

STATE OF MINNESOTA
CAMBRIDGE STATE HOSPITAL
CAMBRIDGE, MINNESOTA

May 29, 1975

FROM: Norman Synsteliën, Public Relations Officer

FOR: Immediate Release

CSH 50th BIRTHDAY

June 1st, 1975, will mark 50 years since the first residents arrived at Cambridge State Hospital. During the month of June, there will be a series of articles reminiscing some of the happenings, changes, etc., during the past 50 years. It is interesting to note the changes in the public attitude of care toward people who were retarded or epileptic, how fundings were more for custodial care rather than for treatments, and to segregate the populace who were handicapped in some way rather than to integrate them into society. Because of this attitude of segregation, the state institutions became "dumping grounds" for people who society considered were not acceptable because of inappropriate behaviors or were unable to meet the average standards set by communities.

Throughout this series, hopefully, the reader will note the changes that have come about, even in terms used.

Norb Johnson, Assistant Administrator, has researched the biannual reports and has furnished the statistics and facts for the entire series.

Each article will cover a period of approximately 10 years and in chronological order. The first article will approximately cover the period 1925 – 1935, a period of establishment and rapid growth.

The legislature in 1919 authorized the State Board of Control to select from the public lands of the state sites for a colony for feeble-minded and a colony for epileptics. In 1923, the law was amended to permit the purchase of a site for a colony for epileptics. Land was secured at Cambridge.

The first expenditure voucher under the name of the Colony for Epileptics was dated December 20, 1923, for the purchase of 323 acres of land for \$37,065.00 from T.C. and Adelaide C. Blomgren.

In the biennial report for the School for Feeble-minded at Faribault (Faribault State Hospital), superintendent Guy C. Hanna reported that “the institution has been crowded to its utmost capacity. With the erection of the First unit of the new institution at Cambridge and the removal of 60 epileptic patients to the new institution, additional room will be made for feeble-minded persons now on the waiting list.”

The first unit (Cottage 1), a fireproof structure, was finished in April 1925. It was built by the Askov Construction Company. Cottage 1 was described as a self-contained building for men having its own kitchen, laundry, pump and well, heating plant, refrigeration, and everything necessary for the life of the patients there.

In May, a small workforce was sent from Faribault to uncrate the furnishings and prepare the buildings for occupancy. Patients were transferred in small groups by automobile beginning June 1, 1925. At the end of June, a total of 45 had been transferred. Later, with other transfers and admissions, the population was brought to a total of 61. A total workforce of only nine persons was required to conduct the institution as it was organized.

The acting Superintendent on a part-time basis was Mr. Guy C. Hanna. His full-time assignment was as Superintendent of the Faribault Institution. Dr. L.H. Hedenstrom of Cambridge had charge of the medical work on a part-time basis. The full-time employees were Mr. R. F. Gregory, Supervisor and Steward; O. E. Jameson, Charge Attendant; Marion Boswell and Oscar Frydenlund, Attendants; Cleo Jameson, Cook; Ellen Gregory, Laundress; A. H. Anderson, Farmer; and Leonard Larson, Assistant Farmer.

The farming operation was extended to gardening and dairying. A herd of a dozen Holstein cows was bought. They furnished an adequate supply of milk.

Religious services were regularly conducted by the ministers of the Cambridge churches. Rev. B. M. Redpath and Rev. O. A. Henry were the first to serve. Catholic services were conducted by priests from the nearest parishes.

Under an appropriation of \$255,000.00, a contract was awarded for erecting the Main Building. It was reported that the building would be fireproof and would contain the Administration Offices, quarters for the superintendent and other employees, a hospital adequate

for the whole institution when finished, wards for epileptic children, school and industrial rooms, recreation rooms, kitchen, dining room, pantry, cold storage and power plant. The Main Building was completed and opened August 22, 1927.

On September 11, 1927, Mr. Hanna became the full-time Superintendent.

The first known medical research at the institution was begun on May 1, 1928, when a group of patients was placed on a special ketogenic diet under the personal direction of a nutrition expert supplied through the cooperation of the Mayo Clinic and the University of Minnesota. The aim was to prove or disprove the value of this diet in the treatment of epilepsy.

A school was organized for children of school age with a principal, two literary teachers and a manual training teacher. The principal, Leone Mayer, had personal charge of the industrial work on the girls side, was librarian, had charge of the correspondence of all patients, conducted amusements and entertainments, and presided at religious services. The literary schoolwork embraced the usual subject matter of the lower grades, with instruction in drawing and music. The industrial work among the girls included rug and other forms of weaving, basketry, sewing, lace-making, embroidery and other handcrafts. The Manual Training Department was equipped to do woodwork and work with reed, raffia and such materials as were usually found in manual training shops. Brush making was also carried on in this department.

A party and dance were held in the assembly room (now office space for school program administered by Cambridge School District 911) once a week. Special occasions, such as Christmas and the patriotic holidays, were observed with appropriate exercises under the direction of the school principal and assisted by the teachers.

Construction work on Cottage 2, a unit with a capacity of 72 females, began in August 1927. It was ready for occupancy by June 1928. By this time, the capacity of the institution was 284 and the number of employees was 37.

Up to this time, the institution had done business with the following Cambridge merchants: Midland Lumber and Coal; Ed Fredeen; Allen Milling Co.; Clarence Moody; Carlson Printing Co.; Holmstrom Hardware and Furniture; W. A. Klemz; Kerr Plumbing and Heating; Dr. Wm. Soneral, Veterinarian; E. F. Gillespie; Oslund Nursery; Runyan Drug Co.; Oscar Troolin; Carl Flink; J. E. Hennessy Co., F. G. Treichel & Co.; Fairway Market; C. V. Eklund Bakery; Cambridge Creamery; W. R. Nelson Dray Line; Rosell Plumbing & Heating; J. W. Hanson, Cambridge Motor Co.; Ildved Hardware & Furniture; and Cambridge Produce Co.

On September 1, 1928, Mr. Guy Hanna resigned as superintendent. He was succeeded by Dr. D. E. McBroom, formerly Assistant Superintendent at the Faribault Institution.

By 1930, it was reported that “we now have a fairly well-equipped dental office adjoining our surgical rooms. This work has been very efficiently carried on by Dr. G. A. Anderson.”

It was reported that Rev. Wey of Rush City had conducted services regularly for the Catholic patients. Two picnics a week were held throughout the summer vacation. When the weather permitted, a ball game was played each week with the Cambridge Boy Scouts.

By September, 1935, two new Cottages (3 and 4) were erected and ready for occupancy. This brought the capacity of the institution up to 460.

On October 2, 1931, eighteen acres of land was purchased from Christine Dahlsten for \$2,000.00. This was located to the north of the existing campus and adjoined it. Total land was now 341 acres.

On April 5, 1935, Mr. Henry B. Sam passed away. He had been Chief Engineer and Master Mechanic since December 1, 1926.

The report noted that the school department had presented two operettas each year for the institution as well as for the public. There was also an exhibit each year at the State Fair. Every ward was supplied with a radio and phonograph. Every building had a piano. The radio became the chief source of entertainment. The institution also hosted the meeting of the Central, Pine, Chisago Medical Societies.

Cottages 5 and 6 were completed and occupied by June 1932. A new power plant was constructed, necessitating the building of over 500 feet of service tunnel. It housed two 250-horsepower boilers with live storage for 400 tons of coal, had a smokestack 150 feet high, and was put into operation February 1932.

The old boiler house at the west end of the main building was remodeled into a new laundry.

The farm, garden, and dairy were hit very hard by two exceedingly dry and extremely hot summers. Due to the drought, one crop was almost a complete failure. The oats were not threshed, only cut for the straw.

Dr. L. H. Hedenstrom, who had served the institution faithfully almost since its beginning on a part-time basis, was replaced on April 23, 1932, by a full-time physician, Dr. R. W. Brown.

It was reported that great progress was made in the musical division. A 14-piece orchestra was developed. It played for all dances and entertainments. There were about 35 additional patients learning to play the various instruments. Silent movies were still being shown but there was some difficulty in getting suitable films.

Cottages 7 and 12 were completed and occupied by February, 1934. Each had a capacity of 100. This brought the capacity of the institution up to 878.

A heavy secondhand bridge, housing a span of 134 feet, was erected across the Rum River just below the powerhouse, giving access to about 100 acres of land owned by the institution and located on the west side of the river.

Research by two doctors from the University of Minnesota was conducted from September 1934 to September 1935. The study covered the blood chemistry in epilepsy.

It was reported that there were 58 patients interested in instrumental music. So there were organized 2 fine orchestras of about 22 pieces each, in addition to a 21-piece brass band already organized.

In 1934, the institution hosted the Eastern Central Minnesota Medical Society meeting and the Minnesota Occupational Therapy Society.

In February, 1935, Carl A. Lindahl passed away. He was the first night watch ever employed at the institution. He began his employment April 1, 1926.

On May 13, 1935, the institution entertained about 80 members of the Cambridge Commercial Club who made a very thorough tour of inspection.

There was a WPA project in the winter of 1935, grading and clearing land.

Next week, the article will cover approximately the period of 1935 to 1945.

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STATE OF MINNESOTA
CAMBRIDGE STATE HOSPITAL
CAMBRIDGE, MINNESOTA

FROM: Norman Synsteliem, Public Relations Officer

FOR: Immediate Release

CSH 1935 – 1945
(U.S. Period of Depression & War)

Last week, the first of these 5 series covered the period 1925 to 1935. This article will cover the period 1935 to 1945, a very, very difficult period during the Great Depression and World War II.

At the beginning of this period, the Colony for Epileptics had WPA projects underway to install an irrigation system in the vegetable garden and painting of all existing tunnels. The Highway Department had completed the construction of the new highway which eliminated two very dangerous railroad crossings. This highway (Minn. 65) cut through the southeast corner of the grounds.

On March 30, 1936, work started on Cottages 9 and 14 which would house 230 additional patients. These buildings were opened in March 1937. This brought the capacity of the institution to 1,108. On July 26, 1937, 18 acres of land was purchased from Andrew Westberg for \$1,800.00. (Part of this plot is now being acquired by Cambridge Memorial Hospital for its building program.)

The total enrollment in the educational department was 643, 168 in the literary classes, 114 in the music classes, and 361 in the industrial classes. The music department added a 30-member harmonica band. A choir of 20 members had been trained to sing for services each Sunday. Industrial training of a practical nature was extended to patients who were capable of such learning. The men had an opportunity to learn farming, gardening, dairying, show repairing, painting, carpentry and general maintenance. The women were given training in tailoring, plain sewing, mending, laundry work, baking, dish washing, dining room work and general housework. All such work was reported to have been of definite therapeutic value to the

patient, besides giving them such training as they were able to master, and rendering a service to the institution.

The new combined warehouse (basement) and auditorium (ground floor) was started in November 1936 and was completed on March 8, 1938. The auditorium seated about 1,200. New refrigerating units were placed in the warehouse. A new talkie movie picture machine was installed in the auditorium.

About 100 new trees, all American Elms, were set out near the new buildings on the grounds. It was reported that there were 107 acres in field crops, 40 acres in garden, a small orchard of little more than an acre, about 35 acres in meadow land, and about 73 acres in pasture land.

During this period, the institution hosted 75 members of the Lutheran League while they were having their yearly meeting in Cambridge, the annual meeting of the East Central Minnesota Medical Society, about 100 delegates to the American Legion Auxiliary of the 10th District while holding their annual meeting in Cambridge, and the Forest Lake Study Club.

On September 1, 1938, Dr. R. J. Gully, former Senior Physician of the St. Peter State Hospital, was appointed Assistant Superintendent. The full-time services of Dr. J. B. Stoll, a licensed Dentist, were secured in January 1939. The Dentist was assisted by one of the patients.

By this time, the staff had grown to 156. It was necessary during this period to reduce the number of staff. No one was discharged but when anyone resigned, the position was not filled. (Today we call it attrition.)

A WPA inventory project was started on November 8, 1939, and finished on July 12, 1940.

Some conferences held at the institution during this period were the Dalbo Community Club, Ladies Aid of North Branch, annual meetings of the East Central Minnesota Medical Society, Faculty of Cambridge Public School, Isanti Community Club, and Sociology Classes from Grasston, Stacy and Taylors Falls High Schools.

Mrs. Anna Helene passed away on February 12, 1939; and Mr. Leon Trip, an engineer, was accidentally drowned at Spectacle Lake on Memorial Day, May 30, 1939.

By request of Governor Stassen, a Mental Health Unit within the Department of Public Institutions in St. Paul was established to study and work toward an attempt to meet the problems of mental health, other than a continuous building of more and larger hospitals.

Dr. D. E. McBroom, Superintendent, was granted a leave of absence beginning September 1, 1941, to head the Mental Health Unit. Dr. Royal C. Gray was appointed acting superintendent. The purpose of this program was to coordinate the medical and psychiatric activities of the various mental hospitals in an attempt to find an outlet for the many patients now being housed in state institutions but could get along outside, with some supervision; and to establish an “out-patient” clinic at the various hospitals.

Doctor McBroom stated “the time has come when we must realize that man has the same claim to mental treatment that he now has to surgery and medical aid. The feeble-minded program is perhaps the biggest individual problem that the state has to meet. At present, we have a tremendous waiting list and so many of these patients are creating a situation so bad that they should be removed from their surroundings at once. I feel there is only one solution to this problem and that is the creation of an additional home for the feeble-minded at the earliest possible moment.”

A waste paper baler was purchased in November 1941, and the salvage amounted to about \$15.00 per month.

The poles carrying the electric high line to the power plant were moved to the north boundary and the telephone wires were replaced by an underground cable.

Since September 1941, there was an increasing tempo in resignations among the attendant group, prompted mostly by the greater wages paid in the various industries.

Sixty-five percent of the employees signed up for the purchase of war bonds by voluntary payroll deduction.

The air raid defense system was integrated with that of the Village of Cambridge and the institution air raid warden took all of the prescribed Red Cross training courses. The institution planned for total blackout by interrupting all electric current except to the stokers and water pump. Shielded lanterns and flashlights were to be used where and when necessary.

Some of the merchants of the institution did business with included: Gillespie Auto; C. Thomas Stores, Inc.; Grocerers; Fullerton Lumber Co.; Berglund Funeral Home; Dr. A. M. Wahl; Central Meat Market; Marlo Zwiers; Oftel Motor Co.; and Cambridge Iron Works – Danielson.

By July 1, 1944, Dr. D. E. McBroom, Superintendent since 1928, had resigned to become superintendent of the institution at Redfield, South Dakota.

Also by July 1, 1944, there was a Catholic Mission established in the Village of Cambridge. Since that time, regular Catholic services were held on the first and third Sundays of each month; Mass and Confessions, on the first Monday and Tuesday of each month. This was a great benefit to the institution as it placed a Priest within close proximity to the institution. The institution greatly appreciated the services that were rendered by Father Revering and Father Paul Lansing.

It was reported that manning the institution throughout this period was most serious and difficult, due largely to the war conditions and the higher salaries paid by industry. At times, the institution was running on almost a skeleton crew. It was also reported that: "very soon, we will be forced to install a sewage disposal plant. At the present time, we are discharging our sewage directly in the Rum River, causing a disagreeable situation as well as a public health hazard."

On Memorial Day 1945, the Schumann Chorus of Gustavus Adolphus College gave a program of several numbers, and on December 23, 1945, the Lutheran Choir of Cambridge gave a program.

The war with Germany had ended in May and the war with Japan ended in August. So the hospital staff began preparing for some changes and further expansion. The next article will cover the period 1945 to 1955.

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STATE OF MINNESOTA
CAMBRIDGE STATE HOSPITAL
CAMBRIDGE, MINNESOTA

June 10, 1975

FROM: Norman Synsteliem, Public Relations Officer

FOR: Immediate Release

CSH 1945 – 1955
(Period of Peace and further Expansion)

In last week's article, in a series of 5 covering CSH's 50-year history brought events up to 1945. This article will cover some of the happenings for the next 10 years. Until 1949, the hospital was still known as the Minnesota Colony for Epileptics.

Through these many years, the hospital had operated under some very fundamental principles of that day, such as:

Every patient sent to this Institution is expected to receive the greatest possible benefit therefrom, physically, morally and mentally.

Under no circumstances is rudeness or harshness permitted. The spirit of kindness must everywhere prevail.

Let the educational spirit predominate. Teach, teach and then teach again. Most of the patients are eager to learn such things as they understand. Teach how to put clothing on and fasten it up, to wash the faces and hands, comb the hair, lace their shoes, scrub the floor, sweep, set the table, shovel coal, wheel dirt, hoe corn or potatoes, carry feed for stock, etc., etc.

Minnesota was one of 11 states having special institutions for the epileptic. Epilepsy affected about 0.5% of the total population and approximately one-tenth of these persons required care in public institution.

During this period, there was a change in the legal terminology from "feeble-minded" to "mentally deficient."

The Biennial Report for the period ended June 30, 1946, showed 111 admissions, 27 re-admissions and 20 transfers during the past 2 years. There were 978 patients in the institution, 109 on vacation and 6 on escape, making a total population of 1,093. [A total of] 238 women and girls and 91 men and boys attended school classes at the institution. The total number of employees was 130. The total expenditure budget for the 2 years was \$611,517.56, or an average of about \$22.00 per month per patient. Dr. R. J. Gully was acting superintendent.

Miss Nellie Warner, Instructor in the school department, passed away on May 5, 1946, and Mrs. Esther Hokanson, Attendant, passed away on June 27th, 1946.

Some of the events that took place were: Tours of the institution were made by the students of the Pine Brook School and Taylors Falls High School. During the month of July 1947, the Cambridge Business Men's Association furnished entertainment by the Ozark Valley Barn Dance Orchestra. A Christmas program was given by the Lutheran Choir of the Lutheran Church of Cambridge. Special performance ** three occasions which consisted of song festivals under his direction.

Mr. R. J. Gregory, who served the institution as Steward since its opening in 1925, retired in June 1948. Mr. George Bang was employed as his successor. Also, appreciation from the institution staff was expressed to Mrs. Ellen Gregory and Mr. Rudolph Anfenson who had served over 25 years in state institutions.

The 1949 Legislature passed the Mental Health Act which was intended to greatly improve institutional conditions. Governor Luther W. Youngdahl was given much credit for the passage of this act. The goals of the State of Minnesota were set forth in the law. Among these were: 1) a single standard of food for patients and employees alike; 2) staff for occupational and recreational therapy, and spiritual counsel; 3) improve the accommodations for patients so they shall be comfortable and attractive with adequate furnishings, clothing and supplies; and, 4) there shall be facilities and equipment for research and study in the field of modern hospital management, the causes of mental and related illnesses, and the treatment, diagnosis and care of the mentally ill and retarded.

It was reported that an electroencephalogram (EEG) machine was added to the medical setup which would be of considerable aid in the treatment of individuals suffering from convulsive disorders.

Other happenings of interest were: Since June, 1950, the institution was affiliated with the Isanti County Library to provide the employees and adult patients with regular station facilities such as providing fiction and nonfiction books, reference and request service. The Cambridge Band and Chorus gave several concerts and the high school tumbling team put on an exhibition. Others who furnished entertainment throughout the year were Cambridge Business Association, Professional Music Center, and an accordian school under Russell Nyberg's direction.

During this period, the work week of the employee was changed from a 48- to 40-hour week. Employees who passed away in 1949 were Cecelia Odell, Donald Crippen and Louis Larson.

The 1949 Legislature changed the name of the institution from Minnesota Colony for Epileptics to the Cambridge State School and Hospital.

A continuous research program had been in operation under the direction of Dr. Franz Hallberg and Dr. Rudolf Engle, Clinical Director. They worked with new medications for epilepsy.

The Dormitory Building was completed by 1952. An addition to the power plant had also been constructed and in operation. The Dormitory was used as additional living space for employees. All employees had been required to live on the grounds from the time of the opening of the hospital until about 1945; then some were permitted to live off-grounds. All employees were subjected to a 24-hour call for duty. In fact, the rule for evening hours for employees read as follows:

"The proper performance of the duties of this institution require the best energy of all. The habitual keeping of late hours, especially by those whose duties require early rising, necessitates a loss of energy and tends toward irritability and peevishness when the highest degree of patience with these patients is required. The hospital will be locked at 10:30 every night and no employee shall be out after that time without special permission, and all noises within the buildings must cease at that time. Employees coming in after the door is locked will be required to sign the Late Permit Book with their name and time of return. This book to be left with the superintendent in the morning."

Staffing ratio was always a problem. At times there was only one attendant on a ward for 60 patients. Each adult patient was then assigned to one child in another ward, a sort of foster mother or father arrangement. These adults would care for the child as if their own.

The hospital staff was indebted to the following group of volunteer recreation people for coming to the institution: The Aquatennial Group, who entertained every year; The Cambridge High School and the Rum River Saddle Club for their very fine performances on the institution grounds; the Cambridge Businessmen's Association for sponsoring the Round-up parade at the institution and for the help given during the Christmas season. Christmas time was made much happier at the institution by the thoughtfulness of the members of the Friends of the Mentally Retarded, who sponsored the Christmas gift drive with the aid of Cedric Adams.

In a switch of "Georges," George Bang transferred to the position of Business Manager at the Fergus Falls State Hospital and George Hogle, who had been Business Manager at the Fergus Falls State Hospital since around 1930, transferred to the Cambridge State Hospital. The 1953 Legislature appropriated \$2,100,000 for the construction of the Infirmary and Cottages 8 and 11. These buildings were opened in 1955 and represented the first expansion of the institution's capacity since 1937. The capacity was now 1,500.

In reviewing records of changes, we find one attitude that seemed to linger on for almost 30 years. This is a quote from Rules and Regulations for Minnesota Colony for Epileptics: "Partiality and discrimination in the school department must be avoided and teachers should ever bear in mind that nearly all of the patients will never be returned to normal society, and their education here must be such as to make their life happier and more useful in the institution in which they are apt to remain."

The next article in the series will cover the period of 1955 to 1965..

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STATE OF MINNESOTA
CAMBRIDGE STATE HOSPITAL
CAMBRIDGE, MINNESOTA

June 18, 1975

FROM: Norman Synstelien, Public Information Officer

FOR: Immediate Release

CSH 1955 – 1965

(Period of Final Expansion and Declining Population)

Last week, the article covered the period 1945 to 1955. This article will cover some of the events from 1955 to 1965.

This was a period of final building expansion and the beginning of a declining hospital population. The 1955 Legislature authorized what was to be the last expansion in the bed capacity of the institution. A sum of \$2,954,000.00 was appropriated for the construction and equipping of "a new hospital facility with a capacity of 500 beds for persons who were mentally deficient, also a necessary power plant addition." These new buildings were Boswell and McBroom Halls and were opened in 1958. This brought the bed capacity up to its peak of 2,000. The population peak of 2,008 was reached in 1962.

In July 1956, Dr. Raymond J. Gully resigned. Dr. Gully came to Cambridge in 1938 as Assistant Superintendent. He became Acting Superintendent on July 1, 1944, and was appointed Superintendent on June 1, 1950. On September 1, 1956, Dr. George L. Wodsworth assumed the position of Superintendent.

After recognizing, for many years, the need for a new sewage disposal system, state funds were made available and an agreement was reached between the Village of Cambridge and the State of Minnesota for the joint funding of the cost of construction of a sewage disposal plant to serve both the village and the institution. This was in 1957. Since that time, there also has been a sharing of the cost of maintenance of the sewage disposal plant.

In 1959, Dr. George Wodsworth resigned as Superintendent to accept a position in Tennessee. He was succeeded by Dr. Galen Adkins, who had been Superintendent of the Sandstone State

Hospital from 1956 to 1959. Dr. Adkins had also served at Faribault State School and Hospital and Anoka State Hospital.

On June 30, 1967, the farm operation was closed out. In previous reports regarding the farm, it was often stated that the garden yielded good returns but the results of the farming operation were not so good, even though the farm products were of much help to the institution over the years.

On July 1, 1961, the Cambridge State School and Hospital was given responsibility for the management of the Lake Owasso Children's Home, located 7 miles north of the State Capitol. The facility housed 130 residents who were mentally retarded. The state had leased it from Ramsey County since 1955 to accommodate residents of the Sauk Centre Children's Home when that closed. The home had been under the management of the Faribault State School and Hospital.

In September 1961, John H. Stocking began his employment as Assistant Superintendent.

In 1962, a new building housing the laundry, carpenter and paint shops was completed and began operation. The laundry had formerly been in the main building; the carpenter shop in the basement of Cottage 3; and the paint shop in the basement of Cottage 7.

The 1963 Legislature authorized the transfer of approximately 27 acres of land to the Cambridge School District. This was located on the southeast part of the hospital grounds. (Part of this now in 1975 is used for a school bus parking area.)

Concerted efforts were made by Department of Public Welfare and hospital staff to "humanize" the living conditions for the residents. State ward-living surveys were started; these aimed to help determine where improvements needed to be made.

The hospital adopted an aggressive placement policy and tried to place as many residents as possible in suitable community facilities. Residents were referred for placement as soon as staff felt they were reasonably sure to make satisfactory adjustment in the community.

March, 1964: [A total of] 200 residents, including 26 in wheelchairs, plus 20 aides and volunteers attended the Shrine Circus in St. Paul. -- May, 1964: 4 residents and 4 staff went smelt fishing on Knife River north of Duluth. -- April, 1964: "Pounds off Club" was organized at Cambridge State Hospital by Mrs. Josephine Peterson, a Rehab. Counselor in the ladies Vocational Rehabilitation Unit. -- July 1, 1964, Mr. John Stocking was appointed Hospital Administrator; Dr. Adkins appointed as Medical Director; a Program Director was appointed

later. This administration arrangement was intended to aid in the delivery of services to the residents.

The hospital's Mid-Summer Festival was held at CSSH July 1st and 2nd. Among the participants in the 41-entry parade were: Cambridge High School Band; American Legion Color Guard; The Leader Store; The Lions Club; Hardy Setterstrom's "Old Car"; Kathy Skogman (Cambridge Queen); Cambridge Fire Department; East Central Electric; Rusty's Retreat Riders; Cambridge Village Patrol; Representative Robert Becklin and Mrs. Becklin of Cambridge; Mayor **in F. Gunderson of Cambridge.

July 1964 marked the beginning of a supervised swimming program for residents. In August 1964, "Parent Groups" were organized and established. Parent groups had periodic outings at the hospital, conducted some fund raising efforts, and in general tried to help improve conditions in the areas where children lived.

Population as of August 24, 1964, was 1,903, breakdown as follows: ages 1-3, 3 boys and **girls; 3 to 6, 20 boys and 21 girls; 7 to 10, 89 boys and 63 girls; 10 to 14, 153 boys and **girls; over 14, 752 males and 73 females.

August 1964: [A total of] 450 employees and guests attended the 8th annual employees picnic at **resort on Spectacle Lake, sponsored by the Employees Recreation Association and the **Employee's Union Local 390. Dr. George Boody, of Cambridge, was crowned King; Mrs. Olsen, of Princeton, was crowned Queen.

In September 1964, Miss Dorothy Gilmore of St. Paul was selected to reign as "Queen" on the TV Queen for a Day show. She designated CSSH to share in her prizes, and spent \$250.00 to purchase wooden and plastic toys for the residents.

In October 1964, an Industrial Banquet was held in the hospital auditorium to honor 660 working residents.

In October 1964, North Hennepin Kiwanis Club delivered a ton of candy to the hospital. These treats had been donated by children who had gone "trick or treating."

In December 1964, Milaca Civic Club donated 8,786 cookies to Cambridge State School and Hospital.

In February 1964, [a total of] 33 religious instruction classes were started by volunteers at CSSH (27 Protestant and 6 Catholic), Rev. C. H. Pauling was Protestant Hospital Chaplain; Fr. Hubert Dahlheimer, the Catholic Hospital Chaplain.

In March 1965, [a total of] 650 residents attended the Shrine Circus in Minneapolis.

In May 1965, Spring Institute of Minnesota Association of Child-Caring Institutions was held at Cambridge State School and Hospital.

In July 1965, CSSH conducted a pilot camping project for people who were severely retarded; 41 residents camped at Lake Carlos State Park near Alexandria. Staff involved with the camping experiment were: Mrs. Esther Fashbaugh, RN; Mrs. Esther White, Dan **ebban, Larry Odegard, Psychiatric Technicians; Miss Janet Axell and Keith Sando, Social Workers; Mrs. Stella Soderman, Remotivation Director; Bill Olson, Director of Recreation; ** Helen Fuller, volunteer; Robert Lehnks, Psychologist.

In July 1965, [a total of] 23 Girl Scouts of Hospital Troop #118 camped for 2 weeks near Goose Creek east of Harris. Mary Wilcox was the Girl Scout Leader; volunteer girls from Cambridge community who helped were Karen Jacobson, Kathy Lehnan and Marjorie Rowsell.

By the end of 1965, the employee complement was 560 and the resident population had been reduced to 1,675.

Next week, the last article in the series will cover the period 1965 through 1975.

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STATE OF MINNESOTA
CAMBRIDGE STATE HOSPITAL
CAMBRIDGE, MINNESOTA

June 24, 1975

FROM: Norman Synsteliem, Public Information Officer

FOR: Immediate Release

CSH 1965 – 1975

(The Period of Constant Change)

Last week, the article covered the period 1955 to 1965.

This article will cover some of the events from 1965 to 1975. This could probably be called the period of constant change. This was and still is a period of population reduction and increasing awareness of residents' rights.

October 1965: First Day Activity Center opened at CSSH, established in Cottage 11 under the direction of Mrs. Laurel Berg, Special School Counselor. The Unit Director was Charles Turnbull. The comprehensive program was for children unable to attend special school classes for trainable and educable pupils. The aim was to help children develop social and self-help skills, self-expression, independence, and other skills that could be developed in and through individual and group activities.

In November 1965, Mr. P. O. Anderson, Building Foreman, retired with 30 years of services. -

December, 1965, [a total of] 350 residents go "skiddooing" for the first time. Fred Marquart of "Frontier Town" south of Bethel provided 3 snowmobiles free of charge from 1:00 p.m. to 9:30 p.m.

January 1966, Remotivation Library started under the direction of Mrs. Herman Soderman of Cambridge. Outlines for 330 different subjects were available.

February 1966, Bill Peno started Industrial Arts Program for girls with the highest potential of being discharged. Some areas covered were: learning about electrical fuses, meters, motors, switches, batteries, repairing frayed cords; use of hand tools; painting, varnishing, refinishing and upkeep of floors.

March 1966, Representative Robert Becklin spoke at the Hospital Employee Recognition Ceremony.

Also in March 1966, Mrs. Elsie Hoglund of Cambridge began retirement with an 11-day Caribbean cruise on the luxury liner "Carmonian."

In 1966, a camping program for residents was started. There was such enthusiasm by both residents and staff for such a program that it led to the formation of a nonprofit corporation and the purchase of a campsite in 1968.

In April 1966, the residents of the Cambridge State School and Hospital lost a dear friend in the sudden death of Dr. Galen Adkins, Hospital Medical Director since 1959. His efforts were directed by a genuine desire to improve conditions for all the residents, regardless of type of handicap.

April 1966, Mayor Elgin Gunderson was master of ceremonies of the Boy Scout Court of Honor at CSSH. - - Also in April, 23 residents presented the Easter pageant, "With Jesus-No Sadness," under the direction of Rev. C. H. Pauling, Hospital Protestant Chaplain. -- John Kirkvold, Regional Forestry Director, presented an illustrated lecture to the Resident Mens' Study Club in Cottage 1. Over 100 attended, including some of the girls **was designed to further community orientation for residents and to help facilitate their adjustment and return to community living.

June 1966, "Flying Wheel Patrol" was organized at Cambridge State School and Hospital, a part of Hospital Girl Scout Troop #116. Mrs. Mary Wilcox was the leader; volunteers Mrs. Marjorie Ramsell and Miss Kathy Lehmen of Cambridge, Assistant Leaders. They had their own clown group and rhythm band, and entertained at the hospital "Fun Club" once a month.

September 1966: "Melody Ramblers" appeared at Minnesota Governor Karl Rolvaag's Conference on Mental Retardation at the St. Paul Hilton. This instrumental group was under the direction of Mrs. Mary Wilcox of Harris. Also this month, the Hospital Girl Scouts made 30 gallons of "Chokecherry Jelly" as a project at the home of Mrs. Mary Wilcox in Harris.

November 1966, the Hospital Finance Office reported that the residents at CSSH spent \$36,555 in Cambridge from July 1965 to October 1966. This figure included only supervised "town-shopping" - not monies spent by residents on independent living programs or expenditures through volunteer funds or parents and relatives taking residents uptown. -- In 1966, also a new 300,000-gallon water storage tank was erected.

In January 1967, fifty-five Minnesota Legislators visited CSSH. Never in history of the hospital had so many Legislators toured the hospital. Representative Robert Becklin of Cambridge and Senator Howard Nelson of Lindstrom organized the group. In 1967, the Legislature changed the name of the institution to Cambridge State Hospital. The 1967 Legislature authorized the transfer of a small portion of the hospital property along the east boundary to the Village of Cambridge for the purpose of building an extension to Dellwood Street. This session of the Legislature also authorized the transfer of all hospital land west of the Rum River to the Village of Cambridge for park use. This parcel contains over 75 acres. A small parcel, (100 feet by 336 feet) was also transferred to Memorial Hospital. This was located in the northeast corner of the campus.

October 1967: Minnesota Lieutenant Governor James Goetz spoke at the Annual Volunteer Recognition at Cambridge State Hospital. -- Cambridge State Hospital was the second state facility to be awarded accreditation by the Joint Commission on Accreditation of Hospitals. The commission's report recommended additional nursing personnel, and also commended Acting Medical Director Veronika Gailitis, M.D., for her "dedicated and outstanding efforts to improve patient care."

December 1967, hospital residents made over 400 scrapbooks for children in Vietnam. The completed, topical books were delivered to the Marine Corps in the Twin Cities for transportation arrangements overseas.

Linda Thompson was the first Cambridge State Hospital resident to graduate from the Cambridge Senior High School in May 1968. In July, 30 little girls from Cottage 8Y had their own style show. Many visitors enjoyed the show. Cambridge State Hospital 4H Club received 3 blue ribbons and 5 red ribbons on articles entered in the open class at the Isanti County Fair. This was the first time residents had made entries. Mrs. Grace Ottum (of Stanchfield), Bill Peno (of Rush City), and Mrs. Ervin Skaar (of Cambridge) **.

August of 1968, Camp New Hope, Inc., a nonprofit corporation, was organized at Cambridge to acquire, provide, and maintain facilities for recreational, educational and therapeutic experiences in group living for handicapped persons, primarily for those at Cambridge State Hospital. This would be built entirely from donations. There were 9 on the board of directors: From the Hospital, Norman Synstelien, Paul Wulkon, N. Deene Campbell; from the community, Dennis G. Paulson, of Cambridge; Edward Wilcox of Harris; Mrs. Charlotte Heningsgaard of St.

Cloud; Ed Gimand of Alexandria, Mrs. Lucille Luff of New Brighton; Mrs. Lorraine Ordemann of Fridley. This 40-acre campsite was located on Glacier Lake north of McGregor, Minnesota.

[A total of] 62 snowmobiles from the Ramsey County Snowmobile Club of St. Paul gave rides for the Cambridge State Hospital residents in February of 1969, and they did away with 700 hot dogs, 800 Twinkies, and 20 gallons of hot chocolate. -- Gordon Mattson of Cambridge was appointed Chief Power Plant Engineer at CSH, replacing A. W. Jackson who retired after 35 years of service. Gordon started in 1957 as plant maintenance engineer. -- Mrs. Hubert Humphrey visited Cambridge State Hospital on February 25th, accompanied by 25 students of A.F.ROTC at the University of Minnesota. The 1969 legislature authorized the highest complement of positions ever when 830 positions were approved for Cambridge State Hospital and Lake Owasso Children's Home. -- Dr. Miedrog Ristic was appointed Medical Director of CSH in April of 1969. [A total of] 178 residents attended the Minnesota State Fair in August, and CSH hosted 350 at the 13th Annual State Rehabilitation Conference in September of the same year.

By 1970, the population of the Cambridge State Hospital had dropped to about 1,150, the lowest since World War II. -- In May, 80 CSH residents flew in a 99-passenger plane provided by North Central Airlines. All boarded the plane at Minneapolis International Airport and were given a half-hour ride. -- In July, site work began on North and South Dellwoods. These two residential buildings were to house 16 residents each.

The 1971 Legislature required mandatory schooling for children who were mentally retarded and trainable. Classes conducted by Cambridge-Isanti Independent School District 911 started in August 1972.

A new Occupational Therapy Clinic was established in February 1971, in McBroom Hall. Mrs. Barbara Satrom, a Registered Occupational Therapist, was in charge. -- In July, 15 adult residents at CSH graduated from Vocational Training in Food Service Worker Class and in the Housekeeping Service Class. This was a joint venture between CSH and Pine City Area Vocational Technical School. -- New Explorer Scout Post was formed at CSH. Bill Halvarson was the Scoutmaster. This was in September. In November of the same year, 231 CSH residents were honored at a "Workers Festival" held at Cambridge State Hospital. (Note the decrease in number of workers as the total population decreased.)

In 1972, February, Mrs. Harriet Anderson, Director of Nurses at CSH, died. She started her nursing work at Cambridge in 1945. -- In April, Dr. Miedrog Ristic resigned from CSH to accept the post of Deputy Director of the Willowbrook State School, Staten Island, New York, an institution for over 5,000 people who were mentally retarded. The population at Cambridge State Hospital was now 935, (1972), including 50 on trial placement. -- In July 1972, the two new 16-bed cottages, Dellwood North and South, were opened. These were the first small, home-like units built on a state hospital campus. Also this year, in September, a lawsuit was filed against CSH and 5 other State Hospitals and the Administrator of each, including John Stocking of Cambridge. This suit was filed by parents of a few residents regarding the fact that parents did not feel that the physical conditions, care, treatment and training met constitutional standards. This action was taken on behalf of 6 individuals, (2 from CSH) and their parents as a "Class Action" suit, which meant that any orders issued by the court would benefit all residents in all Minnesota State Hospitals.

August 1973: Mrs. Ethel Miller of Isanti and Housekeeper of Boswell Hall at CSH was awarded \$515.00 for a suggestion she submitted to the Employees Suggestion System in St. Paul. With the help of the hospital maintenance department, she developed a new system for cleaning wheelchairs in her building. -- Also in August, four youth emerged into the volunteer spotlight. Bradley Clark of Cambridge, age 13, with 1,100 hours of volunteer work in 4 years; Tom Twingstrom of Rush City, age 9, with 384 hours in his first year; Jeff Kriesel of Isanti, age 12, with 336 hours in his first year; Gary Kriesel of Isanti, age 9, with 320 hours in his first year. All four worked in McBroom on the ward and in the area where one of their parents worked - pushing wheelchairs, help feed, help with self-help skills, read to residents, help make beds, etc. In November of this same year, CSH took steps in the energy crisis, reducing heat in all nonresidents building to 68° when occupied and 60° when not occupied; no outdoor Christmas lighting; reduced speed of vehicles to 50 MPH. -- George Reidl of Cambridge was appointed "Resident Advocate" at CSH. This job is designed to provide the residents with a person who is a combination of friend, big brother, social worker and legal counselor.

From September 1973, through 1974, CSH experienced a rather complete reorganization - from that of being more medically oriented to a definite program-oriented structure. Under this new arrangement, an attempt was made to involve every resident on the campus in 6 hours of programming per day, 5 days a week. As much as possible, this was conducted out of the

residents's immediate living area. In prior years, approximately 50% of the residents were in a program similar to this; as of January 1974, 97% were involved.

The 1974 legislature authorized the transfer of about 8 acres of land to Memorial Hospital. This land is needed for the proposed expansion of Memorial Hospital. -- In March 1974, 300 residents from CSH attended Zuhrah Shrine Circus in Minneapolis. -- Also this same month, John Stocking assumed new duties as the Hospital Administrator at the Anoka State Hospital after serving in that capacity at Cambridge for the past 10 years.

According to organizational changes planned by the Commissioner of Public Welfare, each state hospital was to have an administrative head, called a Chief Executive Officer. On March 20, 1974, Mr. Dale L. Offerman was appointed Chief Executive Officer of Cambridge State Hospital by Wesley Restad, Assistant Commissioner for Residential Services in Fergus Falls State Hospital, as Program Director of the Northwestern Regional Retardation Center.

Cambridge State Hospital had an open house in April of 1974. The purpose was to give information to interested persons about the different day programs of public school classes that were available. -- In May, CSH Program Advisory Committee elected new officers. President, Edward Wilcox of Braham; Vice President, Mrs. James Mengelkoch of Spring Lake Park. The purpose of this community committee is (1) to advise and assist the CEO of the hospital in the development of uniform rules, regulations, policies and program standards for Cambridge State Hospital; (2) to review periodically established rules, procedures and policies, and to recommend appropriate changes to the Chief Executive Officer; (3) to review and advise in matters relating to the carrying out of these rules, procedures and policies; (4) to advise and assist in related matters of program development and its administration. -- July, with the 85° outside temp, 95° inside the hospital auditorium! "Fays Orchestra" providing the music, (including Jingle Bells), Santa, Donald Duck, Snoopy, Mickey Mouse and the clowns roamed through the audience and danced with residents. Several hundred gifts were piled on the stage. Balloons everywhere! Fun and excitement filled the air! Two hundred residents, including many in wheelchairs, gathered in the hospital auditorium to enjoy "Christmas in July" sponsored by Everette McClay VFW Post of Bloomington.

August of 1974, nine Boy Scouts from Hospital Troop #213 spent a week at Camp Many Point. Larry Odegard of Pine City is the troop's Scout Master and accompanied the boys.

Clark Norberg and Richard Bolen of Cambridge, both Eagle Scouts, also went with the troop. -- Mrs. Fred (Helen) Maaske retired after 37 years of state service. In her early years of teaching, a teacher had to provide many different services - such as being an academic teacher, a girls' industrial teacher, a boys' industrial teacher, a music teacher, library duties, recreation work two nights each week, have duties at Sunday worship services. Shortage of staff seems to have existed even in those early days. In September of this same year, John F. Thomson of Cambridge retired after 28 ½ years of state service. John was a Psych. Tech. and saw the population change from 1,000 up to 2,008 and then down to 700.

Thirty-one employees, representing 712 years of service, were honored at a coffee party at the hospital in November of 1974. -- Despite the high sugar cost in December, the Milaca Civic Club came through again with 5,253 cookies for the residents. Mrs. Charles Reineke of Milaca was the chairman and has been for many years. -- Dale Offerman, Chief Executive Officer for Cambridge State Hospital, received the licenses for all residential units at the hospital from the Minnesota State Licensing Division in December of 1974. These run until September 1, 1975.

The worst blizzard since 1888 hit the Cambridge area in January 1975. Employees worked double and triple shifts; in fact, the storm caused about 830 hours of overtime. March brought the first sign of Spring. John Becklin of Cambridge, a Senior Human Services Development Technician, and Tim Jennings, a volunteer from Jesuit College in St. Paul accompanied a group of boys for a weiner roast in the Day Camp area. But the snow was hip deep so they built a fire in the driveway instead and had weiners and marshmallows. -- In April, [a total of] 175 residents were confirmed. Fr. Sebastian Schramel, OSB, Chaplain at the hospital, had been preparing these people for the past 6 ½ months. He had been assisted by volunteers Fr. Adrian Lederman and Sister Bernadette Weber of St. Cloud. Bishop George Speltz of the St. Cloud Diocese conducted the Confirmation Mass and ceremony. -- As of June 1975, the population of the hospital is at 658, the lowest since 1932. The severity of disabilities of the total population has changed tremendously also. Throughout the years, the higher functioning residents have been discharged to work in their home community or placed in other community facilities. Now 90% of the population are children, youth and adults who are severely and profoundly retarded; about 85% have little or no speech, about 50% have multiple-handicaps (physical handicaps beside mental retardation problems). A certain ratio

of staff to residents is often misleading to people who don't know the severity and complex problems of residents now residing at Cambridge State Hospital. Because of the numerous handicaps, the residents need the help of so many more staff now if they are to progress to their highest potential. All residents are assigned to small groups, each group has a leader or teacher. Each resident has defined goals. When the goals have been reached, different goals are set within the same group, or the person is transferred to another group. That's how a resident reaches his or her highest potential. Incidentally, Cambridge State Hospital Should not be called a "hospital" but a "training center." The only building that is a hospital is in the Infirmary.

June 1, 1975, Cambridge State Hospital had its 50th birthday.

We hope these series of articles on Cambridge State Hospital's history during the past 50 years have been of interest to the readers, especially to those who have been involved with the hospital and have watched the many changes come about during these many years.

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