

P A L A M A S E T T L E M E N T
ANNUAL REPORT 1943

In addition to the development of certain basic programs essential to the Settlement's long term development, every effort was made last year to extend service and activities to meet special needs arising out of the war emergency.

Those activities which might be considered as long term developments included an expansion of the adult program in the field of homemaking, music, speech correction, English and a number of other activities designed especially to meet the actual needs of the community. Every effort was made to improve the quality of leadership as well as the content of programs and activities for children and adults.

The emergency aspects of the program might be summarized briefly as follows. The swimming pool was used extensively by service personnel for Red Cross first-aid and water safety classes. Clubrooms, swimming pool, tennis and basketball courts and the gymnasium were used by individuals and teams of both service and civilian personnel. The medical department continued to function as a first-aid station and the Settlement as a whole stood ready to meet any war emergency. The large gymnasium was leased to the Army for the first eleven months of the year while the vacation camp at Waialua continued under Army lease for the entire year. The greater portion of the athletic field continued to provide space for community bomb shelters.

Even with the shortage of material and labor an effort was made to maintain buildings and grounds in as good order as possible. A complete inventory was taken of all supplies and equipment belonging to the Settlement and definite measures inaugurated to keep equipment in proper repair and losses at an absolute minimum.

MEDICAL DEPARTMENT

The Palama medical department continued to function as the outpatient clinic for the City of Honolulu, serving those who are unable financially to pay for private medical care. Due to the improved economic and working conditions, the number of patients seeking attention con-

tinued to drop during the past year. The following table shows the number of visits, expenditures and average cost per visit extending over a period of the past five years.

<u>Year</u>	<u>No. of Visits</u>	<u>Net Expenditures</u>	<u>Cost per Visit</u>
1939	72,169	\$56,464.	\$0.78
1940	67,745	60,334.	0.89
1941	55,002	58,323.	1.06
1942	37,041	54,501.	1.47
1943	34,591	54,090.	1.57

As the number of visits decline and the pressure of work becomes less, the clinic staff has been able to develop a number of refinements which have added considerably to both the diagnostic and treatment services rendered by the medical department.

The reduction in visits noted above is partly due to the fact that some of the venereal disease clinic patients originally cared for at Palama Settlement have been transferred to the Kapahulu Health Center for treatment. Last year's cost per visit, although considerably advanced over previous years, is not high in comparison with costs for similar work in mainland institutions.

Heart Clinic A special heart clinic has been developed at Palama which is serving an excellent purpose for this large group of patients who are unable to secure such services elsewhere. A heartspecialist conducts this clinic and other physicians interested in this special field of medicine have been invited to attend the weekly clinics. A number of special studies are being conducted as a part of this clinic service.

An electro-cardiograph was ordered for this clinic last year but due to shortages in this type of equipment, delivery was postponed until 1944. With the acquisition of this new instrument the Palama heart clinic will increase its effectiveness and fill a most urgent community need for this type of service.

Chest Clinic In cooperation with the medical staff of Leahi Hospital an excellent chest clinic has been developed at Palama. All patients attending the general, as well as the special clinics, who show the slightest indication of chest involvement are referred to this special clinic. When the preliminary diagnosis indicate tubercular involvement the patient is immediately transferred to the Tuberculosis Bureau of the Territorial Board of Health. On the other

hand when the case appears to be non-tubercular, the patient is retained at the Palama chest clinic for study and treatment. This clinic, as in the case of the heart clinic, is rendering an exceedingly important service in this specialized field of medicine.

Other Clinics The adult dental clinic continues to operate as a part of the medical department with the dentist being provided on a rotation basis from the Strong-Carter Dental Clinic for Children. With the acquisition of added laboratory facilities, this clinic will offer a much improved dental service for adults who are unable to pay for private dental care.

The child spacing clinic continued to provide valuable medical and educational service to parents needing guidance in family planning.

The venereal disease clinic continued to function as one of the most important developments at Palama. The Board of Health assumes the major responsibility for the administration of this clinic with Palama continuing to supply certain medical, clerical and attendant personnel, some supplies and equipment, in addition to housing the clinic.

The neuro-psychiatric, the eye, and the ear, nose and throat clinics have continued to function on a basis quite similar to previous years.

The Future of the Medical Department

The future of the medical department has been considered on many occasions by the Palama trustees and others interested in the public health of this community. The medical advisory committee and the board have taken the attitude that this service will not be turned over to another agency until it is demonstrated beyond a doubt that this service will be administered satisfactorily from every possible viewpoint. It has been recommended that all services be continued and even expanded in certain fields. The medical advisory committee has whole-heartedly supported requests for replacements and addition of new equipment in preparation for post-war requirements in the field of medical care.

PUBLIC HEALTH NURSING

Palama officially closed its department of public health nursing on June 30, 1943. At this time the last of the public health nurses employed by Palama were taken over

by the Territorial Board of Health and the entire nursing office transferred to the new Lanakila Health Center. For more than thirty years the nursing program was administered by Palama and financed by the Public Health Committee of the Chamber of Commerce of Honolulu. This final transfer of the nurses to the health department closed an exceedingly important public health demonstration. The trustees and friends of Palama will be interested in the communications covering this final transfer which appear in the appendix of this report.

STRONG-CARTER DENTAL CLINIC

This year, as in previous years, the detailed report of the Strong-Carter Dental Clinic will be circulated under separate cover to the trustees and friends of Palama. Mention should be made, however, in this report of the very fine cooperation existing between the dental department and the other departments of the Settlement. Palama is indeed fortunate to be associated with this splendid dental health program.

NEIGHBORHOOD CENTER DEPARTMENT *

The aim of the Palama neighborhood center is to be the educational and recreational center for persons of any age living in our neighborhood. Some of the families want help in understanding the American way of life, so we have English classes which include ideas on democracy. Some families want help in planning nutritious meals with what foods are now available, so we have homemaking groups. Still others are concerned with the best care of children and so we have children's activities. Some who live in crowded homes want a place where they can meet with their friends for a purely social time. The activities which make up the neighborhood center program are those which are needed and wanted by families here to strengthen the family group which we feel is the basis for the American way of life.

We have found these activities to be most effective when they are carried on in groups which are small enough for the individuals to know each other well. With well trained leadership, these groups make their own decisions and accept responsibility for carrying them out.

* This report was developed by the staff of the neighborhood center department. It is an outgrowth of several staff conferences.

Preschool
Unit

Our preschool started last year in the first floor of the cottage with a group of thirty children, three to five years old. They speedily outgrew these quarters. It was finally decided to have five-year-old children moved to the pavilion in the playground if necessary remodeling could be done. Application was made to W.P.B. for materials, the requests were granted and the work started. Work on this project proceeded slowly and, while it was in progress, because of the urgent need for more adequate space for the homemaking and music departments, we decided to move the entire preschool to the playground. The enrollment could then be increased to 45 or 50 children. This arrangement, though still not ideal, is working much more satisfactorily than the original setup.

In purpose and practice, the preschool is intended to supplement the family and community life. In the case of the children in this neighborhood, who spend much time in dark, crowded homes, our pleasant setup with its large playground is an oasis. We offer space and play facilities not available to children in this neighborhood and expert supervision of play activity within clean attractively painted walls, shining floor, a spotless kitchen, a bathroom of their own. They sit down to meals at bright attractive tables, pretty dishes and probably most surprising to them, soft spoken adults who are more firm than the harsh words and possible blows to which they are accustomed. Fundamental behavior patterns in eating, sleeping and in playing with others are built up in a child in such a fashion that the good effects are carried over into the home situation.

The function of the preschool in relation to the neighborhood center program is very close. By working with the child while he is young, the family as a whole is contacted by the Settlement, in some cases, several years sooner than would be without a preschool. Other Palama activities are interpreted to the mothers so that they can take advantage of them. It has often been said that the first five years of a child's life are the most important, and it is with this in mind, that the neighborhood center feels that a preschool program is essential for families in this neighborhood.

Clubs of
Grade
School
Girls

During 1943, seven clubs of girls grammar school age met weekly from September to June. Each club plans its own activities with the guidance of a trained leader. One week the girls may choose to play active games in the playground, the next they may choose cooking or sewing or craft work and on certain occasions, they may choose to go on a trip.

These clubs are always open to new members, and at

present, the membership ranges from eight to twelve. Each club chooses its own name "Tiny Club", "Brownie Pals", "Lily Club", etc. In these informal play clubs, children learn at an early age how to make group decisions in a democratic way as well as improving their skill in various activities. It is a real opportunity for children who have difficulty in adjusting to others, to learn how to get along with people in pleasant activities and with the encouragement of good leadership.

Clubs of
Grade
School
Boys

In the early months of 1943 the boys' club program was in a very fluid state as the pattern for club organization and program had not been firmly established. In the fall six clubs were organized with a total enrollment of 70 boys. Five of these continued throughout the year, meeting weekly and occasionally engaging in weekend activities. During the course of the year, two full time boys' workers resigned to take more remunerative war time jobs. The program has continued regardless. The club program provides a rich and carefully supervised set of activities including organized games, music, wood shop, hikes, inter-club contests, trips, etc. The natural group of neighborhood friends is the basis for organization. When competent trained leadership can be found, this program can be easily broadened. Until then, the club program for grade school boys will remain on the present small scale.

Clubs of
Interme-
diante
School
Girls

In this year, three clubs of intermediate school age girls met from January to June. In September one of the clubs was dropped as the girls entered high school. The Victory Club continued enjoying social and athletic activities. When these girls wanted to learn to dance, they invited in some of the neighborhood boys and this group may eventually become a boys and girls club. It seems particularly important that adolescent boys and girls have an opportunity to meet with each other in a wholesome situation. The Pinnochio Club has carried out a program of sewing, cooking, games and craft work.

Clubs of
High
School
Boys

Three high school boys' clubs voluntarily organized during 1943. The membership in these clubs is determined by the boys themselves, and each club has over 30 members at present. They are well organized, enjoy athletic activities and often sponsor socials and dances. Each club is assisted by a competent advisor, meets once a week and occasionally participates in weekend activities.

It has been several years since there have been

Out of
School
Clubs

any older girls club at Palama. 1943 saw the beginning of two clubs of working girls-- one the Kalikos and the other the Clickerettes. As these girls are nearly all employed in war work, with long hours and very few days off, recreation at Palama means a great deal to their morale. They feel relaxed and refreshed after an evening of badminton, a swim, a chicken dinner or just sitting around talking.

The Orientation Group is a new mixed club which was organized in the fall. They are interested in orienting themselves in as many different fields as possible. They have a very diversified program from table etiquette to talks on social security.

The Lightbearers Club is an outgrowth of the speech improvement classes for Filipino men. This group of men is anxious for an opportunity to discuss their problems and receive help from outsiders. Dr. Bachman was invited to speak to them on the future of the Philippines after the war. At a banquet sponsored by this group in honor of Commonwealth Day, Dr. Lind spoke to 143 persons. The proceeds from this banquet will be turned over to the Filipino Relief Society.

During 1943 the Clickers, a camera club of about 20 boys met weekly to learn the technique of taking picture, developing and printing.

In addition to these groups the nurses from Kuakini Hospital and some students from the Vocational School have joined Palama for classes in swimming, social dancing and etiquette. The nurses have sponsored some of the nicest dances that have been given at Palama this year.

Art and
Craft
Classes

The art and craft classes were offered as special activities for anyone who was interested. The younger boys and girls did a great deal of painting on large easels with long brushes and bright colors. They painted whatever they wished, the boys chose boats, guns and airplanes, the girls, flowers and neighborhood scenes. The leader's motive was to get freedom of movement and use of various colors.

Other children preferred clay modeling, mask making and weaving. A large loom was available for women who wanted to weave rugs. One class in linoleum block printing was held.

The art leader was ready to assist club leaders in their craft programs. At Christmas time, the craft room was busy from morning till night with boys, girls and adults who made most of Palama's Christmas decorations. They painted pictures of nativity scenes for the auditorium, made

creche figures of clay, soap and wood for the clubrooms and made table decorations for parties. The adults made Christmas stockings and stuffed Santa Claus dolls.

Working with the hands is one of the most satisfying activities and contributes a great deal to mental health.

Music
Activi-
ties

We feel that there is a definite place for music in the lives of all people. There seems to be no person who does not respond to some kind of music.

The music clubs of Palama started in November of 1942 with two clubs of fifth grade girls. Since then, other afternoon music clubs of boys and girls have developed. They sing, dance, listen to music and hear stories of music and musicians.

An adult chorus was organized in 1943 which meets one evening a week for choral singing. They helped the small children give a Christmas operetta in 1943 and also sang several groups of songs at a meeting of the Lightbearers Club last fall. They plan a spring concert to be held at Palama.

The Japanese women who come to Palama for English meet several times a week for singing as an aid to better diction.

Someone has said that "popular music is familiar music". Proceeding on that theory, we are trying to popularize the better kind of music, hoping that our boys and girls and adults will discover the enjoyment to be found in hearing and participating in the best kind of music.

Shop

An important addition to the boys' program in 1943 was the rehabilitation of the boys shop with a competent shop teacher in charge five days a week. Airplane modeling and Junior Red Cross articles were the main products.

Home-
Making
Program

One of the greatest needs in our neighborhood is that of making satisfactory homes with the resources available. In September 1943, our home-making department was re-established. The immediate response of children and adults to these activities was proof of the value of them in everyday life. The program was divided into two major subjects--food and clothing. Classes were set up for 6th grade girls, intermediate school girls, mothers and working girls.

In the food classes, the women discussed what foods and how much of each kind was needed in the human body. They then planned and prepared balanced meals which were both time and effort-saving as well as appealing to the individual. They used available substitute foods for those which were not to be had because of present wartime conditions. They incorporated American foods into their Oriental diets in an effort to meet the shortage of foods which come only from China or Japan. Thus, new foods were introduced into their regular diets. Newer methods of preparation were also taught so that the maximum food value was retained.

The women were taught correct table etiquette. Each woman in turn acted as host, hostess, guest, or waitress. They also learned how a table can be set correctly as well as attractively.

In the clothing classes, the women made up a foundation pattern from which they could cut their dresses. They tried out various textured fabrics and colors to determine the kinds best suited to their personalities.

The younger girls' program was very much the same except that it was simplified.

English
Classes

The program of adult education in the fields of English and speech correction were expanded and improved. Approximately 80 older Japanese women were originally organized for the purpose of learning English. However, they soon developed a variety of interests including dressmaking, cooking, home decoration and singing. The women developed a great interest in Palama and showed remarkable enthusiasm for assisting the Settlement program in every way possible. They made sheets for the preschool and covered cushions for Palama furniture. The women were amazed at how much difference their ability to speak English made in their understanding of their children. The welcome which they, many of them aliens, received at Palama, an American institution, gave them a real understanding of democratic ideals.

Speech classes which were started originally for Filipino men developed into an excellent Palama club known as the Lightbearers Club.

Physical
and
Free Play
Activi-
ties

The physical activities department has been without the use of the large gymnasium and a great portion of the athletic field, and has been greatly handicapped through the lack of personnel. Nevertheless, through the leadership of one full time professional person, one full time non-professional, and occasional part time non-professional assistance the benefits of physical activities for

all ages have been maintained throughout.

The Castle Memorial basketball courts have had the greatest amount of activity in their history and have substituted well for the loss of the gym. The monthly attendance here alone ranges between 1,500 and 2,000. The swimming periods have maintained their usual regular capacity attendance, and the use of the pool has been extended to include many service men in recreational plunge periods and in organized swimming classes under Red Cross instructors. The small gym has been in constant use by our own members, service teams and leagues, and by commercial teams and leagues. The Castle field enjoys an average monthly attendance of well over 1,000 boys and girls.

The organization of the Judo Club under well trained volunteer leaders has been one of the most gratifying developments in the department. It boasts a membership of over 30 men and boys and meets three times weekly.

The playground provides the most constant and careful supervision for free play activities for the younger children and runs an average monthly attendance of 2,000 to 3,000.

Summer Day Camp The summer day camp program was handled by the Palama staff rather than as a joint project with neighboring schools as in previous years. 165 boys and girls came to camp from 9 to 4 o'clock daily for a six-week period. Real camp spirit was obtained through camp assemblies, camp fires, rest periods and eating the noon meal together. Junior commando training, swimming, hand craft, music, dramatics, dancing and singing were some of the activities. The content of the program was quite serious in spots and quite intense throughout, yet all the children showed remarkable interest and enthusiasm for the entire program. Attendance was optional, yet children were absent only under the most serious conditions.

Summer Day Care In cooperation with the citywide Day Care Committee, we maintained a day care center throughout the summer. During the day camp period, the children were enrolled in it and during August, a special staff took care of thirty children from 8:00 to 5:00 P. M.

Cooperation with Child and Family Within our activity groups, we find many individuals who show an inability to adjust to other people or to live a normal life. Some of these, the group itself can help but there are many with problems that lie within the home. In order to help these individuals some type of case work is necessary. To study the methods by which a group work agency may work most effectively with a case work agency a committee was formed of three representatives of

the Child and Family Service and three members of Palama. Weekly meetings were held over a considerable period to study the possible cooperative arrangements. A worker from the Child and Family Service was loaned on a part time basis to the Settlement to work with individuals and families and to assist the group work staff in the guidance of certain children in their Palama activities. The close experimental work and study between representatives of the two agencies served as a means of creating a better understanding in each agency of the functions of the other and developed a mutual respect for both case work and group work as professions.

After several months of study and actual case work demonstrations at Palama, the study committee recommended that a case worker be employed by the Palama neighborhood center department to function as a regular member of the staff and to carry on the work on a full time basis in very much the same way as the demonstration program functioned on a part time basis. This recommendation was placed before the Palama trustees at their meeting in July and the appointment of a case worker to the staff of the neighborhood center was approved. This position was not filled because a suitable person was not found.

Conclu-
sion

All of the activities of the neighborhood center offer opportunities for development of the individual. However, this growth will not take place unless the activities are led by persons well trained and equipped to do the work. A leader must not only have training in a particular skill but must be interested in other people. He must be basically a high calibre person as his leadership characteristics are reflected in the attitudes of the children. He must also be able to relate his activities to the rest of the Settlement program. One of the most significant changes this year is that all of our groups are being led by full time professional staff rather than volunteers. As a result the department has achieved a sense of unity that has produced a telling effect throughout the entire program.

A common error is made in thinking that when children are engaged in activities under some sort of supervision delinquency takes a back seat and children become happy and wholesome in their play. This is not true. Undesirable behavior shows up in the life of children or adults in all their activities - whether on the playground, in the gym, the swimming pool or in an art class. Somehow this type of behavior must be dealt with. The goal of recreation and group work is to direct behavior in constructive and worthwhile channels to the extent that individuals become well accepted persons and learn how to conduct themselves with decency in all their activities. These goals can best be achieved through well integrated groups with a trained leader.

PALAMA SETTLEMENT

810 Vineyard Street
Honolulu, T. H.

July 30, 1943

Dr. F. J. Pinkerton
Chairman, Public Health Committee
Chamber of Commerce
Honolulu, T. H.

Dear Dr. Pinkerton:

The many years of participation by the Public Health Committee of the Honolulu Chamber of Commerce in the public health nursing program in the City of Honolulu was reviewed by the trustees of Palama Settlement at a meeting held on July 29, 1943.

The transference of the last of the nurses to the payroll of the Territorial Board of Health July 1, 1943 terminated what we feel has been an exceedingly vital public health demonstration. This demonstration was, of course, made possible by the continued financial and legislative support rendered by your organization.

The trustees asked that I extend to you and your Committee their sincere appreciation of this splendid support. Please be assured that Palama will assist you in every possible way in the promotion of public health activities in the City of Honolulu in the future.

Sincerely yours,

(Sgd.) C. DUDLEY PRATT
President

CHAMBER OF COMMERCE OF HONOLULU

Honolulu, Hawaii, U.S.A.

August 13, 1943

Mr. C. Dudley Pratt, President
Palama Settlement
810 Vineyard Street
Honolulu, Hawaii

Dear Mr. Pratt:

Thank you for your letter of July 30. A long and pleasant relationship was closed when the territorial Board of Health assumed the financial responsibility for public health nurses whose salaries for many years had been met through Public Health Committee funds of the Chamber of Commerce of Honolulu.

We feel with you that this has been a vital public health service. Our committee feels, too, that it is just one aspect of the very worthwhile community health program promoted through Palama Settlement.

I have been asked to assure you of our continued interest in the work being done by Palama and to state that careful consideration will be given to any project you may wish to present to our committee, particularly in the field of diseases which might reach epidemic proportions if not constantly guarded against and checked.

Yours very truly,

(Sgd.) F. J. PINKERTON, M.D.,
Chairman
Public Health Committee

W H A T O U R W O R K C O S T - 1 9 4 3

Income

Settlement - exclusive of Strong-Carter Dental Clinic

Balance on Hand Jan. 1, 1943	\$12,606.41	
Invested Funds	1,934.80	
Donations from other Islands	1,450.00	
Institutional Receipts	19,463.52	
Chamber of Commerce	10,500.00	
City & County Government	41,150.00	
Honolulu Community Chest	75,000.00	
Rentals	971.33	
Sundries	<u>1,316.52</u>	
		\$164,392.58

Strong-Carter Dental Clinic

Balance on Hand Jan. 1, 1943	6,399.49	
Fees from patients	1,936.95	
City & County Government	3,600.00	
Strong Foundation	32,535.24	
Sale of equipment	<u>62.00</u>	
		\$ 44,533.68
		<u>\$208,926.26</u>

Expenditures

Settlement - exclusive of Strong-Carter Dental Clinic

Administration	\$15,760.17	
Maintenance	12,951.54	
Vacation Camp	500.96	
Neighborhood Center	52,000.46	
Medical	63,258.99	
Nursing	11,499.79	
Other Disbursements	<u>4,062.10</u>	
		\$160,034.01

Strong-Carter Dental Clinic

42,120.51
\$202,154.52

Balances

Palama Settlement	\$ 4,358.57	
Strong-Carter Dental Clinic	<u>2,413.17</u>	
		\$ <u>6,771.74</u>

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