



FOSTER GRANDPARENT PROGRAM

A SERVICE PROGRAM OF:

the Minnesota Association for Retarded Children, Inc.

3225 Lyndale Avenue So.

Minneapolis, Minnesota 55408

612-827-5641

FUNDED BY:

ACTION, Washington, D.C. and State of Minnesota

SEMI-ANNUAL REPORT

FOSTER GRANDPARENT PROGRAM

3225 Lyndale Avenue South
Minneapolis, Minnesota 55408

SEMI-ANNUAL REPORT

December 31, 1972
James E. Lieder - Director

Our last semi-annual narrative reported an increase in our funding, but at that time we were unaware of the dollar amount. We can now state we have been given an increase of forty three (43) more foster grandparents. These will be allocated to the various locations I have listed below:

Brainerd	41
Cambridge	40
Faribault	40
Fergus Falls	17
Lake Owasso	16
Rochester	15

In 1969, our budget was reduced by six (6) foster grandparents.' I have re-instated these six positions at Brainerd, Cambridge and Faribault, as well as, increasing the state funded program at Fergus Falls and Lake Owasso Children's Home.

The Rochester State Hospital welcomed the addition of foster grandparents to their facility. As this was a new program for them, it took some time to gear up and program the foster grandparents along with the newly initiated mandatory education of trainable children. At the time of this writing, all fifteen grandparents are devoting their love and attention to the children at the hospital.

Due to the doubling of the national Foster Grandparent Program budget, many agencies throughout the state had anticipated receiving foster grandparent funds after having submitted a written application. It is indeed unfortunate many could not have been funded, for in many areas, the children would have benefited immensely. However, the national guidelines are rigid, which eliminated applications, but most applications were not funded due to insufficient funds. Increasing existing programs and starting new programs in states where there were none, took the bulk of the funds.

Although the President vetoed the Older Americans Act which contained several amendments, we are fortunate to be on a continuing resolution of funding; and he has stated, that he does favor continuing successful programs and the Foster Grandparent Program is one of them.

I have several recent inquiries about our Foster Grandparent Program here in Minnesota. We are very pleased to be able to furnish new directors with assistance in starting their new programs. We realize all areas and settings do not operate the same as others, but procedures such as orientation, in-service training and transportation all are an integral part of every program and the knowledge a director gains from other systems, the more workable he can make various perform. I look forward to more inquiries as directors seek answers to specific questions.

On Tuesday, November 28, 1972, Congressman Bergland visited the Brainerd State Hospital which coincided with the sixth anniversary of the program at the hospital. Congressman Bergland spent considerable time talking to the foster grandparents and viewing the children with grandparents. He had his picture taken with six of the original foster grandparents, and who, incidentally are still going strong.

BRAINERD STATE HOSPITAL
Brainerdj Minnesota

PART I
GENERAL OPERATIONS

This six months brought even more changes than in the past. Children have changed their places of residence and gone into more programs. Many meetings have been held to make sure two programs were not overlapping or claiming the child at the same time. The mandatory schooling was first and then the other programs worked around that. It involved many children on our program, but fortunately they did not have to be taken off the Foster Grandparent Program completely.

Team meetings are held regularly concerning the needs of the children. These are very important for the information that can be relayed to the grandparents on their specific child.

In-service classes are held regularly on Mondays or other scheduled days for films or workshops.

Films viewed these six months have been on staph infections, diabetes and communicable diseases. The grandparents attended a workshop given by an R.N. and Rec. worker on sensitivity and communicating with the children.

The Foster Grandparents are able to take their chest x-rays through the mobile unit except those who happened to be gone. Those are given by the hospital. Flu shots and Mantoux tests are given by the hospital. Physicals have been given and are soon to start again.

Policy meetings of the hospital are held each week. Much information comes from this meeting.

Parking cars is a problem here at the hospital. After a survey of where the grandparents park, we were not the cause, even when the hospital assistant indicated he thought we were.

Our camp trips this summer were all good experiences except they didn't last long enough. Illness and storms caused some scheduled trips to be cancelled. Forty-five different children were taken to camp and many, several times.

Quarterly birthday parties were held to celebrate both the grandparents and the children's birthdays. Birthday cakes and other goodies are furnished by the grandparents. Usually a program is given too.

Eight grandparents were trained during this six months. Three of them were unable to continue on the program. One had too much money when her husband's social security started. One had a nerve problem that seemed to get worse when she was working here and the other just finished her training and was called to a sick daughter.

The increase from thirty-eight grandparents to forty-one was welcomed by the staff as well as ourselves.

Two grandparents changed their status from regular to substitute and three grandparents terminated. In two cases failing health was the cause. In the other, incidents of drinking caused a request for his voluntary termination.

Grandparents are taking children bowling, wheelchair square dancing and **on bus rides** in cooperation with the recreation department in Program 1-4. This has helped **our** space problem on those days.

The Host Advisory Committee has met and been kept up to date on the progress **and** problems of the grandparent program.

State Senator Borden spoke to the grandparents at an in-service meeting member of the Committee of the Governor's Council of Aging. Representative Robert Bergland visited us on the sixth anniversary of the program. He spoke to the grandparents as a group and then talked individually with them. He left our program feeling that we were not wasting government funds. PART II

COMMUNITY RELATIONS

Invitations to speak at the Junior College Child Development Class, the Senior **Citizen** High Rise, Bethlehem Lutheran Church guild, senior citizens of Pierz and tours **here** at the hospital, were opportunities to talk about the Foster Grandparent Program. The senior citizens of Pierz was a one to one with the grandparents, and they expressed a very understanding attitude of the Foster Grandparent Program after they had spent a couple of hours with them.

I have been active in helping plan the Retired Senior Volunteer Program (R.S.V.P.) here in our area. It has developed to the stage of being sent for approval to Washington. We hope it will be initiated here in July of 1973 after approval.

I have also helped with a capitol fund drive for the Salvation Army. Each person or business I came in contact with I gave them information about the Foster Grandparent Program.

I am program chairman for the Crow Wing-Aitkin ARC and find this a good opportunity to let others know about the Foster Grandparent Program too. The opportunity to go to the governmental affairs meeting of the ARC gave me a chance to talk to our local legislators again.

As co-chairman of the VFW dances for the retarded, it give our Foster Grandparent Program a boost by the VFW supporting us in our money raisers.

The grandparents furnished a complete meal to the Teen Corp at Camp Confidence. We had good coverage by the news media and, therefore, prove that we are a giving group as well as a receiving group. Also, the grandparents have paid another \$200.00 to the Camp Confidence fund to defray an unobligated loan to finish our building. We have sold over \$200.00 of playing cards for the camp also.

The public schools system was unfamiliar with our program so I was able to talk to the Special Education Director about the Foster Grandparent Program too.

A contact with a retired professional magician brought him to Brainerd to entertain the grandparents. He was not familiar with the program, but over the coffee cup we were able to tell his daughter, son-in-law and his wife about our work.

We have had good newspaper coverage from the Crow Wing County Review, The Echo and the Brainerd Dispatch.

The grandparents took up a collection of \$75.00 to give to the Shady View Nursing Home of Rapid City, South Dakota when the flood hit them. We made our contribution through the local Salvation Army.

Grandparents and myself attended bazaars in some of the churches here in Brainerd when the hours were right.

Mary Ann Erckenbrack
Program Supervisor
Brainerd State Hospital
Brainerd, Minnesota

PART III
OBSERVABLE BENEFITS

Foster Grandparents

A sixty-six year old grandmother from Brainerd describes the benefits of being a Foster Grandmother. She has been on the program for 1 1/2 years.

"A foster grandmother is just a plain old grandmother. She has lots of leftover love and needs a place to use it. She has made one big mistake- -she thinks now my family is grown, my time is mine to do as I like. Please take my word- -it won't work.

Waste your money and you can get more but just while away your God-given time and it's gone. I can only speak for myself, but I'm sure all other grandparents feel the same. Everyone sees how it helps these little ones. They have no way of knowing what it does for us. Sure, we're not young, and many nights we go home tired, only to find ourselves planning for the next day. My most asked question is- -how can you do that work? My answer- -how can't you? (I know, never answer a question with another question.) •

We don't see those twisted little bodies or that odd little face. We only see children who need some one of their very own to love and be with. It's only two hours a day for us, but a life for them. Open that ward door and watch them hurry each to his own. Some will fall getting to you, but they never give up. You say--but people really can't take it. Take what? Only by the grace of God one of these little people could have been theirs. I find it much more rewarding to do for someone who can't do for himself. It's not only the little ones who love you. I leave building #21 and hea- -be careful now, grandmother, it's raining, don't go in the ditch. See you tomorrow. You miss a day or a week and you must stop and explain why. That's what I call real love. You call us foster grandmothers, but these people have made us "honest to goodness" grandmothers; and they did it in a short time. I have never been happier or more satisfied with myself. I'm sure the others feel the same.

I guess it all adds up to one thing. A foster grandparent is one who does for someone else but really the rewards are very evenly divided. Once again we are needed and we love it!"

So

Get your feet out
from under that table.
Do something worthwhile
just as long as you're able.
Oh, yes, you may say-
"But, I want a prize."
That's nothing dear lady,
come look in the eyes
of some youngster who's waiting
Right there at the door
For you to come in, so
He'll get out once more.

Just out in the sun-or maybe the snow
Come on, Let's Go!
Maybe he can't even walk by himself
He'll be in a wheel chair
And needing your help.
So you be his motor
Get those wheels on the way
When you see that big smile
You know he's made your day.
That's what it takes
to make a grandmother
"I'm one and I'm proud!"

CAMBRIDGE STATE HOSPITAL
Cambridge, Minnesota

PART I
GENERAL OPERATIONS

Six additional foster grandparents were added to our program. **They are:**

Lawrence M. Anderson	-	Age	71
C. Oscar Becklin	-	"	80
Grace P. Johnson	"		76
Marie C. Johnson	"		70
Hilda C. Patron	"		73
Gudrun E. Schake	"		65

All succeeded beautifully in their new assignments and continue **to serve as substitutes** when needed.

Two terminations occurred this period - one of the foster grandparents **was struck by a** car while crossing the highway. She expired sometime later. Her family **sent memorials** to her assigned children. Another foster grandparent was incompatible **with Foster Grandparent Program** and Cambridge State Hospital policies, especially **as to methods of discipline** concerning his assigned children. The Five County Human Development **Program** at Braham had been counseling him and strongly recommended that he be terminated. **The Cambridge State Hospital staff psychologist supported and assisted me in dealing with the problem.**

In-service education for the grandparents was varied as the following **list will show:**

Film: "Preparation for Life" and discussion - Role and need **for foster** grand-
parents within the institution.

Demonstration and discussion: First aid, restraints, care of patients in wheel-
chairs, proper outerwear.

Film: "Second Chance"

Film: "Principles of Development"

Tour: ~~New~~ buildings - Dellwood North and Dellwood South

Quarterly Foster Grandparent Club meetings and coffee get together (September)

Discussion: ~~Work~~ related problems.

I also attended in-service education made available by Cambridge State Hospital. Dr. Alfred Wiger, Willmar State Hospital chaplain conducted a class - "Introduction to Transactional Analysis", a course to gain insights into the personality and to learn a new tool in understanding ourselves and others.

I also attended and successfully completed the Red Cross Multi-media program, an 8 hour course.

The foster grandparents and I attended the "Meet your Legislative Candidate Day" in the Cambridge State Hospital auditorium. It gave us the chance to familiarize ourselves with our candidates and their views.

The planning committee met monthly. Discussion centered around present activities, the future of the Foster Grandparent Program, space problems and changes within the institution.

A number of the children on the program reached or passed the age of 18, therefore, they were dropped from the program since our guidelines so state. The need for a foster grandparent still exists even though these children are "too old" and I feel there is a definite need to amend the current policy which limits the chronological age to 18. It would be desirable to determine need on an individual basis regardless of age.

Late summer also brings changes at Cambridge State Hospital (an annual event). Many of the children in the Foster Grandparent Program are eligible for the TMR program which takes six hours of each day, therefore these children had to be dropped from the Foster Grandparent Program completely. Also the new Project Teach grant necessitated time changes (which was not difficult) and in some cases "graduation" from our program. Eight of the children reached or had passed their 18th birthday and had to be dropped.

The first meeting of the newly reorganized Foster Grandparent Program Advisory Council was held in September. Introductions were made; pamphlets, brochures and reports distributed to each member. Many of the members were not thoroughly acquainted with the program at Cambridge State Hospital, therefore our December meeting began with on-the-job observations. Each member was assigned to a foster grandparent and spent the afternoon two hours with him. A short meeting followed and each member related his impressions and observations. They all agreed it was evident that there is a definite need for more foster grandparents. This appears to be an interested, excellent working committee. The members are:

Earl Blake & Jim Carlson
Dept. of Manpower Serv.
100 So. Park
Mora, Minnesota 55051

O, J. Miller
Isanti Independent Oil Co.
Isanti, Minnesota 55040

William Soderlund
Isanti County Family Serv.
237 S. W. 2nd
Cambridge, Minnesota 55008

Mrs. Elaine Glidden
Coordinator, Senior Cit. Ctrs.
Rt. 2
Stanchfield, Minnesota 55080

Dr. Marvin White
Five County Human Dev. Prog.
Braham, Minnesota 55006

Foster Grandparent Advisory Council Members-continued:

Mrs. Muriel Swanson
Chisago Cty. Wef. & Fam. Serv. Dept.
County Courthouse Annex
Center City, Minnesota 55012

Mrs. Kenneth Kelley
Interested Citizen
407 So. 5th Avenue
Princeton, Minnesota 55371

Mrs. Iona Osterhuis
Member, Gov.'s Cit.'s Coun. on Aging
Rt, 1
Mora, Minnesota 55051

Pastor Donald Moses
Pastor - Oxlip Evang. Free Church
Rt. 1 - Isanti, Minnesota 55040

Clifford Wickblorn, Foster Grandparent
Rt. 2, Isanti, Minnesota 55040

Mrs. Elizabeth Sundwall, Foster Grandparent
430 No. Ashland, Cambridge, Minnesota 55008

Mrs. Hazel Henschel, Foster Grandparent
106 So. 7th Avenue, Princeton, Minnesota 55371

John Stocking, Administrator
Cambridge State Hospital
Cambridge, Minnesota 55008

Jim Lieder, Program Director
Foster Grandparent Program
3225 Lyndale Avenue South
Minneapolis, Minnesota 55408

Conferences and meetings occur daily with various members of the Cambridge State Hospital staff; daily unit meetings, bi-weekly administrative staff meetings; individual meetings with members of Social Service, the librarian, unit directors, Mr. Stocking, Administrator; technicians, the dental department and psychology. The in-service education department is invaluable to us as they assist in organizing and planning our training sessions as well as an on-going in-service program.

PART II COMMUNITY RELATIONS

The Foster Grandparent Program support of the Pet Farm at Camp New Hope continued with a donation (in August) of \$300.00 which was a result of selling small gift items. The proceeds of a Christmas bake sale (nearly \$115.00) and those of sales of Christmas gifts and decorations were also donated to the Pet Farm. These activities enable us to meet many citizens of our community and those areas of Cambridge State Hospital **not** served by our program, as well as those areas that are.

In August we chartered a bus and toured Camp New Hope which is located approximately 90 miles north of Cambridge State Hospital near McGregor. Dibbo's Restaurant in Mora served us a lovely dinner at a nominal cost and we stopped for coffee on the way home at the Roadside Restaurant in McGregor. The tour at the camp was conducted by the camp director and two members of the Teen Corp. We were very much impressed with the **progress** made since our last visit and with the quality of the work done by the Teen Corp.

The coffee break enjoyed by all at the Arlington Restaurant in Cambridge appears to be becoming a Christmas tradition. Again this year we congregated there for punch, sweets, coffee and good fellowship.

Also this Christmas season the foster grandparents presented a program for the Cambridge State Hospital staff - their Christmas thank you for help, support and kindness shown in the past years. The program consisted of songs, reading, a harmonica solo followed by coffee, Christmas goodies and apples.

The new smocks were distributed to the foster grandparents and they wear them proudly. It distinguishes them from other employees and volunteers and draws much attention to the Foster Grandparent Program.

PART III OBSERVABLE BENEFITS

Grandpa Garrit VandeKamp, 85 years young, flew to his homeland, Holland in mid-December to visit friends and relatives. He carried back an authentic "Dutch Wooden Shoe" which is now our official Foster Grandparent Club gavel. Quite possibly, this trip may not have become a reality had Grandpa VandeKamp not been a part of this program.

Other foster grandparents have in the past visited their homelands, Sweden and Norway, and have also been able to visit children, friends and relatives in the far corners of our nation. I'm sure the supplemental income of the program has made these trips **possible**.

To quote a paragraph from a letter written by a member of another federal program:

"Believe me, we appreciate all that the foster grandparents do and we've noted so many successes that could not have been achieved except by the conscientious work of a grandparent".

A unit in which the majority of the grandparents work surprised them with a "thank-you" coffee hour complete with a lovely decorated cake which read, "Thank you, Foster Grandparents". The unit director addressed the grandparents stating that more benefits are derived from the program than realized by the grandparents and children. She stated that they are the morale boosters and the "cheer" in her unit for all the staff.

Ardis Anderson
Program Supervisor
Cambridge State Hospital



STATE OF MINNESOTA
DEPARTMENT OF PUBLIC WELFARE
CAMBRIDGE STATE HOSPITAL
CAMBRIDGE, MINNESOTA 55008

December 28, 1972

Mr. James.E. Lieder, Director
Foster Grandparent Program
Minnesota A.R.C., Inc.
3225 Lyndale Avenue
Minneapolis, Minnesota 55408

Dear Jim:

I would be happy to respond to the question of mutual benefits derived by **our** residents, institution and Foster Grandparents.

First the Foster Grandparent, we feel, benefits in the following ways -

1. Provides them socialization with people their own age.
2. Gives them a feeling of being needed.
3. Probably makes them more mentally alert.
4. They receive a nourishing noon meal which they perhaps would not have if they were alone at home.

Secondly, the residents benefit accordingly -

1. The Foster Grandparent is the one person the child feels very close to - child knows the grandparent is coming to spend time with him alone.
2. Provides more opportunity for resident to be outside during warm weather, and off the ward otherwise.
3. Gives many of our residents the opportunity to respond to their grandparent by smiling or reaching out for them, whereas they had never responded to anyone before.

Thirdly, the institution benefits as follows -

1. Gives Technicians more time to spend with other residents.
2. Develops a better relationship with the community - grandparents talk about their work here, with relatives and friends.
3. The institution is the recipient of donations from the Foster Grandparent group who raise money through various bakes sales, etc.

If I can be of any further help to you, please let me know.

Sincerely yours,

JohnH.Stocking
Administrator

JHS:jl

FARIBAULT STATE HOSPITAL
Faribault, Minnesota

PART I
GENERAL OPERATIONS

"A Mobile Society" seems to be an apt description of the Foster Grandparent Program and supervisors in all the Minnesota hospitals, and especially fitting at Faribault. Last fall our office was moved to a building soon to be razed - but until the wreckers come we are very comfortable in a four room former office suite. Our office furniture is "left overs" or "early miscellaneous".

This is the first time we have had enough room of our own to hold in-service meetings for the entire group and can accommodate the group plus spouses and guests for the monthly social and birthday party.

The grandparents are constantly moved from room to room as innovative programs constantly take more space. The building supervisors, library, unit directors and Mr. Madow, our liaison, with the hospital do all they can to make space and supplies available.

As a result of the new TMR Program we have made many re-assignments. Some deeply emotional ones as children who had the same grandparent for a long time were taken to "school". We were pleased to have the acute hospital ask for a least 12 grandparents to help with a group of new patients sent from a private children's home. The hospital has provided a nice play room, toys, wheelchairs etc.

Nursing education is most helpful in showing many education films and has provided many hours of on the ward in-service training in feeding, positioning, etc. The Safety Committee has done the same - along with the Physical Therapist, Occupational Therapists, Recreation Department, Rehab., Building Supervisors, Dietitians and all ward help.

In our Planning Committee Meetings with a representative from each building where grandparents are - the most asked question is, "when can you send us more grandparents?" The grandparents and I are invited to attend team meetings in all units when the foster grandparents children are being discussed. The grandparents are asked to attend day camp with the children; transportation is furnished for them to and from the camp grounds. Some of the grandfathers and a few grandmothers helped clear brush, etc. One of the grandfathers acted as "sidewalk supervisor" in telling a group of young college volunteers how to mix mortar for the walks they were building.

Mr. Lieder has provided neat, blue smocks with emblems for the foster grandparents.

PART II
COMMUNITY RELATIONS

Thru the Public Relations Director & Nursing Education, Faribault State Hospital has been on TV many times on channel 2 and lately on channel 4. The foster grandparents were featured as one of the programs benefiting the children. Several grandparents were shown feeding and teaching a child colors, wheeling the children etc. Our local radio station had a series of interviews with key people from the hospital.

One of the grandparents is a former neighbor of republican Albert Quie, and so this is his home territory. We always try to greet him when he is in the area. As co-author of the Foster Grandparent Program he never fails to ask me about the progress of the program and sends his greetings to those he knows personally. Senator Purfeerst is also a "local" man and personally acquainted with many of us. He will be speaking here this Friday at an awards ceremony. The grandparents will all attend in a group.

Our county attorney, civil defense director, mayor fire chief, lieutenant on the police force, deputy sheriff, ministerial association, Salvation Army Captain and wife, director for A Better Rice Co., social security representative, Community Action Program Director, Forever Fifty Club, president - Golden Agers and Hi-Way Safety Office have all visited the grandparents and conducted an in-service meeting to help them in their respective fields. They were most interested in the legal advice and the instructions from the police, sheriff's department on protection for themselves and property.

They all were reassured they could call the police for help in illness, transportation to the hospital in an emergency, to watch their homes while they are away.

PART III OBSERVABLE BENEFITS (to FGP & Children)

Our Christmas Social - a dinner dance at the Eagles Hall this year would have made a fine advertisement for the benefits to the grandparents. Some of the grandparents who thought their legs hurt too much to walk very far were up dancing - many said they thought they would forget how and never had expected to dance again. The social club is probably the only opportunity some of our "loners" have to play games - just be at a party.

The field trip to Taylors Falls with the boat trip up the river, bus ride down thru the fall foliage to Red Wing, was a first for many. The trip to the model city at Jonathan and attending the Chanhassen Dinner Theater to see "Fiddler on the Roof" was a first time for the legitimate theater for almost all the group.

One grandmother who has only distant relatives in California, loves the two children up here to the point where she won't take a vacation and says when she leaves she's taking "baby" with her.

The baby she speaks of was assigned to her from a crib where he spent 24 hours. At 9 years he looked like 3. She has him walking all over campus, saying a few words and ready to go on the TMR Program.

A mother whose child had a foster grandparent for a few months insisted he be re-assigned. She was determined to the extent of going to the state ARC Director, our director and insisted we do something to have him reassigned although the building team here didn't think he'd benefit. By graciously explaining the situation to our hospital program director and unit nurse, he was reassigned and does respond with a smile.

Recently one of the medical staff called in several others and commented on one of the grandmothers helping a child to walk. He complimented her perserveranee, saying, he never expected to see that child up walking.

Two of our grandmothers sitting in an ophthalmologist's waiting room in Minneapolis were asked by another lady where they were from etc. The lady was so impressed with the work they were doing at their age, the obvious love and enjoyment for and of the children, she waited until they had finished with the examination and insisted she take them to lunch to hear more about the program.

They were taken to Dayton's Sky Room as guests of the lady who thanked them for spending time with her, as she said she was very lonely, despite no financial worries and was happy to hear of the benefits to both child and grandparent.

Our cards, candy, candle sales all sorts of club meetings, bank business etc. keep the program before the public.

To our grandparents, these children are not ugly or retarded, they are beautiful, especially in their devotion and adoration of the grandparent. Like the two women who were taken to lunch, this attitude of the grandparents is bringing to the community a new concept and acceptance of mentally handicapped children.

One of our grandmothers who is making a courageous effort to make a come-back after surgery a year ago for extensive malignant tumors, is an inspiration to all of us. She seems more concerned about coming back to be with the group and her two "little boys" than she is over her condition, which no doubt keeps her "going".

The financial benefits to the grandparents are obvious as we know what a financial and physiological situation results when one of the group has to take a long sick leave or be terminated because they are no longer able to come.

As supervisor, I try to help them as much as possible in their personal affairs if needed. Yesterday I drove a grandmother to Owatonna and sat in a lawyers office all afternoon with her trying to help with legal affairs she was afraid to cope with alone and afraid to drive except to work. One of them made the statement, "I know we are older, but we all look to you as our "Mother". I consider it one of the finest compliments I have ever had - as that's what I'm here for.

Today they will attend a showing of three film strips from the Governor's Citizens Council and University of Minnesota.

The staff here at Faribault State Hospital not only see the benefits to the children but can see how the program has changed the appearance, attitude and lives of the 40 dedicated "oldsters".

The grandparents themselves say "we are the lucky ones" - and are thankful to you, the government and the Minnesota Association for Retarded Children.

Mrs. Beryl Lattimore
Program Supervisor
Faribault State Hospital

/

LAKE OWASSO CHILDREN'S HOME
ST, PAUL, MINNESOTA
FOSTER GRANDPARENT PROGRAM
SEMI-ANNUAL NARRATIVE REPORT ,
December, 1972

PART I
General Operation

We feel fortunate that the number of budgeted Foster Grandparents **has been** increased from five to fifteen. Most of the new Grandparents have been referred to our home by Manpower Services which does some of the preliminary screening before the Grandparent is referred here,

The recent "Trainable Mentally Retarded" school law raised a lot of anxieties **for** the Grandparent staff and myself as to who we would be working with if **all** of the residents were in school. The school district gave us permission **to work with** some of the residents that attend school on campus. We **work with these children** two hours daily. The Grandparents are working with some residents **who have been** recently admitted and not yet programmed in the school setting, as **well as several** that go to school on campus.

There have been several lengthy illnesses that have forced two **of the Foster** Grandmothers to resign. At the present time there is one on "Leave **of Absence**",

In-service training is being held regularly. The most recent one was in conjunction with the Project Teach staff, dwelling on "Art for the Retarded". **Another** one dealt with demonstration and participation in recreational activities at **the** residents range of functioning,

The Foster Grandparent attends the team meeting when their child is being teamed, They are able to discuss with the other disciplines of the institution the progress of the child as they see him.

Many of the Grandparents do some follow-up work on what the Project Teach staff is doing in self-help skills. This is primarily on dressing, grooming and speech; however, most of the time is spent on socialization, companionship and recreation,

PART II
Community Relations

Several of the Psychiatric Technicians gave a Christmas party for the Grandparents, They were given a large coffee maker, cups and coffee so they can now have coffee in the office before and after work while waiting for the bus.

Rayette, somehow found out about our program and stated that they would rather, instead of having a Christmas party, donate money for something the Grandparents could use in their work. Last week they came in with two phonographs **and several**

childrens records. Needless to say, this is very much appreciated, There have been many tours here and when they see the Grandparents with their residents, they become very much interested in the program and ask questions about it.

PART III
Observable Benefits

The Foster Grandparents are continuing to seek new ideas and things to do with their children. They are willing to seek advice on "What can I do to help Mary?" They have a very good relationship with all of the staff members.

One of the residents, that according to his record, has never said a word is now saying a few words. The Grandmother said she has worked daily in attempting to get some verbal communication.

Most of the residents are learning to socialize more adequately by being with someone who can lend individual attention daily and being in an "at ease" setting.

On one of the reports, one of the Foster Grandparents wrote "I feel I am gaining far more than what I'm giving",

Several of the parents are aware of the Foster Grandparent Program and are grateful if their son or daughter is included, A few have made positive statements on what the program has done for their child,

Lyndon Hansen
Program Supervisor

FERGUS FALLS STATE HOSPITAL
Fergus FALLS, Minnesota

PART I
GENERAL OPERATIONS

On August 9, 1971 the Foster Grandparent Program at the Fergus Falls State Hospital began. This opened a whole new world for senior citizens and residents alike. What is being a foster grandparent to a retarded child like? Oh! Such a big building to be in, I'll never find my way around. What will I do if the child I am to take care of runs away from me? These and other questions were running through the minds of six senior citizens who were to become foster grandparents for twelve lucky mentally retarded children at the Fergus Falls State Hospital. What was on the minds of the twelve children who suddenly found strangers coming on to the wards to get them? There was apprehension, uncertainty, fear and frustrations. It did not take but a few days and a bond of trust and love had been formed between the foster grandparent and their foster grandchild. When 10:00 a.m. neared, the children were waiting at the door for their foster grandparent to come for them. Even the most severely retarded knew when it was time for the foster grandparent to come for them.

Our program began with six foster grandparents. During the two days of orientation, two decided that working with mentally retarded children would make them too nervous and did not return. They were replaced. As the time went on and news was spread about the enjoyment and fulfillment of the work, one decided she wanted to return, but much to her disappointment our quota was full. She came back as a substitute and worked as a volunteer foster grandparent. During the late fall we were able to hire seven more foster grandparents who could be employed until December 1. This gave her a chance to come back for a couple months. In July we received the good news to hire eleven more foster grandparents. This brought lots of joy to the seven who were previously hired for a couple of months. They were patiently waiting to return.

We have had a few changes during the year. We were saddened by the sudden loss of Foster Grandparent Thomas Stich who died as a result of a fall down stairs. Myrtle Larson is now living in the Henning nursing home recuperating from a stroke. Stella Jensen terminated from the Foster Grandparent Program to accept employment at the Henning nursing home. Two others terminated for their own personal reasons. Mrs. Evelyn Olson's status was changed from a substitute foster grandparent to a regular.

We have seventeen foster grandparents working full time. This is our quota.

Many thanks go to Mrs. Mary Ann Erckenbrack, supervisor of the Brainerd Foster Grandparent Program for helping me get organized with our program. I must admit, I had apprehension, uncertainty and yes, even fear, but all this has been replaced by "occasional frustration" and the realization that working with the less fortunate is a real rewarding experience.

We are very fortunate here, in that the hospital has provided us with a large area in which the foster grandparents can take their children for different activities. This area is put into good use when it is raining outside and especially during the cold wintery months. We have one very large room in which they are able to teach the children how to ride the three wheeled bicycles. We also have space in which records can be played or if they choose to look at books or magazines, and swing in the porch type swing, a big favorite of the kids.

Other areas in the hospital used by the foster grandparents and their charges are the library and canteen. The ward also has a "wreck room" which contains toys and a TV room with a color TV in it which is also shared with the foster grandparents.

The hospital also provided the foster grandparents with their annual chest x-rays, Mantoux tests and flu shots. The annual physicals will also be given them.

The opening of school for the trainable retarded brought about many changes in our program. The foster grandparents had to make new acquaintances, and it also gave children who had never been in our program a chance to have a foster grandparent.

In August the foster grandparents accompanied their children to camp at Long Lake. The noon meal and lunch was delivered each day. The children enjoyed the boat rides, raft rides, fishing and swimming. Everybody had the chance to enjoy the great "outdoors".

If the foster grandparent has a child that is scheduled for physical therapy or for physicals, they accompany them there.

Weekly bus rides are scheduled for Thursdays, but the schedule is "adjusted" for times like when the bus breaks down--or stormy weather!!! The bus rides are part of the movement efficiency program at the hospital and include the foster grandparents with their children who like to take part. The rides are tremendously enjoyed. The driver, Darwin Bachmann, has taken them to many places they had never been before.

We are always pleased to have someone visit our program and were especially so when Mr. Robert Hoffman, the hospital administrator and Mr. Dale Offerman, program director for the State Regional Retardation Services observed the foster grandparents "in action" with the children they were in charge of. From their facial expressions and a comment of "real good", I am sure they were well pleased also.

IN-SERVICE

In-service is a great asset to the foster grandparents. This gives them the opportunity to learn and understand more about mental retardation, meet and get acquainted with the staff. The first initial two week in-service training is followed by one hour in-service per week. Films and video tapes used for in-service were:

"Introducing the Mentally Retarded"
"Mental Retardation"
"Downs Syndrome"
"Retarded Children Go to Camp"
"They Need These Days"
"Organizing Free Play"
"Color Her Sunshine"
"World of the Right Size"
"Feeding Techniques"

In-service also consisted of meeting with the houseparents and discussing a particular child; thus better informing the foster grandparents of the child they were taking care of. This helped in providing a better relationship between child and foster grandparent.

The foster grandparents also observed their children in a swimming class held at the Holiday Inn. Physical therapy and speech therapy was part of in-service also.

Mr. Virgil Karmgard of the Fargo Branch Social Security Office also spoke to the foster grandparents and answered many of their questions.

PART II

COMMUNITY RELATIONS

We had exciting memorable days in April and May. On April 25th, Governor Wendell Anderson and members of his tour group toured the Fergus Falls State Hospital. They visited the Foster Grandparent Program and all the foster grandparents met, talked to and had their pictures taken with Governor Anderson. A day long to be remembered.

On May 5th we attended Recognition Day at the Ambassador Motel in Wayzata for those who have served as foster grandparents for three and five years. We had the honor of hearing Senator Mondale. Anne Johnson presented the three and five year certificates.

In April we visited the Foster Grandparent Program in Brainerd. The foster grandparents did their usual bit by entertaining us royally.

On May 25th we observed Senior Citizen Month by having open house. Our objective was to introduce more senior citizens to the Foster Grandparent Program.

In October it was my pleasure to be called on by Mrs. Norma Mac Arthur and Mrs. Bonnie Irwin of the Fargo area. They viewed our program and visited with the foster grandparents in hopes of getting a Foster Grandparent Program started thru the Children's Village in Fargo.

On November 26th, the Youth Achievement Center held "Family Day". Eleven foster grandparents took part in this and had the privilege of meeting the parents and families of their foster grandchildren. The day appeared to be a success and there is talk of having more of them.

Also, on November 26th, Mr. and Mrs. Herb Boese celebrated their 40th wedding anniversary. We surprised them by having a group of foster grandparents and myself attend their open house. Their program was "This is Your Life", which I took part in by bringing up the present life of Mrs. Boese. She is one of our foster grandparents.

During the months of November and December the foster grandparents bombarded the hospital and community by selling the Flame of Hope candles. This also gave them the opportunity to advertise the Foster Grandparent Program.

We have had several comments on the sharp looking smocks the foster grandparents are sporting. They are nice looking and they especially like the pockets which enable them to carry little things.

The foster grandparents took their children to the annual Christmas program which was held in the main auditorium here at the hospital. Also, for Christmas, I took pictures of each foster grandparent with his foster grandchild. The foster grandparents enclosed these pictures in a Christmas card to the family of the children. They are now beginning to get response as the result of this.

PART III

OBSERVABLE BENEFITS

Foster Grandparents

How is it measured who benefits most from the Foster Grandparent Program; the foster grandparents or the children? In my observations it is hard to determine. Monetary value is important to the foster grandparents. They are especially proud of being able to have a job to support themselves, especially in these days of forever rising prices, doctor bills and medical expenses. They are also proud of being able to put a little sunshine into the lives of less fortunate children. And how about that noon meal that otherwise would have been gone without? Especially, when one lives alone, very little cooking is done as it is much easier to snack.

Actual quotes from foster grandparents themselves are:

•"I like my job. I think it is nice old people like us can get a job and help retarded children".

"These people seem so happy when we do some little thing for them. It is wonderful to have something to look forward to each day, something worthwhile".

"Being a foster grandparent makes me feel needed and keeps me young and going. It gives me something to get up for in the morning. I also enjoy being with other people. Hearing their problems makes mine littler to bear and I learn to get along with other people- old and young".

"The Foster Grandparent Program has kept me gainfully employed in doing worthwhile work. We hope to fill the gap in these children's lives".

"Working as a foster grandparent has been the most rewarding work I have ever done. It makes me feel so good to be able to do something really worthwhile for these people".

"Having worked as a foster grandmother for over a year, I find I like it more as time goes on. I meet and make new friends. It is very rewarding when you see how the children respond as you get to know them better. I find it hard to change children as I get very attached to them".

"I have something to look forward to. It also keeps me more alert. And oh! that extra income". "To think I could be one that can help retarded children day after day makes me feel useful at my age. I love the children and love to work with them and to see them smile when I come in to meet them in the morning. Each day is a new experience which makes life worth living, not only for myself, but also for others".

"The Foster Grandparent Program means a lot to me by its sociability of being with other grandparents and being able to do something for some less fortunate. The smiles of the retarded children is most rewarding".

"A job, that's not a job at all. Giving of your love to someone who returns your love with a smile of gratitude, that's worth a million. My family worried that taking the job would be hard on my nerves, but instead found out I was happier and more relaxed than I'd been for months. I'm proud to be a part of the Foster Grandparent Program".

"I feel needed. It makes me happy when this child is glad to see me. Working with these unfortunate people helps me realize my own blessing. I'm getting an education in learning to understand and care for the mentally retarded. I have a child to give my love to. I get out of my house each day. I enjoy the fellowship of the other workers. It's a much needed source of income".

"I really like it! The type of work, the conditions to work in, the hours, the number of days and good meal you get at noon. It's fun to work with other people. I missed them on days I wasn't working".

"It is just the amount of work I want which helps me keep up my expenses as my social security doesn't amount to much. I am alone and have to foot the bills".

One 84 year old foster grandparent chuckled as he said, "It helps keep me young".

BENEFITS TO THE CHILDREN

In talking with different staff people, the comments usually are along the same line.

"The foster grandparents are a godsend to the ward. They help with the meals and help fill in gaps with staff coverage as short as it is at the present time".

"The one to one attention! The kids show more affection to the foster grandparents and we assume it is because of the special attention received and also that the attention does not have to be shared".

"The foster grandparents carry on programs, particularly toilet training. They take the kids for treats and outside and to activities. It would be impossible for the staff to take so many of the kids. They take the kids off the ward in a good program when ward staff is short, leaving time for routine work. The foster grandparent relationship improves the overall temperament of the child".

The greatest impact made by the foster grandparents on the non-ambulatory ward is "awareness". These profoundly retarded children are aware of the fact that someone is there that cares. This was recently proven when one of the foster grandparents was assisting someone else during meal time after her own child had been fed. He did not approve of sharing the attention as he so demonstrated by crying, for when she had finished and returned to her own boy again he stopped crying and was happy again.

Another instance was when one foster grandmother was standing behind her girl who was in the wheelchair at the table eating. She reached around and tugged at her foster grandmother until she stood where she wanted her to- -right beside her. The foster grandmother exclaimed, "Why, she does know I'm here!"

I wonder how many other incidents like these occur but are passed off lightly and untold, but for a profoundly retarded child is a big improvement?

The only so called "bad" report I have received about the program is the over protection the foster grandparent gives the child and their possessiveness of them. Isn't this typical of being a grandparent?

Mrs. Fern Rau
Program Supervisor
Fergus Falls State Hospital
Fergus Falls, Minnesota



STATE OF MINNESOTA
DEPARTMENT OF PUBLIC WELFARE

BRAINERD STATE HOSPITAL
BRAINERD, MINNESOTA
56401

January 22, 1973

Mr, James S. Lieder, Director
Foster Grandparent Program
3225 Lyndale Avenue
Minneapolis, Minnesota 55408

Dear Mr. Lieder:

We appreciate your interest in hearing from us regarding the benefits of the Foster Grandparent Program to our residents, the foster grandparents and Brainerd State Hospital in general. Since our administrator, Mr, Peterson, will be out of town several days, he has asked me, as social worker, to summarize the reports which he requested of several key staff members involved in the program.

In reading the reports, I feel you would get the full flavor of the writers' feelings better in reading the full report. You will note, that although the reports come from staff in the various services--director, nurse technicians, there is a unanimity of thought--that the program has many benefits.

As social worker for Building 6 which has the youngest residents and Building 21 which has the wheelchair residents,, many of whom are the oldest residents, I feel that the program's only drawback is its age limitation. that no one over 18 years is eligible for it. I have many on my caseload who are 50 - 60 years old chronologically but are 5 - 6 years old mentally. For these having someone giving them extra attention would be very meaningful. Also at that age, the resident's own family is quite often out of the picture, adding to the aloneness,

The reports have indicated quite fully the benefits to the grandparants. One of the greatest, I feel, is the morale booster they get when they know that someone is waiting for them and the lighting up of faces when they arrive.

The benefits to the hospital are more difficult to pin down. The grandparents have several projects going, such as bake sales and sales of cards, napkins, sweet corn, etc., all to promote some interesting pastime for their charges, Whenever I read about these events in the Brainerd Dispatch. I always say to myself, "Weil, those grandparents can really get things moving to keep Brainerd aware of their program,"

State of Minnesota
ROCHESTER STATE HOSPITAL

2110 EAST CENTER STREET
ROCHESTER, MINNESOTA 55901

January 22, 1973

James E. Lieder, Director
Foster Grandparent Program
Minnesota Association for Retarded
Children, Inc.
3225 Lyndale Avenue
Minneapolis, Minnesota 55408

Dear Mr. Lieder:

Although our Foster Grandparent Program is but three months old, we have found it to be a most rewarding experience for our residents.

We can perceive a growing and consistent personal relationship developing between the resident and the grandparent. The resident is receiving more personal attention without having to compete with other residents by negative behavior. The grandparent is helping build self reliance in the resident and improving his social interaction.

At the same time, we feel the grandparents are benefiting because the challenge placed before them is giving their lives new meaning. They have an enthusiasm for their work which is contagious. The hours they spend with residents provide extra hours for staff to care for other residents. And staff is using that time in providing better and more meaningful care to our residents. We hope the Foster Grandparents are sharing their images of our programs with others in the community a sort of unsolicited public relations

In the future, we look forward to this program in assisting us in reducing self-injuries, improving physical health, ambulation through a cooperative effort with other teaching programs,

We feel the Foster Grandparent Program has been very effective for both parties involved. We enjoy having the grandparents on our campus and we look forward to a continued mutually satisfying and beneficial program.

Sincerely

Robert F. Rosenthal
Hospital Administrator

RFR/jd

Mr. James E. Lieder, Director
January 22, 1973
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I know that Mr. Peterson could have made a much more forceful presentation for the program, but perhaps this will convey to you that we are 100 per cent in favor of the program and wish you success in your presentation of it.

Sincerely,

BRAINERD STATE HOSPITAL

Victoria Roseberg
Sr. Social Worker

VR/mk