

Patients Program Department Report- MINNESOTA DEPARTMENT OF PUBLIC WELFARE

Faribault State School and Hospital
State Hospital

May, 1963
Month., Year

Instructions: Not later than the third day of the month forward the
previous month's report to Department of Public Welfare,
117 University Avenue, St. Paul.

PATIENT ACTIVITIES

1. Attach Weekly or monthly schedule of group recreational activities
that were available for patient during month under direction of
this division.

OCCUPATIONAL THERAPY

Handicraft

1. Number of patients covered in handicraft activities on the
275
last working day of the month 275 ._.
2. Number of newly referred patients to this division during the month.
3. Number of patients dropped from this division during the month .

INDUSTRIAL PLACEMENT

1. Number of patients enrolled in Industrial Therapy activities on the
last working day of the month 1362_____, ..
2. Number of newly referred patients to this division during the month .
3. Number of patients dropped from this division during the month , .

Rehabilitation Therapies Department
May, 1963 Monthly Report

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

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

- 4 Catholic and 4 Protestant Church Services
- 2 Special Entertainment Programs
- 12 Residents' picnics including 22 bus rides for 9 buildings
- 1 Social dance programs
- 2 Community-Sing programs
- 3 Square Dance programs
- 2 Wheelchair Activities programs
- 8 Game-Time programs
- 18 Organized Playground Activities
- 2 Boys' Sports programs
- 2 Men's Sports programs
- 6 Girls' Sports programs
- 2 Women's Sports programs
- 2 Women's Intramural Softball games
- 1 Women Allstar vs. Women Employee softball game
- 2 Men's Intramural softball games
- 1 Attendance of 80 residents at a downtown ball game
- 4 35mm Auditorium Movies
- 80 16mm Ward Movies

The 1962-63 fall and winter recreational activities program was concluded on May 14, at which the summer central activities program was begun* Conducted at Rogers Memorial Center by the Recreation Therapies Department, seventeen activities were programed each week during the past nine months. These recreational activities were designed and planned for group activity according to the mental and physical level of the participants.

The summer central recreational program will involve the outdoors, primarily, with focus on picnics, softball games, a weekly street dance, and intensive playground activity in organized games and sports. Recreation Therapies will continue to supervise at religion services, and at special social parties and entertainment programs. The ward-recreation program will remain in effect on a unit basis as during the winter months, and will include such outdoor activities as nature outings, fishing excursions, and downtown band concerts and baseball games.

The first of the season's picnics was held on May 13. Twenty picnics are scheduled for the season, twelve having been held in May. As in recent years, numerous carnival-type games are again main recreative features at the picnics. Provision is made at the picnics to enable all residents to participate regardless of handicap or disability. The institution dance band entertained at nine of the May picnics, playing under the direction of ---, an Elm resident. As part of some picnic activities, 22 bus rides were provided for the population. Bus rides for these individuals, small children, the severely retarded, and adult infirm, prove to be a source of intense satisfaction and pleasure. The picnic menu this year consisted of barbecue beef, buns, potato chips, relishes, ice cream, cookies, coffee, and lemonade.

Resident volunteers assisted the Recreation Therapies staff at each of the picnics and, in addition, a number of volunteers from the community helped at two large picnics on May 26 and May 29. It is pleasing to note the exemplary spirit of cooperation among the recreators, aides, volunteers, groundsman, dietitians, and kitchen personnel in seeking to make the picnics successful affairs for the residents.

Conditioned by phrases such as, "If you think this is work just wait until the picnics," the five new Recreation Therapies employees looked with apprehension upon the resident's annual picnics. In reality, the events are a genuine pleasure for everyone concerned. Considerable hard work goes into the planning of the picnics to see that all residents have a good time. In spite of the occasional long hours, from 8:00 a.m. to 9:00 p.m., Recreation Therapies staff experienced an abiding gratification in knowing the picnics resulted in deep contentment for the residents.

Among the frequent springtime campus outings for numerous wheel chair patients, one of the recent outings proved to be an unexpectedly happy experience for twenty-five women residing at Birch cottage. Two Recreation Therapies staff women, assigned to recreation work in East Grove Division, directed the outing. Some of these Birch wheel chair patients had been confined to their cottage all winter. For them the occasion was a special treat. Ambulant women from five cottages either pushed wheel chairs or accompanied the group. At Circle Park the group munched on candy treats and visited with one another. The outing provided a type of recreational activity much appreciated by the women in wheel chairs. Being able to get outdoors so as to enjoy the weather and to be able to socialize with other women helped to make them feel less isolated from the life and activity around them.

Entrance into Circle Park with wheel chairs has been greatly simplified by the construction of ramps placed at the curbing. The ramps were constructed at the request of the Recreation Therapies Department, and were positioned with access from Ivy and also at the intersection of Circle Drive and Rogers Road. With forthcoming summer recreational activities, such as picnics, holiday observances, and campus nature outings, these ramps greatly facilitate the safe entry of wheel chairs into the park. A serious hazard existed when wheel chairs were lifted over the curbing, there being the constant danger that a patient might be spilled out of his wheel chair. Not all wheel chair pushers are competent to assist in the lifting involved. Some pushers are mentally incapable and others may lack physical strength. Among the wheel chair patients there are those who weigh as much as two hundred pounds. Too, some patients were very frightened by the experience of being lifted over the curbing. Some even attempted to get out of their chairs. Recreation Therapies staff are much relieved in having the use of the ramps, knowing that no longer will patients gasp in fear in having to be lifted over the curbing.

In June 1960 an 80' x 80' concrete slab was installed on the central playground. Intended to be used for dances, roller skating, basketball, and other activities of this nature, the facility has not functioned as effectively as it should. Shortly after the slab was completed, the sod around it was removed and replaced with crushed rock. It was the opinion of some that the crushed rock would keep mud and grass clippings from being tracked onto the concrete slab. This it does, but a more serious problem resulted. The younger residents derive great pleasure in throwing the crushed rock onto the slab, in such abundance that because of it the slab cannot be used until the rocks are swept off. Sweeping must be done thoroughly so as to eliminate danger of a roller skater tripping on a rock, a player falling onto the rock, or of playground balls being punctured. As the concrete slab now stands it is more or less a wasted investment unless the crushed rock is either covered or removed. It is hoped that heed will be given to a formal request for a solution to the problem. Covering the crushed rock with sand and coating of bituminous material has been discussed.

Brand's Nursery, Faribault, is well known for its exceptional peony show. Held annually

in June, the floral exhibit is viewed by visitors coming from miles around. It has been the custom for Recreation Therapies staff women to take many of our female residents to attend the show, presented near the institution grounds. This year medical permission was received to take emotionally disturbed women from Poppy building to the show. These forty-two women experienced great delight in viewing the vast array of flowers. Incidental to the tour, each received candy treats. Because the Poppy residents reacted favorably to their first Off-campus outing, it is reasoned that certain other such outings can be arranged for them in the future.

Motivation is indeed a key word to many of the problems and situations which encounters in recreational work. To Mrs. Helen Hoffmann, Patient Activities Leader I, assigned to recreation work in East Grove Division, this was quite clearly illustrated using the tape-recorder periodically in an attempt to stimulate greater conversation among the women and, in certain cases, to initiate speech. It was found that the recorder provides excellent motivation for these women, many of whom are confined to wheel chairs, as it gives a direct response and reward to their speech or to their vocal sounds. Certain spastic and cerebral palsied patients at Birch do not speak but communicate with vocal sound and facial expression. Mrs. Hoffman had to help some patients overcome their natural shyness or to put at ease the embarrassment of others having certain speech impediments. Too, a small number of the patients evidence fear of the tape-recorder. Several of the women held the idea that the use of the tape recorder was childish and unbecoming for their use. Implementing a simple technique, that of interview, momentum was gained until the more aggressive in the group became eager to participate. After several recordings the interest in hearing their own voices spread among the patients. This was true even of those who made only vocal sounds. The "scoffers" were involved to serve as interviewers. By giving assistance they quickly felt important and more on a level with the recreational personnel. The women now seem to fully enjoy the project. The interviewing of one another is quite popular, as well as the telling of personal experiences. A game is made of identifying speakers. A thoroughly satisfying recording session the participants favor is that of group hymn singing to music on the phonograph. Even those who cannot speak or make any sounds show definite signs of pleasure when the recorder is used. This is especially true if the person recording comes and talks to them while recording and, though they cannot respond, they know that they too are participating if only in a passive way. In the case of these patients of Birch, motivation through the use of the tape recorder has aided them in achieving a sense of security and self-knowledge.

Men's Intramural softball games are being conducted on Wednesday evenings, as they were last year. It was the opinion that each building should be represented by its own team. In theory the plan appears desirable. However, doing so has not proven realistic. It was quickly discovered that the teams could not be balanced according to ability. Because one building's team dominated in playing skill in this plan, last year's system of choosing teams was resumed. Team captains, selected by the players, choose in turn, one by one, the members for their team. In this manner each team is more or less evenly balanced. Too, being better able to compete on an equal basis, the players are more apt to provide the resident spectators with enjoyable entertainment.

Five teams comprise the Women's Intramural Softball League. Meeting every Monday evening at the central ball field, each team is captained by a young woman volunteer representing the Faribault High School. Spectators from various buildings have been constant supporters of their favorite team. Thus far, the players have been consistently showing improvement in their playing skill and good fellowship. From among those showing marked ability, an allstar team is chosen. This team plays against the women employees every other Tuesday evening. From among the best skilled certain

players are selected to join the institution's Stater team, a team made up of women employees, volunteers, and residents. The Staters play in the City League every week,

Gary Schmidt, Patient Activities Assistant I, assigned to recreation work in Sunnyside Division, completed training in Units IV and V of the Rehabilitation Therapies Patient Activities Assistant Training Program. The latter unit, eighty hours of supervised experience in nursing service, was received at Seneca and Maple buildings, April 29 thru May 10. Mr. Schmidt states that this training was a profitable experience for him, and gave him much insight into the responsibilities of the psychiatric Aide.

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 in the auditorium of Rogers Memorial Center and on the campus lawns:

On May 12 the residents had the pleasure of being entertained by their friend, Miss Janice Workman, who brought her dance students here from the city of Owatonna. The program was made up of acrobatic, ballet, and interpretive dance numbers. Miss Workman has been a faithful volunteer pianist at community sings held here every other Sunday evening.

The residents observed Memorial Day in the morning in Circle Park with a flag raising ceremony and the singing of patriotic songs, after which numerous units from the local downtown parade visited the campus. The floats and marching groups paraded on the Circle Drive. The residents were most pleased to observe that the institution's own Explorer Scouting Troop was one of these marching groups.

The Cannon Valley Saddle Club for the fifth consecutive year delighted our residents on Memorial Day with an exhibition of trick horseback riding. Presented on the central playground, the program drew a large and enthusiastic audience. The saddle club, about thirty in number, paraded past those buildings housing the small children, the infirm, and the profoundly retarded. Mr. Richard Tricker, Cannon Valley Saddle club president from Medford, arranged for the event.

Each of the 272 residents observing birthdays during May were on the 14th honored with an addressed birthday card, a dixie cup of ice cream, and a decorated cake square. The Recreation Therapies staff distributes these birthday favors on the Tuesday closest to the 15th of the month.

Supervisor of Rehabilitation
Therapies

cc: Dr. Smith
Ardo Wrobel
Mr. Roach

/dd

During May there have been many absences in classes due to the fact that many are on vacation and others are playing on ball teams.

"Activities of Daily Living" classes have completed their breakfast menus and at present are working on luncheons. Egg salad and grilled cheese sandwiches, tomato soup, macaroni tuna salad, rhubarb sauce and cake, are included in foods prepared this month by the cooking classes. The last week of May was "cupboard cleaning week" and each group chose one section of the cupboard to clean in addition to their regular assignments. Every group also used the washer and dryer as well as kitchen appliances.

Mrs. Sterling spent May 7 visiting and observing in the school department. She has a full class schedule and manages patients and situations very well. All craft classes are working on the usual projects--mosaics, painting, weaving, leatherwork, knitting, etc. Three girls are completing sweaters on which they have been knitting this past year. They seem to derive great satisfaction from this activity and also in making a garment which they can wear.

One who has knitted a sweater is ---. Her behavior in class has shown a marked improvement this past year. She is more stabilized, friendly, cooperative, and does not become so frustrated when she makes mistakes.

In sewing several girls are remodeling clothes, and one girl, ---, has been bringing her mending to class so that she can learn to mend using the electric sewing machine. (She is unable to use a treadle machine). She spends about a third of the class period mending and the remaining time on her regular project. Garments completed in sewing are 2 blouses, 3 pairs of pajamas, 1 dress, 1 jumper, and 2 skirts. Many have expressed a desire to make Bermuda shorts to wear to sports activities.

Students in Thursday evening ceramics class are progressing nicely in their various individual projects. Class membership is now reduced to eleven, one person being on extended vacation and the other for an indefinite residency restriction. Three of the class members continue to work on ceramic sculpture items. The other class members prefer slab construction. Each person works at his own pace. However, the instructor's patience is on occasion stretched by certain class members who would have a project completed before it was barely begun.

The instructors working together warped the small floor loom in May. It was the first time they had done this without an experienced instructor to supervise. For Mrs. Sterling it was an entirely new experience and an opportunity for further training in this area.

Mrs. Sveiven is still working --- twice a week. Progress is slow and sometimes discouraging. However, after once progressing to the level which she achieved last fall one hesitates to discontinue seeing her.

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. Aimed 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 Men's Allstar vs Men Employees Softball Games
- 5 Attendances at Downtown Baseball Games
- 2 Men's Allstar Out-of-town Softball Games

Recreational activities in the central program during June largely 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 are 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 abundant are 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 tonics 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 the playground much against her will. The Aide from her building; for

months felt powerless to "get through to her." They 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 commentary 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 who care for her are fastidious about how --- is clothed. Alien 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, --- should 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. Needless to say, very contented picnickers 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 Gates resigned his position as Patient Activities Leader I in Greenacres Division, Mr, Gates 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 an 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 outpatients at Birch. She will also continue the program Mr. Richard Tempter 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 JUKE 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 to 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 the --- brothers (dwarfs). They are very enthusiastic about coming and enjoy doing simple craft projects, We also have a new student, ---, in 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.