Peoples Institute and Free Dispensary

ORGANIZED 1904

INCORPORATED 1916

Main Office and Dispensary 274 FOURTH ST., COR. JEEFERSON PORTLAND, OREGON

OUTLINE OF THE WORK OF THE Peoples Institute & Free Dispensary

OBJECT

An undenominational institution, the object of which is to work for the betterment of social and civic conditions, and to extend educational, industrial, social, medical and friendly aid to those in need.

PROGRAM-1920-1921

- Organizing Home Nursing Classes in School Districts in cooperation with the American Red Cross.
- Organizing Americanization Classes for foreign women in School Districts in cooperation with other organizations.
- Developing Night Schools among foreign groups in cooperation with the School Board. in cooperation with the City Health Bureau. Organizing Milk Stations in the Public Schools
- Organizing Health Committees and Citizenship Committees in each School District through the Parent-Teacher Circles.
- Developing Community Center Work in School Buildings through Parent-Teacher Circles.
- Cooperating with the Infant Welfare Society in maintaining Well Baby Clinics.
- Maintaining a Free Dispensary in cooperation with the Medical School of the University of Oregon.

COMMUNITY CENTER WORK

Community Center Work is an enlarged plan of Social Settlement Work aiming to develop in school districts the same activities which usually constitute settlement work and utilizing for this purpose the school buildings. The aim of Community Center Work is to develop the use of each school building as the soul of that community, functioning for self help of all kinds.

Community Center Work has been termed the greatest aid to "True Citizenship" and to "True Democracy" which has been devised.

Lines of work which are being carried on in the various school buildings at the present time and which the Peoples Institute is assisting in developing include:

Fathers Clubs Mothers Clubs Girls Clubs Boys Clubs Boy Scouts Gymnasium Work Hot Lunches Home Nursing Classes

Industrial Clubs Americanization Work Lectures Community Meetings Supervised Dancing Community Singing Milk Stations

AMERICANIZATION WORK

The Americanization Work consists in visiting the Naturalization School and obtaining the names of foreigners who have applied for citizenship. Conducting friendly visiting among such families, and teaching small classes in English in their homes where desired.

The wives who must answer certain questions before the husband can obtain his citizenship papers usually have too many household cares to be able to attend school; but are eager to learn.

Assistance is given in household management and buying, in cooking and sewing, in the care of the sick and in the care and proper feeding of children.

Social gatherings and Mothers Clubs are organized where they may meet American women and acquaint themselves with American ways and customs. Foreigners are encouraged to apply for their citizenship papers, members are enlisted for night school, and the establishment of more night schools is secured by registering groups in certain districts and reporting the same to the School Board.

FREE MEDICAL AID

The Free Dispensary, affiliated with the Medical School of the University of Oregon, provides medical treatment for men, women and children.

In the past year, 10,158 treatments were given. This was made possible through the generous assistance of a staff of forty of our best physicians who give daily service in the various clinics of the dispensary.

A large proportion of those who receive free treatment are referred to the dispensary by the Red Cross, the Relief Bureau, the Juvenile Court, the Woman's Protective Bureau, the Portland Commons, the Louise Home and the Visiting Nurse Association.

An evening clinic has been opened at the request of the city and state officials to assist in controlling the spread of infectious diseases. Through free medical treatment a large number of people are placed in a condition to care for themselves and we believe this to be the most direct and beneficial method of extending aid to those in need.

INFANT WELFARE WORK

In co-operation with the Medical School and the Extension Department of the University of Oregon, The People's Institute and other organizations dealing with the welfare of little children, The Infant Welfare Association of Oregon, has been organized.

Educational work for the better health of infants is being conducted and one clinic has been started, and others will be established in connection with the Free Dispensary and in other districts of the city where mothers may bring their babies for examination and receive instructions how to feed them and how to keep them well. A nurse provided by the Visiting Nurse Association visits these mothers in their homes and sees that the instructions are followed. We hope in this way to fulfill in a larger measure our responsibility in "saving the babies."

SOCIAL SERVICE VISITING

Social service work is conducted through the friendly visiting of a paid assistant and volunteers who visit the homes of many of those who attend the dispensary. Improvement in home conditions is established through cooperation with other organizations, and relief which includes assistance of many kinds is extended.

Co-operation is carried on with the Red Cross Home Service, employment is secured, cases of illness are sent to the hospital, children are placed in the various children's homes, the services of the Visiting Nurse Association are secured, clothing is supplied when needed, and assistance is rendered in Juvenile Court cases and in other cases needing legal aid.

Personal interviews and conferences of all kinds are conducted, giving an opportunity for personal influence and friendly assistance which constitutes a large part of the work.

THE BIG SISTERHOOD

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The work of the Big Sisterhood is providing personal interest and friendship for girls and families needing aid. It means enlisting women of mature judgment and wisdom who will give their personal attention to one individual case.

In this way some of the most splendid constructive welfare work is being carried on. Many families and many individual girls have been helped to a self sustaining and self respecting basis through this friendly aid; but the demand always exceeds the supply of workers and we need more who are willing to give this personal service.

CIVIC WORK

Committees are constantly busy with various movements for city or state betterment, which need municipal or legislative enactment; as the changing of conditions is considered of far greater importance for permanent betterment than the relieving of local needs.