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EFFECT OF AN IN-HOUSE PUBLICATION ON LIFE SATISFACTION AND ACTIVITY PARTICIPATION OF RESIDENTS OF A NURSING HOME

A Thesis

Presented for the

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Degree

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ABSTRACT

The primary objective of this experimental study was to measure the effect of an in-house publication or resident-written magazine on the life satisfaction and activity participation of residents of a nursing home.

Residents at Hillcrest West Nursing Home in Knoxville, Tennessee, were interviewed to determine those who were willing to participate in the experiment and work on a magazine. A random sample of 50 subjects was drawn from the population of willing residents, and the sample was further randomized into a treatment and control group with 25 subjects in each group.

All subjects were interviewed using Neugarten, Havighurst, and Tobin's (1961) Life Satisfaction Index B. In addition, nursing home staff members kept records of attendance at other activities for one week. An activity score was calculated for each resident based on the number of activities he/she attended that week.

Subjects in the treatment group attended writing workshops over the next eight weeks to produce material for the first issue of a nursing home magazine. Subjects in the control group did not work on the magazine even though they had previously expressed a willingness to do so.

After the magazine was printed and distributed to the entire nursing home, measurements of life satisfaction and activity attendance for participants in the experiment were repeated, using the same procedures as before.

The nonparametric Mann-Whitney U test and Wilcoxon Matched-Pairs-Signed-Ranks test were used to analyze the data. Pairs of scores with a zero difference were eliminated from all Wilcoxon test calculations because a zero difference in scores cannot be considered a negative or positive change (Gibbons, 1976, p. 127).

Results of the study are as follows:

1. Subjects who worked on the magazine had significant increases in life satisfaction scores. Life satisfaction scores for subjects who did not work on the magazine did not change significantly ($p<.05$).

2. Activity scores did not increase significantly for subjects who worked on the magazine ($p<.05$). The Wilcoxon test for a change in the number of activities attended by subjects who did not work on the magazine could not be completed because of a high number of zero differences in the activity scores, which resulted in an insufficient number of pairs to complete the Wilcoxon test.

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INTRODUCTION

Aging is a word that always applies to someone else. In a youth-oriented society, the term is most often reserved for grandparents and other graying people. Frequently, it connotes a decline in mental as well as physical capabilities. In reality, aging is a continuous part of the entire life cycle and is as applicable in infancy as it is in later years.

While young and old alike have a vested interest in improving the lot of those over 65, growing old in America often means social rejection, isolation, and loneliness. A study by Harris and Associates, Inc., (1975) showed that images of the elderly held by the public tend to be negative and distorted.

Most aged people experience a reduced interpersonal communication network as a result of the death of peers and dispersion of family members. The potential of older individuals to broaden this network may be drastically reduced because of physical limitations and other factors. Further reductions in quantity of interpersonal communication may occur with institutionalization in old age homes, nursing homes, and other extended care facilities. It is commonly recognized that the nursing home is a setting that generates constraints on normal patterns of social interaction (Jones, 1975).

Although facilities for the elderly vary widely in quality of services provided and opportunities for keeping the lines of communication open, institutional placement is often viewed as a measure of last resort.

> The average senior citizen looks at a nursing home as a human junkyard, as a prison--a kind of purgatory, halfway between society and the cemetery--or as the first step of an inevitable slide into oblivion. (Moss, 1977, p. 9)

Activity programs for residents in many nursing homes have been developed to fill recreational needs with little concern as to whether the programs stimulate and encourage meaningful communication. Residents expressing dissatisfaction with their lives often complain that they have no one to talk to--no one will listen.

A new wave of interest has developed among psychologists and social workers in the potential value of interpersonal communication in the nursing home. Increasingly, the elderly, like other age groups, are viewed as having personal needs that can be satisfied only by interaction with others. Questions have been raised about the relationship between interpersonal interaction and one's social satisfaction, mental health, and even physical well-being.

Nevertheless, there have been few efforts to evaluate empirically the effects of activity programs on the elderly. It is the primary objective of this study to develop an activity that requires interpersonal communication and to determine the effects of that activity on residents in a nursing home.

CHAPTER I

STATEMENT OF THE PROBLEM

Much attention has been given to medical rehabilitative services for the institutionalized elderly, while psychosocial needs have been largely ignored. The need for more than just medical care in nursing homes and other facilities is now recognized (Gottesman, 1970).

Yet,

> with all the progress going on in the nursing home industry, there are still homes which promote dull monotonous institutional routines, that foster impersonal rigid ways, where residents lose track of time, where an environment deprived of any stimuli encourages the development of symptoms in residents which are collectively known as chronic brain syndrome. (Ornstein, 1972, p. 26)

Burnside (1973) cites a classic example in which women in a nursing home were encouraged to crochet long strings of chain stitches, only to have a nurse take the finished product and give it to another resident to unravel, roll into a ball, and crochet all over again.

Activity programs in nursing homes can be structured to discourage, rather than encourage, isolation and withdrawal. Feelings of usefulness and self-satisfaction may be enhanced or revived by offering residents the chance to participate in challenging projects that necessitate interaction and group effort.

For such projects to find their way into nursing homes, staff members must be persuaded to loosen their hold on the "bingo and birthday party" tradition. Residents must have the chance to persuade them to do so.

I. NEED FOR STUDY

In the United States today, almost 21 million people or 11 percent of the population are 65 years of age or older (Oyer & Oyer, 1976). This proportion has almost tripled since 1900. Of the 21 million, almost 7 million are over 75, 1 million are over 85, and 13,000 are centenarians (Burnside, 1976).

Because of medical improvements and an increase in life expectancy rates from an average of 49 years in 1900 to 71 years today (75 for women, 68 for men), both the number and proportion of older people are growing. Each day there is a net gain of 1,000 individuals 65 or older (Aldridge, 1976). The Bureau of Census (1973) projected that by the year 2020, there will be almost 40 million people 65 years or older living in the United States.

Despite the increasing size of the elderly segment of the population, knowledge concerning care of the aged based on scientific study rather than assumption or intuition is limited. Research focusing on the relationship between interpersonal communication, satisfaction, and other variables has increased in recent years, but studies of communication in nursing homes are almost non-existent. This is particularly the case for information about the impact of specific programs or services on nursing home residents (Sherwood, 1975).

Blenker (1967) and Atchley (1972) reported a higher death rate for the institutionalized elderly than for comparable people living in the community. The highest percentage of deaths occur during the first few months after admission. (Mortality figures may be influenced by the fact that individuals are often taken to nursing homes when their

health has deteriorated to the point they can no longer look after themselves.) However, Simon (1973, p. 15) has written, "If a patient is misplaced (sent to an institution that doesn't meet his needs), he is more likely to die."

Maddox (1964) concluded that despite the model of communication involved, it is certain that the aged must communicate among themselves. Research has offered few suggestions about how to promote interpersonal communication in nursing homes. It is generally accepted that if interaction among aged people in the institutional environment is to be increased, some deliberate form of intervention must take place (Giffin, 1969).

The purpose of this study is to determine the effect of an in-house publication on the life satisfaction and activity participation of residents of a nursing home. A resident-written magazine has been selected as an example of an activity requiring interpersonal communication and group effort.

Research has attempted to link life satisfaction with a variety of factors including interpersonal communication and social interaction. Almost all life satisfaction studies have used non-institutionalized populations, however. There is little evidence indicating whether or not any of the results can be applied to such institutional settings as nursing homes.

Only a small number of nursing homes have introduced writing as an activity for residents through an in-house magazine or newspaper (Clarke, Nash, & Serino, 1977; Donahue, Hunter, & Coons, 1953; Giordano & Giordano, 1969; Koch, 1977; Shapiro, 1973). In most cases,

nursing home publications have been staff written with little or no input from residents (Reddick, Merker, Johnson, & Rotter, 1974).

There is widespread agreement that long-term care usually requires multiple services and an interdisciplinary approach. Muth (1976) has suggested gerontological and communication research be directed toward the study of problems of communication related to the elderly. The need for such research is evident from a review of the literature, and such a need justifies experimentation.

II. ASSUMPTIONS

The following assumptions form the basis of the present study:

1. A psychological condition or state of mind known as "life satisfaction" exists and can be measured.

2. An individual's subjective evaluation of his life satisfaction is more reasonable than one based on external criteria (Kuhlen, 1959).

3. Neugarten, Havighurst, and Tobin's Life Satisfaction Index B (1961) is a valid instrument for measuring life satisfaction (Lohmann, 1977).

4. Residents who participated in the study were capable of evaluating their life satisfaction.

III. LIMITATIONS

Internal validity for this study is high because of the pretest-posttest control group design. A causal inference can be made between

the treatment (working on the magazine) and differences in life satisfaction/activity scores.

Threats to internal validity such as history, maturation, instrumentation, regression, and selection (Campbell & Stanley, 1963) should affect both groups equally since the subjects were randomly selected and further randomized into treatment and control groups.

Although the study classifies as a controlled field experiment and takes place under real life conditions as opposed to artificial laboratory conditions, external validity (generalization of the results) is limited because the study involves one nursing home.

External validity is also limited to the extent that the pretest sensitized subjects to the treatment. It is doubtful, however, that residents would perceive any connection between taking a life satisfaction test and writing stories for a magazine.

Although this experiment was conducted over an eight-week period, it is possible that different results would have been obtained if the project continued for a longer time period or if life satisfaction and activity attendance had been tested more than twice.

The obtrusiveness of the measurement could have affected the results. Residents who associated the researcher with "staff" could have been reluctant to report low life satisfaction.

Finally, there is always the possibility that an interviewer using the Life Satisfaction Index B (open-end questions) will unconsciously bias the results to support his/her hypotheses. When there was any question about how to code a response, subjects were asked to elaborate on their answers. All possible efforts were made to ensure objectivity.

CHAPTER II

LITERATURE REVIEW

I. NURSING HOMES

Nursing homes and other facilities for care of the aged came into existence only in this century. In colonial America, the only institutions available to the elderly were "part of a larger system devoted to dealing with paupers, and although many of their inhabitants were sick, they had few linkages to medical care" (Moroney & Kurtz, 1975, p. 88). With increased urbanization and industrialization, family ties were weakened. Many elderly men and women moved into boarding homes. The Social Security Act of 1935 helped make boarding homes available to more people by providing Old Age Survivor's Insurance (OASI) for people 65 years or older who were covered, and by Old Age Assistance (OAA), which was administered by the state and federal welfare departments and made payments to all needy aged. Both programs were cash assistance rather than medical care programs. Because OASI and OAA were not available to people in almshouses, there was more incentive for the aged individuals to go to boarding homes. As they got older, they needed medical care. Many boarding homes began to offer nursing services rather than lose long-time residents, and the facilities eventually evolved into convalescent or nursing homes. The shortage of beds in hospitals in recent years and the Medicare and Medicaid Acts, which made institutional care financially possible for many elderly people, helped bring nursing homes into the mainstream of the health care system (Moroney & Kurtz, 1975).

Stotsky (1966, p. 249) defined a nursing home as

> an institution licensed and regulated by the state, which provides skilled nursing care for patients who, because of physical or mental illness or disability, require convalescent nursing care or supervision. As such, it must be distinguished from a rest home, home for the aged, and retirement homes, which provide care for the aged but not specialized nursing care.

Moss (1977) reported the typical nursing home resident is white (96 percent white, 2 percent black, 2 percent other) and female (women outnumbered men three to one). The average age is 82. Only 10 percent of residents have a living spouse, 63 percent are widowed, 22 percent were never married, and 5 percent are divorced. The average length of stay is 2.4 years, but many residents have lived in another institution prior to the nursing home. Only 20 percent will return home.

Data from the National Nursing Home Survey (1973-1974) showed there were 15,700 nursing homes in the United States, housing approximately 1,075,800 people. An estimated 70 percent of the residents live in proprietary or private facilities, and 30 percent live in government or non-profit facilities. The average total charge for a resident was $479 per month, with a range of no charge in some nursing homes to well over $1,000 per month in others. Medicaid was the primary source of payment, followed by the residents' own income and Medicare.

Although nursing homes are occupied primarily by older people, many residents are under 65. The most common diagnoses of all people under 65 in nursing homes are mental disorders (52 percent), physical deformities (25 percent), hardening of the arteries (19 percent), and paralysis not due to stroke (17 percent) (Gottesman & Hutchinson, 1974).

Atchley (1972) reported that fewer than 4 percent of all people

over 65 live in institutions. Kastenbaum and Candy (1973) labeled such reports misleading because they were based on cross-sectional data and seriously underestimated the probability an individual has lived in an institution or may live there at a later time. Kastenbaum and Candy (1973) cited a study in Detroit in which an analysis of obituary notices revealed that at least 20 percent of all men and women over 65 in that city died in a nursing home, and 24 percent were residents of some kind of extended care facility. Recent studies have estimated the number of elderly people residing in institutions to be as high as 7 percent (Rao, 1977). In a 20-year longitudinal study, Palmore (1976) found that the total chance of institutionalization among the aged was one in four.

II. AGING AND COMMUNICATION

Gerontological research in the United States was underway in the 1940s, but it was not until the 1950s that social gerontology emerged as a new field of research. Although nursing homes have frequently been described as suffering from communication problems, gerontology and communication are two disciplines that have been studied separately. Only recently have the two begun to be studied at their interface (Oyer, 1976a).

Communication in the nursing home is best understood as "the flow of reciprocally shared information (ideas, attitudes, emotions) between members of the nursing home (Barton, 1977, p. 8). It influences and is influenced by the social structure of the home.

The role of interpersonal communication in the nursing home has

been a subject of speculation. Anderson (1965) wrote that the impact of institutionalization may be mediated by interaction with others.

Cushman and Florence (1974, p. 13) defined interpersonal communication as

> the transfer of symbolic information which has as its principal goal the coordination of human activity in regard to the development, presentation, and validation of individual self-concepts.

Interpersonal communication is often regarded as nothing more than face-to-face interaction among two or more persons who send and receive messages involving objects: for example, "the table is bare." Such messages do not qualify as interpersonal communication, Cushman and Florence (1974) said, because they do not contain a subject or object that involves the personal "you," and, therefore, do not involve the self-concept.

The importance of interpersonal communication for validation of the self-concept has been recognized by other researchers and social psychologists (Cooley, 1909; Jandt, 1974; Mead, 1934; Muth, 1976). If individuals are to understand themselves, they must have a chance to compare their attitudes and lifestyles with others in similar situations. Thus, the aged need the means of peer communication to carry on their lives (Douglas, Cleveland, & Maddox, 1974). Giffin (1969) suggested this need may even increase as a result of the aging process.

Ruesch (1973) outlined a theory of mental health and therapy in which an ability to communicate in a satisfying way was synonymous with psychological health. Communicating in a satisfying way included the ability to experience fully, accept the experiences, and share them with others.

Simon (1973) reported that a lack of meaningful personal relationships among the aged may produce a pseudoimpairment resembling dementia or chronic brain syndrome.

While individual differences may determine the frequency of communication in old age as in other age groups, it is important that the lines of communication remain open for older people. Unless this occurs, "there follows must surely an erosion of feelings of self-worth that dehumanizes the elderly" (Oyer & Oyer, 1976, p. 2).

III. ACTIVITY VS. DISENGAGEMENT

Many researchers have disagreed about the quantity of communication and social interaction necessary for "successful" aging. The two most prominent theories in this area of research have been the disengagement and activity theories.

Cumming and Henry (1961) provided the first major presentation of the disengagement theory. It proposed that

> normal aging is a mutual withdrawal or "disengagement" between the aging person and others in the social system to which he belongs. . . . When disengagement is complete, the equilibrium that existed in middle life between the individual and society has given way to a new equilibrium characterized by greater distance. (Cumming, 1964, p. 3)

Lissitz (1970) described institutional care as the ultimate in disengagement and withdrawal of the aged from society.

The activity theory, which developed in opposition to disengagement theory, asserted that the aged individual should remain active physically, socially, and mentally, having frequent associations with society as a whole to maintain a middle-aged lifestyle (Havighurst,

Neugarten, & Tobin, 1968). Additional investigations (Edwards & Klemmack, 1973) have questioned empirically the validity of both theoretical interpretations of aging.

The continuity theory, a more recent explanation of the communicative and social behaviors of the elderly, appears most plausible. The continuity theory, as reported by Atchley (1972), assumes that as a person grows older, he is predisposed toward maintaining continuity in his habits. Unless there is reason for change, he will continue to behave in the same way.

IV. LIFE SATISFACTION

Regardless of the theory involved, there have been numerous attempts to measure the psychological well-being of the elderly. Various terms have been used for measurement (adjustment, competence, morale, self-esteem, happiness, etc.) with the goal of using such measures as operational definitions of successful aging. Many measurement efforts have been criticized because of their inextricable involvement with value judgments (Rosow, 1960).

One of the goals of long-term care, along with survival, physical functioning, and social or interpersonal functioning, is "affective" functioning or the way an aging person responds emotionally to problems of adapting to his situation. There are two dimensions to affective functioning: (a) the pathological aspect and (b) the satisfaction aspect or the degree of life satisfaction, which refers to where a person feels he is, relative to his needs or where he wants to be (Bloom, 1975). According to Lohmann (1977), life satisfaction,

happiness, morale, esteem, and similar terms are used to measure the same concept. They can be, and have been, used interchangeably.

When measuring the life satisfaction of an individual, it is difficult to know what is being measured. Bortner and Hultsch (1970) defined life satisfaction as the rating or general appraisal of one's life. Zibbell (1972) narrowed the concept and defined it as an end state that is attained when a person's needs are fulfilled by interaction with his environment.

Several scales have been used to measure life satisfaction: the Cavan Adjustment Scale (Cavan, Burgess, Havighurst, & Goldhamer, 1949); the Kutner Morale Scale (Kutner, Fanshel, Togo, & Langner, 1956); the Philadelphia Geriatric Center Morale Scale (Lawton, 1972); and the Life Satisfaction Rating (LSR) and Life Satisfaction Indexes A and B (Neugarten, Havighurst, & Tobin, 1961), which have been used most frequently.

The LSR was developed as part of a larger study of psychological and social factors involved in aging, the Kansas City Adult Life Study in the late 1950s and early 1960s. Most researchers agree that an individual's subjective evaluation of his life satisfaction is more reasonable than one based on external criteria (Kuhlen, 1959). Thus, the investigators wanted to develop a measure of well-being based on the individual's own evaluation of his past and present life.

Five components of well-being were identified and incorporated into the measuring instrument: zest for life vs. apathy, resolution and fortitude vs. resignation and passive acceptance, congruence between desired and achieved goals vs. non-congruence, positive self-

concept vs. negative self-concept, and mood tone (positive and optimistic vs. depression and bitterness). The term "life satisfaction" was selected because it came closest to representing all five components.

Using data from 177 men and women, aged 50 to 90, the ratings were based on lengthy interviews and were validated against the judgments of a clinical psychologist, who re-interviewed and rated 80 cases. Two short, self-report indexes, Life Satisfaction Index A (LSIA, which requires only an agree-disagree response) and Life Satisfaction Index B (LSIB, which uses open-end questions) were devised and validated against the LSR. The indexes were developed for use in studies in which extensive interviews were not feasible. Despite the fact that the correlations between the index scores and the LSR were only moderate (LSIA, .55; LSIB, .58), Neugarten, Havighurst, and Tobin (1961) suggested the scales may be useful for measurement of people over 65 if used with caution. Since its development, some form of the scale has been used in over 17 studies (Lohmann, 1977). Among these studies are: Bull and Aucoin (1975); Cutler (1972, 1975); Ehrlich (1972); Maas and Kuypers (1974); and Smith and Lipman (1972).

Adams (1971) wrote that all reviewed literature pointed to a positive correlation between social contact and life satisfaction. Tobin and Neugarten (1961) found that social interaction was positively related to life satisfaction, and the association increased with advanced age. In other instances, however, inactivity and a lack of interpersonal communication have been positively correlated with life satisfaction (Gubrium, 1970; Messer, 1967).

Variables other than frequency of communication and interaction

also have been studied in relation to life satisfaction. Among the most common are sex, age, health (actual or perceived), marital status, and occupation or some measure of socio-economic status. Findings have been largely contradictory.

Palmore and Luikhart (1972), using data from a longitudinal study of 502 persons, aged 45-69, found self-rated health to be the predominant variable affecting life satisfaction. They found little or no relationship between life satisfaction and age, sex, marital status, or the total number of social contacts.

Robinson and Shaver (1973) reported that most studies indicated married people were significantly happier or more satisfied than unmarried people, with widowed and divorced individuals expressing the highest level of dissatisfaction. Satisfaction often decreased with age, and blacks frequently were more dissatisfied than whites.

Pihlblad and Adams (1972) surveyed 1551 non-institutionalized aged persons in 64 towns in Missouri and found life satisfaction was most influenced by participation in formal organizations, second by association with friends, and third by association with family.

Robinson and Shaver (1973) have indicated that researchers can be fairly sure of the stability of satisfaction levels. Those who express one level of life satisfaction at a particular time are likely to express a similar level if interviewed some months later.

V. ACTIVITIES AND SELF-DISCLOSURE

Variables influencing life satisfaction and the extent of their influence may vary from one individual and setting to another. But

most social gerontologists and practitioners agree that interpersonal relationships and communication among the aged are beneficial (Anderson, 1965; Bell, 1967; Donahue, 1966; Lawton, 1968). Mortensen (1973) wrote that most people spend up to 80 percent of their waking hours engaged in some form of communication--listening and responding to messages mostly.

Although estimated percentages of time spent in communicative activity by nursing home residents have not been reported, studies generally have shown that less social interaction takes place in a nursing home than among comparable people living in the general community (Lipman, 1967; Scott, 1955). Gelfand (1968) reported a visiting pattern for residents in homes for the aged to be about two visitors every few weeks. More than 60 percent have no visitors at all (Moss, 1977). Data from the National Nursing Home Survey (1973-1974), however, showed that 61 percent of nursing home residents had visitors at least once a week.

Regardless of the frequency with which family members and relatives continue to communicate with the institutionalized person, they are not available to satisfy immediate needs for close interpersonal communication (Oyer, 1976b). Sporadic visits from friends are not enough. Nursing homes must look to their own resources for satisfying the interpersonal needs of residents.

Lawton (1968) said there are high levels of encounter in institutions but low levels of social interaction. A study by Miller (1977) revealed that 37 percent of the men and women in a nursing home were unaware of whether their roommates had spouses or not. Reports of two

or more residents sharing a room without talking to each other during the course of a day (Jones, 1975) may illustrate the superficiality of many nursing home relationships.

The mass media (especially television) often substitute for a decline in direct interpersonal interaction to combat loneliness and alienation (Schramm, 1968). Whether or not the majority of activities offered to residents encourage "meaningful" communication, according to Cushman and Florence's (1974) definition cited earlier, is questionable. Research has shown that most residents spend their waking hours in their rooms, not engaging in social interaction or participating in any activity (McClannahan & Risley, 1974).

Activity programs in nursing homes can be structured to facilitate interpersonal communication among residents. Group reminiscing or other activities involving the communicative process of self-disclosure is a psychologically sound method for stimulating interpersonal communication and interaction among the elderly (Ebersole, 1976). Cozby (1973, p. 73) defined self-disclosure as "any information about himself which person A gives to person B." Cozby (1973) established the basic parameters of self-disclosure as the breadth or amount of information disclosed, the depth or intimacy of the information, and the duration or time spent describing each item of information.

According to Rossiter and Pearce (1975, p. 212), self-disclosure occurs when "one person voluntarily tells another person things about himself which the other is unlikely to know or to discover from other sources." It excludes confessions (communicative behavior in which personal information is elicited from a person by force), revealing

behavior (unintentional nonverbal cues), and non-disclosure (strategies people use to avoid being known by others, such as lying or deliberate concealment). Studies indicate very little disclosure occurs in most communication transactions (Rossiter & Pearce, 1975).

Since the 1950s, there has been a growing interest in self-disclosing behavior. Several theories of psychotherapy have stressed the therapeutic value of disclosure. Jourard (1959) said the ability to allow the real "self" to be known by at least one "significant" other is a prerequisite for a healthy personality. He suggested the relationship between mental health and self-disclosure was curvilinear. Studies by Pederson and Higbee (1969), however, indicated the relationship between self-disclosure and mental health is small.

There is some evidence as self-disclosure by one person increases, so does disclosure by the other (Jourard & Jaffe, 1970; Jourard & Landsman, 1960). Because self-disclosure to any degree involves the risk of criticism or social rejection by others, many people fear it. After adolescence, people disclose less as they get older (Jourard, 1961).

VI. WRITTEN AND ORAL COMMUNICATION AS AN ACTIVITY

Few activities available to residents in nursing homes and other institutions necessitate or even offer the opportunity for self-disclosure. Projects involving reminiscing are exceptions.

The psychological value of reminiscing, a form of self-disclosure, has been widely debated. Erikson (1950) wrote that the proximity of the older person to death causes a need to evaluate past experiences

and accomplishments. Butler (1963) suggested reminiscing may induce depression if one looks back at his life and feels that it has been meaningless. Leieberman and Falk (1971) reported no relationship between reminiscing and adjustment or satisfaction in the nursing home. Other studies (Havighurst & Glasser, 1972; Oliveira, 1977) have found positive relationships between reminiscing and satisfaction or esteem.

Despite stereotyping that portrays the elderly as useless, uncreative, and senile, with only a fraction of their former mental capabilities, Woodruff and Walsh (1975) (referenced in Oyer & Oyer, 1976) reported that intelligence does not decline with age.

> The repeated evidence may lead one to speculate that the creative urge may possibly become stronger as life draws to a close--like the push for life in the old apple tree that produces an especially bountiful crop just before its death. (Twente, 1965, p. 105)

Writing and oral history projects are ideal activities making use of creativity and reminiscing among the elderly. Writing is "a skill that flourishes late in life. It is a skill that you can perform at your own rate and under no external pressure . . . to maximize the value of stored information" (Birren, 1973, p. 2). As a form of interpersonal communication, "writing necessitates that individuals learn to take action toward others through the medium of marks on a piece of paper" (Hintz & Couch, 1973, p. 484). "The slow and cumbersome nature of committing symbols to written form operates to make the actor very conscious of his thoughts. Further, once written, they are present for his perusal and rearrangement (Hintz & Couch, 1973, p. 485).

The use of poetry as a psychotherapeutic technique and as a form

of interpersonal communication has received considerable attention from Leedy's (1969) volume, Poetry Therapy. Often, feelings and attitudes that cannot be discussed directly can be discussed indirectly through poetry. This indirect exchange can help break down interpersonal barriers.

Writing activities also serve as ideal substitutes for those with hearing problems or those who are bedfast and are excluded from other activities. Residents who are unable to write can substitute oral communication for written communication in projects of this type, and their conversations can be recorded and transcribed by a staff member or another resident.

Anderson (1958) suggested that the best activities to stimulate older people are those resembling work in complexity, power over time, and offering possibilities of identification and involvement. Writing and oral history projects encourage creativity, help the aged individual preserve a part of his unique past, and necessitate full participation rather than spectator non-involvement.

Finally, such projects offer the aged person the chance to improve his image of himself. Research (Butler, 1975; Coe, 1965; Kipnis, 1961) has indicated that an institutionalized aged person will often change his conception of himself over time to fit the stereotypes of aging. As a result of his lessening contributions to society, he may experience a depreciation of self. Projects encouraging self-disclosure through reminiscing, using written and oral communication that can be collected and published, hold the potential for creating feelings of self-worth and satisfaction again.

Giordano and Giordano (1969) reported on an activity program in a home for the aged in the Virgin Islands. Residents told stories, which were collected and printed in a small magazine.

> To see their names in print, to express themselves in writing, and for the staff and relatives to remark on their accomplishment gave the residents a new sense of self. (Giordano & Giordano, 1969, p. 65)

McClannahan and Risley (1975) emphasized that there have been few efforts to evaluate empirically the effectiveness of specific activity programs on the elderly. None of the writing projects uncovered in the review of literature included experimental research focusing on the effects of nursing home in-house publications on variables such as residents' life satisfaction or participation in other activities.

Empirical research involving written and oral history projects as activities for the elderly merits further consideration. Such combined efforts by researchers and practitioners in social gerontology can help shift the focus toward adding "life to years," as well as years to life.

CHAPTER III

METHODS AND PROCEDURES

I. OPERATIONAL DEFINITION OF TERMS

In this study, the dependent variables are life satisfaction and activity participation of nursing home residents.

Life satisfaction was defined as the extent to which a resident: took pleasure in everyday activities; regarded his life as meaningful and accepted his past; felt he had succeeded in achieving his major goals; held a positive image of self; and maintained happy and optimistic attitudes and moods (Neugarten, Havighurst, & Tobin, 1961, p. 137).

Residents' life satisfaction was measured using Neugarten, Havighurst, & Tobin's (1961) Life Satisfaction Index B, which consists of 12 open-end questions. For all questions but one (which uses one point for a positive response and zero for a negative response), two points are allocated to a "correct" response indicating high life satisfaction, one point for an intermediate or uncommitted response, and zero for a "wrong" response. Scores range from zero to 23.

A copy of the Life Satisfaction Index B is given in Appendix A.

Activity participation was defined as the number of activities attended for one week by each resident participating in the experiment. The same activities were used for both pretest and posttest measures: games/crafts, ceramics, sing-a-long, Bible Study I and Bible Study II.

The independent variable is the opportunity to work on an

in-house publication, operationally defined as a small magazine written entirely by the nursing home residents.

The health status of residents in nursing homes is often referred to as "skilled" and "intermediate." Both terms refer to the level of care required by a resident. In this study, the terms have been defined according to the way they are used by the nursing staff at Hillcrest West:

skilled--patients who require antibiotic injections, close observation for a short while, tubing, and other such services;

intermediate--patients who do not require services such as those required for skilled residents.

The research design used in this study is given in Figure 1. The notational system was adopted from Haskins (1977).

II. HYPOTHESES

H_{Oa}: There is no difference between life satisfaction pretest and posttest scores for residents who worked on the magazine ($\alpha = .05$).

H_{1a}: Life satisfaction posttest scores will be greater than pretest scores for residents who worked on the magazine ($\alpha = .05$).

H_{Ob}: There is no difference between life satisfaction pretest and posttest scores for residents who did not work on the magazine ($\alpha = .05$).

H_{1b}: There is a difference between life satisfaction pretest and posttest scores for residents who did not work on the magazine ($\alpha = .05$).

H_{Oc}: There is no difference between the number of activities

Controlled Field Experiment, Pretest and Posttest:

	t_1	t_2	t_3	t_4
Pla_1	M1-2	T1(ox)	T2(ox)	M1-6
Plb_1	M1-2	T0(fn)	T2(ox)	M1-6

Notation

Pl = all residents of Hillcrest West who are willing to work on the magazine N=84.
Pla = a random sample of Pl N=50.
Pla_1 = a randomized sample of Pla N=25.
Plb_1 = a randomized sample of Pla N=25.

t_1 = pretest period.
t_2 = eight-week workshop.
t_3 = magazine distributed.
t_4 = posttest period.

T1(ox) = opportunity to work on the magazine.
T0(fn) = forced non-exposure to working on the magazine.
T2(ox) = opportunity to receive the magazine.

M1 = measurement of life satisfaction using the Life Satisfaction Index B.
M2 = measurement of the number of activities attended for one week by each resident.
M3 = readership of the magazine.
M4 = residents' rating of the quality of the magazine.
M5 = residents' desire to work on future issues.
M6 = residents' desire to read future issues.

FIGURE 1

RESEARCH DESIGN FOR EXPERIMENT

attended before and after the magazine for residents who worked on the magazine ($\alpha = .05$).

H_{1c}: Activity scores after the magazine will be greater than activity scores before the magazine for residents who worked on the magazine ($\alpha = .05$).

H_{0d}: There is no difference between the number of activities attended before and after the magazine for residents who did not work on the magazine ($\alpha = .05$).

H_{1d}: There is a difference between the number of activities attended before and after the magazine for residents who did not work on the magazine ($\alpha = .05$)

III. DESCRIPTION OF SETTING FOR THE EXPERIMENT

Hillcrest West Nursing Home in Knoxville was chosen as the setting for this experiment. Hillcrest West is part of the Hillcrest Medical Nursing Institute, a non-profit Tennessee corporation operated under the direction of a licensed administrator and governed by a board of directors.

As an intermediate and skilled nursing care facility, Hillcrest West provides nursing care services from registered nurses and licensed practical nurses. The facility has two floors divided into eight hallways. Halls one and three on the first floor are reserved for skilled patients.

Rooms are generally semi-private, but three persons occasionally occupy the same room. The cost of living at Hillcrest is $22.40 per day per resident. All residents receive Medicaid and none are "private pay" patients.

When the experiment began in July 1978, there were 210 residents at Hillcrest West, 142 females (68 percent) and 68 males (32 percent). Residents' ages ranged from 27 years to 100 years. Sixty-five residents were bedfast, 20 were ambulatory, and 125 could walk with assistance.

A mimeographed newsletter had been produced at the nursing home by a staff member and three residents, but it appeared only at irregular intervals. The newsletter had been discontinued for several months when the experiment began.

IV. SAMPLE

From the population of 210 residents at Hillcrest West, 106 residents were classified by the social worker/activity director as mentally or physically incapable of participating in the project. The remaining 104 residents were interviewed to determine those who were willing to participate in the experiment. Positive responses were received from 84 residents--negative responses from 20.

From the 84 willing residents, a random sample of 50 residents was drawn and further randomized into a treatment and control group with 25 subjects in each group. Residents in the treatment group worked on the magazine. Residents in the control group did not.

Eight residents had to be excluded from the experiment: three from the treatment group and five from the control group. (Four residents died, two were sent to boarding homes, one decided not to participate, and one member of the control group decided to join the experimental group). Life satisfaction test scores and activity scores

for those eight residents were eliminated from all phases of data analysis. For statistical analysis, the total number of subjects in the experiment was 42--22 in the treatment group and 20 in the control group.

Descriptions of the samples by age, education, and length of stay in the nursing home are given in Table 1. Descriptions by sex, race, health, and marital status are located in Table 2.

V. EXPERIMENT

Prior to the experiment, all subjects had expressed a willingness to work on a nursing home magazine. They were told that only a few residents would be needed to work on the first issue, but additional opportunities would be available for them to help with the next issue. The subjects were told they would be asked to participate in two interviews dealing with their evaluations of their lives at Hillcrest West. Each subject was asked to sign an "informed consent" statement indicating that he/she had been told about the nature of the experiment and was allowed to ask questions. Appendix B shows the form used for informed consent.

All subjects were interviewed by the researcher in early July using Neugarten, Havighurst, and Tobin's (1961) Life Satisfaction Index B. Each interview lasted approximately 15 minutes. In addition, nursing home staff members kept records of attendance at all activities for one week. An activity score was calculated for each resident based on the number of activities he/she attended that week.

Residents in the treatment group attended writing workshops

TABLE 1

DESCRIPTION OF SAMPLES BY AGE, EDUCATION, AND LENGTH OF STAY IN THE NURSING HOME

Groups	Age (years)	Education (years)	Length of Stay* (months)
Treatment: N=22			
Mean	73.8	7.8	18.3
Standard Deviation	18.5	3.6	7.3
Low	31	1	3
High	95	14	28
Control: N=20			
Mean	77.5	7.1	19.2
Standard Deviation	11.7	3.7	8.3
Low	45	0	4
High	92	14	29
Total: N=42 (Experimental and Control groups combined)			
Mean	75.6	7.4	18.7
Standard Deviation	15.6	3.6	7.7
Low	31	0	3
High	95	14	29

*Length of stay does not include the time a resident may have spent in nursing homes or other institutions prior to coming to Hillcrest West. Hillcrest West's admission office had no records of previous living arrangements for many residents.

TABLE 2

DESCRIPTION OF SAMPLES BY SEX, RACE, HEALTH, AND MARITAL STATUS

Groups	Sex		Race		Health		Marital Status				
					Inter-			Non-Married			
	Male	Female	Black	White	mediate	Skilled	Married	Single	Separated	Divorced	Widowed
Treatment N=22	7	15	4	18	17	5	2	5	2	0	13
Control N=20	10	10	6	14	18	2	2	1	0	6	11
Total N=42	17	25	10	32	35	7	4	6	2	6	24
	(40%)	(60%)	(24%)	(76%)	(83%)	(17%)	(10%)	(14%)	(5%)	(14%)	(57%)

during the next eight weeks to produce materials for a nursing home magazine. Residents in the control group did not work on the magazine even though they had previously expressed a willingness to do so.

The resident/writers met on Tuesday afternoon for one hour. In addition to the workshops, residents were encouraged to work on assignments throughout the week. Heavy emphasis was placed on the need for the subjects to become acquainted with one another.

Although several subjects were bedfast, they were not excluded from the study. Instead, they wrote in their rooms and were encouraged to discuss what they had written with their roommates, families, members of the nursing home staff, and the researcher.

Subjects who were unable to write, tape recorded their stories and poetry. Some of the stories had to be condensed because of the limited space available in the magazine. Although spelling mistakes were corrected, grammar and word choice were not altered in the editing process in order to preserve the dialects of the writers.

At each writing session, the researcher suggested three or four topics, but the residents were permitted to write on any subject. Some of the topics were:

1. Close your eyes and try to remember the house where you were born or where you grew up. What did it look like? Describe the rooms, the different sounds you begin to hear in those rooms as you walk through them.
2. Try to remember the best Fourth of July you ever had. Where are you? Who are you with? Describe the sounds you hear and the colors around you.

3. Think of yourself--your personality--as a color. Are you purple, orange, green, or yellow, for example? Describe how you feel as that color, and compare yourself to something that is the same color. For example: I am orange like the poppies that grew in my yard. I am blue like the sky in Greece.

Many of the topics involved reminiscing. Residents were encouraged to include as much detail as possible in their writing.

At the end of the eighth week, the researcher collected the material written by the residents, edited it, and arranged it on layout sheets to form a 20-page magazine to be printed by offset press. The writers were involved in as many technical decisions as possible. The magazine was delivered "camera ready" to the printer to reduce printing costs.

The following is a list of costs involved in producing 300 copies of Hillcrest West's magazine, "The Backlog." Each copy cost approximately 86 cents.

1. $225 for paper and printing (Lamar Copy Service).
2. $22.56 for presstype.
3. $6.10 for photography expenses.
4. $3.00 for reduction of art work (Campbell, Inc.).

The total cost for the magazine was $256.63. Publication was partially funded by Hillcrest Medical Nursing Institute. A copy of "The Backlog" is located "in pocket."

"The Backlog" was distributed to all residents of the nursing home on September 12, 1978. The following day, subjects in the control

and experimental groups were interviewed again using the Life Satisfaction Index B. Nursing home staff members kept records of attendance at all activities for one week. Again, an activity score was calculated for each resident based on the number of activities he/she attended that week.

In addition, all subjects were interviewed to obtain the following information:

1. the average number of pages read per subject;
2. the subject's rating of the quality of the magazine;
3. the subject's desire to read future issues of the magazine;
4. the subject's desire to work on future issues of the magazine.

A copy of the questionnaire used in the interview is given in Appendix C.

VI. PROBLEMS ENCOUNTERED

The following problems were encountered in conducting a writing workshop for nursing home residents:

1. Lack of a quiet meeting place where the writers could work without interruption. A dining hall was used because it was the only room available.

2. Inability of physically impaired residents to attend the workshop without assistance from members of the nursing home staff. Staff members frequently did not have time to get all patients out of bed and in their wheelchairs to attend the meetings. A list of the residents who wanted to attend the group workshops was posted in the

nurses' station on both floors to give staff members advance notice of the residents who would need assistance.

3. Selecting a meeting time that would not conflict with patient care schedules. A few residents were unable to attend the group workshops because the meeting time conflicted with their bath time. The researcher worked with them on an individual basis.

4. A wide variety of educational backgrounds among the residents. This problem was alleviated by keeping the group meetings as unstructured as possible and by avoiding a "classroom" atmosphere. Each writer was encouraged not to compare his work with the work of other writers, but to view himself as a "unique" individual with his own story to tell and his own way of telling it.

5. Residents' lack of confidence in themselves, which resulted in fears of failure. Most of the residents had never written a poem or story about themselves. In the first few meetings, the writers were not asked to complete a story or poem by themselves, but to collaborate, instead. Each writer was asked to write a sentence or two on a topic (without signing his name), and the sentences were combined into a group poem or story. As the finished product was read aloud to the group, the residents began to admire and praise individual sentences. Gradually, as each resident gained confidence in what he had contributed to the group, he began to claim what he had written and was ready to try a story or poem by himself.

VII. STATISTICAL ANALYSIS

Although the subjects were randomly selected and randomly assigned to the treatment and control groups, the Mann Whitney U-test was used to check for pretest differences in life satisfaction and activity scores between the two groups. This was done to identify initial differences between the two groups that might bias the results. The Mann Whitney U-test is a powerful nonparametric statistical test commonly used as an alternative to the t test when the data does not meet the assumptions pertaining to the interval level of measurement (Champion, 1970).

The Wilcoxon Matched-Pairs-Signed-Ranks test was used to test the significance of differences in life satisfaction and activity scores between related samples. This test is designed to take into account ranked differences between two samples, where ranks have been assigned according to the magnitude of difference between matched pairs of subjects (Champion, 1970). The Wilcoxon test was used to test hypotheses a, b, c, and d.

Computer Programming

Statistical Analysis System (SAS) (Barr, Goodnight, Sall, & Helwig, 1976), SAS Supplemental Library User's Guide (Helwig, 1977), and Biomedical Computer Programs (BMD) (Dixon, 1973) were used in the analysis of data.

CHAPTER IV

RESULTS

The central tendency of the distribution of life satisfaction scores was defined by the median because the data did not meet the interval level assumption required for the mean.

The median life satisfaction pretest score for residents who worked on the magazine (Pla_1) was 11. The median life satisfaction posttest score for the same group was 14, representing a median gain of three points.

The median life satisfaction pretest score for residents who did not work on the magazine (Plb_1) was 11. The life satisfaction posttest score for the same group was 12, representing a median gain of one point.

The median was also used to define the central tendency of the distribution of activity scores or the number of activities attended for one week by each resident. A score of five activities was possible. The median activity score for the treatment group (Pla_1) before the magazine was produced was zero. The median score for the same group after the magazine was produced was one, representing a median gain of one activity.

The median activity score for the control group (Plb_1) before the magazine was produced was zero. The median score for the same group after the magazine was produced was zero, representing no change in the median number of activities attended.

A description of the median life satisfaction pretest scores by sex, race, health, and marital status is given in Table 3. The results show that: the median life satisfaction pretest score was similar for males and females and for blacks and whites; "skilled" residents had a slightly higher median life satisfaction score than "intermediate" residents; and, considering marital status, married residents had the highest median life satisfaction score, followed by single, divorced, widowed, and separated residents, in that order.

A description of median activity scores (before the magazine) by sex, race, health, and marital status is given in Table 4. The results indicate that activity participation was low regardless of sex, race, health, or marital status.

I. MANN-WHITNEY U TEST RESULTS

As indicated earlier, the nonparametric Mann-Whitney U test (two-tailed) was used to check for life satisfaction and activity score differences between the two groups before the treatment was introduced. This procedure was used as an additional precaution against biased results caused by initial differences between the treatment and control groups. The SAS computer package was used to perform the computations.

No significant difference was found in life satisfaction scores between the treatment and control groups before the magazine was produced ($p<.05$). The results are given in Table 5.

The Mann-Whitney U test comparing activity scores between the two groups before the magazine was produced also indicated no significant difference ($p<.05$). The results are given in Table 6.

TABLE 3

MEDIAN OF LIFE SATISFACTION PRETEST SCORES BY SEX, RACE, HEALTH, AND MARITAL STATUS

Life Satisfaction Pretest Scores	Sex		Race		Health		Marital Status				
								Non-Married			
	Male	Female	Black	White	Inter-mediate	Skilled	Married	Single	Separated	Divorced	Widowed
Median	12	11	11.5	11	11	13	13.5	12	9.5	12.5	10.5
Low	4	2	2	3	3	2	8	8	8	4	2
High	20	23	21	23	23	19	20	16	11	23	21

TABLE 4

MEDIAN OF ACTIVITY SCORES (BEFORE MAGAZINE) BY SEX, RACE, HEALTH, AND MARITAL STATUS

Activity Scores (Before Magazine)	Sex		Race		Health		Marital Status				
					Inter-			Non-Married			
	Male	Female	Black	White	mediate	Skilled	Married	Single	Separated	Divorced	Widowed
Median	0	0	0	0	0	0	0	0	1	0	0
Low	0	0	0	0	0	0	0	0	1	0	0
High	3	5	2	5	5	2	3	2	1	0	5

TABLE 5

MANN-WHITNEY U COMPARISON OF LIFE SATISFACTION PRETEST SCORES

Group	N	Rank Sum
Treatment group	22	481.5
Control group	20	421.5
U= 211.5		
Z= -.214*		
p<.8305 (two-tailed test)		

*Not significant at .05 alpha level.

TABLE 6

MANN-WHITNEY U COMPARISON OF ACTIVITY SCORES BEFORE MAGAZINE

Group	N	Rank Sum
Treatment group	22	541.5
Control group	20	361.5
U= 151.5		
Z= -1.73*		
p<.0845 (two-tailed test)		

*Not significant at .05 alpha level.

A modification of the Z test was used in association with both Mann-Whitney U tests. This procedure is recommended for large sample sizes (when one sample exceeds 20) (Champion, 1970, p. 179).

II. WILCOXON MATCHED-PAIRS-SIGNED-RANKS TEST RESULTS

The nonparametric Wilcoxon Matched-Pairs-Signed-Ranks test was used to measure changes in life satisfaction and activity scores for both groups between t_1 (period before the magazine was produced) and t_4 (period after the magazine was produced). The Wilcoxon test is useful for determining not only the direction of the difference in scores but the magnitude of the change as well. The Biomedical non-parametric statistical package was used to perform the computations.

A comparison of life satisfaction pretest and posttest scores for residents who worked on the magazine (Pla_1) showed a significant increase in life satisfaction ($p<.05$) (one-tailed test). The results are reported in Table 7.

No significant change in life satisfaction scores was found for residents who did not work on the magazine (Plb_1) ($p<.05$) (two-tailed test). The results are reported in Table 8.

A comparison of before-and-after activity scores for residents who worked on the magazine (Pla_1) showed no significant increase in the number of activities attended per week per resident ($p<.05$) (one-tailed test). The results are given in Table 9.

Pairs of scores with a zero difference were eliminated from all Wilcoxon Matched-Pairs-Signed-Ranks test calculations because a zero difference in scores cannot be considered a negative or positive change

TABLE 7

WILCOXON MATCHED-PAIRS-SIGNED-RANKS COMPARISON OF LIFE SATISFACTION PRETEST AND POSTTEST SCORES FOR TREATMENT GROUP

Group	N	Wilcoxon T Value
Residents who worked on the magazine	22*	30**
p<.0247 (one-tailed test)		

*Pairs of scores with zero differences were eliminated from calculations.

**Significant at .05 alpha level.

TABLE 8

WILCOXON MATCHED-PAIRS-SIGNED-RANKS COMPARISON OF LIFE SATISFACTION PRETEST AND POSTTEST SCORES FOR CONTROL GROUP

Group	N	Wilcoxon T Value
Residents who did not work on the magazine	20*	84.5**
p<.6726 (two-tailed test)		

*Pairs of scores with zero differences were eliminated from calculations.

**Not significant at .05 alpha level.

TABLE 9

WILCOXON MATCHED-PAIRS-SIGNED-RANKS COMPARISON OF BEFORE-AND-AFTER ACTIVITY SCORES FOR TREATMENT GROUP

Group	N	Wilcoxon T Value
Residents who worked on the magazine	22*	3.5**
$p<.0711$ (one-tailed test)		

*Pairs of scores with zero differences were eliminated from calculations.

**Not significant at .05 alpha level.

(Gibbons, 1976, p. 127). For example, if a resident attended three activities before the magazine and three activities after the magazine, there was a zero difference in the number of activities attended, and his activity scores had to be eliminated from the Wilcoxon calculations. While this requirement posed no problem in comparisons of life satisfaction pretest and posttest scores or for a comparison of before-and-after activity scores for the treatment group, it did affect Wilcoxon calculations for before-and-after activity scores for the control group. As indicated in Table 10, a high number of zero differences in the activity scores (activities attended after the magazine minus activities attended before the magazine) for residents who did not work on the magazine resulted in an insufficient number of pairs to complete the Wilcoxon test.

TABLE 10

WILCOXON MATCHED-PAIRS-SIGNED-RANKS COMPARISON OF BEFORE-AND-AFTER ACTIVITY SCORES FOR CONTROL GROUP

Group	N	Wilcoxon T Value
Residents who did not work on the magazine	20*	4
$p<.7150$		

*After pairs of scores with zero differences were eliminated from the calculations, there was an insufficient number of pairs to complete the Wilcoxon test.

III. READERSHIP ANALYSIS

After the magazine was distributed to all residents in the nursing home and time was allowed for residents to read the publication, the subjects participating in the experiment were interviewed to obtain the following information:

1. the average number of pages read per subject;
2. the subject's rating of the quality of the magazine;
3. the subject's desire to read future issues of the magazine; and
4. the subject's desire to work on future issues of the magazine.

The results of the survey showed that the average number of pages read by the residents who worked on the magazine was 10.78 pages

out of a possible 19 pages (the front cover was excluded). Residents who did not work on the magazine (control group) read an average of only 5.25 pages.

Including all 42 persons who participated in the experiment, 16 persons reported reading the entire publication, 6 persons reported reading some of the publication, and 20 persons reported reading none of it.

Reasons cited for not reading the publication were:

1. physical disabilities such as poor eyesight, (9 persons or 45 percent of the 20 non-readers);

2. lost their copy of the magazine or did not remember receiving a copy, (7 persons or 33 percent of the 20 non-readers);

3. never learned to read, (3 persons or 14 percent of the 20 non-readers);

4. did not want to read the magazine, (1 person or 5 percent of the 20 non-readers).

Subjects with physical disabilities and subjects with a lack of reading skills reported that they were waiting for a family member or nursing home aide to read the magazine to them.

On a five-point scale where:

1=bad 2=not very good 3=average 4=good 5=excellent,

the average rating of the quality of the magazine by the treatment group was 3.9. The average quality rating by the control group was 3.8. Only those residents who reported reading all or part of the magazine were asked to rate its quality.

Of the 22 residents who reported reading all or part of the

magazine, 21 expressed a desire to read future issues--1 resident did not.

Of the 22 residents who worked on the first issue of Hillcrest West's magazine, 16 expressed a desire to write for and work on future issues, 3 reported that they did not want to work on future issues, and 1 resident was undecided.

CHAPTER V

SUMMARY AND CONCLUSIONS

I. SUMMARY

The primary objective of this study was to develop an activity that requires interpersonal communication among nursing home residents, and to introduce that activity to residents in a nursing home. An in-house publication or resident-written magazine was selected as the activity. The specific purpose of the study was to analyze empirically the effect of working on the magazine on residents' life satisfaction and participation in other activities.

Results of the analyses indicate the following:

1. Residents who worked on the magazine had significant increases in life satisfaction scores. Life satisfaction scores for residents who did not work on the magazine did not change significantly.

2. There was no significant difference between the number of activities attended before the magazine and the number of activities attended after the magazine for residents who worked on the magazine. An explanation for this lack of significant difference might be found by reviewing Table 4 on page 39, which gives the median activity scores for both the treatment and control groups (before the magazine was produced) by sex, race, health, and marital status. The results show that activity participation in the nursing home is extremely low. While working on an in-house magazine may increase residents' life satisfaction scores, it is possible that nothing could persuade residents

to attend activities that they have already decided do not meet their needs.

The test for a change in the number of activities attended by residents in the control group could not be completed because of excessive pairs of zero differences in activity scores.

The results of interviews with all residents who participated in the experiment showed that residents who worked on the magazine read almost twice as many pages of the completed publication as residents who did not work on the publication. The most frequently cited reason for not reading the magazine was poor eyesight.

The average rating of the quality of the magazine was similar for residents in the treatment and control groups. Residents in both groups rated the magazine between three and four on a five-point scale where:

1=bad 2=not very good 3=average 4=good 5=excellent.

Of those residents who read all or part of the magazine, all but one expressed a desire to read future issues. Approximately three-fourths of the residents who worked on the first issue of the magazine expressed a desire to work on future issues.

II. CONCLUSIONS

In any empirical study, it is easy to become entangled in a thicket of abstract terms like "life satisfaction," "self-disclosure," and "interpersonal communication." Attention is often focused on significance levels and confidence intervals, while the most obvious effects of a project slip by without being noticed.

This study has shown statistically that working on a nursing home magazine is an activity capable of increasing residents' life satisfaction.

Most important, however, is that part of the study that cannot be reported statistically or described by a hundred abstract terms: the expression in the eyes of an 88-year-old "Granny" when she discovers she has been chosen as "cover girl" for this month's issue, or the secret smile buried under the whiskers of a man who now knows he is an artist.

Equally hard to describe is the experience of watching a group of aged men and women regain confidence in themselves by giving something meaningful to others.

Nursing home staffs who doubt the ability of their residents to produce a magazine should remember that it is not grammar or an even right margin that matters anyway. The important thing is to provide a way for older people to preserve, in print, a part of their past.

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APPENDICES

APPENDIX A

LIFE SATISFACTION INDEX B

Would you please comment freely in answer to the following questions:

1. What are the best things about being the age you are now?

   1.....positive answer
   0.....nothing good about it

2. What do you think you will be doing five years from now?

   How do you expect things will be different from the way they are now in your life?

   2.....better, or no change
   1.....contingent--"It depends"
   0.....worse

3. What is the most important thing in your life right now?

   2.....anything outside of self or pleasant interpretation of future
   1....."Hanging on"; keeping health or job
   0.....getting out of present difficulty, or "nothing now," or reference to the past

4. How happy would you say you are right now, compared with the earlier periods in your life?

   2.....this is the happiest time; all have been happy; or, hard to make a choice
   1.....some decrease in recent years
   0.....earlier periods were better, this is a bad time

5. Do you ever worry about your ability to do what people expect of you--to meet demands that people make on you?

   2.....no
   1.....qualified yes or no
   0.....yes

6. If you could do anything you pleased, in what part of Knoxville would you most like to live?

   2.....present location
   0.....any other location

7. How often do you find yourself feeling lonely?

   2.....never; hardly ever
   1.....sometimes
   0.....fairly often; very often

8. How often do you feel there is no point in living?

   2.....never; hardly ever
   1.....sometimes
   0.....fairly often; very often

9. Do you wish you could see more of your close friends than you do, or would you like more time to yourself?

   2.....O.K. as is
   1.....wish could see more of friends
   0.....wish more time to self

10. How much unhappiness would you say you find in your life today?

    2.....almost none
    1.....some
    0.....a great deal

11. As you get older, would you say things seem to be better or worse than you thought they would be?

    2.....better
    1.....about as expected
    0.....worse

12. How satisfied would you say you are with your way of life?

    2.....very satisfied
    1.....fairly satisfied
    0.....not very satisfied

APPENDIX B

INFORMED CONSENT STATEMENT

Please read and sign (if willing) the following form.

I, _____, understand that participation in this experiment is voluntary and that I may withdraw from the experiment at any stage without penalty. It is also my understanding that there are no physical, psychological or social risks involved, and that the procedures to be followed will be carefully explained to me. The general purposes of the experiment have been explained, and I understand that any additional questions I may have about the nature of the experiment will be answered at the conclusion of the procedures. I also understand that any responses I make during the experiment will be reported in aggregate form along with the responses of the other subjects. It is with the above understanding in mind that I agree to participate in this experiment.

APPENDIX C

QUESTIONNAIRE FOR MEASUREMENT OF READERSHIP

AND QUALITY OF MAGAZINE

Please answer the following questions as accurately as possible.

1. Have you had an opportunity to read any of the magazine?

   2=yes 1=no

2. As I flip through this issue of "The Backlog," please indicate which articles, poems, etc., you have read from beginning to end.

3. How would you rate the overall quality of the magazine?

   Bad_____ Not very good_____ Average_____ Good_____

   or Excellent_____

4. Would you be interested in reading future issues of this magazine?

   2=yes 1=undecided 0=no

5. Would you be interested in working on future issues of this

   magazine?

   2=yes 1=undecided 0=no

VITA

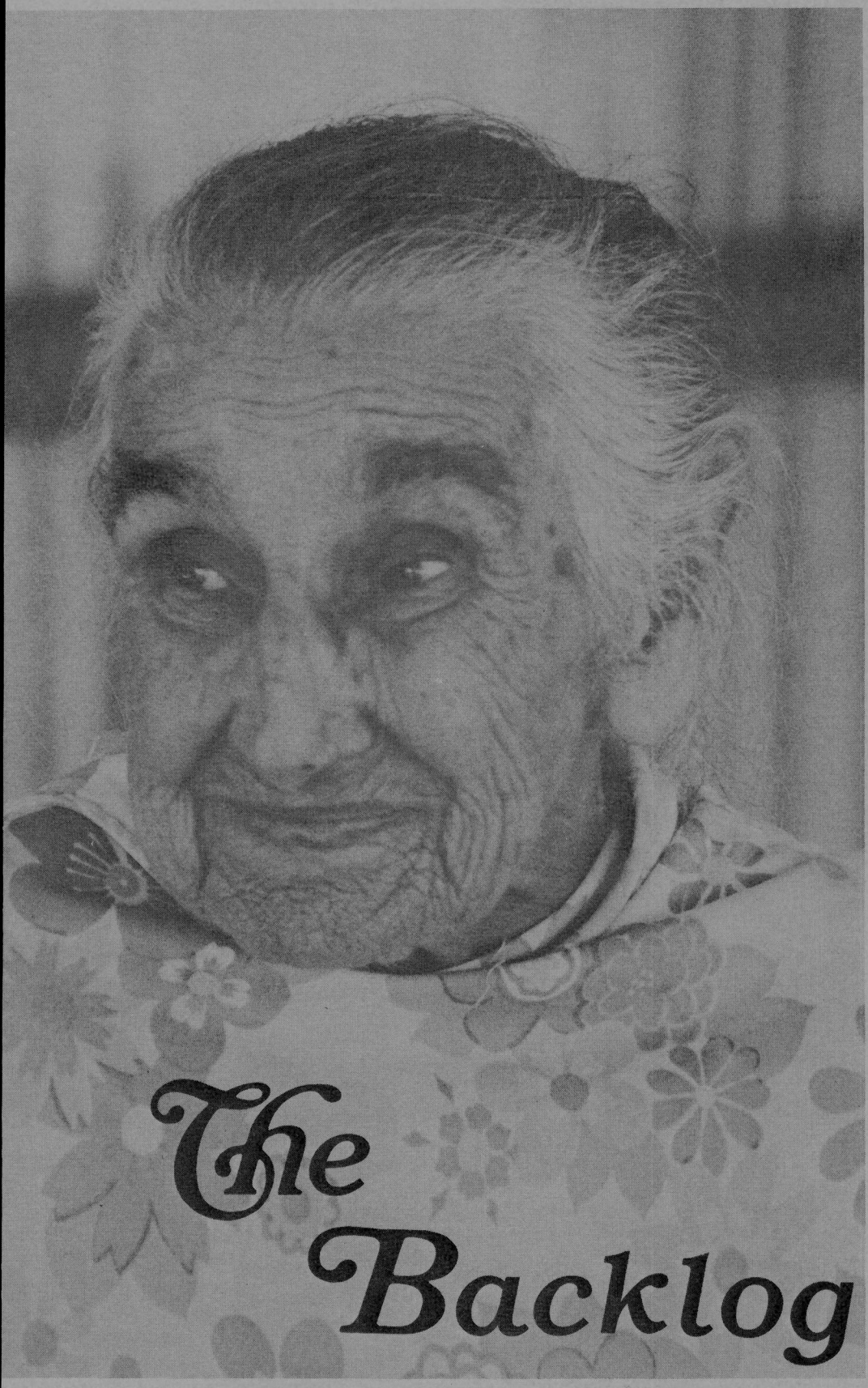
Lisa Jones Koger was born in Elyria, Ohio, on September 6, 1953. She attended elementary schools in Gilmer County, West Virginia, and graduated valedictorian from Gilmer County High School in June 1971. In December 1974, she graduated magna cum laude from West Virginia University with a Bachelor of Social Work degree.

After newspaper work at "The Elberton Star" in Elberton, Georgia, and additional course work at Purdue University in Indiana, she entered the master's program at The University of Tennessee in June 1977.

From September 1977 to December 1977, she worked as a reporter for the "Purdue Exponent" at Purdue University. She is a member of Mortar Board and Phi Kappa Phi.

As a result of this thesis, she is currently employed by the Tennessee Commission on Aging through the Area Office on Aging to assist nursing homes in the East Tennessee area in starting in-house publications.

The author is married to Jerry Koger, a doctoral student at Purdue University.



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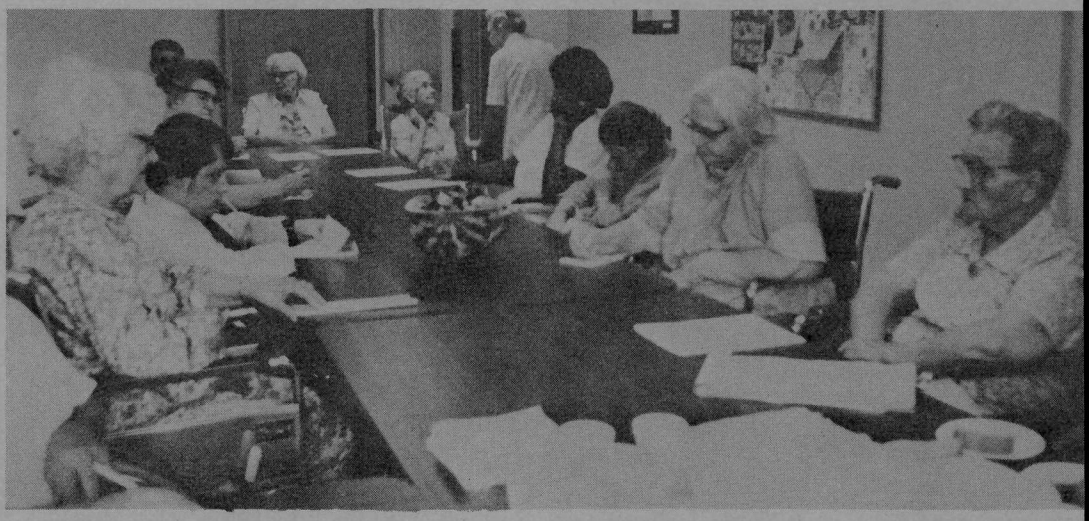

Hillcrest writers meet to work on stories for their magazine.

The Backlog

Summer 19

The Backlog is part of a thesis and experimental project for a master's degree in communications at the University of Tennessee. Publication was funded by the Hillcrest Medical Nursing Institute in Knoxville.

Material for this magazine was written by the residents of Hillcrest West nursing home and collected over an eight-week perio during the summer of 1978. Residents who were unable to write because of physical or other reasons tape recorded their stories. Selected works have been condensed to fit the limited space available, but grammar and word choice have not been altered in editing.

I would like to thank the entire staff at Hillcrest West, particularly Cheryl Martin, social worker and activities director, for their cooperation and interest in this project.

I would also like to thank my thesis adviser, June Adamson, for her patience and guidance.

Special thanks to all the residents/writers of Hillcrest West, who gave me their time, their stories, and best of all--their friendship.

Lisa Koge

*Featured on the front and back cover is 88-year-old Maude "Granny" Owens, a resident of Hillcrest West.

A backlog is a large log placed at the back of a hearth fire to support other logs and to provide a reserve of fuel and warmth.

Editing, layout, and photos by L. J. Koger

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The times . . . they are a changin'

by Parlee Parks

My hometown, Etowah, Tenn., s founded in 1905. In 1906, the ilroad came to town. I was born at same year.

You could look right over from owah and see the Chilhowee nge of mountains. They were autiful. My grandfather had a ove of goats up there, and we'd up in the summertime and camp.

I remember how we all used to ok forward to the spring of the ar when it would be sunny, and could take off our long-handled derwear and go barefoot. That s back in the days when we wore ng-handles, pulled ribbed stock-gs up over them, and wore high-p shoes.

I'm a Baptist. When I was owing up, I wanted to be a mocrat even though my mother's ople were Republican. But I ought that to be a Democrat, had to be a Methodist. When I ve my life to Christ when I s about 14 years old, I could e the difference. I realized I uld still be a Democrat and a ptist.

My grandfather, N. B. Dunn, was e first Democrat elected to the gislature from McMinn County ter the Civil War. His life story written in the 1887 edition of *nnessee History*. Grandfather nn had a sister who didn't get rried until she was 40 years d. She used to tell me and my usin not to marry until we were 40. We thought that was awful.

I remember the first time I saw my husband Hubert. I was at a prayer meeting at church and saw him coming up the road. He was so good looking. That was in the summertime. The next year on Feb. 29, 1924, we were married. Our marriage license cost us $2, and Hubert bought my wedding band for $6. It had orange blossoms engraved on it, but they've worn off after 54½ years of marriage.

There's been so many changes in the world. I remember the first television I ever saw. It was in Portland, Ore. I was amazed just like I still am with radio and telephone.

Used to be when people were in their 50s and 60s they were considered old. My mother was in her 40s when I got married, and I thought she was old. She used to tell me that when she was growing up, all she heard was that the young people were going to the dogs. I heard the same thing, and now we're hearing it today.

You find the best people in churches. It's always been that way. I'm happy I'm a Christian because, let me tell you, if you've missed heaven, you've missed it all. My granddaddy always told me, "Look up to no man, and down on none." And I don't. •

i saw a ghost

i saw a ghost once
in the daytime
it was white
it just HOLLERED

-Bertha Duncan

the sun

if i were the sun--
i'd close my eyes at night
to make a moon shine
bright i'd

R I S E to a new day
each morning
if i were the sun

-Frank Tindell
and Jackie Freeman

Winter Nights

On cold winter nights
we'd stay around the fire,
or go to bed early.
The old folks used to sit
and pick
at cotton seeds
or parch chestnuts.
They might work
at their spinning wheel
spinning thread,
pop corn,
or make off a batch of candy.
In those days,
there was always something to do
to pass the time away.

-Howard Cross

If

If I could say something to Jesus,
you reckon he'd come to me?
Would he come right down here
and sit on my bed?
Boy, if I was to see Jesus
I believe
I'd dance upon the chairs.

-Laura Easterday

onnie lue yes

Chinia Cox

*

illhite Creek in Smoky Mountains ome for me. We d in a log house ed with clay on outside and red with news- rs on the inside. ad a great big place, I remember. y kept a big log he fire most of time. That was backstick, the log some people ed it, and it d burn all night .

ur house had three s: a dining room kitchen together, droom, and what alled the front . There were six s kids, so we had ut two beds in the t room. It wasn't mannered in those to do that.

y mother named me r a bed of flowers, a asters. They're colors--red, white, ... I guess the red kind cause jolly. If I was blue kind, I'd be all the time.

My Daddy was a peddler and a farmer. He used to go all through them Smokies buying up huckleberries, apples, beans, and lots of other things from them people back in the mountains. Anything you get out of the mountains is always pretty and so fresh. He'd take it to Market Square in Knoxville and sell it.

Whenever he went to town, he'd bring us back something. He used to bring me those Mother Hubbard dresses --awful looking things. They had a yoke and was gathered real full like what pregnant women wore.

If he went to town by himself, he'd just find a doorway and spread down a blanket and there he'd lay, right close to his hack so he could watch it. But when my sister or I went with him, he'd get a place for us to sleep.

We had a right nice school in the Smokies. My father helped build that schoolhouse. It had one room for eight grades. We used to carry our lunch in a basket Daddy made out of



splits. Boy, I would rather have had a biscuit and sauerkraut as anything in the world. I'd take me two fat biscuits. Just fry that kraut good and done, and put it in that biscuit. You have to let it set awhile until the juice soaks down in the bread. That's the best big old sandwich you ever had.

They used to have barn dances where we lived, but we didn't get to go because my mother didn't believe in it. She always said dancing danced a good man's head off. But I've read in the Bible where it says they danced with joy. And my mother even learned to dance the "egg dance" when she was young. That's where you spread a quilt on the ground, put some eggs in the middle, and move the eggs to the corners with your feet as you dance without breaking any.

Used to be, we went to revivals every so often. But now people have got too selfish. I believe that's the reason we don't have no better revivals than we do today. We used to go to hear the preacher and to obey him. If you felt like shouting, you shouted. I've seen people walk on the backs of the church benches. I never did walk on the benches myself, but I've felt almost like it sometimes, I've been so happy. There was one old woman whose husband died when her children were little, and she just washed out a living for them from other people. She'd work in the cornfields or just anything to make a nickel. One time I heard her shout, and she just thanked the Lord for letting her be able to raise all her children. She walked all over the tops of them benches. The Holy Spirit is the only thing that kept them from falling over. Jesus said he'd hold us up, you know. I believe it.

My Daddy never had to give me a whipping but once, and that was for eating stolen watermelon. My brother and one of his friends took the melon from a man's field and then said, "Come on over here and help us eat it." They did that on purpose just to get me into it, too. You are guilty, you know, if you help eat stolen things. The man found out, and he came over and told Daddy, "You whip them k till I say stop." Daddy picked up board, and he we town on our bott I never forgot i can still hear m brother yelling he was going to his poor "rittle" legs whipped. H used to pull my pigtails just to me cry, and then sing "Bonnie Blu Eyes" to me.

After we move away to Blount C I used to go back the Smokies to v I remember one m I got up before else and climbed the top of the m to watch the sun I walked past se streams of sulph water. My parent to give us sulph molasses in the to thin our bloo Blood naturally thicker in the w time to keep you er. Anyhow, there streams were, loo like gold. I took gourd along to d out of. Them big growing out over bank alongside th teaberries . . . just picked me a full of berries When I got to the the sunrise was beautiful. It loo just like it was raising up out of green water . . .

y home was like a castle.
y home was like a dream
. . . . . floating
own
a
stream. I loved it.

-Lillian Johnson

My home is in Tennessee
with a nice yard,
several oak trees,
and dogwoods everywhere,
both pink and white aglow.
So many shrubs of every
kind, a rockgarden filled
with color in the spring.

-Manie Wilbourn

There's no place like home
There's no place . . .

y home used to be little--
ut it ain't no more.
t has a lot of rooms
nd a lot of doors.

-Frank Tindell

My home is seven little squares.
Joy grows tall.
It smells more like home
As the years go small.

-Jackie Freeman

hen I was in my home
always wanted to roam. So
put my pack upon my back
nd headed down the railroad track.
ighttime caught me in my travel,
nd I had to sleep on gravel. Soon
got hungry for something to eat,
nd there were blisters on my feet.
o I turned around, headed for home,
nd I sure hope
'll never more roam.

-Ralph Katz

There's no place same as home,
A good place to go clean.
It's a good place to enjoy
yourself.
Do as you please place
I've ever seen.

-James Head

I'll never forget . . .

when I was in the Navy and was assigned to a ship. When we left the land, our job was storm watch on the Atlantic Ocean. A man would climb up in the crow's-nest and look out in every direction. If he saw a storm coming, he would come down and send a wireless telegram back to many broadcasting stations on the land so they could tell people to put wooden barricades over their doors and windows and leave for higher ground. Our ship would be reeling and rocking if the storm was a bad one. Sometimes we would have to go down inside the ship until it was over. We would rest or just sit around and talk, but we stayed close to the porthole and the telegraph. We'd peep out at the water all around us . . . the thunder and the lightning.

-James Head

getting whipped one time over old Tom Tinker's cow, Maude. Maude was in the road in front of our house. The veterinarian came out, but, for some reason, the cow died. I was only 12 years old, and I got in trouble for watching. I got whipped with a belt, and it made me so mad I just wanted to cuss.

-Bertha Duncan

one night when a neighbor died. A cat came in where the people were sitting up with the body, and it pulled the crepe off the casket and scared everyone to death.

-Alice Kosier

my first date. I went with a young man to church. I thou the day would never end. The horses were so slow and something about the buggy broke. "Well," I said to myself, "this is it." I decided I would never get myself in such a predicament again.

-Manie Wilbourn

one afternoon at school. Our teacher had two children who came to school with her. The had a watermelon patch and would bring melons to school with them for their lunch. One hot afternoon, school wa about ready to dismiss and down through the floor came running the awfulest puddle of water you ever saw. Our teacher's daughter had eaten too much watermelon for lunch.

-Ressie Lane

once, when I visited Greece, we went to a little church in the mountains. At nighttime when we passed by the church, we saw little lambs dancing around. In a few minutes they disappeared. The church was very old. Jus me and my brother were there Perhaps this had something to do with the Turkish slaughter of little children many, many years ago.

-Pete Tampas

Aging, Yet Young

With fading brown eyes and a warm smile;
a nice old man left to walk one more mile.
As he walked, he dreamed of far away places
and of people with beautiful faces.
Others looked at him and saw he was sad
because he knew he was no longer a lad.
Yet in his heart he knew he was still
a stately young man with dreams left to fill.
So he walked on with his head held high
and let the sad people just pass him by.

-Jim Kinney

The Fourth of July

The Fourth of July is living in the country,
picnics, trips to the mountains
to pick 15 gallons of blackberries,
and having the children home
with Daddy and I for dinner.

It's fishing, square dances,
families and 10 other people.
The Fourth of July is a long walk home
through the woods from the party
to a tubful of cold lemonade.

-Bertha Duncan
Ressie Lane
Alice Kosier
James Head
Manie Wilbourn

Letter to Theodore

Theodore,
You know I always adored you;
You are my heart.
Wish I could see you now.
Remember the times we had
car riding and playing baseball
in the field; the time we went
to your school program and sang
songs. It's been about 20 years
Theodore. I still have feelings
for you.

-Anna Moss

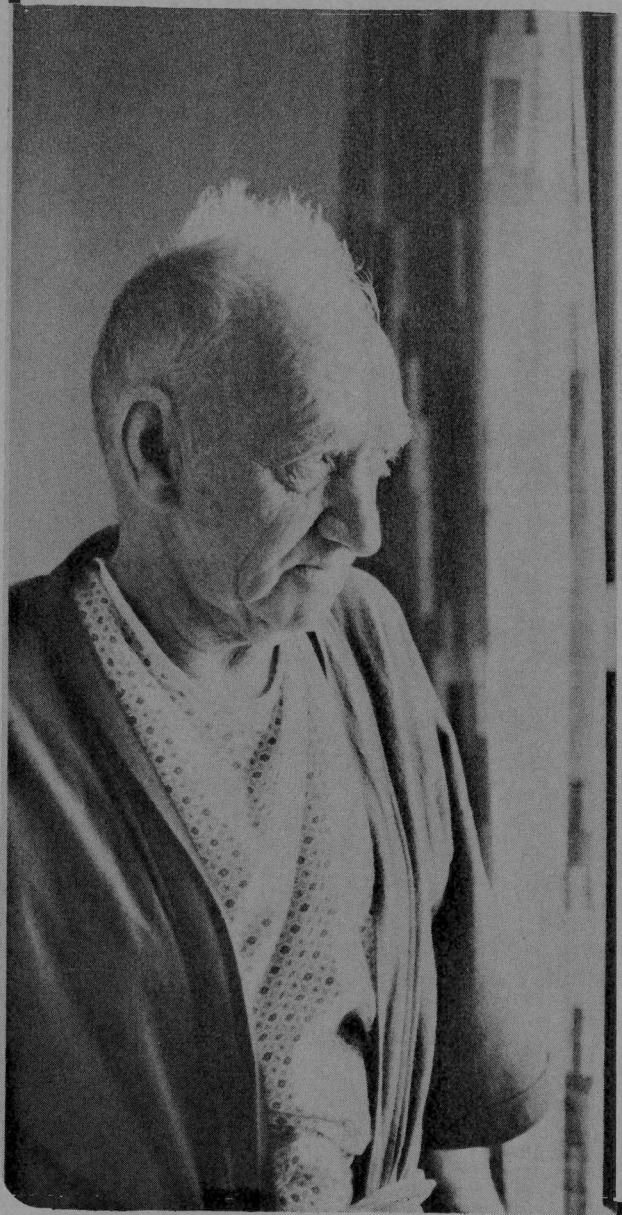
I Feel

Today,
I feel real
like a chicken
with a limber neck
or a million dollars
after taxes at 50 %.
I can't sit good.
I feel real
rotten.

-Alice Kosier
James Kinney
Bertha Duncan

REMEMBERING

Ralph Katz, 64, used to work as a sign painter in Knoxville.





WITH RALI

I remember living on the
was a boy in Mississippi. W
at night and the water was
a kerosene torch and go out
crabs and to spear flounder

I remember going fishing
brothers on the Clinch Rive
about a mile below where No
caught several large sunfis
supper. We rested around un
bullfrogs call from up and
can hear a large bullfrog f
it sure does something to y



Ralph Katz

hen I
d go out
to take
ell

th my
d place
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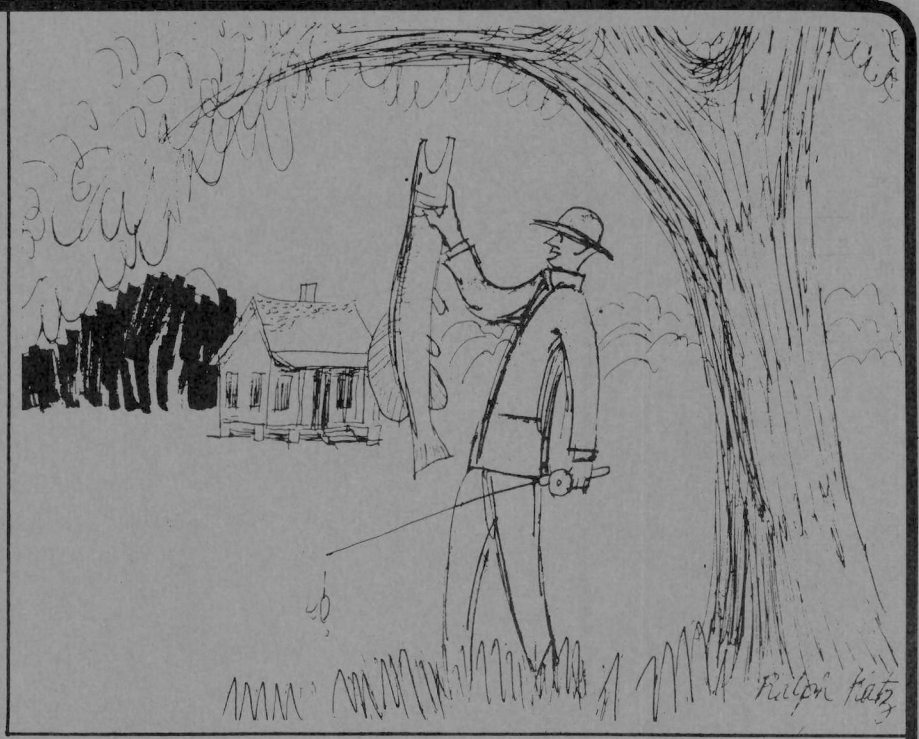
nk. You
e, and

lph Katz





Polly's Luck

First of all, I should say that I'm not ashamed of any of my life. I don't try to hide nothing. I've been real lucky.

I was born in Harrisburg, Pa. My mother and father were Romanian. My father was a bootlegger. My mother left my father and I ended up in an orphanage when I was nine months old. I came out when I was 19.

I went to live with my mother and stepfather in Dearborn, Mich. I stayed only one year.

I remember a lot about that year in Michigan. My stepfather was Romanian, too. There was always a jar of red hot peppers on the table. We ate those with our breakfast, dinner, and supper.

If we had a cold, my stepfather would take a cabbage leaf and stick it in hot water. He'd put lard on the leaf and smack it on our chest. We'd leave it on overnight, and it cured our colds. If we had a sore throat, he'd take one of his dirty socks or one of my stepbrothers' and put the foot of the sock on our throats. He'd lap the rest around our neck and pin it. We never needed a doctor.

I remember the neighbors did not like my stepfather. He would go out in the yard to work in the garden and they'd yell something at him.

"Jussa you wait," he would yell back. "I get my papers and I set your 'cooly' (hind end) in jail." He meant that when he got his citizenship papers, he'd fix them. The day he got those papers he went out in the yard.

"You! You! You!" he yelled, pointing at the houses. "Look at this!" he said, pointing t his papers. "Now you call me 'hunky' and I set your 'cooly in jail."

When I went back to Harris I worked in a store for a whi cleaned spittoons at the poli station in exchange for food a room, and wandered around. People would see me going in out of the jail and thought I was a criminal. I didn't like that so I left. I couldn't fi another job, winter was comin and I had no place to go. My life was in Harrisburg. One snowy night I was lying in th doorway of a jewelry store. A man found me and took me to l with his aunt. I stayed there for seven months and felt lik should leave.

I went to a place called t Associated Aid, which helps people in my situation. They I was too old to go back to t orphanage, and there was noth they could do to help me. Fro there, I just wandered around and kept myself alive by washi dishes in restaurants for foo

I wasn't raised by my mothe but I loved her just the same When I see some children and way they treat their mothers, breaks my heart.

I've had to be a brazen person to survive. I'm just lucky nothing bad ever happene to me.

•

by Polly Washam

hose were the days

by Mary Whited

I 'm just an old tain girl born t across the tain from Bridge-, Tenn. I never to school much, I didn't have no ce. We had a le schoolhouse up he mountains, and t to go there a-e, but I never ned nothing. Them was all so mean couldn't learn. as snakes . . . used to carry inner to school little old gal-bucket. I'd cram e sweet taters cornbread down in e and away I'd

remember one at school a girl had them head ers, head lice called them, ended to take off her head and it on mine. 'I'll whup you I get you out-," I told her. I did. I beat the out of her. The cher finally sent home until she shut of them .

There ain't noth-like the country. been to the and there's ning there. I've to South Carol- and worked in the cotton mill. I've washed and ironed and cooked for people, and I've hoed their corn. That's the way we made our living--just any way we could.

I had a half sister that lived way up on the mountain. My brother Huey and I used to stay up there a lot after Mama died. We'd just run up and down that branch and play and have the best time. Huey was the prettiest little old yellow-headed thing. Poor little fellow. We had fun. We sure did.

Now look where I am. I just say to myself, "What a good time I had up in them mountains going to school, running, and ripping around." But I've had a good life. If I had it to do over again, I'd do it the same way if I could.

I don't guess I'll ever see that place in the mountains anymore. I've been away too long. I tell you, when a body loses all their people and everything, they just don't know what to do with themselves.



summertime

summer is pink like my robes
a coral flamingo
blue like a Greek sky
bright white like a duck
fresh as a rainbow.

it's green like my brain
or the "incredible hulk"
deep red like a forest fire.
summer is yellow dandelions
growing faster than my garden.

-Polly Washam
Jackie Freeman
Manie Wilbourn
Helen Lewis
Pete Tampas
Bessie Chandler

*

Grandpa

He's a man growing wise
in his final years:
a man not afraid
to shed a few tears.
He's been there
to give me love from birth;
to me
he's the salt
of this good old earth.
His strong, gentle hands
have guided my toddling fee
he's given me many memories
sweet.
That's my grandpa.

-Jim Kinn

Wishes

I wish I could go to my childhood home;
to town and go shopping for shoes or
a new blue dress to wear to church
on Sunday; had a million dollars
to buy a nice house, a maid
and good food; a motor for
my wheelchair, to take me
to the Smokies, or a
man around to protect
me. I wish I had a cow
under my bed and all the good
milk I wanted, a cat to help me
drink my milk, a letter from someone
I haven't heard from in a long time; to be
able to write letters freely and spontaneously to
anyone . . . dear anybody? I wish I were out somewhere--
working; was a dog, foot loose and fancy free; could go to
Detroit to see my precious little grandson and hear him say,
"Hello grandmother," or had a UT football ticket, could walk o
meet Jesus in the air.

- F. Cullom, A. Moss, J. Freeman, F. Tindell, R. Rhinehart, C. Cox
M. Whitehead, M. Wilbourn, J. Kinney, and L. McGinley

* Poems with more than one author consist of separate work combined to form a single poem.

COUNTRY COOKING

ried Apple Pies by Lillie McGinley

Peel your apples. Any kind of good apples will do. Quarter them nd slice them up. Put a clean plank out in the yard and spread he apples on the plank in the sun to dry. It takes about two days. e sure to bring them in at night so the dew doesn't ruin them. ou'll know the apples are dry enough when you can run your hand hrough them and they rattle just like paper.

Put the apples in a clean cloth sack and hang them up. They'll eep all winter. When you get pie hungry, put you some of those ried apples on to cook. Cook them real slow until you can mash hem up with a fork. Add a pinch of allspice and sweeten to taste.

Make your dough just like pie crust--out of flour, water, and hortening. If you use sweet milk instead of water, add a pinch of aking powder. If you use buttermilk, throw in a pinch of soda.

Pinch the dough off in little balls and roll it out. Put the pple mixture on one half of the round circle and fold the other alf over. Crimp the edges down good. Put the pie in a skillet ith hot grease. Fry it until it is brown on one side then turn it ver. Be careful not to let it burn.

lmer's Fried Chicken Delight by Elmer Woodfin

Take your chicken, rinse him real good. Cut him up, roll him in lour, and drop him down into some good hot grease. The secret is o fry him real slow.

old Oven Pound Cake by Alice Kosier

stick butter
cup vegetable shortening
½ cups sugar
large eggs
3 cups flour
1 teaspoon baking powder
1 small can evaporated milk

Cream one stick of butter until light and fluffy. Add ½ cup of egetable shortening and blend. Add 2½ cups of sugar. Add 5 large ggs, beating one at a time. Sift together 3 cups of flour, 1 easpoon of baking powder. Add alternately 1 small can of vaporated milk and dry ingredients to sugar, egg, and shortening ixture. Bake at 250° in a greased and floured 10 inch tube pan or 1 hour before opening the oven door.

Polly's Dandelion Feast by Polly Washam

First, you fry your bacon. Then pick some healthy dandelions saving only the leaves. Wash the leaves and put them in a frying pan with the grease. Sprinkle with vinegar. Add salt and pepper if you want to. Tastes just as good as scalded lettuce.

Homemade Cottage Cheese by Lillie McGinley

Set your fresh cow's milk aside, and let it clabber. A quart of milk won't make too much cheese. Dump the clabbered milk in a cloth bag and squeeze the excess water out. Put the clabbered contents in a dish. Add salt and pepper. You can pour cream over it if you want to, or you can eat it with fresh tomatoes or fruit from the garden.

Lillie's Persimmon and Pawpaw Special by Lillie

Just go out and pick 'em off the tree and eat 'em. Uuumm good.

Lemon Meringue Pie by Anna Moss

1 can Eagle brand milk
2 eggs
6 lemons
2 tablespoons sugar
2 packages graham crackers
½ stick butter
½ cup sugar

Crumble two packages of graham crackers until fine. Add the melted butter and ½ cup of sugar. Mix together and press into a pie pan. Pour the milk into a bowl. Separate egg whites from the yellows. Stir the yolks into the milk.

Cut the lemons in half and squeeze out the juice. Add the juice little by little to eggs and milk. Stir. Pour into the graham cracker crust. Beat the egg whites until fluffy. Add two tablespoons of sugar. Spread over the pie. Put the pie in the oven and let the top brown slightly. Remove from the oven and place in the refrigerator until cold.

RETROSPECT

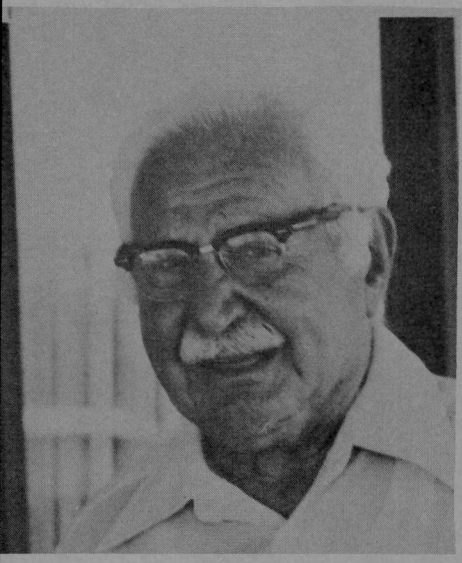
te Tampas

I was born in Friggista, Greece, ittle town about 75 miles from Mediterranean Sea. We lived in the hill country where there snow on the mountain tops in summertime and the sky was o blue. A man came by each ning to take the villagers' ts and sheep up to the ranges the mountains.

When I was nine years old, I t Greece with my father to e to America to make money. mother stayed behind. My father a job with the railroad in state of Washington, and I ked as a waterboy.

I was in the restaurant business Knoxville for many years. In se days, Knoxville was a town about 27,000 people and we ved meat, two vegetables, fee, and dessert for 25 cents.

e Tampas

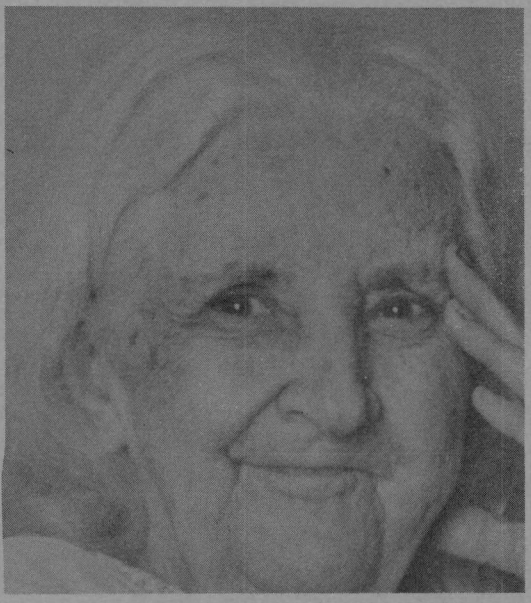


ra Davis

I remember my dog named Rat. oved that little old thing. He looked a lot more like a rat than a dog.

I wasn't allowed to go with boys when I was growing up, but I did get married. I run across one and I married him! Had to run off from home, too, I did. That was back in the days when you could run off and a squire would marry you. Times ain't like they used to be when I was coming up. They've changed considerably. People have an easier way of life now.

Nora Davis



Verlie Walker

I was only nine years old when I started helping on construction. Back then we didn't have big contracts. It was just country people doing the work.

People were a lot better satisfied then. We had right smart fun in our own country way.

Roy Wade

We used to fly kites over near New Market, Tenn., when I was growing up. I've had them so high in the air, I'd lose sight of them. All of us kids would climb in the big pasture on windy March days and fly them kites made out of flour and paste.

Florence Cullom

In Louisville, Tenn., where I grew up, we used to go in the woods and swing on grapevines. We would slide down banks and our pants would get so dirty.

After a rain, we'd play outside. The rain would beat so hard on the ground that there would be foam standing on the surface. There were little wet weather springs, or that's what we called them, where water just bubbled out of the ground. We'd get out there in that dirt and foam and the dirt would just squish between our toes.

Florence Cullom



Isaac Joffe

About the time World War broke out, I left Russia. I never been back. I was born the small town of Dwinsk. Yo had to bribe your way out of country even then. Coming to new country is hard on you. was a long time ago. Life wa tough.

James Conatser

I made a living by runnin taxi service in Knoxville. W the big companies came in an put meters on the cars, that took my trade away. I had to sell most of my cars. Knoxvi has changed a lot. Used to b I knew every pig trail in th area. Not anymore.

Annie Gordon

In the country, we raised everything we needed to eat. had our own cows and chicken just chickens all over the p If you wanted one for dinner just went out and put some b down, then you'd wring his n and have a chicken pickin'.

Myrtle Whitehead

We used to go to Mrs. Bro house and tell ghost stories years ago. We didn't miss al things people have today cau didn't know about them. Thos the days when we thought doc sold babies out of their bla bags, and s-e-x was a word y whispered. Sometimes it just makes you want to turn the c back.

*

IN MEMORY

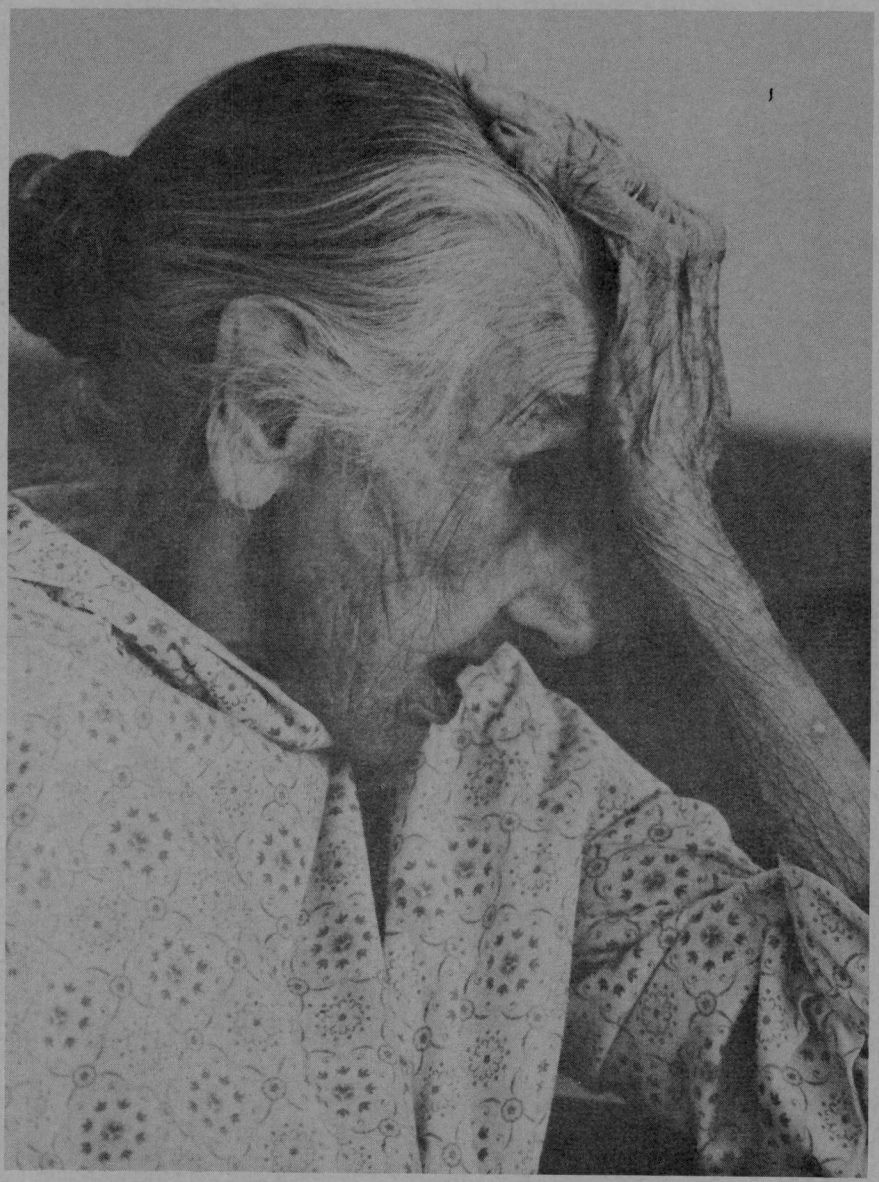
Helen Lewis died Wednesday, August 16, 1978 at the age of 74. She was a member of the Hillcrest magazine workshop.



I've been a happy person all my life. As I grow older, I try to keep it that way. I had a happy childhood. When I married, I went into another generation. I was very happy at rearing my family. Our home was always full of laughter and music. My grandchildren have come along, and I'm happy with them. They have been a blessing to me in so many ways.

Now I'm into another generation and have two great-grandchildren. I'll soon be 75, but I try to think young and stay as young as I can. There's no place like home, but I've been at Hillcrest for 10 years. Hillcrest has been a good home away from home.

Helen Lewis
August 8, 1978



Dreams & hopes. . .

Sometimes
as hopeless as it all seems,
if you stay young at heart,
you'll hold on to your dreams.
And I say to you,
don't think old
and let your heart get hard
and cold. Think loving thoughts
and dreams of gold . . .
for that's the secret of never growing old.

-Jim Kinney