



LIBRARIES

UNIVERSITY OF WISCONSIN-MADISON

Cue. Vol. VI, Issue 8 May 21, 1971

[s.l.]: [s.n.], May 21, 1971

<https://digital.library.wisc.edu/1711.dl/SMA5A7P2GJMTA8O>

This material may be protected by copyright law (Title 17, US Code).

For information on re-use see:

<http://digital.library.wisc.edu/1711.dl/Copyright>

The libraries provide public access to a wide range of material, including online exhibits, digitized collections, archival finding aids, our catalog, online articles, and a growing range of materials in many media.

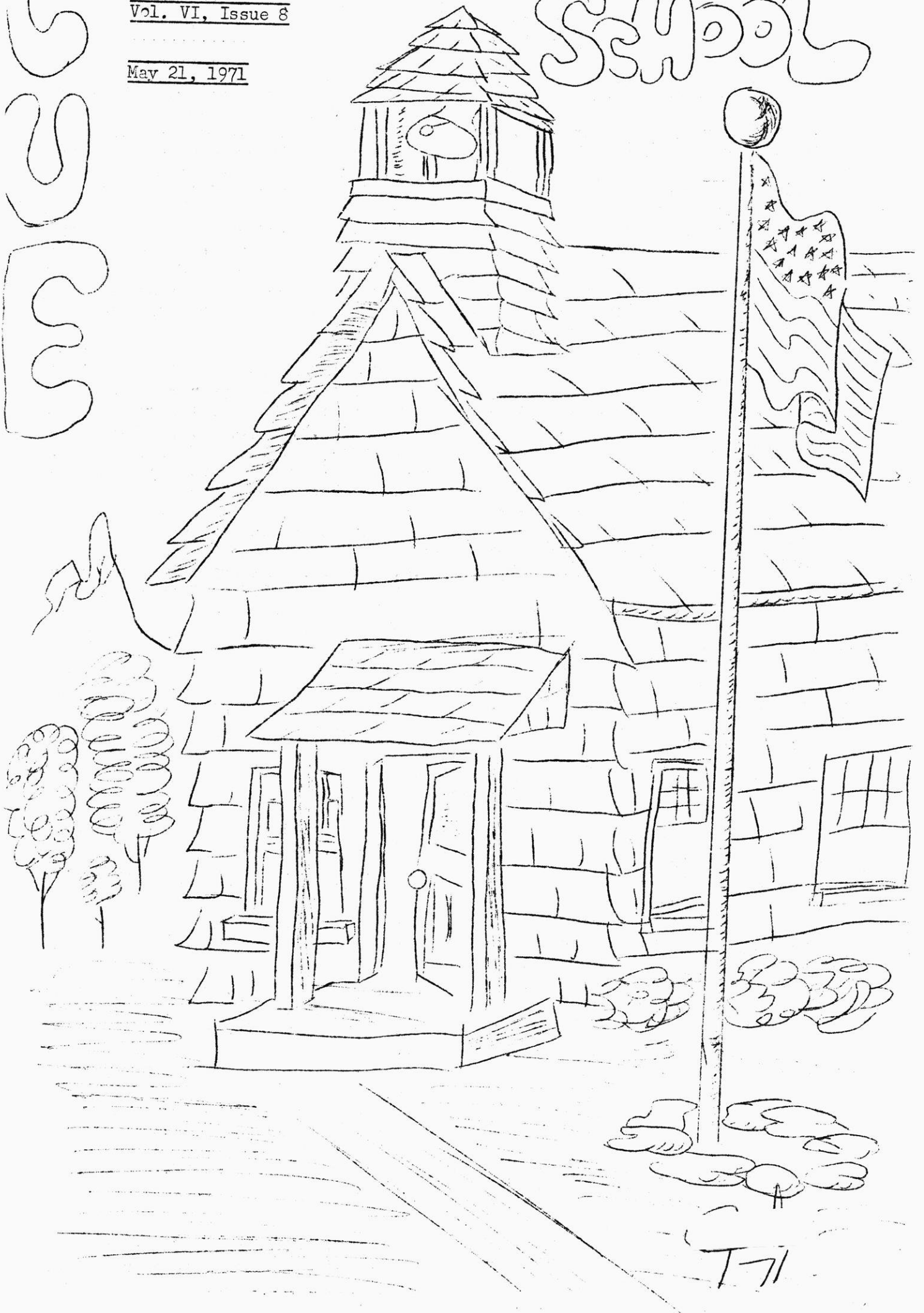
When possible, we provide rights information in catalog records, finding aids, and other metadata that accompanies collections or items. However, it is always the user's obligation to evaluate copyright and rights issues in light of their own use.

WATERWOOD SCHOOL

Vol. VI, Issue 8

May 21, 1971

C
U
E



WATERWOOD SCHOOL

SCHOOL CURRICULUM

Waterwood School has pre-kindergarten all the way through the 12th grade. There are two schools and two curricula. One school is our Regular curriculum. About 75 percent of the children who come to us go into this curriculum and that 75 percent at sometime leave and go into a regular public school classroom. For that 75 percent of the population, the course work they take is very much like the classes they would have in their own communities.

e. g. Grade X English, Science, World History, Home Economics, Physical Education, Algebra, Typing, Biology.

The goal with these children is achieved when they leave our school and are able to make a success of their own public school from whence they came.

The Special Curriculum is for children who for some reason are not going to end up graduating from high school. One kind of child is a boy or girl who is in a work study program. These boys and girls engage in work activities at our farm at the hospital and in the communities of Neenah and Oshkosh. They work with trees, paint fences, go into town to make money, etc.

Another group is for several disturbed young children who are completely out of touch with people and things in their environment. These children are involved in practical self-care activities like eating, dressing, washing themselves, etc. They are also involved in basic education and recreational experiences.

z

HUGHES GROUP SYSTEM

Hughes Hall students have privileges according to a group system. The numbered classifications run from 0 through 5.

Group 0 students have no privileges when they're not in classes, in group

therapy or going to meals. These are the only things for which they can leave the ward. At mealtime they eat in the small dining room off to the side of the big Hughes Cafeteria where students with more privileges eat.

Group 1 students may go to the school dances, eat in the big dining room and also go to the Canteen with a chaperoned group from the ward. Another privilege they have is going to the library.

Group 2 members have all the privileges that Group 1 members have. In addition, they have telephone privileges. 1 P.M. - 4:45 P.M. liberty on weekdays; 9 A.M. - 12 P.M. and 2 P.M. - 4 P.M. liberty on Saturdays; and 2 - 4 P.M. liberty on Sundays.

Group 3 students have the same privileges as Group 2 members plus 8 A.M. - 8 P.M. liberty in the summer and 8 A.M. - 6 P.M. liberty in the winter. They also may go out on a 12-hour pass off grounds with their parents.

Students in Group 4 may go on weekend passes with their parents in addition to what privileges other groups' members have. They may also have a 12-hour off-grounds pass on a one-to-one basis with any employee.

Group 5 students stay on the Honor Ward (B-4), one with little supervision. They may also have town passes till as late as 10 or 12 P.M.

Group promotions are earned by behaving well. Demotions are made for those with poor behavior such as swearing and fighting in school and not working properly there. This group system applies to ward behavior too.

All in all, it sounds like a good system which is used for the student's benefit.

Reason to rule, mercy to forgive:
The first is law, the last prerogative.--
Dryden

SCHOOL FOR SEVERELY DISTURBED

Hughes Hall has a remarkable program for autistic and schizophrenic youngsters the purpose of which is to develop the youngster to his fullest potential due to his limited inquisitiveness or inquisitiveness demonstrated the wrong way. The program was started in 1967. It is broken down into five levels of classes and three auxiliary classes.

The five levels are as follows: (1) Child Development (2) Pre-kindergarten (3) Kindergarten (4) Pre-primary and (5) Primary. The auxiliary classes are motor Skills, Language Development, and Family Living. These classes have a range of complexity. Each class is a little more complex than the previous level.

The pre-schoolers have a lot of difficulty communicating due to their language problems.

Game playing is used somewhat in order to reinforce concepts such as "inside" and "outside". Puzzles are put together by these special students in order to develop task completion. Most of these children prefer to be alone, so another purpose of games is to help increase socialization and activity completion. This type of game includes holding hands, riding in wagons, and going for walks.

An example of how the severely disturbed youngsters learn was seen by this reporter's sitting in on a Pre-kindergarten class--a type of class which usually has eight members.

The ordinal concept is taught by counting and looking at perhaps three objects at a time and deciding which is first and what is last or in the middle of the row. The class strives to remove echolalia (repetition of what someone has just said to the child). Application of concepts clear up these problems.

Students receive a reward (such as some snack food) for achievement. Reinforcement is introduced in a close sequence. Everything is done in terms of the present. There is no reinforcement for the future such as "Do well today and you may have a piece of candy tomorrow".

Students learn peripherally from each other only after they have developed an attention span. Phrasing changes are used in telling stories about pictures. Children work with

colors, shapes, numbers, and prepositions such as "on," "off," "behind."

These children are not only retarded but also have emotional problems. They tend to lose eye contact, need toilet training, and continuity of thought. These students stand in line at the beginning of class to check on these items. This is also done before dismissal. Some students improve while others don't. Nevertheless the staff is carrying out as effectively as possible its program to help these children.

Thanks go to those Hughes Hall teachers who supplied the information for this article. -- Vicki

BIRTHDAYS

Ladies

- 6-3-12
- 6-3-31
- 6-4-44
- 6-6-23
- 6-6-50
- 6-9-44
- 6-9-34
- 6-12-41
- 6-17-97
- 6-22-43
- 6-23-19
- 6-23-53
- 6-27-53
- 6-29-26
- 6-29-16

Men

- 6-1-36
- 6-2-46
- 6-2-34
- 6-4-53
- 6-5-32
- 6-8-47
- n 6-11-11
- n 6-12-25
- r 6-12-51
- 6-13-50
- 6-13-50
- 6-14-53
- 6-18-52
- 6-23-49
- 6-24-37
- 6-24-44
- z 6-24-34
- r 6-24-31
- son 6-25-94
- or 6-26-26
- 6-27-15
- son 6-28-51
- son 6-28-41
- 6-29-25
- 6-30-13

WATERWOOD PRIVILEGE SYSTEM

In the school unit everything is run on a privilege basis. If a male student does badly, such as being unprepared for class, he receives room time. However, on the girl's ward the whole evening is spent in a room for the purpose of studying. Sherman Hall students may spend up to 4 hours in a room for this.

A Loss of Privilege slip is written on a student who is doing badly. The slip gives the date, student's name, time and place of the infraction, its circumstances, specific loss of privileges, and the name of the issuing staff member. Students get privileges on the ward between classes but not in the school unit.

Members of the Student Council watch behavior of student body members and make note of misbehavior. There no longer is a dress code, so there is no need for council members to call other students on manner of dress. Mostly they make sure the smoking students don't chuck ashes on the floor and make sure the lounging area is kept clean. There are also to be no students in the lounge while other students are in classes. A representative from the school is present at the group system promotional meetings.

FIRE AND RAIN

Waterwood students from eighth grade on up attended the school prom at the Elk's Club in Menasha Thursday, May 13, from 8 P.M. to 12 A.M. Their theme was "Fire and Rain." Last year's queen, Bonnie Krueger, crowned Terry Seeger as queen for this year's prom. Bob Schultz was the king. A vote was taken by the boys to select the queen and by the girls to select the king. The court consisted of the following members: Joyce Thibodeau and Jeff Molitor; Gert Jakel and Jim Hendrix; Kate Little and Ed Cruz. Students could attend the prom either with or without a date. Several doctors, aides, and other employees who work with the students also attended the prom as chaperones. All in all about 75 people attended "Fire and Rain."

The girls attending the prom all went to the Kempster Beauty Shop earlier in the day and got new hairdos especially for this event. The prom was formal. The girls either

rented gowns or brought their own from home. There was no decorating as everyone felt the decor of the Elk's Club was elaborate as it is. There was a live band made up of college students. A variety of music was played. The numbers included mostly acid rock, some "Oldies but Goodies" music for both fast and slow dancing.

Refreshments were served. These consisted of ham and chicken sandwiches, potato salad, baked beans, and pop.

The students would like to thank Mr. Webster and all others who made this prom possible for them. One student comment is "It was just lovely." There were a lot of tired but happy students the next day.

THE FARM

The older boys and girls of Waterwood school are gaining experience in home living on an old farmhouse five miles north of Winnebago State Hospital.

The property includes about 80 acres of land, and the farmhouse was built 50 or 60 years ago. The building, in a bad state of repair, has given the students experience in basic carpentry skills. The walls have been refinished and most of the rooms refurbished.

Work on the grounds required lawn work, fence building, and gardening.

The girls have shopped for groceries, planned and prepared noon and evening meals, and learned general housekeeping skills.

The students leave for the "farm" immediately after breakfast, and most of them remain until late afternoon.

The program in home living, unique in the state, is a federally funded project which will continue through this summer, when it will be evaluated and considered for another year.

All is not work at the "farm." After completing a day's project, the group often enjoys a treat of fishing, canoeing, swimming, or, in the winter snowmobiling. Pats of ponies, dogs, and rabbits add to the homelike atmosphere that allow the children educational opportunities in a noninstitutional setting.

Issues 'n' Answers

The following question was asked of the students at Waterwood School: In what ways does Waterwood School compare to the school in your community?

I went to a private school. Classes are smaller, but the curriculum is about the same. There are more independent studies in private schools.--

It should be democratic.--No name.

Sherman Hall students would like to stay at the school between classes and have more time to themselves instead of making two trips between Sherman and Hughes as they must do presently.--

Here if we do not hand in our assignments we get an unprepared. The unprepared is a slip which states how long we are to be in a room, by ourselves, to study. Here we are graded as an individual student, or as what each student is capable of. In the community schools, you are graded on whether you keep up with the classes.--

Our school has block scheduling, meaning that classes are 50 minutes long, and the school at home has modular scheduling meaning that classes range from 15 to 90 minutes depending on the class and the amount of time required for the class. At our school you can wear any kind of clothing you want. At the school at home we have to wear uniforms. Here, breaks are more frequent, but there is more study hall at the other school. At the private school a tuition is required, plus fees for books and school supplies. At our school, these books and supplies are furnished free of charge.--

For slip-ups in an outside school there is no such thing as putting a student in a room. He serves a detention after all his class hours. School is stricter on the outside. On the outside I had 7 hours of classes including study halls. Breaks between classes on the outside are much shorter than the 10-minute ones here.

Classes are bigger on the outside. There are shop classes there but none here. There is no student lounge for smoking in my community's school.

CANTEEN SPECIALS

Chocolate dip for cones.

Sundaes are now 15¢ and 25¢

Strawberry, chocolate, pineapple, vanilla, butterscotch milk shakes - carry-outs will be available on request.

Beach Bags - assortment of colors and styles - - - - - \$1.50

New shipment of toy animals.

Graduation Cards.

\$5.95 Perfume - Special for \$3.00

* * * * *

FATHER'S DAY SPECIALS

Russian Leather Gift Set - Cologne and After Shave Lotion - - - - \$1.50

Hand-made Ties - - - - - \$2.25

Father's Day Cards.

PEOPLE WILL NOT BE ALLOWED TO ENTER EITHER THE CANTEEN OR THE VENDING AREA IN SWIMMING SUITS OR BAREFOOT.

MANKIND'S UNFINISHED BUSINESS

The month of May is an especially important month to the patients at Winnebago State Hospital, as well as all other mental health hospitals and agencies, as it is the month the National Association for Mental Health carries on its yearly campaign to raise monies to support all its fine endeavors. The purpose of the association is "to erase the stigma of mental illness in peoples' minds, to close the gap of misunderstanding between the community and those in our hospitals and to stimulate you and me to do something about the problems of mental illness and mental health".

Winnebago County must be commended for being the most outstanding county chapter in the state. This county has raised more funds than any other for many consecutive years. They have carried out more programs, initiated more projects, have promoted more volunteer help and contributed more public information to the state than any other county in Wisconsin.

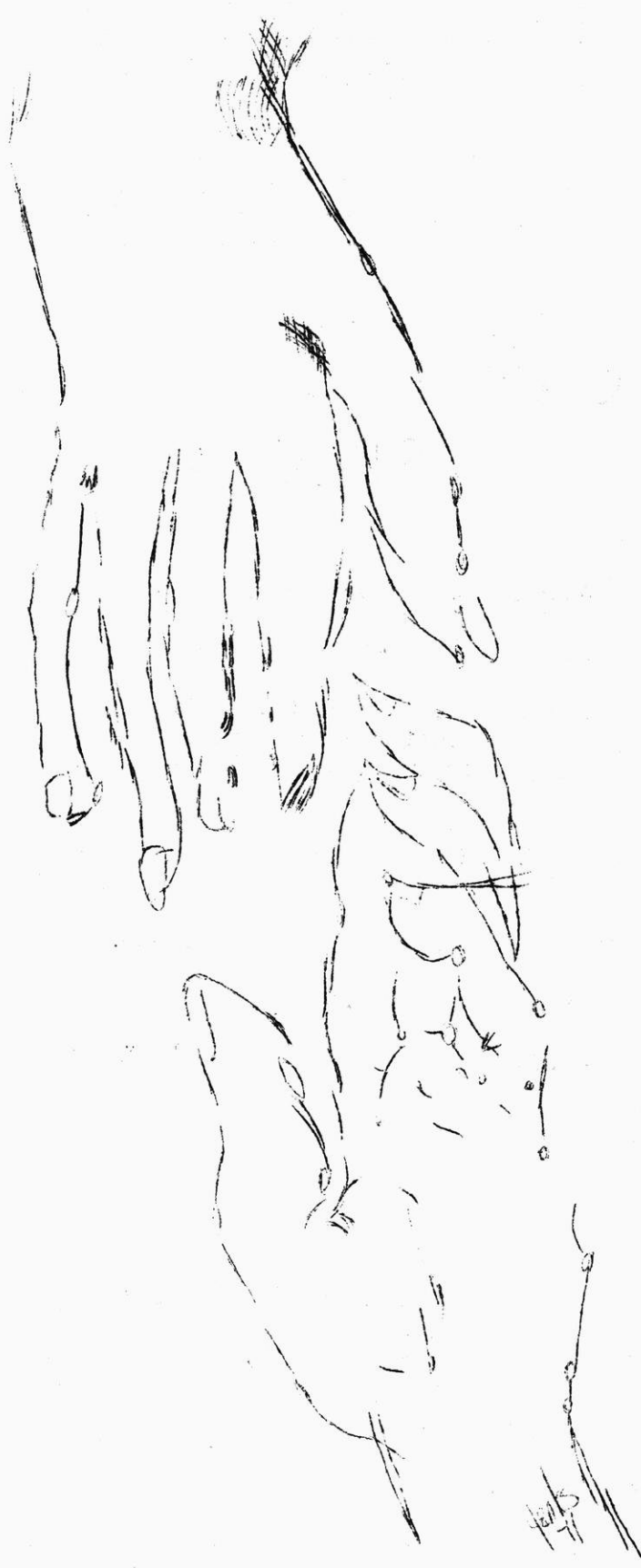
There has always been a severe lack of public information in the field of mental health and the facilities available to care for those who are in need of psychiatric hospitalization. The National Association for Mental Health has dedicated itself to becoming personally involved with patients' problems, hospital needs and community programs in a way to better understand the mental health problems. When the staggering needs are understood and when facilities, manpower and knowledge are provided to give the immediate treatment required by the mentally ill, then the gaps will begin closing. When people are made aware of the needs and problems and are given the opportunity, they will be stimulated to take effective action to help this most worthy cause.

It is the sincere hope of this writer that all the counties and states will endeavor to follow the fine example that Winnebago County has set in the tremendous effort they have put forth in helping the public to better understand mental health problems.

The following suggestions, taken from the "1971, Executive Digest" would be a very beneficial plan for all of us to follow now and in the future:

"WHEN TENSIONS BEGIN TO GET YOU DOWN"

"When the stress and strain of our complicated world begin to get you
(continued on page 14)



FOR THE NEW ARRIVAL

What You Should Know

If you're a new arrival you'll want to know many things about the day-by-day routine and what is expected of you -- together with what the hospital has to offer you.

You are about to enter into a phase of your life that is new and different and you might feel some anxiety during your first week or so on the admission unit.

Everyone has heard about a mental hospital, but only those employed in one and those former patients who have returned to their community can honestly describe what goes on here.

We know of several patients who were actually frightened during their first week in the admission ward. It seems they were afraid of things before they occurred and were surprised that what they imagined didn't hold true.

A recent survey by CUE reporters revealed that the majority of new arrivals were unaware that they could make a telephone call home on the day they were admitted. They also didn't know that they could have a visit each day while on the admission unit. Some didn't know what type of wearing apparel was required or just what kind of clothes to ask for when they corresponded home.

When you were first admitted, your clothes and other possessions were taken from you by the Admission clerk. The clothes retained need to be marked with your name to prevent them from getting lost or stolen. You are allowed personal possessions and you should inquire at the nurses' station for information on what items can be kept in your room. Clothes you don't need at the time are stored at the Admission office and you can obtain a garment, if necessary, by first getting a slip from your nurses' station on your unit. You take this slip to the Admission & Discharge office where the garment or garments will be given to you. The remainder will be stored until the day of your release.

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. Don't hesitate to ask questions from any member of the ward staff. It is their job to assist you.

It's a good idea to take everything in stride. Don't be over anxious in seeking answers to everything that may come to your mind. Rome wasn't built in a day. It is almost impossible to learn everything in a few days. However, if you have a pressing problem, feel free to ask any member on the ward staff.

You will be given a physical examination by a medical doctor in order to determine the state of your health. The doctor will tell you anything that you need to know about your health problems. You should cooperate fully with the doctor at this time.

You receive a complete physical examination, including blood and urine tests, X-rays, etc. The dentist will also examine your teeth. You will be escorted to the laboratory rooms in Kempster Hall and to the Dental Clinic in Gordon Hall for these tests. This is all routine during your stay in the Admission unit and is part of the general examination accorded to all new patients.


More than likely, the first doctor you talk with is your psychiatrist. He will make you feel at ease and you can tell him all about your troubles with confidence. He is trained to help you and your cooperation with him at the onset will make for a better relationship.

You will be given medications. The nurses' station will tell you the time of day such medications are issued. It may be three or four times a day. Be sure you're on time for this service. Your doctor will tell you the type of medications prescribed, if you ask him. But don't bother him with trivial matters.

(continued on page 14)

Memorial

Day



PLACE

Memorial Day, May 30, originally established as a day to decorate with flowers the graves of soldiers who died in the Civil War, has gradually become known as the day on which to honor the dead of all wars and, broadening in scope, public officials and all loved ones and friends. First called simply Decoration Day, it became as years passed Memorial Day. Use of the name "Decoration Day" still survives in popular usage.

Mourning women of both North and South began the practice as early as 1863. The women of Columbus, Miss., for example, laid flowers on the graves of both Union and Confederate dead in that year.

Formal observance of the day dates from 1868, the first official ceremony being held in the National Cemetery at Arlington, Va., across the Potomac from Washington.

The order for the day originated with General John A. Logan, Commander in Chief of the Grand Army of the Republic who said, "The thirtieth day of May 1868, is designated for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land....It is the purpose of the commander in chief to inaugurate this observance with the hope that it will be kept up from year to year while a survivor of the war remains to honor the memory of his departed comrades."

In the course of time both army and navy came to observe the day. To honor men who died at sea, it became the custom to build little ships of flowers and set them afloat at chief ports in the country in order that the tide might carry them out and perhaps over the places where the dead went down.

Ceremonies consist of band music, a memorial address, the reading of the Gettysburg Address, and placing of the flag and flowers on each soldier's grave. Today, instead of the G.A.R., the American Legion is in charge, poppies are worn to honor the dead, and

a parade is usually held with military units and local organizations sharing the celebration. Schools, too, observe the occasion with auditorium programs.

Over the years a note of triumph that was heard in Northern oratory of the day gradually disappeared, and Memorial Day is now a legal holiday in all states of the Union. Seven southern states, however, celebrate it on a different date, April 26, and call it Confederate Memorial Day.

THE CERTAINTY OF THE SEASONS

There are those who believe in the infallibility of the poets. Most of us wonder or quibble or accept poets' words in accordance with our own feelings. We cannot quarrel, however, with one line that's an eternal weather prediction, the hope in which makes hardship in the year bearable: "If winter comes, can spring be far behind?" (Shelley)

The concept of the seasons is a good foundation for life. Comfort comes in knowing that each difficult season has its ameliorating follow-up. Winter is followed by spring; summer by autumn. We have proofs of them: objects weathered, records kept, our own memories. And, yearly, personal memory of extreme weather (i.e. adversity) fades, as nature intends, giving way to a pleasant replacement. "Winter" goes the way of all burdens--out of sight.

As certain as death and taxes are the seasons. Come they will, sooner or later, for better for worse. We are married to the seasons. And the more content we are about them and their vagaries, the happier we are in tolerance of life. The four seasons, the four humors, the four winds, the four corners--we believe in them.

Alice

FIRST U.S. HOSPITAL

In recognition of National Hospital Week, May 9-16, we bring to your attention the establishment of what was possibly the first hospital in the U.S.--a clean house supplied by firewood and supervised by a matron--begun in 1658 in New York by Dr. Varravanger, surgeon of the Dutch West India Company.

FROM OUR GRAVEYARD

A LAUGH & A WALK

THE FOLLOWING ARTICLE APPEARED ON APRIL 21, 1967:

BELL OF SHACKLES

There is a real bell - the mental health bell - behind the symbol of the National Association for Mental Health. It weighs 300 pounds and was cast in 1953 from chains and shackles once used to restrain mental patients. The bell bears this inscription: "Cast from the shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness".

Below are listed 12 facts concerning mental illness, which the patients of this hospital should be aware of, in order that they will fully understand they do not face this problem alone.

1. At least 19,000,000 Americans (1 in every 10) are suffering from a mental or emotional disorder.

2. There are about 800,000 persons in hospitals with mental illness - as many as with all other diseases combined.

3. Each year over half a million persons are admitted for the first time for psychiatric treatment in mental hospitals.

4. At least 50% of all medical and surgical cases treated by private doctors and hospitals have a mental illness complication.

5. There are estimated to be more than half a million mentally ill children in the United States, classified as psychotic or borderline cases.

6. Nearly two billion dollars in tax funds are spent each year for the care of the mentally ill.

7. State mental hospitals spend an average of \$5.02 a day per patient.

8. The average state mental hospital has only: 63% of the doctors needed, 40% of the social workers it needs, 83% of the psychologists it needs, and 24% of the registered nurses it needs

Have you noticed how all the new toys need batteries? Years ago, your biggest problem on a cold Christmas morning was getting the car started. Now it's getting the toys started.

After hearing world heavyweight Joe Frazier sing on TV, a viewer scoffed, "Who told him he could sing?" Actress Mitzi Gaynor's answer: "Who's going to tell him he can't?"

A man looking for a job marched along Third Avenue in New York City wearing a sandwich board that had his resume printed on both sides. The last line said: "Inquire Within."

Near the busy terminal of a trucking firm in Paterson, N.J., a large billboard proclaimed: "This Is a Trucking Company That Never Sleeps." Crayoned neatly beneath was: "And neither do its neighbors!"

A piece of graffiti on the wall of a New York office building says: "legalize Mental Telepathy. Under it, someone has added: "I knew you were going to say that."

A sign on a construction project at a hospital in Richmond, Va., says: "All men on the job must wear safety hats." Under this, someone has carefully added: "Regardless of their political opinions."

Women are refusing to wear coats made from the fur of endangered species. The endangered species which has to pay for them is also appreciative.

A gal in an office explained why she had switched back from midis to minis: "I've been in trouble ever since the boys started watching my work instead of my legs."

Headline Hits: On a Washington Star story about the Supreme Court ruling that the musical comedy "Hair" could resume playing in Boston: "JUSTICES DECIDE NOT TO LET HAIR DOWN."

A hippie was walking down Meridian Street wearing one shoe. A man said to him, "Oh, you've lost a shoe." The hippie replied, "No, I found one."

EMPLOYEE SOFTBALL

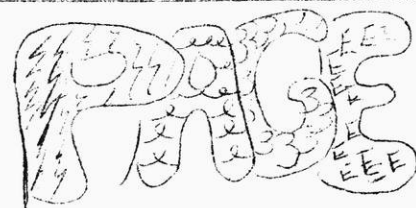
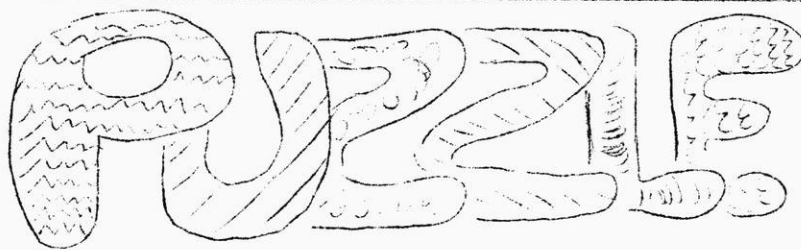
Following are the schedules of the hospital employee softball teams. Local 48 and the Winnebago Credit Union. Hopefully the schedules will be helpful to ward groups who plan to attend some of the games during the summer.

LOCAL 48

May 17	Rockwell	South Side Lighted	7:30
May 22	Buckstaff	North Side Lighted	7:30
May 24	SNC	South	8:30
June 7	Firefighters	South	8:30
June 14	Medalist Dukes	North	6:30
June 19	Oshkosh Truck	North	7:30
June 21	Wisconsin Telephone	South	6:30
June 28	Lenox Candles	South	7:30
July 12	Winnebago Credit Union	South	6:30
July 19	Buckstaff	North	7:30
July 24	Rockwell	South	7:30
July 26	SNC	South	8:30
Aug. 2	Firefighters	South	8:30
Aug. 7	Medalist Dukes	North	6:30
Aug. 9	Oshkosh Truck	North	7:30
Aug. 16	Wis. Telephone	South	6:30

WINNEBAGO CREDIT UNION

May 17	Medalist Dukes	South	6:30
May 22	Firefighters	South	8:30
May 24	Oshkosh Truck	South	7:30
June 7	Wisconsin Telephone	North	6:30
June 14	Lenox Candles	South	8:30
June 19	SNC	North	6:30
June 21	Buckstaff	South	8:30
June 28	Rockwell	North	7:30
July 12	Local 48	South	6:30
July 19	Firefighters	South	8:30
July 24	Medalist Dukes	South	6:30
July 26	Oshkosh Truck	South	7:30
Aug. 2	Wisconsin Telephone	North	6:30
Aug. 7	Lenox Candles	South	8:30
Aug. 9	SNC	North	6:30
Aug. 16	Buckstaff	South	8:30



ARMCHAIR TOUR OF THE U.S.A.

The names of all 50 states of the U.S.A. can be found among the letters below. The names sometimes read forward, sometimes backward, sometimes up, down, diagonally. Draw a pencil line around the name of a state when you locate the sequence of letters that spells it.

Submitted by
John
2-East

S T T E S U H C A S S A M T R S M Z A O U R
 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 U N A B S T M 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 C 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 H J T I K L I K I E O O
 E N U K L M N A H M I W 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 K 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 E 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

Answer may be found in the Patients' Library,
Reader's Digest, September 1965, page 164.

Suggestion Box

SHERMAN

Following are suggestions taken from the Canteen Suggestion Box.

Cookie cones.

There are no sandwiches for personnel and workers on the weekend--could this please be remedied?

I would like more soft boiled eggs at Sunday morning breakfast.

Could we have the sandwich machine full on weekends and also fresh?

Sandwich machine is always empty on week-ends. Please have it filled for company and more patients come to the canteen on week-ends.

Please have the sandwich machine filled on week-ends for company and patients on liberty.

Why don't you start swimming now?

Put Timothy & Amos Moses in the juke-box. (No, they won't grouch, they're songs.)

Do SOMETHING about the "lake flies."

CUE'S Editorial Department

Published Bi-Monthly by and for the Patients

Five Years Old, But New Every Two Weeks

Lucie Jeffers
Chuck Lemieux
Advisors

Cue's Creed: It is the individual's Duty to hold out for what he knows is right, and it is society's duty to listen to him.

HUGHES, SHERMAN POST WINS

Wednesday evening May 12, found teams from Hughes Hall and Sherman Hall post victories in the opening round of the Men's Intramural Softball League.

Hughes took the measure of the boys from Kempster, 20-10.

with 4x5 including a home run and 3x5 were the leading hitters for Hughes. paced Kempster with two hits in three trips, one a four bagger.

At the Main Ball Park, Sherman clobbered ATU 39-5. Sherman's many hitting stars were paced by and both 4x5. Fr. and had round trippers. z and each had a pair of hits for the losers.

SHERMAN REMAINS UNDEFEATED

A.T.U. DOWNS KEMPSTER

Men's Intramural action on Wednesday May 19 found Sherman Hall remain undefeated by winning over Hughes 17-4. and each had 2 hits for Hughes.

In the second game A.T.U. downed Kempster 29-17. and had 4 hits apiece for the A.T.U. while homered. led Kempster at the plate going 4 for 4 and hit a grand slam home run.

STANDINGS

SHERMAN	2	0
HUGHES	1	1
A.T.U.	1	1
KEMPSTER	0	2

Readers' Rhymes

There and Back

Yeah, you've been down,
 you've been there and seen the
 world in a different light,
 When everything is brick and shade of
 gray;
 Not the usual greens and blues and
 pastels the happy (are they dif-
 ferent from us?) normal people
 (they aren't here are they?) see!

You've been at the bottom, where
 thoughts of death are a pastime--
 the only relief from the long sad
 day.

But, man, you've gained something
 from it, like it or not.
 You've given your life perspective,
 you've got (now at least) more
 insight than the common man on
 the street.

I'm not patting you on the back, wait,
 maybe I am;
 Cause, Christ, you've learned some-
 thing very few people learn till
 it's too late;
 You've learned to appreciate and
 cherish and love life day by day
 with an almost religious? love.

Cause you've been down, and almost
 lost the most precious thing you're
 ever going to have, your sweetly
 long years of sunsets, seas,
 laughing children, singing, over-
 eating, drinking, making love and
 loving, long hot days, tart fall
 mornings--you almost lost your life!

* * * * *

Gifts and Small Boys

His small hands--over flowing--
 With sunshine tinted bloom,
 He quietly--half shyly--
 Tiptoed--into the room.

"These flowers--are for you," he said,
 Then hurrying through the door
 Left me, with more--than a small bou-
 quet
 --So Much--
 Oh? So much more!

Of Dreams

Of what, are dreams--
 A lover's sigh?
 The flash of bluebirds--
 Across the sky.
 A curve of music?
 The essence of a rose?
 The evening's heaven--
 Where starlight glows?

A shimmering tear--
 The surging sea--
 of all these things
 a dream may be.

My dream is mirrored in your
 smile.
 Oh, stay and dream with me
 awhile.

* * * * *

Thoughts

You've tasted love, sweet pure love--
 at last.
 But he (or she?) is not here, how
 can they be?

They're on your mind constantly--
 day and night.
 You try to visualize and relive your
 last meetings, but after a
 while they fade;

For memories are short, even happy
 sweet ones; you're alone now;
 But you'll meet again--soon;
 --You think, you pray--you hope.

* * * * *

LOVE

Love is something that is hard to des-
 cribe
 It's a burning, glowing feeling inside.
 Love is a treasure, love is a joy
 When shone in the face of a young
 girl or boy.
 Love is abandon, love's always free
 Waiting for everyone, you or for me,
 It's sometimes difficult to even define
 But to me it's a miracle God made divine.

WHAT YOU SHOULD KNOW

(continued)

You'll also be encouraged to participate in group therapy. The unique power of group therapy is its ability to bring problems out into the open. You are both a participant and a therapist, giving as well as getting support, reassurance, and guidance.

In conclusion, get along with your fellow patients and staff members and help those less fortunate than you as it is YOU who will benefit.

* * * * *

MANKIND'S UNFINISHED BUSINESS (con't)

down, give a thought to these suggestions from the National Association for Mental Health:

- .Talk over your worries with a level-headed person you can trust.
- .Escape from a problem for awhile - then deal with it when you feel refreshed.
- .Work off anger by pitching into some physical activity or hobby.
- .Give in occasionally - - that you can be wrong.
- .Do something for others - - it takes your mind off yourself.
- .Take things one at a time.
- .Shun the superman urge - - give yourself a pat on the back for the things you do well, but don't try to be perfect.
- .Go easy with your criticism - - others have faults and virtues too.
- .Give the other fellow a break - - cooperation is contagious.
- .Make yourself available - - others may only be waiting for you to make the first move.
- .Schedule your recreation - - it is essential to good physical and mental health".

Some of the patients in mental institutions will be interned for a short period of time, to others it will mean many months of care before they are ready to return home. The important thing for any patient is to depart from any hospital with the feeling that it has been an opportunity to gain an invaluable education in the treatment of all types of mental illness. The experience of being a patient should be looked upon as one of real growth in our human character. We should all go home feeling we have overcome one of the most difficult, but curable, illnesses that anyone has ever had to face, not with the feeling that you have to be ashamed to admit

to anyone that you have suffered a mental illness.

If we can all go back to our own communities with our heads held high, we can do more to better educate others as to the importance of the needs of emotionally disturbed people and the many ways to help them than any organization can. With the experience and education we have gained, we could become a real asset to our own individual communities to help erase the stigma of mental illness by seeking out our County Mental Health Association and agencies and offering our services in guiding others to conquer their problems as we have been helped thro the cooperation and endeavors of all the people who have devoted so many hours of their time in helping us.

Our sincere thanks go to the National Association for Mental Health and especially to the Winnebago County Association for Mental Health, Inc. for their enduring concern and their dedication to such a worthy cause.

* * * * *

BELL OF SHACKLES

(con't)

to meet minimum professional standards.

9. Community Mental Health Clinics now number 1,500. Many of them part time. At least 3,740 full-time clinics per 50,000 population.

10. In the past, readmission rates have been as high as 35% of the patients discharged within a year. Recent research has shown that this readmission figure can be reduced to about 10% with continuing and thorough rehabilitation services.

11. There are 584 mental hospitals within the United States. In addition to this there are 338 hospitals for the mentally defective.

12. When prompt and adequate treatment is provided, at least 7 out of 10 mental patients can leave the hospital improved or recovered, from a few months to a year after admission.

I could go on quoting statistics for pages but with the facts that are above I feel that each of us can be satisfied that we are not alone in our illness.

* * * * *

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF MAY 24 - MAY 30, 1971

May 24			
Monday	9:00 am - 4:15 pm		CANTEEN OPEN*
	9:30 am	KH Wards	Book Cart
	1:30 pm	SH 1-2	Catholic Daughters
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	6:30 pm	Barracks	Woodworking
	7:00 pm	SH 7-8	Outagamie Red Cross
	7:00 pm	GH-AT Area	CARD CLUB

May 25			
Tuesday	9:00 am - 4:15 pm		CANTEEN OPEN
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	4:15 pm	GH-AT Area	Canteen Social Chairmen Dinner Meeting
	6:30 pm	SH Basement	FASHION KORNER
	7:00 pm	KH	KH Choir

May 26			
Wednesday	9:00 am - 8:00 pm		CANTEEN OPEN
	1:15 pm	SH 3-4	Appleton Red Cross
	1:30 pm	GHS	Lutheran Ward Service Rev. Winter
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	6:30 pm	SH Wards	Book Cart
	7:00 pm	Chapel	LUTHERAN SERVICE Rev. Winter
	7:30 pm	1-E	St. Vincent DePaul
		S O F T B A L L	
	6:15 pm	HH vs ATU SH vs KH	KEMPSTER FIELD MAIN BALL PARK

May 27			
Thursday	9:00 am - 8:00 pm		CANTEEN OPEN
	10:00 am	GHS	Protestant Ward Service Rev. Windle
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING
	7:00 pm	Canteen	OHS Chorus*

May 28			
Friday	9:00 am - 8:00 pm		CANTEEN OPEN
2:30 -	4:00 pm	HH Music Rm.	RECORD LISTENING

May 29			
Saturday	9:00 am - 8:00 pm		CANTEEN OPEN
	10:00 am	GHS	Favorite Hymn Recital Mr. Korn

May 30			
Sunday	8:45 am	Chapel	PROTESTANT SERVICE Rev. Windle
	9:00 am - 8:00 pm		CANTEEN OPEN
	7:00 pm	Chapel	CATHOLIC MASS Fr. Pierce

*ALL activities in CAPITAL LETTERS are for all patients.

Patients Library, SH Basement - 9:00-4:00 M-T-W-F
9:00-2:00 Thurs.

Mrs. Julaine Farrow, R.N., Nursing