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Mrs. Julianie Jarrow, R.N.
Nursing

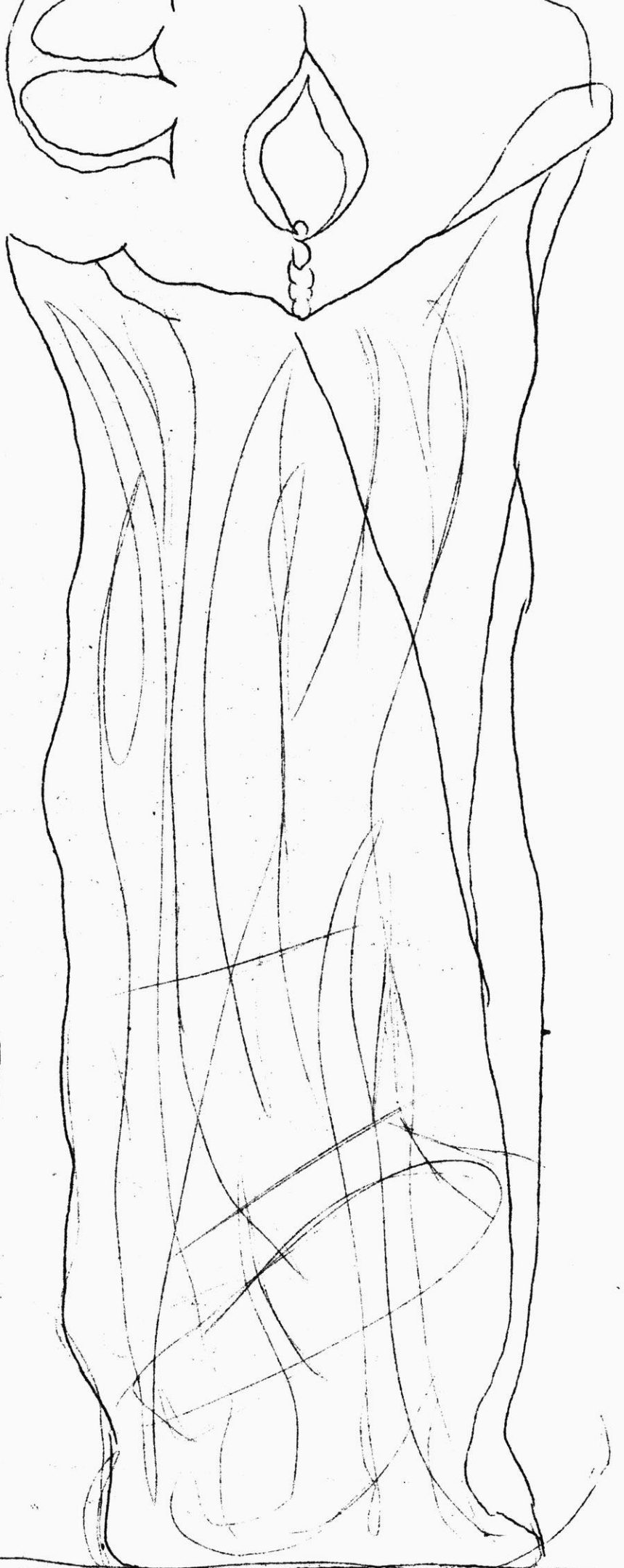
cue

VOLUME VII

ISSUE 2

MARCH 24, 1972

IF
CHRIST
HAS NOT
BEEN
RAISED,
YOUR FAITH
IS FUTILE
AND YOU ARE
STILL IN
YOUR SINS...
1 CORINTHIANS 15:17



EDITORIAL

SELF ESTEEM

Some patients may believe that their self worth has been degraded by being at Winnebago State Hospital. But why should they think this way, when entering the hospital is no disgrace?

When our car needs a tune-up job, it too "enters a hospital," at a local garage with the mechanic as the doctor. Its worth is increased by having a sound check-up. So it is the same with the mind. It too, needs a check-up and therapy is the "tune-up" for the mind.

As a person leaves the hospital, he should not do so with any feeling of inferiority. He can "face up" to any problem as an adult. He should be able to do this by taking care of himself by keeping himself busy enough not to dwell on difficulties anymore than necessary.

People on the outside are quite understanding and sympathetic. They do not take advantage of a person who has been in a mental hospital.

In short, a person should be decisive about his problems and retain his self esteem.

Paul

CUE EDITORIAL STAFF

Katie
Gerry
Elizabeth
Paul
Paul
Terry M.
Sandra
Bonnie
John
Sally
Gladys
Tom

Advisor:
Chuck Lomieux

ISSUES AND ANSWERS

HOW HAS YOUR STAY AT WSH AFFECTED YOUR FEELINGS ABOUT YOURSELF?

My stay has turned me into a leering dirty old man.

Mike

I feel better knowing someone might or does care. It makes me care more for myself and if someone cares then maybe there's a way for my caring. I feel great, whereas before I felt terrible.

Warren

It gave me a chance to take a good look at myself and how I might better myself when I leave here.

O.

It's helped me to see things about myself that I never knew or realized before, especially about my drinking.

The City Drifter

It has made me feel less confident of myself.

John

I have a different outlook on life—hopefully for the better.

Dick

It makes me feel worse about being here.

Tony

It has made me feel less like a human being and more like a machine.

Anonymous

My stay at the State Hospital made me realize I was upset about something. While here I was able to express to someone why I was upset. When I realized why I was upset, it made me feel more at peace for communicating to this and to that person.

James

It's lowered my opinion of myself.

Anonymous

It's deflated my ego to a great extent.

Anonymous

It's been very helpful and therapeutic for me.

Ed

It has caused me to reflect on my past actions; their cause and effect.

Charles

Most of the time I feel alot better for my stay here.

Harry

From being here I've become more critical and probably cautious. But in the long run I have been able to open up to people in a more realistic way. Because of this I've made some very good friends, friends I will remember this place by.

Sherry

A nice place when you have problems Also a different outlook on life when you leave of yourself, as this world is full of difficulties and problems.

Beverly

To be here while you're really ill, but after that to go home to your family where you belong.

Ruth

I look at things differently from what I used to. I'm not doing too many bad things. I'm not as loud. I hardly ever talk silly anymore. I don't even try killing myself either. It changed my attitude about people. This place has helped me a lot.

Paulette

At home I would be lonelier and here I get a chance to talk to people.

Elaine

I think it's improved.

Jane

I like myself a lot better. By this I mean I can live with myself.

Debbie

I love myself more and others less.

Anonymous

I'm crazier.

Anonymous

ISSUES AND ANSWERS

I found a good side of me.
M. A.D.

It has given me the opportunity to examine the things that have been bothering me.

Anonymous

It hasn't changed me a damn bit.
Anonymous

It has given me my self-confidence and the ability to think and act Normal.
Ruth

My feelings about myself have actually improved - even in a place like this. The people here have pointed out several things about me that made me think. Quite a lot. I think I'll leave this place feeling better about myself than I did when I came in.
Bonnie

I feel that it has broadened my views about the mistakes I've made in the past.
Sandra

I feel as though they are going to make me well.
Wanda

I feel good about myself, but I think this place is a prison.
Lillian

I feel that my stay here has made me understand that I need help, and this is a good place to get it.
Anonymous

I needed to come here to get my medication changed. I have great respect for my doctor.
Anonymous

I've learned to appreciate the great outdoors a lot more, and my opinion of myself has changed for the better.
Anonymous

I've learned to appreciate things a little more. Things like freedom.
Anonymous

A patient can stand back and look at themselves.
Anonymous

THE LOT OF A NURSE IN 1887

The following is a job description of a floor nurse in a hospital in 1887. It was published in a recent issue of the magazine of Cleveland Lutheran Hospital, exact date of the issue is unknown.

In addition to caring for your 50 patients, each nurse will follow these regulations:

1. Daily sweep and mop the floors of your ward, dust the patients' furniture and window sills.
2. Maintain an even temperature in your ward by bringing in a scuttle of coal for the day's business.
3. Light is important to observe the patient's condition. Therefore, each day fill kerosene lamps, clean chimneys, and trim wicks. Wash the windows once a week.
4. The nurse's notes are important in aiding the physician's work. Make your pens carefully, you may whittle nibs to your individual taste.
5. Each nurse on day duty will report every day at 7:00 a. m. and leave at 8:00 p. m., except on the Sabbath on which day you will be off from 12:00 noon to 2:00 p. m.
6. Graduate nurses in good standing with the director of nurses will be given an evening off each week for courting purposes, or 2 evenings a week if you go regularly to church.
7. Each nurse should lay aside from each pay day a goodly sum of her

WHAT YOU SHOULD KNOW

FOR THE NEW ARRIVAL

1. MAY I MAKE TELEPHONE CALLS?

Patients may make personal calls IF they get written permission from their doctor.

2. CAN I WEAR MY OWN CLOTHES WHILE I'M HOSPITALIZED?

When you were first admitted, your clothes and other possessions were taken from you by the Admission Office. After they are marked with your name to prevent them from being lost or stolen, they will be returned.

3. CAN I STORE CLOTHES I DON'T NEED?

Yes. Clothes you don't need at the time are stored at the Admission Office. You may obtain a garment, if necessary, by first getting a request slip from your nurses' station on your unit. Then you take this slip to the Admission and Discharge office where the garment or garments will be given to you. The remainder will be stored until the day of your release.

4. WILL I BE ORIENTED TO MY WARD?

Some units conduct orientation meetings within a few days of your admission. If you don't get called to such a meeting, ask a member of your ward staff regarding it. It is their job to assist you.

5. WHEN WILL I SEE MY DOCTOR?

More than likely, the first doctor you will talk with is your psychiatrist. He will interview you upon your admission and will visit your ward daily to check up on your progress and to help with any problems that might arise.

6. WHAT TYPES OF TESTS AND EXAMINATIONS WILL I HAVE?

You will receive a complete physical examination including blood and urine tests, X-rays, etc. The dentist will examine your teeth. You will be escorted to Keapster Hall and to the Dental Clinic in Gordon Hall for these tests.

YOU CAN VOTE !

On Tuesday, April 4, there will be a Presidential Primary Election and various local elections. Patients of WSH who are eligible, legal voters can and should vote. This year of course, that includes people 18 years of age and older. If you're a registered voter in your community, write to the City Clerk of your town and request absentee ballots. These ballots do not have to be notarized, WSH's Registrar, Richard Krajeck, told the CUE, but the accompanying forms should be signed by two persons who know you. You are urged to write the City Clerk in the city where you reside, today in order that you may receive your ballots in time. Exercise your privileges and vote this coming election for the candidates and issues of your choice. Become a part of our democratic system and vote. Voting is one of your greatest privileges. Nothing you do through the rest of the year is of greater importance.

Jerry

Chaplain's Message

THE RESURRECTION TODAY

We can think of the resurrection in two ways. First of all, the resurrection is historical. This is the way we usually think of it, and it has certain specific meanings for us. (1) God is not limited by the human factors that limit us. (2) Christ is not dead but living, able to be with us in our hearts and lives. (3) Love is stronger than death. (4) Resurrection means not simply a miraculous reappearance, but new life, renewal, rebuilding, revival. If we examine these meanings, each of them contributes to the realization that the resurrection is not only historical but also present and personal.

Part of what I mean by this is the inner experience of having something renewed, revived, brought back to life within us. That had actually or seemingly gone dead--ambition, hope, principles, faith, purpose, religious feeling, determination, peace. This kind of inner resurrection is not to be compared with that of Jesus; but on the other hand, the same power makes this possible that made possible the historical resurrection. For the principle of resurrection, the possibility of renewal, is a blessing from God to his people. It is constantly spoken of in the Bible in terms like newness of life, the new man, a new being, being transformed. We know that throughout God's creation there is an inclination and tendency toward healing, growth, improvement--an urge for any particular thing to be as right as possible, to be what it should be. Behind this tendency is a very specific force, the power of God, combined with his love for us. It was this combination of his love and power that made Jesus' resurrection happen, and it is this same combination of love and power that gives us the possibility and the prospect of renewal, rebuilding, and new being.

Chaplain Van Deusen

Library Corner

NEW BOOKS

Alcoholism and Society Chafetz, Morris
301.47

This volume examines the causes of alcoholism and reviews previous work on the subject, including definitions of alcoholism, psychological theories and other related scientific research. The role of drinking and attitudes toward alcoholism in different cultures are related. The book views the work conducted by such contemporary programs as Alcoholics Anonymous and the Yale Center of Alcoholic Studies. The final chapters are devoted to concepts and methods of alcoholism prevention.

The Seekers Stearn, Jess
401.45

The Seekers - young people in revolt against war, a materialistic society and government - are struggling to find a place for themselves in a confused and confusing world. Jess Stearn makes it painfully obvious that drugs only compound the confusion - that the young, like their elders, must find the answers in their own resources, in faith, faith in God and the universe of which they are a part.

I'll Cry Tomorrow Roth, Lillian
B Rot

The story of a woman's fight against alcoholism and mental illness. A story of indomitable faith and courage you will not soon forget.

Farewell to Fear Freeman, Lucy
B Fr

Today she is free of the couch. Farewell to Fear charts her extraordinary struggle to free herself from her fears and dependencies.

POETRY

I AM

I am wind, to ride the gales
fearlessly
I am earth, made from dust and
humility
I am growth, I will sow seeds of
soliloquy
I am time, an eternal lasting
infinity
I am peace, a golden pool of
tranquility
I am love, a pink sun of sincerity
I am wisdom, to face all courageously
I am truth, living a life of honesty
I am life, I use my energy extensively
I am real, I know about reality
I am rainbows, to color the sky
radiantly
I am air, all things breath of me
deeply
I am beauty, I give of myself freely
I am freedom, I'll free myself from
slavery
I am light, to shine on radiantly
I am sound, hear the sounds of
sympathy
I am now, I will always be, through-
out, eternity

Jesse

ALONE

If loneliness were just my little rag
doll
And understanding went as far as button
eyes can see,
Then maybe I'd accept my solitude
And like a little Raggedy Ann
I'd smile on childishly.
But thoughts that fill my head
Are not of cotton
Beneath my skin
I'm as real as can be.

Sherry

UNTITLED

Yet the taste and the touch
Are not forgotten...
Remembering her.

UNTITLED

Here I am in the center where
I do not wish to be.
Mingling in the vortex
of the New Society.
Different planes now and then and
then again despair.
Searching my soul,
again to repair.
Entrusting myself to myself or
maybe with myself.
And with help from friends I'm
ready to return to where
I do not wish to be.
Mingling in the vortex
of the New Society.
In bed alone and thinking of the
night,
I peruse the facets of
a difficult fight.
Willfully loosing to my
vision oblique,
questions of freedom,
The Human Mistique.
Joining the spectrum
of Vanity Fair,
is the answer in the Bible or
in bars of Beethoven,
some remote equation or
in Satans Coven
Is it here? Is it there?
Maybe thin air.
I met a person the other day.
I love you. I hate you.
I really don't care.
I like you. I want you.
Oh God how I care!
We laughed and we talked,
and they went away.

Mike

FRIEND

A flower
beauty
A sun
warmth
A touch
security
A heart
love
A friend
beauty, warmth, security and love

Katie

? ? ? ? ? ? ?

STATE PUZZLE

THE NAMES OF ALL THE FIFTY STATES CAN BE FOUND ALONG THESE LETTERS
THE NAME OF THE STATE SOMETIMES IS READ FORWARDS, AT OTHER TIMES
BACKWARD, UP, DOWN, OR DIAGONALLY. DRAW A CIRCLE AROUND THE NAME
OF A STATE WHEN YOU FIND IT.

S T T E S U H C A S S A M T R S M Z A O R U
R E T S K C I K P L B V R S Y A V E M A A W
A N O Z I R A I N I G R I V T S E W I D N Y
A I N R O F I L A C U A Z X Y S R G N I A K
N O T G N I H S A W L N A B S T H E N R I C
S O U T H D A K O T A N E E J J O O E O S U
M A R Y L A N D L M I H N W N O N R S L I T
O P U T A H R S T L N N U E J V T G O F U N
A K A X H O A W O I E Y Z A V E R I T S O E
K R L S B C D R E T F C I J K A R A A X L K
S O A A I N A V L Y S N N E P M D S N O P E
A Y S X H C S R N A G I H C I M N A E T U R
R W K E H O W Y O M I N G V S A X Y S Y A H
B E A T C E M F I L G H T I K L I K I E O O
E N U K L M N A H M I H E R C A R T N H D D
N O R T H D A K O T A N A G L B N I D U A E
S R I R U O S S I M I T A I S A A S I N R I
N E W H A M P S H I R E B N O M O R A E O S
X G I P P I S S I S S I M I V A V W N S L L
Y O C I X E M W L N D E L A W A R E A Z O A
X N I S N O C S I W R T S A N A T N O M C N
T T U C I T C E N N O C S I O N I L L I X D

1	6	11	16	21	26	31	36	41	46
2	7	12	17	22	27	32	37	42	47
3	8	13	18	23	28	33	38	43	48
4	9	14	19	24	29	34	39	44	49
5	10	15	20	25	30	35	40	45	50

STAFFING

Soon after you arrive at Winnebago State Hospital, you will hear other patients talking about being "staffed". This is a procedure that all patients go through and many are very frightened about it. We hope this article will help you to understand and to prepare you for this procedure.

Staffing is normally held approximately two weeks after your arrival, sometimes sooner, depending upon your condition and your reasons for being here.

Present for the staffing are your doctor, social worker, occupational therapist, recreational therapist, aides, student nurses and any other staff members who are working on your case. Before you enter the staffing room these people review your past history and your progress since you arrived. They then evaluate this information. After you enter the room your doctor asks questions about your present feeling, why you entered the hospital and what you hope to accomplish, both at the hospital and after your release. Any of the other personnel present in the room may ask questions pertaining to your case.

After you leave the room, your case is reviewed as to the necessary procedures and actions to be taken which will benefit your health the most.

Gladys

PSYCHOLOGICAL TESTING

Psychological testing is used for some patients.

This procedure must be requested by your psychiatrist. The psychiatrist informs the psychologist of his purpose for the testing. For example, if the patient is suicidal or if the patient is about to be discharged. The psychologist chooses the appropriate test and then observes the patient while taking the test. Combining the testing and the observation, the psychologist then gives an evaluation in summary form to the psychiatrist.

Psychological testing is used for two purposes; first as a diagnostic tool and secondly, as an aid in planning a patient's treatment.

Tom

on

emotions

WHAT IS HOPE AND DESPAIR?

Hope is a virtuous emotion that makes a person optimistic about his future. By thinking positively with hope, most of our daily success is secure. It is valuable for us, therefore, to get into the habit of hoping so that our daily endeavors are successful. There is no need to worry about things that will never happen.

Despair is the emotion opposite to hope. It is a negative approach to a problem. We know the story of Judas in the New Testament of the Bible. He despaired and committed suicide for betraying Christ. Peter, on the other hand, denied knowing Christ, but he repented and hoped for forgiveness which was granted to him.

While hope is excited by wisdom, despair is plainly foolish, a pessimistic outlook.

Paul

WHAT IS ENVY?

Envy is classified as something sinful when it makes one unhappy to see his neighbor succeed. William Shakespeare, the famous English dramatist, called envy "the Green-Eyed Monster" in a human being. There is nothing more disgusting than envy.

When one's neighbor gets a promotion or a new car, it is fine to give him a genuine hand shake and wish him a lot of success in the future. Also, if one buys a better house, his friends and neighbors should be happy in learning about this good fortune. These suggestions crowd envy out of lives of most people.

An envious person seldom is happy. Is there any good reason for being envious?

Paul

IN JEST

A CONCRETE EXAMPLE

Doctor: "You'll have to stop worrying and thinking about yourself so much. Throw yourself into your work."

Patient: "But Doc, I'm a cement mixer."

A NEAT FARMER

A farmer with his load of manure was just passing by a mental institution when two inmates were looking over the wall of their home.

"Where are you going with that load?" asked one of the inmates.

"I'm going home to put this on my strawberries," replied the farmer.

In a sprut of surprise, one of the inmates in the state of anxiety said, "We put sugar and cream on ours and people still call us crazy."

A SIAT CAT

Romona, a cat, was outdoors during the biggest snowstorm of the winter. Her mistress tried in vain to find her.

She called the police station to ask if anyone had found a lost cat. She wanted to impress upon the officer the great importance Romona was to the family. "She's so intelligent, Officer, sometimes she almost talks to me."

"In that case, Ma'am," said the impatient voice on the telephone, "you'd better hang up. She may be trying to phone you."

* * * * *

Husband: "I'm wearing my golf socks today."

Wife: "What golf socks?"

Husband: "You know, the ones with the eighteen holes."

BEAUTY CARE FOR WOMEN PATIENTS

To begin with there is a volunteer service by the Red Cross Grey Ladies. The volunteers furnish most of their materials for facials and manicures. They come Tuesday, Wednesday and Thursday to Sherman, Keapster and Gordon Hall for facials and manicures. They also have a very type of makeup which they apply after the facials including eyeshadow of several colors.

At the Fashion Korner there is the opportunity to supplement your wardrobe and even a wig. At times there are beauticians on duty to style the wigs when the Fashion Korner is open.

At the beauty shop we have several beauticians to give you the hair style that you want or several creations of their own.

By Sandra
Gally

WEIGHT LIFTING FOR WOMEN

I had the opportunity at recreational therapy to try my skills at weight lifting. Suddenly I found that it was rather easy to lift 10 pounds of weights and go through the exercises. Also, I learned how to lift 20 pounds above my head. Well, girls, if I can do it, you can too. How about giving it a try when you can?

By Sandra

SPECIAL ENTERTAINMENT

On March 9th at the Sing and Swing we had special entertainment by Mrs. Sommers at the organ and Mr. Weber playing the piano. The music was great and the dancers really appreciated it too.

Sandra

AN EVENING OUT

On Saturday, March 18th, Mrs. Jegwinski took a group of women patients to Berlin to see the movie "Catlow" starring Yul Brenner. The evening also included dinner at the Fonderosa. A good time was enjoyed by all.

Sandra

SPORTS SHOW 1972

On March 14th twenty-six patients and six staff members braved the late Wisconsin winter for a trip to the Sports Show in Milwaukee. The "limousine" (the old state bus) left the grounds at noon for a "roller-coaster" ride of ninety miles to the Milwaukee County Arena.

The "limousine" arrived in Milwaukee at 1:30 with thirty-two worn out passengers eager to get to the days business- The Sports Show.

Finding a parking space was the next step on the agenda. Believe it or not - it took forty-five minutes of desperate hunting to find a parking space that fit the "limousine".

Before we got into the arena everybody split up in groups of four which made it very easy to see most of the displays. There was a rod and reel display by many different companies; boats from under one-hundred for fishing to boats that ran as high as ten-thousand dollars in price; camp trailers, from the small fold-a-bout that costs two hundred fifty to three hundred dollars to the travel trailers that can go as high as fifteen hundred dollars; also there's few motor-bikes, by Honda, and other companies; and last, but not least many resorts and vacation spots were widely publicized.

The group of thirty-two fairly sleepy people entered the "limousine" at five twenty, right during rush hour traffic, for the ride back to Winnebago State Hospital. Everybody enjoyed the day to a great extent! On behalf of all the patients that went to the Sports Show we would like to thank the six staff members again.

By Paul

POOL TOURNAMENT

Thirty-two participants have been engaged in a pool tournament in the Sherman R.T. room. Two rounds of play (the best two out of three game matches). There are eight players yet competing. They are Jane John, Erhard, Joyce, Jan and Wes.

GIRLS GAME

A basketball game was played Tuesday, March 14 between the Hughes Hall 3 women staff and the Bulldogs girl's team. The staff defeated the Bulldogs 30 to 20. Scorers for the staff were Ivy Fullerton 18, Judy Mathis 6 Mary Ellen Keanny 4, and Kathy Frey 2. Helping the forwards out were Donna Howard and Jane Fellows. Guards were Joyce Klienke, Anne MacFarland, Mary Geiser, Joyce Brown, Doris Voorhees, and Fay Waupachek. The scorers for the Bulldogs were Nancy 18, Jeanine 2. The other forwards were Robyn Tina, and Linda. Guards were Laurie, Alice, Eunice, Julie, and Judy. The coach for the Bulldogs was Ken. Dr. Gannell coached the staff team. Well, the Bulldogs can't win them all.

DANCE

On Tuesday, March 21, a dance was held in Hughes Hall Rumpus Room. Music was provided by the Country-Trio. The music was pleasant to either just listen to or dance to. It seemed to draw more people to dancing than previous groups.

Jin

3. NURSE WHO SMOKE

earnings for her benefits during her declining years, so that she will not become a burden. For example, if you earn \$30 a month you should set aside \$15.

8. Any nurse who smokes, uses liquor in any form, gets her hair done at a beauty shop, or frequents dance halls will give the director of nurses good reason to suspect her worth, intentions, and integrity.
9. The nurse who performs her labors, serves her patients and doctors faithfully and without fault for a period of 5 years will be given an increase by the hospital administration of 5¢ a day providing there are no hospital debts that are outstanding.

PUBLIC HEALTH NEWS, January 1965, P. 11, New Jersey State Department Health

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF MARCH 27 - APRIL 2, 1972

March 27

Monday	9:00 am - 4:15 pm	CANTEEN OPEN*
	1:30 pm SH 1-2	Catholic Daughters
2:30 -	4:00 pm HH Music Rm.	RECORD LISTENING
	3:00 pm 2-W	Book Cart
	4:30 pm GH-AT Area	Canteen Social Chairmen
		Dinner Meeting
	6:30 pm HH Boys	Woodworking
	7:00 pm SH Wards	Outagamie Red Cross

March 28

Tuesday	9:00 am - 4:15 pm	CANTEEN OPEN
2:30 -	4:00 pm HH Music Rm.	RECORD LISTENING
	3:45 pm 2-E	Book Cart
	6:30 pm SH Basement	FASHION KORNER
	6:30 pm 2E, 3K	UWO Student Volunteers

March 29

Wednesday	9:00 am - 8:00 pm	CANTEEN OPEN
	1:15 pm 2-W	Appleton Red Cross
	1:30 pm GHS	Lutheran Ward Service
		Rev. Winter
2:30 -	4:00 pm HH Music Rm.	RECORD LISTENING
	3:45 pm 2-E	Book Cart
	7:00 pm Chapel	LUTHERAN LENTEN SERVICE
		Rev. Winter
	8:00 pm 1-E	St. Vincent DePaul

March 30

Thursday	9:00 am - 8:00 pm	CANTEEN OPEN
2:30 -	4:00 pm HH Music Rm.	RECORD LISTENING
	7:00 pm Chapel	Holy Thursday Mass
		Fr. Barrett

March 31

GOOD FRIDAY

Friday	9:am - Noon	CANTEEN OPEN
	2:00 pm Chapel	Reading of PASSION &
		Communion - Fr. Barrett

April 1

Saturday	12:00 - 8:00 pm	CANTEEN OPEN
	10:00 am GHS	Favorite Hymn Recital
		Mr. Korn
	6:30 pm Canteen	RECORD HOP
	7:00 pm Chapel	EASTER MASS
		Fr. Barrett

April 2

Sunday E A S T E R S U N D A Y

8:45 am Chapel	Protestant EASTER SERVICE
	Rev. Winter
12:00 - 8:00 pm	CANTEEN OPEN

*ALL activities in CAPITAL LETTERS are for all patients.

PATIENT LIBRARY, SH Basement: Open 9:00-4:00 M thru F