

IDEAS OF STATE HOSPITAL CHANGE WITH VISIT TO INSTITUTION

"I have lived in Morrow county 33 years and never went near the Eastern Oregon state hospital" announces Mrs. Burl Wattenburger, Pine City extension woman. "I was afraid and unwilling to face the fact that someday a loved one of mine would need their care."

Realizing that this is the general attitude felt by most people, Mrs. Velma Glass, Morrow county public health nurse, urged the women of the county extension committee and Morrow county agent, Esther Kirmis, to visit the Eastern Oregon state hospital in Pendleton, to promote better understanding of the mental health problem. Eleven women from the county toured the hospital on March 16, under the direction of Mrs. Vera C. Johnson, head of the educational department of the state institution.

The three hour tour included

a visitation of all the women's wards; a "listening in" on a lecture presented by Dr. McTevier, to hospital aids on electric and insulin treatments; and a tour of the admission and treatment building guided by Mr. Arthur Dorst, RN, supervisor of that department.

Below are comment made by the Morrow county women after the visit:

Mrs. Howard Pettyjohn, Heppner extension unit—felt the trip to Eastern Oregon state hospital at Pendleton a very valuable tool in promoting understanding of the public in the mental health development. Seeing the patients and learning how they are cared for helps to lessen the old fashioned fear of mental illness.

Mrs. Lincoln Nash, Heppner, "I was impressed by the cleanliness of the hospital and its patients who wore colorful dresses and not uniforms as I had supposed."

Mrs. Willard French, Pine City, "Although the hospital is hopelessly overcrowded they try for a cheerful atmosphere throughout by the use of flowers, potted plants, and canaries and parakeets. (The flowers are grown in their own greenhouses). The dining rooms are made more home-like by the use of small tables that sit four to six, rather than long institutional tables."

Colored plastic dishes were attractive.

"I was also glad to know that the patients can do so many different things. One thing, they allow them the use of the ward kitchens to mix up a cake-mix or other baking. It seems to be a challenge to all of us to think of these people and remember them with little things such as cake and cookie mixes, at various times during the year."

Mrs. John Bergstrom, Rhea Creek, "I marvelled at the many types of entertainment for the patients. Each ward has its own little parties either put on by the staff members or organizations from Pendleton or surrounding communities. One ward was getting ready for a St. Patrick's party with a decorated shamrock tree. Large parties and church services are given once a week in the auditorium."

Television is surely a help. There is a set in each ward and we found the women deeply engaged in the afternoon serial programs. There was a piano in each ward recreation room. Jigsaw puzzles also seemed to be popular."

Mrs. Warren McCoy, Irrigon, "I felt a little uneasy when we began touring the wards, but I soon found out that since the use of tranquilizers, the most disturbed patients seem almost as calm and happy as the others. Physical restraints are used only for the patients protection against himself. We were told that restraints and tranquilizers are used to calm the acute conditions until the patient is able to help himself with the doctor's direction to gain an insight into his own problems. Know thyself is the key to good mental health."

Mrs. Richard Waymire, Boardman extension unit and a registered nurse — "I felt Dr. McTevier's lecture was more beneficial to myself, as a short refresher course. I know we all learned more about the therapy in spite of the technical terminology."

With one out of 10 of our population receiving some type of assistance with mental problems and disturbances during their lifetime, it is important to publicize the attitude that the majority can be cured or adjusted to society again without medieval methods.

I know that all of us will pass

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moved back to their old home at Hamilton, after selling their home on Deer Creek. They then spent a week visiting relatives and friends before settling in their Hamilton home.

Harold Lippert drove Al Brown to Prineville Monday to meet Mrs. Brown, who came home after spending a month in California, visited her sister and family.

Verne McCarty and son Donnie went to John Day Wednesday on business.

Mr and Mrs Bob Burton and

along the feeling that EOSH is a good place to be when necessary and there is hope for an afflicted person, rather than anger, despair and shame."

Mrs. George Currin, Lena, "The lecture on mental illness by Dr. McTevier helped me to better understand the tour we took through the admissions and treatment building. (This is a newer building and is very attractive with its pastel color schemes, polished wood, and newer furnishings). We should all be made aware of how important it is to start treating mental illness in its earliest stages, and that even children can become as mentally disturbed as adults (There was a 13 year old girl in the treatment building)."

Mrs. Bryce Keene, Ione, "I feel very strongly that it is up to the mothers of Eastern Oregon to work for more study on mental health. Our units have taken the first step by having Velma Glass, county health nurse, appear at one of our meetings on the "Four things necessary for good mental health". We can surely strive to give these things to our children.

I believe we should do all in our power to see that the outpatient clinic of the EOSH be staffed so that children and adults of eastern Oregon have a place for psychiatric treatment. At present Portland is our closest place for such treatment."

Miss Esther Kirmis, Morrow county extension agent—"I felt our visit to Eastern Oregon state hospital was one of the most informational afternoons I have spent. Our group was composed of women from all parts of the county. These women will surely be good ambassadors back to their county in telling of the workings of this state hospital. I feel the sooner we can bring the topic of mental health into our everyday conversation, the sooner we will see progress made in this field. I urge other organizations to tour the Eastern Oregon state hospital to become better informed."

son and Mrs. Glenn Williams and daughter drove to John Day Thursday on business.

Harold Lippert and Maynard Hamilton went to Heppner Thursday.

The M M M Club held their regular meeting Thursday at the home of Mrs. Van Richards. Next meeting will be held at the Pearl Martin home.

Mrs. Verne McCarty and son Donnie and Mrs. Elmer Matteson drove to Spray where they spent the day visiting Mrs. Darrell Deane and Mrs. Betty Joynes.

Mrs. Erma Ferguson of John Day spent Thursday here visiting Mrs. Mamie Ferguson, her mother-in-law.

There was a church parley held here Monday evening at the church. There were representatives from Mt. Vernon and Dayville here to attend the meeting.

Jesse Allen and Leslie Holland of John Day and Mt. Vernon were callers here last Friday on business.

June Hutchison went to Heppner Saturday, taking her father, Joe Whitaker over for medical aid.

The American Legion auxiliary unit no. 148 of Monument had as dinner guests Tuesday, Mrs. Delphene George of Eugene, president, Department of Oregon and Mrs. Edith Bartly of Prairie City. Mrs. George gave a talk to the high school girls on Girls State, then a talk on what the Auxiliary works for. She went on to Prineville that evening for a meeting.

Miss Nicky Drees and Gary Ingall are the girl and boy named on Monument for Girls' State and Boys' State.

The Monument high school will hold its banquet and prom Saturday night in the school gym.

Mrs. Stella McCarty took her daughter, Alene to John Day Thursday for dental work.

Mrs. Frances Noland and children are here from Portland visiting her folks, Mr and Mrs Ernie Johnson.

Bill Howell of Spray took his mother Mabel Howell and two nephews to Heppner Monday to see Clifford Howell who is in the hospital there.

Mr and Mrs Ned Sweek and children of Heppner were here Sunday to visit his mother, Mrs. Delsin Sweek and his sister and husband, Mr and Mrs George Capon.

Mr and Mrs Richard Martin and daughter of Prineville spent the weekend here visiting his folks, the Henry Martins.

Johnnie and Judy Healy are staying at the Ted Palmateer home in Ione.

Mrs. Jack Kerr spent the weekend in Portland visiting her husband, who is employed there.

Meetings Started For Cattlemen and Auction Operators

State and federal veterinarians are holding a series of meetings with eastern Oregon county cattlemen's associations, interested stockyard operators and others to explain new developments in the cull and dry cow trace back program.

Particular emphasis at the series, arranged in cooperation with county extension agents, is the new program adopted upon recommendation of the state board of livestock auction markets. This board, an official advisory unit to the state department of agriculture, has recommended tagging all cattle moving through stockyards with dual-purpose identification.

The single tag, now on order and to be distributed later this spring, will serve both as official identification in the Bang's program and as saleyard identification.

Meetings were held at Medford, Klamath Falls, Lakeview, Burns and Ontario the week of April 18-22; at Canyon City, Prineville and Mitchell, April 25-30.

Other meetings scheduled: LaPlaine, May 2; Baker, May 2; LaGrande, May 3; Enterprise, May 4; Pendleton, May 5; Madras, May 9; Heppner, May 10; The Dalles, May 11; Moro, May 12. Assisting Dr. L. E. Bodenweiser, state veterinarian, and Dr. A. G. Beagle, federal veterinarian in charge in Oregon, with the series are Dr. O. J. Halverson and Dr. Kenneth Erickson of the federal staff and Dr. M. R. Woulfe, assistant state veterinarian.

Miss Leone Graham arrived home Friday from Utah where she had been visiting relatives.

Visiting with Mr and Mrs Terry Blevins and Mr and Mrs Norbert Herschel is Phillip Blevins from Montana, brother of Mr Blevins and Mrs Herschel.

IONE School Notes

The following officers were elected in the grade school student body: Mark Halvorse, president; Joe Halvorse, vice president; Cheryl Lundell, secretary; Robert Emert, treasurer; and cheer leaders, Karn Hams, Susan Lindstrom, Marjorie O'Connor and Frances McLeod.

The 8th grade class went to Maryhill museum Friday of last week. They were accompanied by Mr and Mrs Donald Olmscheid and Mrs Walter Corley.

Mrs. Grace Nickerson spent the weekend in Beaverton with her daughter and family, Mr and Mrs Richard Hayes and she is now in Eugene with her son and daughter-in-law, Mr and Mrs Francis Nickerson.

BOATER'S BREAKFAST
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