

PALMETTO



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South Carolina State Hospital

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Frances C. Shimmel, Editor

William S. Hall, M.D., Supt.

GREETINGS FROM DR. HALL!



William S. Hall, M.D.

The superintendent extends greetings and congratulations to the patients of the South Carolina State Hospital on the occasion of the first issue of their news sheet.

For many years the activation of this project has been greatly desired by each administrator. It is hoped that

this communication sheet will be beneficial to patients and employees alike. It is further hoped that this will be another stepping stone toward providing care and treatment at the South Carolina State Hospital that is second to none.

Your assembling of information of interest about the various departments and individuals, patients and employees alike, will prove more and more valuable as time goes on. An enlightened group is an understanding one; and your efforts to promote goodwill and cooperation will become of increasing service. The success of this endeavor will depend upon "the everlasting teamwork of every individual" and those responsible for the monthly, "Palmetto Variety", are confident of your continued cooperation.

Sincere congratulations to each of you!

William S. Hall

William S. Hall, M.D., Supt.
South Carolina State Hospital

RECREATIONAL THERAPY

The Recreational Therapy Department has as its over-all objective the rehabilitation of the patients socially - by:

Helping adjust them to institutional life by surrounding them with familiar recreational activities in pleasant settings.

To relax tension by promoting such genuine fun that all fears and barriers are broken down.

By offering kindness, understanding and companionship.

By helping to develop right attitudes towards oneself, towards others and the hospital.

Developing initiative, courage and self-confidence by getting them to take part in the activities.

Giving them a chance to play with a group on their own level. To feel group security - To encourage the group to accept them and help them relax by making them feel wanted.

To provide a chance for self expression - To do again the things they once enjoyed - and encourage the development of dormant talents.

To help keep them up to date with the outside world.

Frances C. Shimmel

DANCE HINTS:

To her

Girls - Would you like to be considered very light dancers?

Then, hold the weight of your partner and the weight of both arms off partner. Use your insteps for spring and smoothness necessary for good dancing.

To him

Fellows - Don't smother the girls. They really need room to dance and breathe. They should only be held firmly enough for them to feel secure in your leadership. Loosen

COMING ATTRACTIONS

16MM for ward entertainments:
"No Room for the Groom"

35MM to be shown in the auditorium:
"The Will Rogers Story"

Plan to come to this show. It is a story of the life of Will Rogers played by his son, who because of his likeness and closeness to his father does a splendid job in this part.

Herman R., volunteer patient on Recreation, is the chief mover and operator for ward movies. He is doing a fine job and welcomes responsibility with a smile.

*** S P O R T S ***

By Johnnie M. B. B-2

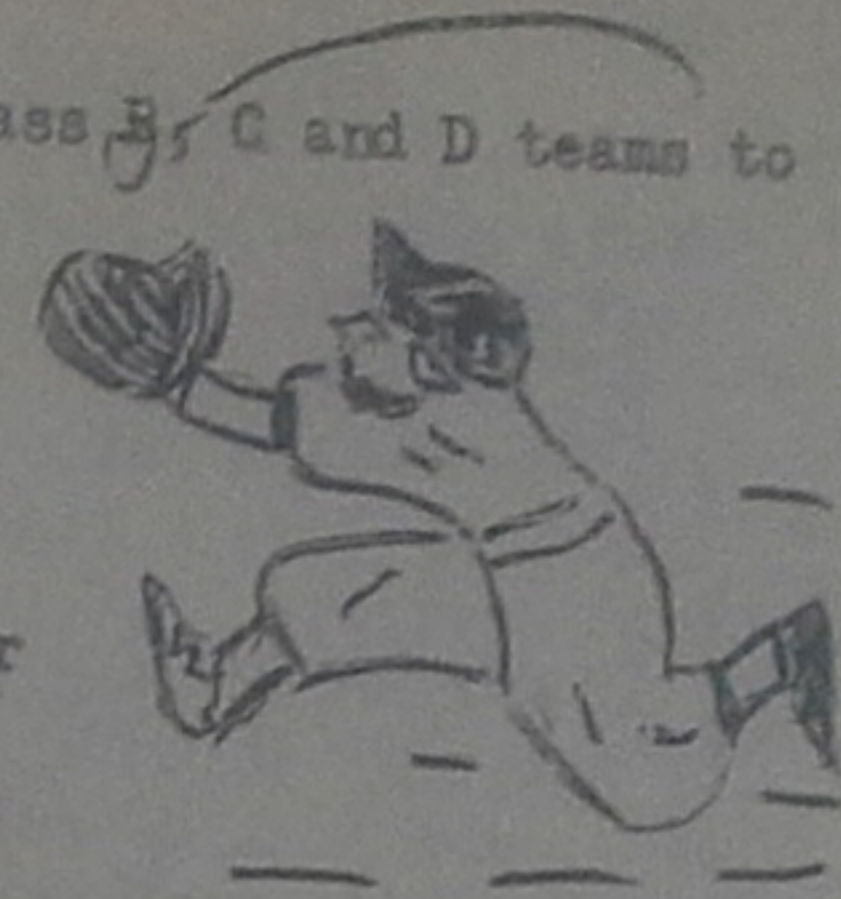
HELLO, FOLKS:

In making our initial bow and welcoming you readers to the sports section, it will be our purpose to try to acquaint you briefly with the aims and objectives of the sports activities of the Recreational Therapy Department.

You know of the varied program being carried on - horse shoes, volleyball and other such games. Currently, the major sport being featured is softball, and it is the idea of the Recreational Department to let every patient, who has any desire at all to participate in the sport, to have a part.

Of course, competitive play will be featured with teams representing several groups in the hospital. We will tell you more about that later; but at this point we wish to place emphasis on the "little fellow." There is a group of patients who feel that they are not physically fit to play softball at all. There are others who are able to play; but who are shy because they cannot hit or field like some of the fellows on the "big team" or the "regular team". You might need courage to go out in front of a crowd. All of this, and more too, has been thought of and cared for by the Recreational Department. In addition to the Class A team there

will be a Class B, C and D teams to take care of the fellows in the above categories.



If you are a weak hitter or fielder, or not sound in body like some of your buddies on "A" team, don't let that keep you away. Come on out and join the gang. There will be a place out there for you. You may be surprised when you get on the field to know that it is not hard after all. Instead of ridicule which you may fear, you will find some of the boys ready to greet you and to help you, to teach you, not only the game itself and how to play it; but to help you develop self-reliance, courage, ability to do your best whatever that may be. If you are not a shining light the first day or the first week; don't let that discourage you - Stick to it. A group of players from Class A will be out there to help and encourage you.

As to the competitive play there are now three teams operating. The Engineers represent the Maintenance Department. Then there is a team called the "Atomic Bums" - the administrative and personnel representation. The Medical Department will be represented by the Attendants Club. Last, but as a big portion of our readers hope, not least, at least percentage-wise, will be the patients Class A outfit. Recently the ministerial and medical stu-

dents have come in and it is likely that a league will be started soon. So, there you are folks! We want all the fellow patients to know that they have a place in the softball program.

If for any reason you cannot, or do not wish to enter the actual play, you will be welcomed as a fan. Without the spectators, the folks on the banks who lend their encouragement, the softball program would not be complete.

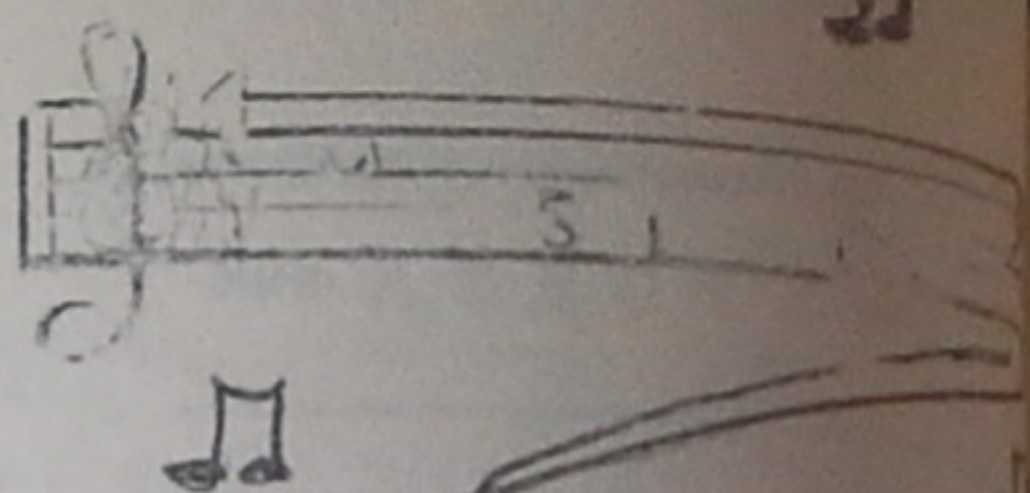
If you cannot play, come out and root for the team of your choice, and please be easy on the umpires. They are doing their job gratis and are doing it as well as they can.

So, until next week when we hope to give you more live sport news, let our theme song be, "Take Me Out to the Ball Game," and when we get there let it be, "Hail, Hail, the Gang's all Here."

The croquet team from the Personnel Department has played among themselves at lunch time for a number of months. Now they want new competition. Organize your teams - Employees and Patients - and let's see if we can't give these boys what they want.

We have two new croquet sets and we need volunteers to help clear the courts. Get in touch with Recreation Office.

F. C. S.



Mrs. Frances Shimmel, our Educational Director, extended an invitation to a musical appreciation at 3:00 on Wednesday, May 29, at the Williams Auditorium.

Miss Josephine A. opened the musical with a sketch of the life of Frederic Chopin and a piano rendition of "Raindrop Prelude," composed by him.

Mrs. Shimmel completed the program with the following selection of songs:

- Polonaise in A Flat, Op. 53, by Chopin
- Jose' Iturbi, Pianist.
- Etude No. 5 in G. Flat Major.
- Etude No. 12, in C. Minor.
- Etude No. 3, in E Major.
- Nocturne No. 2, in E Flat Major.
- Berceuse in D Flat Major.
- Polonaise No. 3, in A Major.
- Waltz No. 7, in C Sharp Minor.
- Waltz No. 11, in G Flat Major.
- Etude No. 4, in C Sharp Minor.
- Oscar Levant, Pianist

Approximately 125 patients were present and by unanimous vote it was decided to continue these entertainments for all the interested persons of music.

A most enjoyable hour was spent and we expressed our appreciation to Mrs. Shimmel for a delightful program and for the wonderful work she is doing in her untiring efforts to bring diversion and happiness to all of us.

M. M. E. 5A

WHAT IS OCCUPATIONAL THERAPY?

Perhaps the simplest definition in every day words would be - "Curing by Doing." More technically, Occupational Therapy is the science of using creative, manual, educational and recreational activities in a restorative program for the sick, infirmed and disabled. The Therapist should be inherent in the activity, and must treat not only the disabled area; but the person as a whole. Though the practice of Occupational Therapy is as old as civilization, as basic as common sense, and as welcome as the warm heart; it has been mainly since World Wars I and II with their residue of thousands of handicapped Veterans; that the profession has come into its own. The proof has been decidedly in the budding that the success of Occupational Therapy has created a need for more help in every way.

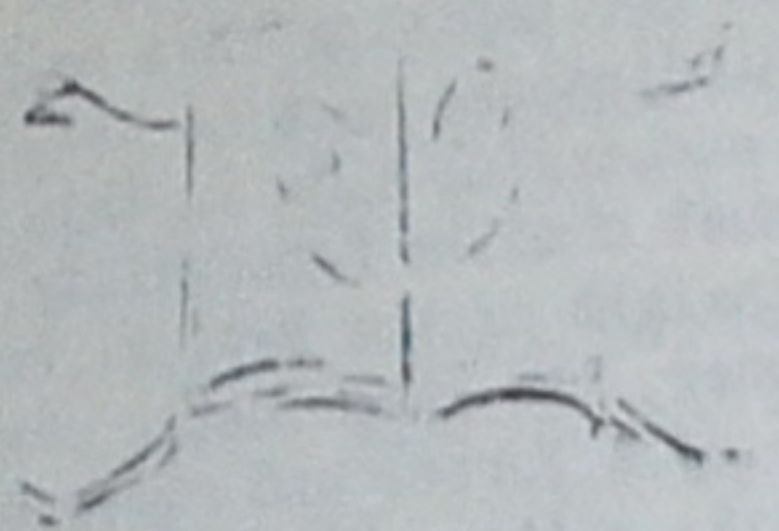
Who are Occupational Therapists? They are the trained people who are today entitled to write O.T.R. - (Occupational Therapist Registered) after their names. Though not limited to them exclusively, Occupational Therapy today finds its greatest field of usefulness in both public and private Hospitals the world over. It is giving treatment aid in rehabilitation programs of the Army and Public Health Service Hospitals. Community Workshops, Rehabilitation Centers, Schools for the Handicapped, Homes for the Aged, the Deaf and the Blind and Mental Hospitals all use Occupational Therapy in their work of help and self-help.

Among the healing arts, none offer a greater reward to the creative personality, no work is more inspired or inspiring than helping the handicapped back to health. To be a successful Aide in this work one must combine Personality with the insight of the Medical Practitioner, the sympathetic competence of a Nurse; and above all, Creative gifts. The Attendants and Aides must help, and demonstrate the skills with which he wishes to help the patient; not only to restore the patient to health; but increase his usefulness to himself, his family, and community. For the aim of the treatment is intensely practical. The tools by which this is all accomplished are: - Ceramics, Sculpture, Painting, Music, Metal Craft, Needle Craft, Weaving, Woodcraft, and Self-care such as dressing, house work, and other daily living activities. There are many others and our Aides and Attendants should be happy to enter into the spirit of this service.

Everyone connected with O.T. is concerned for the whole man or woman. The usefulness of this work is recognized by the Medical Profession. Sometimes the doctor wants the patient to attain maximum physical function by improving motion in the joints, etc., at other times, in mental cases, aid the patient to adjustment to hospitalization, to encourage him to socialize with other patients, or to learn some interests and hobbies he can continue at home.

Lillian McIntosh

OF PEOPLE AND BOOKS



BOOKS ARE FUN.
BOOKS tell us about people and places.
BOOKS introduce us to wonderful friends.

PEOPLE from earliest times to now, have turned to books for profit and for pleasure.

---- from The ----
Wonderful World of Books

PEOPLE ARE READING *****

- ** Pie for Breakfast - Averill.
- ** The Nightingales are Singing - Dickens.
- ** Horn of the Hunter - Ruark.
- ** Case of the Fugitive Nurse - Gardner.
- ** The Walsingham Woman - Wescott.
- ** The Lady of Arlington - Kane.
- ** Trouble at Tall Pine - Ward.
- ** Beyond This Place - Cronin.
- ** Lord Vanity - Shellabarger.
- ** Desiree! - Selinko.
- ** Life is Worth Living - Sheen.
- ** Too Late for Phalarope - Paton.
- ** Invitation to Tea - Lang.

OTHER RECENT ACQUISITIONS--

- ** Goodbye, Summer - Mackay.
- ** God so Loved the World - Co.
- ** Seven Years in Tibet - Har.
- ** Shantyboat - Harper.
- ** Kissing Kin - Thane.
- ** The Wise Bamboo - Morris.
- ** Dangerous Angel - Kelland.
- ** Cougar Basin - Hamilton.
- ** The Peace Maker - Poole.
- ** Herman Hickman Reader - H.
- ** Windswept - Chase.
- ** 20 Days to Better Spelling - Lewis.
- ** Green Rose of Furley - Bar.
- ** Love from Sandy - Berger.
- ** Labrador Nurse - Banfill.

LIBRARY CONT.

READERS' CHOICE

** OF WHALES AND MEN by Robertson is an excellent report of a modern Antarctic Whaling expedition and of the unusual men who follow one of the world's most unusual occupations.

K. F.

** THE LIGHT HEART by Thane is a story carrying you from the turn of the century through the first World War. The locale is Williamsburg, Va., England, and Germany and gives you a vivid picture of the political conniving of Germany preceding World War I.

J. C. McE.

** ROOSEVELT AND THE WARM SPRINGS STORY by Turner. In his search for health, Mr. Roosevelt came upon what was to become one of his greatest projects. To the many admirers of our late president and to all who have benefited from therapy at Warm Springs, this book is a must.

S. S.

** BEHOLD WILLIAMSBURG by Chamberlain. Would you like to take a pictorial tour of old Williamsburg, Virginia's colonial capital? Then, don't miss Behold

Williamsburg. This collection of photographs is not only beautiful and charming, it's true and authentic. The reader is given a lasting impression of the Williamsburg influence on our education, on architecture, and our decoration.

E. M. D.

** REBEL PRINCESS by Anthony. A remarkable book portraying vividly the customs of eighteenth century Russia - its church scenes, state banquets, mask balls, the intrigues and love affairs of foreign courts, the devotion and heroism of the millions of subjects. The admirable qualities of the heroine, Catherine the Great of Russia, are vividly displayed - her patience, courage, perseverance and devotion. The story is a quite fascinating one and sure to hold the readers' interest.

J. A.

All readers are urged to submit material such as book reviews, book news, original selected articles for inclusion in the library column. Reviews or articles should be short, not to exceed 100 words. The section will be varied to conform to the type material submitted. Send or give any material to Library Activities Committee in care of the Library.