from Mankato entertained here on June 16. The hour-long afternoon variety show included the Ladies Kitchen Band and the Men's Can Can Dancers, two featured acts which induced great merriment among the audience,

The Minneapolis Aquatennial Roving Unit presented their annual show here in the evening on June 23. This special program consisted of a generous variety of semi-professional talent acts, most of which were given by high-school youths and young adults. The audience joined very heartily in sing-alongs. Without doubt, the residents were thoroughly delighted by the entire show. Mr. Harold Eckes, chairman of the Roving Unit, commented that the entertainers were equally happy in witnessing the enjoyment expressed by the audience.

Effective June 29 Mr. Dewey Cates resigned his position as Patient Activities Leader I in Greenacres Division. Mr. Cates had been employed in Recreation Therapies since November 11, 1955 following one-and-one-half year's experience as a Psychiatric Aide at this institution. Mr. Cates plans to devote full time to Dewan's Western Store, an enterprise he began five years ago.

Each of the 258 residents observing birthdays during June were on the 18th honored with *en* addressed birthday card, a dixie cup of ice cream, and a decorated cake square.

A college student from Gustavus Adolphus, Miss Janet Hokanson on June 17 joined the Recreation Therapies staff for three months summer work, Miss Hokanson was assigned work among the children at Spruce, Pine, Cedar, and among the women patients at Birch. She will also continue the program Mr. Richard Kempter conducted for certain mentally disturbed males as well as a discussion group for borderline and mildly retarded adults.

Barbers gave 1,251 haircuts, and 165 shaves during the month.

Beauty operators gave 489 haircuts, 69 permanents and 105 finger waves during June.

HANDICRAFT JUNE REPORT

During June handicraft classes were smaller because many of the students went home on vacations. Classes continued as usual and with less students the instructors were able to give more individual attention to those attending.

General craft classes continue to work on the usual crafts; leatherwork, mosaics, painting, etc. In addition We have tried a new mosaic craft using wood chips of a variety of wood such as pine, walnut, and redwood which give a very pleasing effect when used to create a picture. --- continues improve in her oil painting but still does not accept suggestions well. She also persists in using dark colors even though the instructor encourages her to use brighter hues. One patient who has recently been improving in craft classes is --- **She was so** withdrawn one felt you did not reach her, also, she was very careless about her personal appearance. Recently she has gradually become more alert, is interested in her project and shown a decided improvement in her dress, grooming, etc. Two new members of our craft class are --- brothers (dwarfs). They are very enthusiastic about coming and enjoy doing simple craft projects. also have a new student, ---, in our Friday evening class who likes to draw cars, but hone to work him into other original drawings and painting.

In sewing the following items were completed during June:

- Three skirts
- One dress
- Two pair pajamas
- Two half-slips

In addition, several girls remodeled clothes.

Luncheon menus have been the speciality of the Activities of Daily Living classes during this month. Jello-vegetable salad, deviled eggs, potato salad, Macaroni and cheese casserole, pudding and cookies have been prepared. Also the classes are daily using the washer and dryer as well as learning to iron clothes.