

PALAMA SETTLEMENT?

PALAMA is five welfare organizations under one roof and under one direction. PALAMA is a source of help, health, enjoyment and education for some 50,000 people.

PALAMA'S 38 years of service are represented in its half million dollar plant and its devoted staff of eighty full-time and thirty part-time workers.

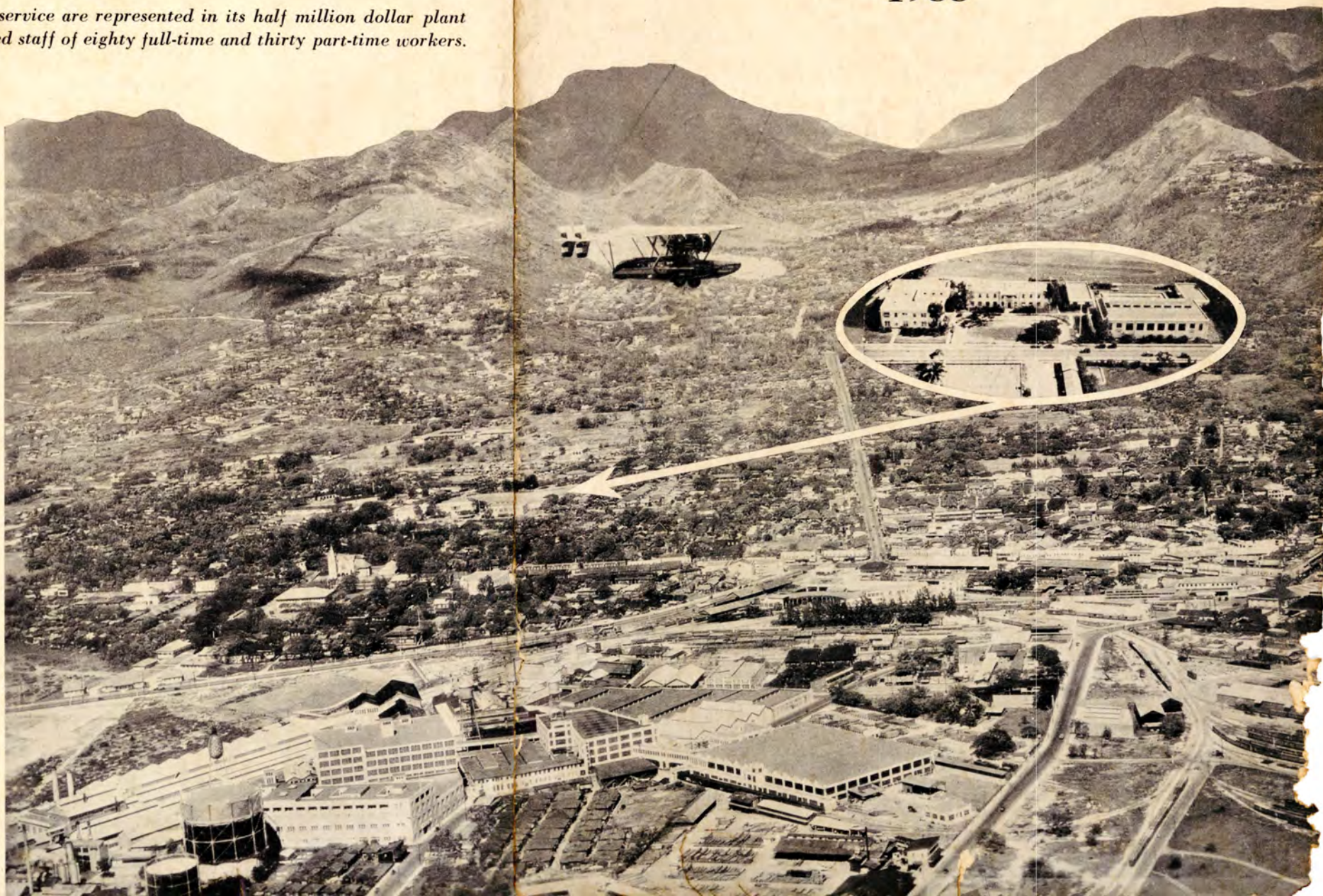
In 1933 Palama's Dental Clinic, supported mainly by the Strong Foundation, spent 26% more than in 1928. The number of children served increased 134% and the cost per case was reduced 62%.

The other departments of the Settlement spent but 3% more in 1933 than in 1928. Yet its medical department increased its work 130% and the cost per visit in the medical department was reduced 30%.

Its nursing department has so greatly improved the quality of its many-sided services that the value of its public health nursing is far greater than formerly.

Have you remembered Palama in your will?

Palama Settlement's 38th Year of Concern for Honolulu's Needful 1933



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Recreation—Boys *Recreation—Girls*

52,613 Visits

were made to the medical department during 1933, an average of 172 for every working day. Half of these visits were made to the morning general medical clinic, one-quarter to the venereal disease clinic.

Six thousand one hundred and twenty-six different families received medical care. In the past three years 12,666 different families have had medical attention.

These families with their old and young were given the best care that sympathetic doctors and nurses can provide outside of a private office. Specialists in venereal disease, dentistry and eye, ear, nose and throat conditions, pediatrics and gynecology serve on our staff, assisted by laboratory and X-ray technicians.

Thirty-one members of the medical profession served on the staff of Palama's medical department during the year.

CAN YOU PICTURE WHAT THIS SERVICE MEANS?

The average cost per visit was \$1.03

How was this cost met?

City and County.....	\$30,200.00	55.9%
United Welfare.....	18,376.27	35.0%
Fees Collected	5,436.24	10.1%
	<hr/>	<hr/>
	\$54,012.51	100.0%

Honolulu's Sick Poor



Social Service for the Sick

No Medical Service

can do its work well without the assistance of a group of trained social workers. An unending succession of individual, family, financial, and social problems present themselves day by day to the medical social worker.

This patient should be hospitalized and arrangements must be made at once with the City and County Medical Department. The social worker is consulted.

That mother wishes to make plans for her coming confinement.

This child whose father is on work relief needs glasses. The social worker must arrange for payment at minimum rates.

That father has recently obtained steady employment. He is now able to afford private medical care and is made ineligible for Palama care.

This family has had financial reverses. Their child needs a tonsillectomy. Arrangements must be made for payment at minimum rates wherever possible.

That laborer has not returned for his weekly treatments. Care must be taken to see that he does so.

That social agency wishes an immediate medical report in order to complete plans for the family. A conference is held with the doctor and the agency is notified of his recommendations. So it goes, day in and day out.

18,519 interviews were had with patients.

4,966 interviews with doctors, nurses, social workers, employees, relatives.

459 patients hospitalized.

509 families declared ineligible.

460 visits by workers on behalf of patients.



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Wortman in The New York World-Telegram

“I’ll be able to work again Monday”

Family Limitation Service

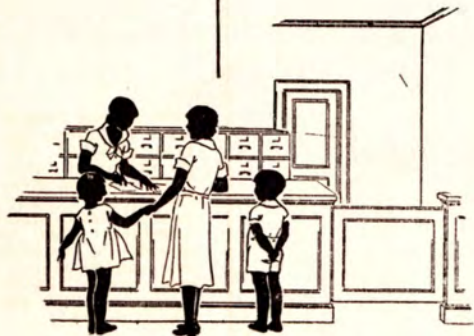
Scarcely a Day

passes that our Medical Department is not besieged by desperate, frantic married women who have found themselves pregnant against their desire or their doctor's advice. They beg for abortion. Abortions are illegal in this country and we cannot help them.

We can only urge them to return after their baby is born and receive advice through our Mothers' Health Clinic as to how they can postpone the arrival of another baby or be protected permanently against such an event.

This advice was sought last year for the first time by 964 women and men. Many hundreds of old patients returned during the year for further advice and supplies, so that a total of 3,157 visits were made to the clinic.

Great care is taken that advice is given only to selected patients whose health would be affected by pregnancy or whose economic status is such that the public would have to support the offspring which the parents do not desire but are unable to prevent arriving.



35,701 Hours

of public health nursing represent another phase of Palama's contribution to the community.

Think of 35,701 hours packed with highly skilled ministrations to the sick, persuasive health-teaching to the well, supervision of the health of the children in 22 public schools and 14 kindergartens.

Think of 591 women carried through many months of pregnancy with health guidance under medical supervision in 154 prenatal conferences and with *no deaths* from maternal causes.

Think of 1,610 infants under one year of age and 1,534 between one and six years of age receiving, in 579 child health conferences with physicians and nurses, health guidance that a few years ago no amount of money could buy.

Palama's eighteen field nurses, with the assistance of affiliated students, made 17,028 home visits to aid in the control of tuberculosis and other diseases, and 22,295 visits to give health-teaching and maternity care to our patients.

THE COST?

United Welfare Fund.	\$27,348.74	55.9%
Chamber of Commerce	21,000.00	42.9%
Fees for Services	594.79	1.2%
	<u>\$48,943.53</u>	<u>100.0%</u>



Public Health Nursing*

Palama Nurses
Only

*The Nursing Department of Palama has been affiliated with the Bureau of Public Health Nursing of the Territorial Department of Health since September, 1929, to provide a uniform and complete generalized public health nursing service to the City of Honolulu.

Dental Care for 7444 Children

The Teeth

of one-third of Honolulu's public school children (grades 1 to 5) receive the special care of Palama's Dental Clinic.

Seven full-time dentists care for some 113 children each day.

More than a third of the children have their teeth cared for at six months' intervals.

It requires 28,080 visits and 57,660 operations to give these 7,444 children adequate service.

Do you give *your* child's teeth such care?

Believe it or not: Eighteen hundred children made 5,368 visits *during the summer months* entirely of their own free will.

COST

Strong Foundation...	\$30,165.25	85.6%
City and County	3,600.00	10.2%
Fees Received	1,484.25	4.2%
Direct Cost for 1933..	\$35,249.50	100.0%

Operating cost per case per year:

Without Overhead \$3.32

With Overhead... 3.79



Sheltered by a Grove

of ironwood trees at the very edge of a sandy beach swept by refreshing sea breezes and surrounded by seventeen acres of well kept fairway, twenty-four cottages and buildings, under the management of Palama Settlement, are always at the service of any individual or group, club or organization.

For a daytime or evening picnic? It was so used by 1,500 people on twenty-six occasions last year.

For a week-end or a vacation, for an annual conference or an annual camp? Eighty-seven groups found it a retreat of complete isolation and of peaceful quiet or hilarious fun as the occasion demanded. The camp was occupied 228 nights. Nine hundred and seventy-eight people slept one or more nights, totaling 4,763 nights of sleep.

The Annual Boy Scout Camp was held here. St. Mary's Home occupied the camp with its fifty children for two weeks, and numerous church groups and Palama clubs have enjoyed its unusual facilities.

This Camp is available for use by any reputable individual or group. The charges are extremely small. The only requirement is a permit which may be secured from the Director of Palama Settlement, telephone 8545.

Have you ever used the Fresh Air Camp? Try it on your next outing.

Fresh Air Camp



Boys' Department Activities

Club Interests

of the Department included social, intellectual, athletic and scouting phases. The 17 club organizations attracted a total enrollment of 774.

Approximately 68% of the 13,077 individuals served by this Department in 1933 were non-members of the Settlement and were favored through community cooperative spirit. Heading the list in this type of service are the Junior Republic of Hawaii, neighborhood public schools and the Boy Scouts.

Swimming and basketball share honors on Palama's sport calendar, accounting for 1,678 and 1,663 participants respectively.

In two track-meets conducted by Palama Settlement 868 athletes participated. Pentathlon, baseball, volleyball, project work, tennis, soccer, scouting, golf and senior bare-foot football fill the remainder of the program, drawing upon the membership in the order listed.

Palama entered three national athletic competitions in 1933 with the following results:

Boys' Clubs of America Indoor Pentathlon—First place for club, three out of five individual champions.

National Boys' Club of America Swimming Meet—Second place for club, two out of four individual champions.

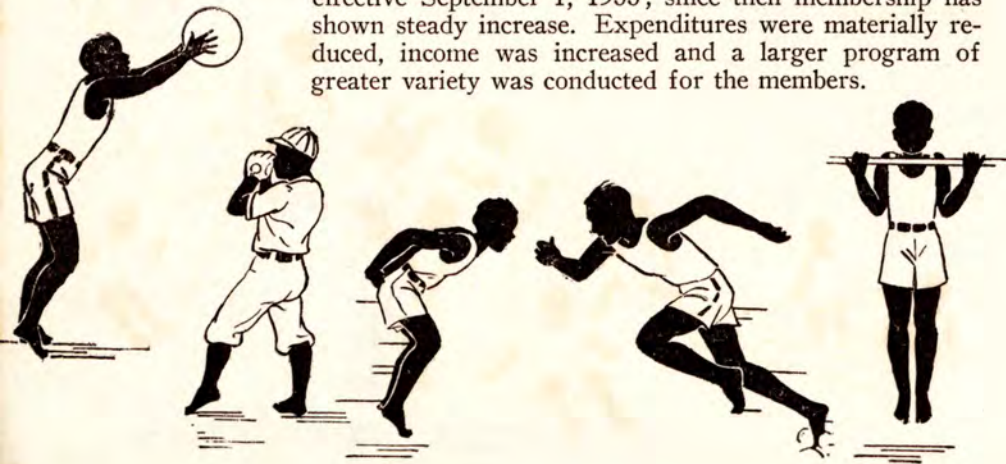
Pan-Pacific Outdoor Pentathlon—National Junior Champion, National Senior Runner-up.

Other championships won by Palama were:

150-pound Senior Barefoot Football; Senior Basketball; 115-pound Boy Scouts Basketball; second place in Leathercraft Work in the B. C. A.

Total attendance at ninety dances given at Palama in 1933 was approximately 27,000, movies 31,200, and circus at two performances 4,500.

Important changes in departmental policies became effective September 1, 1933; since then membership has shown steady increase. Expenditures were materially reduced, income was increased and a larger program of greater variety was conducted for the members.



600 Girls

Girls' Department Activities

have sought membership in Palama's Recreation department to find under trained leadership opportunities for comradeship, exercise, sportsmanship, dramatics, dancing, entertainment, home-making, arts, and crafts and maid service training.

Two full-time and six part-time workers direct this valuable service to youth in the Palama district.

In cooperation with the Department of Public Instruction, 164 girls have received maid service training and 125 girls placed in positions. Similarly, 49 girls and women were given thorough home-making training.

Physical education was given at the Settlement to school girls during school hours from January to May. 600 girls were taught to swim. Palama girls participated in volleyball, basketball, baseball, tennis, swimming, hiking, life-saving, acrobatics and dancing.

A Girl Scout troop and Brownie Pack, glee, ukulele and dance clubs, a dramatic club and clubs for older and younger girls are conducted by the club department.

The Girls' Department put on a Dance of Nations at the Annual Circus, a United Welfare pantomime and a Christmas operetta and play.

Girls are healthier, more dependable, more resourceful, better prepared to create a home because of Palama's training.

The Ida Beatrice Castle Memorial Playground for young children provides trained leadership to some 150 children daily.



Some
Achievements
During
the
Past Five
Years

A Tuberculosis Committee

was established to educate the public about Tuberculosis, its Prevention and its Cure, and was financed by an annual Christmas Seal Sale. After organizing similar committees on Hawaii and Maui, the Committee was reorganized as the Tuberculosis Association of the Territory of Hawaii.

A Birth Control Clinic was established to instruct especially needful cases and perform sterilization in vitally necessary and approved instances.

Fourteen vegetable garden plots were established for unemployed families.

A nine months' course in public health nursing at the University was conducted in 1931-32 and 1932-33.

Nursing department was affiliated with Territorial Board of Health's Bureau of Nursing, the city districted, generalized nursing established in each district, educational supervisor and two field supervisors appointed. Result: greatly increased service and value to the public.

Full-time dentists serving eligible public school children were increased from five to eight and cost per patient reduced from \$10.45 to \$3.79.

Full-time medical director replaced part-time director; medical assistants were increased from one to two.

Visits to medical clinics increased from 23,744 to 52,615; cost per visit dropped from \$1.53 to \$1.03.

Three residences of Palama workers were turned over to Leahi Home for use as Tuberculosis Preventorium.

The recreation department developed wider community services, promoted more extensive athletic leagues, gave swimming instruction to thousands of school children, sponsored weekly social dances in the gymnasium, expanded Boy Scouts from one to five troops and packs, developed an annual juvenile circus and conducted many clubs and classes of all kinds for boys and girls, and took a leading place among the Federation Boys' Club of America.

All Supplies

—medical, dental, office and stationery, household and plant, gasoline and oil, and foods—are purchased in yearly quantities at wholesale costs, representing about 25 per cent savings.

The staff voluntarily accepted a 10 per cent salary reduction as of August, 1932.

Our maintenance engineer and a carpenter made all repairs to the extensive plant at a minimum cost. One hundred and forty repair jobs were completed at a large saving.

Our multigraph operator completed 120 jobs, involving 297,081 pieces of printed matter.

The Settlement garage serviced Palama's ten cars and some fifty-six cars owned by Palama workers at a substantial saving.

1933 Expenditures Compared with 1928-1930 Average Expenditures Show the Following Reductions:

1. Household and Plant Supplies 54% decrease
2. Annual Fire Insurance Premiums 47% “
3. Telephone and Telegraph 28% “
4. Electricity 21% “
5. Repairs and Upkeep 17% “
6. Laundry 14% “
7. Institutional Receipts 11% increase

Some
of
Our
Economies

**Palama's
Staff
Serves
the
Community
in
Divers
Ways**

Staff members served on the following Committees or Boards:

- Board of Prison Directors.
- Governor's Commission on Unemployment Relief.
- Executive Work Relief Committee.
- 13th Territorial Conference of Social Work.
- Council of Social Agencies—Executive, Youth, Health and Publicity Committees.
- Tuberculosis Association of the Territory of Hawaii—Executive Committee.
- Phi Beta Kappa Association of Hawaii.
- Territorial Medical Association.
- Honolulu County Medical Association.
- American Association of Social Workers, Hawaii Chapter.
- Nurses' Association Inc. of the Territory of Hawaii.
- Nurses' Association of the City and County of Honolulu.

Staff workers are members of the following national organizations:

- American Association Hospital Social Service Workers.
- American Birth Control League.
- American Medical Association.
- American Nurses' Association.
- American Public Health Association.
- American Social Hygiene Association.
- Boys' Club Federation of America.
- National Committee for Mental Hygiene.
- National Organization for Public Health Nursing.
- National Tuberculosis Association.

WHERE THE MONEY CAME FROM

Balance on Hand, Jan. 1, 1932..\$	110.56	
Invested Funds	3,212.06	
Special Donations	2,005.03	
Institutional Receipts	12,794.95	
Chamber of Commerce	21,000.00	
City and County Government...	30,200.00	
United Welfare Fund	90,000.00	
		\$159,322.60
Dental Clinic—		
Balance on Hand Jan. 1, 1932 \$	2,314.16	
Fees from Patients	1,484.25	
City and County Government.	3,600.00	
Strong Foundation	30,200.00	
		37,598.41
Total		<u>\$196,921.01</u>

WHERE THE MONEY WENT

Administration	\$14,025.85	
Maintenance	9,828.88	
Fresh Air Camp	2,511.68	
Recreation	26,976.42	
Medical	54,012.51	
Nursing	48,943.53	
Other Disbursements	1,136.37	
		\$157,435.24
Dental Clinic		35,249.50
Total		<u>\$192,684.74</u>

**Financial
Statement**

