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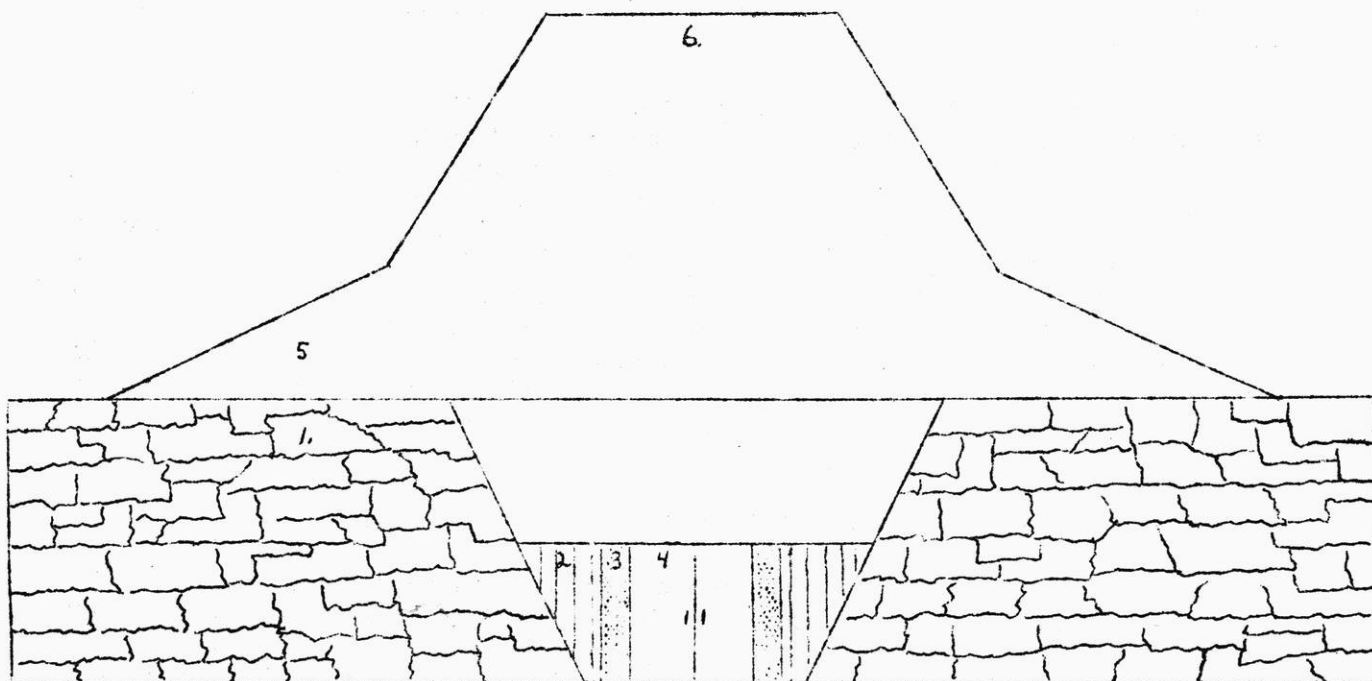
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the CUE

VOLUME III

October 11, 1968

Issue 16



LET US PRAY

Our new chapel, now just a big gaping hole in the ground between the new Administration Building and Gordon Hall, has been in the planning stages for quite some time. As we look forward to Easter 1969, as the date to begin worship in its new location, we should remember the work of a five-man committee that has had the important job of guiding and planning it since their work began on May 18, 1967. The committee consists of Rev. Van Deusen, Protestant Chaplain; Rev. Andrew Nelson, Catholic Chaplain; Dr. Darold Treffert, Superintendent; Mr. Paul Theis, Business Manager; and Mr. Carl Knudson, Chief Engineer. Many blueprints and budget estimates have been made, analyzed and sifted until they came up with the most accurate and attractive answer to our needs, keeping ever in mind cost, function and harmonious blending of the requirements of the several faiths that will eventually share in the use of the new facility.

Viewed from the front, (see cut), the facade has a rectangular base (1), a slant of elevated roof area (5) topped

with a modern spire-type dome (6). Stone facing blends with cedar panels (2) and interior colored glass panels (3) centered around a large double door (4).

Inside the doors are found a rectangular vestibule leading to the square nave of the church. The two furthest corners have been partitioned off with glass to make two small private chapels, one Catholic and the other Protestant. These side chapels will be open at all times to permit patients to visit and meditate in the chapel of their choice. During the regular services in the main church, these side rooms will accommodate wheel chairs and patients who might become noisy or disturb others in the body of the church.

Rev. Van Deusen foresees an opportunity for the expanding of services but he awaits the completion of the new building before any definite changes can be planned.

Sally

Editorial

While you are a patient at Winnebago State Hospital, you are a part of a community that can be compared to the community from which you came and to which you will be released. How you function here indicates how you will function when you are released; if you can't function here you are probably not ready to be released.

The members of this hospital community are a special group of people - singled out and brought together because they have special emotional problems. Consequently, the pace here is slower, the demands and duties are less and the rules and regulations are set accordingly; that is, according to the patient's progress at the various stages on the way to sound mental health. To be sure, when we arrive we are quite upset. But before long we must each accept the responsibility we have to ourselves to cooperate with the staff in our recovery, rather than expect the staff to impose recovery on us. When we reach this point -- when we accept this responsibility -- it is best that we let our actions speak for our intentions. Demonstrate our cooperation by participating in as many of the activities of this 'community' as we can.

But, HOW to begin to participate? And, in WHAT activities?

First, do the best you can in your job and therapy assignments. And discover the fun of time spent visiting with the other patients on your ward. Second, be enthusiastic to try different things. Inquire about what different things there are to be tried. And check with your ward personnel and/or your doctor for permission to try these things. Third, take an interest in what's going on in this 'community.' There are scaled-down versions of the very same things that go on in your home community. Church, school, social, even a little politics, and the newspaper to point out just a few things. Fourth, participate in the 'community' activities. Go to the Canteen to visit with your friends, and for a refreshing change of scene, as often as you are able. Learn a new skill in Occupational Therapy, or a new sport in Recreational Therapy. Discuss the sermon after the Sunday Service. Take an active part in your ward meetings. Read the "CUE". Discuss what it contains and contribute your opinions and ideas.

Begin to participate in these and any other activities you can think of and soon, with less and less effort, you will be well down the road to recovery, and functioning in such a way that you will be a credit to your community when you are released.

The Editor

Editorial Staff

Jerry
Donna
Emily
Sally
Jean

Advisor: Chuck Lemieux

Issues & Answers

Recently the CUE was verbally lambasted by a reader for failure to provide everyone an equal opportunity to comment on Issues and Answers questions. It appears that the present method of seeking out individuals at random for their responses, tends to overlook others who are anxious to speak out on the particular issue at hand.

Beginning with this issue of the CUE, a new procedure will be initiated on a trial basis. The Issues and Answers question will appear at the bottom of this page. For those who feel inclined to respond to the question, (and we hope there are many,) need only to jot down their response and place it in an envelope addressed to the CUE. No stamps are needed. Comments received will be published in the issue following.

PATIENTS AND STAFF: WHAT ISSUES WOULD YOU BE INTERESTED IN SEEING DISCUSSED
ON THIS PAGE IN FUTURE ISSUES OF THE CUE?

Chaplain's Message

Happy Birthday

THE HELP IN LIFE

In the month of October -

Although we all want reassurance in trouble, some reassurance does not help. To be told to forget our pain or guilt or grief, and that then we shall be all right, is no consolation. Neither is the statement of an uninformed friend that everything is going to be fine, when we may know otherwise. Nor are we relieved by the bright piece of news that someone else has a worse affliction than we have.

Basically, we are reassured by reminders of our sources of aid. Sometimes life is just too hard to see the way ahead; it seems impossible to see any guiding by God; friends and resources even seem to be gone. But we know, from finding it so time after time, that there are forces in life that come to our aid. Resources have been placed in life, and in its processes, that often balance the scales when they are tilting toward disaster.

Additionally, we are reassured in realizing that some resources are within ourselves. God has put into us more capacities for strength and health than we have yet used --- physical strength, natural resilience or "rebound", unmeasured potential for achievement, the presence of God's image and Spirit resident within us.

From the outside, there is the assurance of the personal interest of others in us, an inestimable help. The highest level of personal interest is that which comes to us from God. He long ago took a hand in our life in a way that proved His love and eternal solicitude. But His care extends to daily, as well as eternal, matters. It means much to know that I am in His hands, the object of His interest and concern. His wisdom may not remove a particular burden; but I can feel assured that I shall be held and upheld, through whatever cannot be removed.

Chaplain Van Deusen

| | |
|-----------|----|
| Frank | 2 |
| Melvin | 3 |
| Charles | 4 |
| Hugo | 5 |
| Donald | 6 |
| Harvey | 6 |
| Jerome | 8 |
| William | 9 |
| Shirley | 10 |
| Edward | 10 |
| August | 11 |
| Constance | 14 |
| Janice | 14 |
| Glen | 17 |
| Rudolph | 17 |
| John | 17 |
| Eddie | 18 |
| Carver | 19 |
| Mary | 19 |
| Judy | 20 |
| Elizabeth | 21 |
| Greg | 22 |
| Steven | 23 |
| Betty | 24 |
| Dorothy | 25 |
| Sr. H | 26 |
| Barbara | 27 |
| August | 27 |
| Pete | 28 |
| Angela | 28 |
| Robert | 29 |
| Duane | 29 |
| John | 30 |
| Felix | 31 |
| Donald | 31 |
| Oscar | 31 |

ON THE SOBER SIDE

There is tremendous progress going on at the Winnebago Alcoholic Unit, and there are more and improved facilities yet to come.

For all this we owe a huge debt of thanks to the dedicated people consisting of the Staff, the understanding doctors, psychiatrists, nurses, aides, and the various therapists and counselors.

They are helping us regain our self-respect and again assume a responsible place in society.

The pitfalls along the way of the alcoholic are countless. Even extremely minor incidents can start a chain of thought which, if not recognized and halted, can turn into the old way of "stinkin thinkin". We all have our memories of the old days. Let us never forget that we are alcoholics and that we can never do well if we are to continue in our lives of alcoholism. Yes, by all means let us keep our memories; but don't let nostalgia creep in to the extent that it becomes a stumbling block. Learn to recognize the danger signs-- it might only be the smell of beer and the sound of the juke box coming from a tavern as you walk by: or it could be a bowl of ripe grapes sitting on your own dining table with their fragrance speaking of the tantalizing taste of wine: or maybe it is the smell of whiskey on a sick alcoholic's breath as you are trying to help him. Small things, yes, but unless you've learned to control the memories that are aroused, your thinking might start on the wrong track without realizing it in time. Don't let these feelings trick you. Become at ease with the AA Way of Life and enjoy AA and AA will enjoy you. Serenity is wonderful. Let it come to you so that memories can't upset: what you've accomplished by our day by day program.

The "A-A Way of Life" is a happy one but not always easy. In the majority of cases it takes time and determination - the willingness to do anything on one's power to stop drinking, and if there should be a fall along the way - the guts to get up, brush yourself off and try again. And, strangely enough, the person that has sincerely tried the "A-A Way of Life"

and slips, usually comes back with more determination and is stronger than ever.

This is the miracle of AA and not only AA but of all Life-- the capacity to move from a negative to a positive way of Life.

We welcome Dr. Lysloff back after some time abroad. We are glad to see him back as our Chief Co-ordinator of the Alcoholic Unit. He was greatly missed by all.

We are also fortunate and happy to be informed that Dr. Kubiak, who has given of her services to the Winnebago State Hospital for the last 15 years, has been assigned to the Alcoholic Unit at Hughes Hall. She will act in the capacity of Chief of Service and will be working with Dr. M. E. Keller who has worked as Staff Physician on the Unit since April, 1968.

Boy meets girl, they fall in love and marry. Oh yes, at that time each one of us know all there is to know about love. We don't stop to think that love is a sort of a test. It grows each day as we grow, with every passing sorrow, misunderstanding, joy, kindness, good deed, thoughtfulness and just plain every-day living. Little do any of us take seriously the part in our marriage ceremony that says, "Do you take this man or woman for better or worse, in sickness or in health, to love, cherish and obey till the day we die". Could there be anything worse than living with an alcoholic or could anyone be sicker than an alcoholic? So here is our test - do we stand it or do we flunk out?

A Grateful Alcoholic.
Emily H.

Around the Grounds

ZOO TRIP

Our trip to the zoo was just a circus! As a matter of fact, it was a picnic, too. Friday morning we left the hospital about 8:30 in our bus and had an enjoyable ride to Milwaukee on a bright, sunny day. At the zoo, we started with the birds and spent the next five hours going through the animals of North America, Africa and South America, all living things from small rattlesnakes to huge elephants. The cages at this new zoo are arranged to make viewing the most satisfactory. Small animals were seen at eye level amid their natural habitat of rocks and small vegetation. Larger animals were seen in outdoor and indoor settings most resembling their native country.

A picnic lunch, prepared by our kitchens made a tasty break for the tired and hungry but happy sightseers. In spite of my not being able to find a colorful baboon feather for a souvenir, the day was a great success.

Sally

TIME GOES BY

Today I saw a face that first I met 32 years ago on Christmas eve in 1936. It hadn't changed a bit.

Though he may now be tired, he still stands erect, a handsome 10 feet tall. His broad shoulders ever strong to carry his burden of the sad scenes that pass before his eyes. His unbowed head, as if hewn from solid oak, his face with not alone a Roman nose, but all his characters Roman.

He still stands still, his heartbeat discernible by sight or by an ear soft-pressed against his manly chest. A beat yet strong, measured and so certain to be going strong perhaps long after my own poor heart has given up the futile fight for life and lies at rest beyond forgetfulness.

Tall, brown as an acorn from whence he may have sprung, sturdy, firmly built, wearing a tan that seems to shout "How strange a tone for one who has spent his life indoors." He

took one trip, however, recently. A tremendous step for one who only once before had ventured to the world outside. In actual distance merely a stone's throw, yet in symbolic meaning perhaps to start a whole new life, in a new house, amid new friends with only rarely to see a face like mine -- old friend, old memories shared the hint of the good old days, good times and had melded into the tapestry of remembered things.

Without a word he stands. What does he do to amuse himself these many long, long years? Does he count the times a well-known friend has gone, only to return at a later date to see him once again, who stays a while until it is time to go again and try to face the hard cruel world outside.

He must have known what life held in store for him. His name foretells his destiny -- an elder bachelor. Born September 3, 1872, he is now past 96 years old, yet ever young.

He says to those of us who call him friend; "Stand tall, show not the worries and heartbreaks in your face. As time goes by I stand here awaiting your return. But please don't come again." I may not have the strength to bear to see your tear-stained face again, but rather would I have your friendly visage long-remembered in my heart, while you depart. Go now and take with you the only thing I have to give: Time, yes, take time, which I record for you here, and with this time, thank God that we may meet no more.

The Clock in Gordon Hall
By Sally

MOVIE REVIEW

Thursday, October 25, 1968 7:00 PM
Hughes Hall Gym

Waco

Starring Howard Keel, Jane Russell,
Randall Cory and Brian Donlevy.

A rough and tough Western with a happy ending. Produced by Paramount Pictures.

From Our Readers

HOW I LEARNED HOW TO WORK

Years ago I had a nervous breakdown and even though I was not over it, Mr. Larson, with Mr. Nohelty the Supervisor's help, told me to have a desire to work coupled "with a love to serve others." This has been very hard for me to do, especially when my ankle had been strained and I was doing ward work besides.

There have been significant changes since then however and I have applied this very wise philosophy to my life ever since.

You will not be able to do it however, if you are stubborn, talk back or complain while working. Another point worth remembering is that you must be able to get along with all kinds of people!

You must know how to co-operate with the aides, nurses and the Doctors. Abide by the rules and not shirk your responsibility on the ward.

If you worry about anything at all you impede your own chances of improving yourself!

You must have faith in your God if you want to have peace of mind, thereby increasing your chances of a quick recovery. I also feel it is necessary to talk to and let your Social Worker know how you are doing and let her share your progress with your Doctor and: if you are court committed, let them know how you are doing at once.

I found out a long time ago that you can not be lazy at any time. This too was hard, especially when you have had all kinds of sickness, infections and have to pray hard to keep on going.

My best advice to you is to be cheerful in affliction, have fun when you can and have a cheerful and confident disposition at all times.

You must learn how to talk to people, otherwise you will not be able to get your purpose accomplished.

This Institution is a school as well as a hospital and very few people

here realize and take advantage of this.

Your whole life should reflect what you believe in otherwise you will never be able to mature in life.

You must have the right attitude at all times and you must learn patience.

Richard
Ward 1 East

Everyone seems to give praise yet no one considers the ones who really deserve it. I think our nurses and aides on 1 West have a lot of praise coming to them. They never seem to get done working. There are at least 3/4 of our patients who are helpless. They have to bath them, change them constantly or are cleaning some mess up. There isn't anyone of them that can be voted "Best Nurse" or Best Aide" as they all deserve the highest of praise. They always find the time to talk to a patient who has problems and never too busy to help. They make one feel they are really interested as they are. I know for I see it on each shift and the greatest salute goes to all the wonderful, kind, understanding, hard working nurses and aides on 1 West.

Betty

HAMMOND ORGAN RECITAL

On September 30, Hammond Organ Company sponsored an organ recital for owners of Hammond Organs. The recital featured Chuck Evans who was assisted by Bob Johnson on the drums. The two and one-half hour recital was attended by 23 patients and 5 staff members from Winnebago State Hospital.

The music was modern and popular. Some of the selections were: Stormy Weather, Yellow Bird and Time Out. Chuck Evans also vocalized a few songs.

The recital took place at the Grand Theater in Oshkosh.

Jerry

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF OCT. 14 - OCT. 20, 1968

October 14

Monday

| | | | |
|--------|---------|----------------|---------------------|
| | 1:15 pm | SH 5-6 | Menasha Red Cross |
| 2:30 - | 4:00 pm | HH Music Rm. | Record Listening |
| | 3:45 pm | GH AT Area | Catholic Mass |
| | 6:30 pm | Scout Barracks | Wood Working-HHB1-4 |
| | 7:00 pm | SH 5-6 | Outagamie Red Cross |
| | 7:00 pm | HHA | Gamma Sigma Sigma |
| | 7:30 pm | GH AT Area | Card Club |

October 15

Tuesday

| | | | |
|--------|----------|--------------|------------------|
| | 10:30 am | GHS | Lutheran Service |
| 2:30 - | 4:00 pm | HH Music Rm. | Record Listening |
| | 7:00 pm | SH 1-2 | Gray Men |

October 16

Wednesday

| | | | |
|--------|---------|--------------|-------------------------|
| | 1:15 pm | SH 7-8 | Appleton Red Cross |
| 2:30 - | 4:00 pm | HH Music Rm. | Record Listening |
| | 3:00 pm | Kem.Red.Rm. | Patients Planning |
| | 4:30 pm | HH Cafeteria | Canteen Social Chairmen |
| | | | Dinner Meeting |
| | 7:00 pm | Chapel | Lutheran Service |

October 17

Thursday

| | | | |
|--------|----------|--------------|--------------------|
| | 10:00 am | GHN | Protestant Service |
| 2:30 - | 4:00 pm | HH Music Rm. | Record Listening |

October 18

Friday

| | | | |
|--------|---------|--------------|--------------------|
| 2:30 - | 4:00 pm | HH Music Rm. | Record Listening |
| | 3:45 pm | Chapel | Catholic Mass |
| | 6:45 pm | Chapel | Lutheran Communion |

October 19

Saturday

| | | | |
|--|----------|-----------------|---------------------|
| | 10:00 am | GHS | Hymn Recital |
| | 10:30 am | GHN | Hymn Recital |
| | | To be announced | Catholic Confession |
| | | To be announced | Catholic Mass |

October 20

Sunday

| | | | |
|--|----------|--------|--------------------|
| | 8:45 am | Chapel | Protestant Service |
| | 10:00 am | Chapel | Catholic Mass |

LISTEN TO THE DISC JOCKEY SHOW - 12:30 - 1:00 pm

Monday thru Friday

Mrs. Julaine Farrow, R.N.

Nursing Service