

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

VOLUME 46

SUMMER, 1970

NUMBER 1

FORTY-FIFTH ANNUAL REPORT



Photograph by Earl Palmer

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FORTY-FIFTH ANNUAL REPORT
of the
FRONTIER NURSING SERVICE, Incorporated
for the Fiscal Year
May 1, 1969 to April 30, 1970

PREFACE

As has been our custom since we were one year old, we present our annual report of the fiscal affairs and of the field of operations of the Frontier Nursing Service, Incorporated.

We have, as in previous years, divided our report into two sections. One section is about money, and one section about work.

Under the heading of Conclusion, we tell something of what the year has meant to us.

I.

FISCAL REPORT

The figures that follow are taken from the Balance Sheet, the Exhibits and Schedules of the Audit for the fiscal year which ended April 30, 1970.

OWENS, POTTER & HISLE
Certified Public Accountants
2228 Young Drive
Lexington, Kentucky 40505

June 10, 1970

To The Officers and Trustees
Frontier Nursing Service, Incorporated
Lexington, Kentucky

Ladies and Gentlemen:

We have examined the balance sheet of the Frontier Nursing Service, Incorporated as of April 30, 1970, and the statement of income and expense for the fiscal year then ended. Our examination was made in accordance with generally accepted auditing standards, and accordingly included such tests of the accounting records and such other auditing procedures as we consider necessary in the circumstances.

The accounting systems and procedures of Frontier Nursing Service, Incorporated were revised in order to meet the reporting requirements of Medicare. As a result of the change in the accounts it is not practical to present comparative financial statements at April 30, 1970.

In our opinion the accompanying financial statements present fairly the financial position of Frontier Nursing Service, Incorporated as of April 30, 1970, and the results of its operations for the year then ended, in conformity with generally accepted accounting principles.

/s/ Owens, Potter & Hisle

OWENS, POTTER & HISLE

BALANCE SHEET

April 30, 1970

ASSETS**CURRENT ASSETS:**

Cash on Hand and in Bank.....		\$	92,671
Accounts Receivable:			
Trust Fund Income.....			2,429
Hospital and Pharmacy Accounts.....	\$172,127		
Less: Allowance for Uncollectible Accounts.....	65,180		106,947
Accounts Receivable—Medicare.....			66,627
Note Receivable.....			1,000
Investment—Mary Breckinridge Hospital and Development Fund.....			2,454,276
Inventory—Supplies.....			40,507
Prepaid Expenses.....			3,328
Total Current Assets.....			<u>\$2,767,785</u>

TRUST FUND INVESTMENTS AT ORIGINAL COST: (Schedule A-1)

First Security National Bank and Trust Company, Lexington, Kentucky.....		\$2,014,853
Liberty National Bank and Trust Company, Louisville, Kentucky.....		85,332
Morgan Guaranty Bank and Trust Company, New York, New York.....		229,233
Bankers Trust of New York, New York.....		203,287
Citizens Fidelity Bank and Trust Company, Louisville, Kentucky.....		175,000
Total Trust Investments.....		<u>\$2,707,705</u>

PROPERTY AND EQUIPMENT:

Property and Equipment (Schedule A-2).....	\$838,273
Less: Accumulated Depreciation.....	97,110
Total Property and Equipment.....	<u>\$ 741,163</u>

OTHER ASSETS:

Campaign Costs—Mary Breckinridge Hospital and Development Fund.....	\$	62,622
--	----	--------

TOTAL ASSETS..... \$6,279,275

The accompanying notes are an integral part of this financial statement.

LIABILITIES AND SURPLUS

(EXHIBIT A)

CURRENT LIABILITIES:

Accounts Payable.....	\$ 27,771
Accrued Payroll.....	16,805
Payroll Taxes Payable.....	10,918

Total Current Liabilities.....	\$ 55,494

RESERVES:

Liabilities for Contributions to Mary Breckinridge Hospital and Development Fund.....	\$2,798,997
Liability for Gain or Loss on Investment of Mary Breckinridge Hospital and Development Fund (Schedule A-4).....	31,398
Liability for Gifts, Endowments, Legacies in Trust Funds at Original Receipt Value (Schedule A-3).....	2,412,859
Reserve for Gain or Loss on Trust Funds (Schedule A-4).....	407,559

Total Reserves.....	\$5,650,813

SURPLUS (Note 3).....\$ 572,968

TOTAL LIABILITIES AND SURPLUS.....\$6,279,275

STATEMENT OF INCOME AND EXPENSE

May 1, 1969 to April 30, 1970

(EXHIBIT B)

INCOME:

Contributions.....	\$222,661
Benefits and Bargain Box.....	11,095
Gifts in Kind.....	5,085
Trust Fund Investment Income.....	147,617
Hospital Income.....	235,632
Clinic and Home Health Income.....	67,631
Other Income (Schedule B-1).....	115,580
Total Income.....	<u>\$805,301</u>

EXPENSES:

General and Administrative.....	\$264,748
Graduate School of Midwifery.....	36,480
Home Health Centers.....	104,705
Hospital Expenses.....	409,920
Total Expenses.....	<u>\$815,853</u>

EXPENSES IN EXCESS OF INCOME..... \$ 10,552

The accompanying notes are an integral part of this financial statement.

STATEMENT OF CHANGES IN SURPLUS

May 1, 1969 to April 30, 1970

(EXHIBIT C)

SURPLUS INCOME—MAY 1, 1969 (Note 3).....	\$560,342
Add: Adjustment to Prior Period Income.....	23,178
	<u>\$583,520</u>
Less: Expenses in Excess of Income.....	10,552
SURPLUS BALANCE—APRIL 30, 1970.....	<u>\$572,968</u>

The accompanying notes are an integral part of this financial statement.

CASH FLOW STATEMENT
May 1, 1969 to April 30, 1970
 (EXHIBIT D)

CASH ON HAND AND IN BANK, MAY 1, 1969.....\$ 79,878

SOURCES OF CASH:

Decrease in Notes Receivable—Pharmacy.....	\$ 11,671	
Decrease in Accounts Receivable—Investment Income.....	2,882	
Decrease in Accounts Receivable—Hospital and Pharmacy.....	35,523	
Increase in Accrued Payroll.....	3,302	
Increase in Payroll Taxes Payable.....	7,997	
Draw from Endowment Reserve.....	95,000	
Draw from Mary Breckinridge Hospital and Development Fund	90,000	
Depreciation.....	35,661	
Adjustments to Prior Period Income.....	23,178	305,214

TOTAL CASH PROVIDED.....\$385,092

APPLICATION OF CASH:

Increase in Inventory.....	\$ 16,671	
Increase in Property and Equipment.....	152,600	
Increase in Prepaid Expenses.....	2,383	
Increase in Accounts Receivable—Medicare.....	66,627	
Decrease in Accounts Payable.....	43,559	
Decrease in Blue Cross.....	29	
Expenses from Operations in Excess of Income (Exhibit B).....	10,552	292,421

CASH ON HAND AND IN BANK, APRIL 30, 1970.....\$ 92,671

The accompanying notes are an integral part of this financial statement.

NOTES TO THE FINANCIAL STATEMENTS

For the Year Ended April 30, 1970

(EXHIBIT E)

NOTE 1

Frontier Nursing Service, Inc. entered into an agreement with James P. Wooley of Frenchburg, Kentucky whereby the pharmacist operates a pharmacy at the Frontier Nursing Service, Inc., Hyden Hospital. On October 27, 1969, Frontier Nursing Service, Inc. elected to cancel its agreement and took possession of The Hyden Hospital Pharmacy including the inventory.

NOTE 2

Frontier Nursing Service, Inc. has a non-contributory pension plan. The past service liability of \$81,824 is being funded over a period of 15 years beginning with the fiscal year ended April 30, 1969. The cost of the plan for the year ended April 30, 1970 was \$10,359 including \$6,970 for amortization of past service costs.

NOTE 3

In previous years, the Frontier Nursing Service has followed the practice of not accruing accounts receivable on hospital charges due to the charitable nature of their services. As a result of the various governmental assistance programs, such as Medicare, the Frontier Nursing Service has changed its accounting procedures to reflect these hospital accounts receivable. The change resulted in the following adjustment to surplus:

Balance Beginning of Year as Previously Reported.....	\$469,550
Add Adjustment for Accounts Receivable.....	90,792
	<hr/>
Balance Beginning of Year, as Restated.....	\$560,342

STATEMENT OF VALUE OF TRUST FUNDS AND INVESTMENT FUND
April 30, 1969 and 1970
(SCHEDULE A-1)

	Trust Account No.	Basis 4/30/69	Additions During Year		Capital Gain or (Loss)	Basis 4/30/70	Market Value 4/30/70
			Increase	Decrease			
First Security National Bank, Trustee:							
Trust Fund.....	31479	\$ 707,307	\$ 16,736	\$104,716	\$ 45	\$ 619,327	\$
Capital Gains.....	31479	118,601		6,025	45	112,621	
Sub-Total.....		\$ 825,908	\$ 16,736	\$110,741	45	\$ 731,948	\$ 867,425
Reserve Fund.....	31478	109,486	82,429	95,000	1,698	98,613	98,124
Belle Barrett Hughitt.....	31480	17,597				17,597	45,597
Isabella G. Jeffcott.....	31481	2,717				2,717	6,154
Joan Glancy.....	31482	6,154				6,154	5,524
Jessie P. Draper #1.....	31483	15,118			25	15,143	14,303
Bettie Starks Rodes and John P. Starks.....	31484	10,871				10,871	26,142
Eliza Davitt Hartley.....	31485	150,117				150,117	145,751
Eliza Thackara Memorial.....	31486	3,841	380			4,221	5,601
Elizabeth B. Perkins.....	31487	162,571				162,571	391,497
William Nelson Fant, Jr.....	31488	118,443				118,443	264,680
Cordie M. Williams.....	31489	568,222			58	568,280	624,075
Louie A. Hall.....	31490	91,023	6,158	30,000	9,185	76,366	67,398
Margaret B. Hunt Trust for Caroline Thornton Memorial.....	21441	1,000				1,000	672
Shoemaker, McLennan, Pettit & Neel.....	31492		25,076			25,076	25,076
Atwood and Price.....	31493		19,905			19,905	36,105
Mrs. Henry Shipman and Barbara Brown.....	31494		5,831			5,831	30,704
Sub-Totals.....		\$2,083,068	\$156,515	\$235,741	\$11,011	\$2,014,853	\$2,654,828
Liberty National Bank and Trust Co., Louisville, Ky., Trustee for Sunshine Ballard Trust for Mary B. Morton Memorial Wing.....	778	84,945			387	85,332	94,668
Morgan Guaranty Bank of N. Y., New York City, N. Y. Trustee, Jessie P. Draper Fund #2.....	F063420	229,233				229,233	344,308
Citizens Fidelity Bank & Trust Co., Louisville, Ky., Belknap Legacy.....	27292	175,000				175,000	144,112
Bankers Trust of N. Y., New York City, N. Y., Margaret M. Gage Fund.....	33030	137,496			65,791	203,287	202,000
TOTALS.....		\$2,709,742	\$156,515	\$235,741	\$77,189	\$2,707,705	\$3,439,916
Investment—Mary Breckinridge Hospital and Development Fund in Hands of Agent, First Security National Bank & Trust Company, Lexington, Kentucky.....		\$1,727,247	\$817,432	\$ 90,000	\$ (403)	\$2,454,276	\$2,455,953
Agent Account #1997.....							

PROPERTY AND EQUIPMENT

April 30, 1969 and 1970

(SCHEDULE A-2)

	April 30, 1969	Addition During Year	April 30, 1970	Deprecia- tion for Year
LAND AND BUILDINGS:				
Hyden Hospital Center.....	\$193,699	\$ -0-	\$193,699	\$ -0-
Sophonria Brooks Apartments.....	-0-	10,786	10,786	-0-
Mary Breckinridge Hospital.....	112,716	55,253	167,969	-0-
Haggin Quarters for Nurses.....	59,320	-0-	59,320	-0-
Wendover District.....	92,227	-0-	92,227	-0-
Georgia Wright Clearing.....	4,836	-0-	4,836	-0-
Beech Fork District.....	11,461	-0-	11,461	-0-
Red Bird District.....	14,547	-0-	14,547	-0-
Flat Creek District.....	12,547	-0-	12,547	-0-
Brutus District.....	12,041	-0-	12,041	-0-
Wolf Creek District.....	39,201	-0-	39,201	-0-
Totals.....	\$552,595	\$ 66,039	\$618,634	\$ -0-
EQUIPMENT:				
Home Health.....	\$ -0-	\$ 350	\$ 350	\$ 35
Hyden Health Center.....	21,254	4,973	26,227	2,374
Wendover District.....	1,877	423	2,300	209
Beech Fork District.....	665	-0-	665	67
Red Bird District.....	2,256	-0-	2,256	226
Flat Creek District.....	583	-0-	583	58
Brutus District.....	1,432	-0-	1,432	143
Wolf Creek District.....	1,148	-0-	1,148	115
Georgia Wright Clearing.....	252	-0-	252	25
Household—All Centers.....	14,370	4,970	19,340	3,371
Dispensary—All Centers.....	8,715	-0-	8,715	1,743
Radio System.....	-0-	27,761	27,761	1,388
Pharmacy Equipment.....	-0-	1,581	1,581	158
Totals.....	\$ 52,552	\$ 40,058	\$ 92,610	\$ 9,912
OTHER:				
Motion Picture Equipment.....	\$ 659	\$ -0-	\$ 659	\$ 132
Motion Picture "The Road".....	35,961	-0-	35,961	7,192
Office Equipment.....	10,716	25,819	36,535	4,725
Equipment for Horses.....	165	-0-	165	41
Motor Vehicles.....	50,156	2,068	52,224	13,362
Horses.....	1,410	-0-	1,410	282
Cattle.....	75	-0-	75	15
Totals.....	\$ 99,142	\$ 27,887	\$127,029	\$25,749
GRAND TOTALS.....	\$704,289	\$133,984	\$838,273	\$35,661

**STATEMENT OF RESERVE FOR TRUST FUNDS
AT ORIGINAL COST**

April 30, 1969 and 1970

(SCHEDULE A-3 — Page 1)

	April 30, 1969	Additions During Year	April 30, 1970
DESIGNATED FUNDS—INCOME			
UNRESTRICTED:			
Marion E. Taylor Memorial.....	\$ 10,000	\$	\$ 10,000
Fanny Norris Fund.....	10,000		10,000
Marie L. Willard Legacy.....	3,127		3,127
Mrs. Charles H. Moorman Fund.....	1,100		1,100
Lillian F. Eisaman Legacy.....	5,000		5,000
Lt. John M. Atherton Memorial.....	1,000		1,000
Mrs. Morris B. Belknap Fund.....	26,375		26,375
Elisabeth Ireland Fund.....	22,458		22,458
Elizabeth Agnes Alexander Legacy.....	5,000		5,000
Richard D. McMahan Legacy.....	943		943
Mrs. W. Rodes Shackelford in Memory of Her Two Children.....	15,000		15,000
Hattie M. Strong Memorial.....	10,000		10,000
Beulah Bruce Brennan Memorial.....	2,000		2,000
Anna R. Gooch Memorial.....	16,625		16,625
Jeannie B. Trull Legacy.....	33,253		33,253
Frances Kendall Ross Legacy.....	17,100		17,100
Elizabeth Sherman Lindsay Memorial.....	5,000		5,000
Helen N. and Beatrice A. Wilson Fund.....	10,000		10,000
Sophia Cogswell Stiger Memorial.....	23,401		23,401
Dr. Charles N. Kavanaugh Memorial.....	1,000		1,000
Margaret C. Breckinridge Legacy.....	3,000		3,000
Mary Hallock Armstrong Legacy.....	2,000		2,000
Winifred Irene Leckie Memorial.....	1,000		1,000
Lena G. Anderson Legacy.....	7,079	144	7,223
Lisette Hast Legacy.....	10,944		10,944
Edward S. Jouett Legacy.....	1,000		1,000
Herman Bowmar Fund.....	1,000		1,000
Mrs. Henry James Legacy.....	5,000		5,000
Jean Hollins Memorial Fund.....	5,286		5,286
Anne Steele Wilson Memorial.....	2,888		2,888
Mary Churchill Humphrey Fund.....	1,001		1,001
Mrs. Bissell Carey Legacy.....	5,000		5,000
Dr. John M. Bergland Memorial.....	1,000		1,000
Edward C. Wilson Legacy.....	49,250		49,250
Ann Allen Danson Fund.....	3,432		3,432
Helen Rochester Rogers Legacy.....	5,000		5,000
Virginia Branham Memorial.....	12,149	655	12,804
Mrs. Herman F. Stone Fund.....	2,000		2,000
Annie Wallingford Anderson Memorial.....	5,100		5,100
Mrs. Edna C. Lapham Fund.....	15,250		15,250
Edith M. Douglas Legacy.....	10,000		10,000
Adeline Shaw Martindale Legacy.....	76,702	6,016	82,718
Flora G. Fletcher Legacy.....	39,753		39,753
Fannie B. McIlvain Memorial.....	3,015		3,015

**STATEMENT OF RESERVE FOR TRUST FUNDS
AT ORIGINAL COST**

April 30, 1969 and 1970

(SCHEDULE A-3 — Page 2)

	April 30, 1969	Additions During Year	April 30, 1970
DESIGNATED FUNDS—INCOME UNRESTRICTED:			
Catharine Mellick Gilpin and Roger D. Mellick Memorial.....	\$ 4,821	\$ 355	\$ 5,176
William Nelson Fant, Jr. Memorial.....	78,350		78,350
Lucie Wilshire Graham Memorial.....	7,651	2,977	10,628
Elizabeth B. Perkins Legacy.....	152,972		152,972
Eliza Davitt Hartley Legacy.....	150,000		150,000
Cordie M. Williams Legacy.....	458,254		458,254
Margaret H. T. Hunt for Caroline H. P. Thornton Memorial.....	1,000		1,000
Anonymous (Bankers Trust Co., N. Y. Trustee).....	137,496		137,496
Marion S. D. Belknap.....	175,000		175,000
Elizabeth M. Anderson Memorial.....	4,839		4,839
Mrs. Abigail Hodges Trust.....		1,000	1,000
TOTALS—DESIGNATED FUNDS— INCOME UNRESTRICTED.....	\$1,656,614	\$ 11,147	\$1,667,761
DESIGNATED FUNDS—INCOME RESTRICTED:			
Norah Oliver Shoemaker Memorial Baby's Crib.....	\$ 5,000		\$ 5,000
Children's Christmas Fund in Memory of Barbara Brown.....	1,000		1,000
Donald R. McLennan Memorial Bed.....	12,750		12,750
Margaret A. Pettit Legacy.....	1,954		1,954
Jane Short Atwood Legacy.....	7,500		7,500
Mrs. John W. Price, Jr. Fund.....	10,800		10,800
Winfield Baird Foundation.....	105,000		105,000
Elizabeth Canby Bradford duPont Unrestricted Memorial.....	35,000	5,000	40,000
Mrs. Henry Shipman Legacy.....	23,810	588	24,398
Wilson Neel Memorial Baby's Crib.....	952		952
Jessie Preston Draper Memorial No. 1.....	15,000		15,000
Jessie Preston Draper Memorial No. 2.....	185,000		185,000
Joan Glancy Memorial Baby's Crib.....	5,000		5,000
Louie A. Hall Legacy in Memory of Sophronia Brooks.....	90,678	(23,844)	66,834
Isabella George Jeffcott Memorial.....	2,500		2,500
Belle Barrett Hughitt Memorial.....	17,000		17,000
Eliza Thackara Memorial.....	3,841	381	4,222
Bettie Starks Rodes Memorial Baby's Crib, John Price Starks Memorial Baby's Crib.....	10,000		10,000
Mary Ballard Morton Memorial Wing.....	85,251		85,251
TOTAL—DESIGNATED FUNDS— INCOME RESTRICTED.....	\$ 618,036	\$(17,875)	\$ 600,161

**STATEMENT OF RESERVE FOR TRUST FUNDS
AT ORIGINAL COST**

April 30, 1969 and 1970

(SCHEDULE A-3 — Page 3)

	April 30, 1969	Additions During Year	April 30, 1970
RESERVE ACCOUNTS—INCOME			
UNRESTRICTED:			
Mrs. Louise D. Crane.....	\$ 4,000	\$	\$ 4,000
Mrs. Frederic Moseley Sackett.....	10,000		10,000
Mrs. Eliza A. Browne.....	16,000		16,000
Winfield Baird Fund.....	550		550
Lillie McGinness.....	4,797		4,797
Harriet H. Grier.....	5,000		5,000
Maurice S. Miller.....	5,000		5,000
Leila A. Morgan.....	5,000		5,000
Eliza Davids.....	6,000		6,000
Bertha G. Wood.....	13,029		13,029
Doris A. Farrington.....	4,920		4,920
Mrs. E. A. Codman.....	2,000		2,000
Mrs. Irving E. Raymond.....	4,000		4,000
Mrs. George M. ToeWater.....	12,418		12,418
Mrs. Oswald Villard.....	1,000		1,000
Leila M. Weeks.....	2,469		2,469
Frances Margaret Bradford.....	5,000		5,000
William E. Brigham.....	10,000		10,000
Mrs. Polk Laffoon.....	1,000		1,000
Mrs. W. Garland Fay.....	1,000		1,000
Mrs. Louise W. Breckinridge.....	2,000		2,000
Elizabeth R. Hooker.....	5,000		5,000
Transfer from Trust Income Account.....	2,254		2,254
Mable H. Dwiggin.....	-0-	5,000	5,000
Margaret McLennon Morse.....	-0-	5,000	5,000
George B. McLaughlin.....	-0-	2,500	2,500
May Kirtland.....	-0-	5,000	5,000
Rosamond B. Rheault.....	-0-	5,000	5,000
TOTALS—RESERVE ACCOUNTS—			
INCOME UNRESTRICTED.....	\$ 122,437	\$ 22,500	\$ 144,937
Sub-Total.....	\$2,397,087	\$ 15,772	\$2,412,859
Capital Gain or Loss on Trust Funds.....	330,370	77,189	407,559
TOTAL RESERVE FOR TRUST FUNDS.....	\$2,727,457	\$ 92,961	\$2,820,418

**STATEMENT OF GAIN OR LOSS ON TRUST FUNDS
AND INVESTMENT FUND**

April 30, 1970

(SCHEDULE A-4)

Reserve for Gain or Loss on Trust Funds at April 30, 1969.....	\$330,370
Add:	
Capital Gains Year April 30, 1970.....	77,189
Reserve for Gain or Loss on Trust Funds at April 30, 1970.....	<u>\$407,559</u>
Reserve for Gain or Loss on Investment of Mary Breckinridge Hospital Fund—	
Balance—April 30, 1969.....	31,801
Capital Gain Year April 30, 1970.....	(403)
TOTAL AT APRIL 30, 1970.....	<u>\$ 31,398</u>

SCHEDULE OF OTHER INCOME

May 1, 1969 to April 30, 1970

(SCHEDULE B-1)

Louie A. Hall Legacy.....	\$ 30,000
U. S. Grant Proceeds.....	48,689
Telephone Refunds.....	2,980
Vending Machine Commissions.....	505
Graduate School of Midwifery.....	11,236
Employee and Guest Meals.....	22,301
Rent Income.....	1,188
Royalties and Miscellaneous Sales.....	824
Interest Received.....	125
Loss on Pharmacy Operation.....	(4,631)
Other Miscellaneous Income.....	2,363
Total Other Income.....	<u>\$115,580</u>

**FRONTIER NURSING SERVICE, INCORPORATED
LEXINGTON, KENTUCKY**

STATEMENT OF DONATIONS AND SUBSCRIPTIONS PAID

May 1, 1969 to April 30, 1970

(SCHEDULE B-3)

S U M M A R Y

	Contributions	Benefits and Bargain Box	Total
Baltimore Committee.....	\$ 1,295.95	\$	\$ 1,295.95
Boston Committee.....	9,631.65	5,200.00	14,831.65
Chicago Committee.....	5,210.18		5,210.18
Cincinnati Committee.....	15,561.00		15,561.00
Cleveland Committee.....	15,229.49		15,229.49
*Daughters of Colonial Wars.....	2,117.50		2,117.50
Detroit Committee.....	13,136.94		13,136.94
Hartford Committee.....	2,480.60		2,480.60
**Kentucky:			
Blue Grass Committee.....	7,978.40		7,978.40
Louisville Committee.....	5,174.03		5,174.03
Miscellaneous State.....	3,691.20		3,691.20
Minneapolis Committee.....	1,225.50		1,225.50
New York Committee.....	33,503.85	4,709.40	38,213.25
Philadelphia Committee.....	8,883.18	790.60	9,673.78
Pittsburgh Committee.....	20,257.92		20,257.92
Princeton Committee.....	1,041.00		1,041.00
Providence Committee.....	841.00		841.00
Rochester Committee.....	1,512.93		1,512.93
Washington, D. C. Committee.....	26,216.68	395.00	26,611.68
Miscellaneous.....	17,360.29		17,360.29
Sub-Totals.....	\$192,349.29	\$11,095.00	\$203,444.29
Less Transferred to Endowments.....	535.00		535.00
TOTALS.....	\$191,814.29	\$11,095.00	\$202,909.29
*Donations from Various State Chapters			
**Total for Kentucky.....	\$ 16,843.63		\$ 16,843.63

I.
REPORT OF OPERATIONS

The data in this section are supplied by the record department of the Frontier Nursing Service, by records kept on guests and volunteer workers; and by the social service department.

1.
INTRODUCTION

Soon after the beginning of our past fiscal year we had to say farewell to Dr. Mary L. Wiss, who wished to devote her time to full-time surgery, and to Dr. Mary Pauline Fox who had been her assistant medical director for two years. We are glad to report that they have both remained in eastern Kentucky. Dr. Anne Wasson of New London, New Hampshire, volunteered her services to us during the summer and our faithful friends, the Beasleys, returned to Leslie County in August. Dr. Rogers Beasley is in charge of the midwifery patients and the family planning clinics; and is helping Gertrude Isaacs with the development of our Family Nurse program. In October, Dr. Ramon Neufeld joined our medical staff and, in January, Dr. R. Edward Dodge came on the staff. He is eminently qualified in the field of public health and is a great asset to our area.

We deeply appreciate the courtesy afforded us by the obstetricians in Harlan who have cared for complicated patients referred to them. We are grateful to the medical specialists in Lexington to whom we refer many of our medical problems, especially Dr. David B. Stevens for his orthopedic clinics at our hospital in Hyden. We continue to enjoy visits from pediatric residents from the Children's Hospital in Cincinnati and to the ear, nose and throat specialists who have held clinics in our area and conducted a tonsil clinic at Hyden Hospital in April of this year.

2.
HYDEN HOSPITAL

Hyden Hospital—licensed to operate 16 beds, 12 bassinets, 2 incubators—was occupied 6,124 days last year by 1,578 patients of which 271 were newborn. There was a daily average of 13.5 patients, excluding newborns. There were 507 sick adults, 276 children, 466 obstetrical patients, and 58 short-stay patients.

There were 7 deaths in the Hospital, of which 5 were newborn. There was no maternal death. The outpatient department, with the Medical Director's clinics, received a total of 23,580 visits. There were 97 operations performed.

3.

DISTRICT NURSING

In the 12 districts operated by the Service from the Hospital, Wendover, and five outpost centers, we attended 9,674 persons in 2,300 families. Of these, 3,635 were children and babies. The district nurses paid 14,954 and received 14,645 visits at their nursing centers and special clinics. At the request of the State Department of Health, the Frontier Nursing Service gave 1,620 inoculations and vaccines against typhoid, diphtheria, smallpox, whooping cough, polio, measles, et cetera, and sent 7,655 specimens for analysis.

4.

MIDWIFERY

Registered Cases

The nurse-midwives and the midwifery students of the Frontier Graduate School of Midwifery (under the supervision of their instructors) attended 276 women in childbirth and gave them full prenatal and postpartum care. Of these 276 women, 9 were delivered by the Medical Director. There were 264 live births and 5 stillbirths; 1 delivery of triplets; 224 new cases were admitted; 213 closed after postpartum care; 9 miscarriages. There was no maternal death.

In addition, the nurse-midwifery students and interns, under the supervision of Dr. Keith W. Cameron and Dr. Donald L. Martin and their own supervisors, conducted 84 deliveries in the Homeplace Clinic at Ary, Perry County, Kentucky.

Emergency Cases—Unregistered

In addition to those regular registered maternity cases, the Medical Director and the nurse-midwives were called in for 31 emergency deliveries, where the mother had not been registered or given prenatal care, which resulted in 12 live births and 19 emergency miscarriages (17 early, 2 late). There was no maternal death.

Outside-Area Cases

There were 115 women from outside our area who were carried for prenatal care. Of these 20 were closed before delivery. Most of our outside-area patients move into one of our districts or to our Hospital for delivery. In that case they are transferred to our regular midwifery service.

5.

FRONTIER GRADUATE SCHOOL OF MIDWIFERY

During the fiscal year seventeen registered nurses were admitted to three classes in the Frontier Graduate School of Midwifery for a course of twenty-six weeks' duration, followed by a twelve week required internship. When all of these students complete the course, the School will have sent 359 nurses, qualified as midwives and in our frontier technique, to render service all over the world. Graduates of the School are in a number of our states, the Philippines, New Guinea, India, Thailand, South Korea, Canada, France, the Middle East, and in many parts of Africa and South America.

The affiliation with the Homeplace Clinic has allowed us to gain valuable clinical experience for our student nurse-midwives and interns.

We are most grateful to the professional guests who have shared their experiences with the students.

6.

SOCIAL SERVICE DEPARTMENT

During the past fiscal year the Social Service Department of the Frontier Nursing Service has given financial aid to families or individuals as follows:

- Supplemented the food stamp program with 37 grocery orders
- Paid 11 electrical bills
- Paid for 9 orders of coal
- Provided 28 garden seed orders, 16 of which were 4-H supervised projects
- Provided 38 pairs of shoes for school children
- Bought school books for 3 high school students
- Assisted 1 child with boarding school expenses

Assisted 2 college students with scholarships
Provided eye examinations for 16 individuals
Purchased glasses for 30 individuals (New Eyes for the Needy Fund)
Assisted with the payment of outside hospital bills for 4 patients
Paid outside clinic fees for 7 patients
Paid dental expenses for 2 patients
Assisted 2 families with 1 payment each on household appliances
Paid 2 telephone bills for 2 families
Paid for medicines for 4 patients
Paid for 31 trips to Lexington, 7 trips to Cincinnati, 2 trips to Louisville, 18 trips to Harlan and 1 trip to Hazard.
Paid laboratory fees for patients at Lexington and Louisville clinics

(Patients who can do so reimburse the FNS for the financial help given through the Social Service Department.)

Many patients have been transported to and from the Frontier Nursing Service Hospital at Hyden and the outpost centers. In addition, there were many trips with patients to the Harlan, Hazard, Lexington and Cincinnati hospitals and outpatient clinics.

General service and aid have been given to other families and individuals as follows:

Clothing and bedding distributed to needy families

Books distributed to local schools

Service and time given in cooperation with the Welfare and Health Departments, the office of the County Judge, the Child Welfare Worker, the OEO Project, Frontier Nursing Service Medical Directors, the district nurse-midwives and the Hyden Hospital staff.

7.

VOLUNTEER WORKERS

Dozens of volunteers, including couriers, physicians, nurses and secretaries, gave thousands of hours of work during the year.

8.

GUESTS FOR OBSERVATION AND STUDY

As in other years, the Service entertained guests, for observation and study of its work, from all over the world. These came not only from North and South America but also from Europe, Asia and Africa. During the past fifteen years, the Service has entertained guests from 58 countries.

9.

CHRISTMAS

The Frontier Nursing Service held Christmas parties at many different places for the more than 5,000 children under its care, with Santa Claus, Christmas trees and Christmas carols. Our local district committees provided trucks to carry supplies from Hyden to the outpost centers, and were helpful in many other ways. All of this was made possible by the generous response of hundreds of people to our annual request card for the children's Christmas.

III.

FORTY-FIVE YEAR TOTAL

It will be of interest to our readers to see a few totals covering the whole forty-five year period of work.

Patients registered from the beginning.....	60,446
Children (including babies under 1 year).....	36,536
Adults.....	23,880
Maternity cases (reg.) delivered.....	16,655
Inoculations.....	263,272
Patients admitted into the Hyden Hospital*.....	36,566
Number of days of occupation in Hyden Hospital.....	244,795

CONCLUSION

Our 45th Annual Report is presented following the closing of one of our busiest years. The whole staff has responded well to the changes that must take place as we place emphasis on our expanded program of education for the Family Nurse who will be better prepared to have concern and care for families so people may have happier, healthier lives, just because we do

*For 41 years and 6 months. The FNS Hospital at Hyden was opened in the fiscal year 1928-1929 and operated only six months in that year.

care. The planning for the Family Nurse program is in the capable hands of Rogers Beasley, M.D. and Gertrude Isaacs, R.N., two former staff members who returned to the FNS in the summer of last year. We hope there are other old staff members who will want to return as faculty members in this exciting new program. We need physicians and nurses who enjoy clinical teaching.

The approval of a Federal grant to help with construction of the Mary Breckinridge Hospital, which will be an integral part of the Frontier Nursing Clinical Training Center, gives us the assurance that we can go ahead and break ground this fall. Our hearts are filled with gratitude for the generous response to our appeal for funds, not only for building but also for helping us to carry on the work in the field. The gift of business machines for our hospital and the changes in our accounting system enable us to present a more sophisticated financial report, as well as to save many manpower hours.

We value the past years from which we have learned many things to guide us in the future. We are preserving one link with early years in the FNS by renovating the big oak barn at Hyden to give us attractive living quarters for additional staff who will be needed as we go into the future. We are encouraged by the support received from the professional groups with whom we have discussed our plans; and our immeasurable thanks go to the thousands of friends who stand by us.

MARVIN BRECKINRIDGE PATTERSON
(Mrs. Jefferson Patterson), Chairman

EDWARD S. DABNEY, Treasurer

HELEN E. BROWNE, Director

MARY BRECKINRIDGE DAY

October 3, 1970

The Ninth Annual Mary Breckinridge Day will be held in Hyden, Kentucky, on Saturday, October 3, 1970.

The Committee, under the chairmanship of Mr. Rufus Fugate and Mr. Woodrow Sizemore, are planning for the festivities to begin with a performance by the Osborn Brothers, a country and western music group from Leslie County, on the Friday evening.

The Frontier Nursing Service plans to break ground for the Frontier Nursing Clinical Training Center (of which the Mary Breckinridge Hospital is an integral part) on October 3, and the Mary Breckinridge Day Committee has agreed that the activities of the day may take place on the new hospital site and on the adjoining elementary school grounds instead of at the high school. The parade, which begins at 10:00 a.m., will proceed through Hyden to the elementary school.

The ground-breaking ceremony will begin at 11:00 a.m. on the new hospital site, followed by luncheon on the grounds at noon.

The Craft Show, which has become such an important part of the Mary Breckinridge Day Festival, will be held this year in the new Leslie County Library and will be open all day, except while the parade and program are in progress. We hope the central location in the new library will enable many more people to see the craft displays.

We hope very much that FNS friends from other parts of Kentucky will come to Mary Breckinridge Day 1970, and that our committees outside the state will send representatives. Do let us know ahead of time who will be coming so we can make arrangements for overnight accommodations.

FAMILY NURSE PRACTITIONER PROJECT

Progress Report

by
HELEN E. BROWNE

In the Frontier Nursing Service program for Family Nursing we will prepare a nurse who can function as a clinical specialist within the field of nursing. At the same time we realize that we cannot educate such a nurse without our good friends in the medical profession who are needed to help teach this nurse that part of her future role which will enable her to extend primary health care to families in need. Our aim is to develop the team approach with the physician and the nurse working closely together so that the families may have well-coordinated continuity of care.

By expanding the role of nursing we hope we will bridge the gap that exists between the traditional role of medicine and nursing.

With the permission of the participants, we print the report of the workshop held at Wendover in July and August of this year.

Report to the Frontier Nursing Service on the Proposed Program for the Preparation of the Family Nurse

August 2, 1970

by
BEVERLY H. BOWNS and LORETTA C. FORD*

Workshop Members: Maria Borsay, R.N., M.S.
Beverly H. Bowns, R.N., Dr.P.H.
Catherine Dennis, R.N., M.S.
Loretta C. Ford, R.N., Ed.D.
Alice Forman, R.N., M.P.H.
Elizabeth Sharp, R.N., Ed.D.

Grateful acknowledgement is made to all members of the Frontier Nursing Service who so generously shared their experiences, hope, and aspirations with workshop members.

*Final development and draft of this report: Beverly H. Bowns
Loretta C. Ford

Introduction:

Over the past few weeks, members of the workshop explored many ideas and avenues related to the development of a nursing practitioner called a family nurse. In these explorations, recognition and respect for the strength and aspirations of the Frontier Nursing Service came into focus. Attempts were made to articulate these, and also the emerging and dynamic changes in all fields of nursing practice and nursing education now occurring in the nation. Public health nursing, now known as community health nursing, received particular scrutiny.

The exploring of scientific knowledge, primarily in theories about the family and communities, has led to the insight that community health nurses who regard themselves as family workers need to take a new look at their definitions and their practice. Community health nursing educators currently are reassessing their content and methods. While the words "family nursing" are being used by many different people, there appears to be as many meanings as there are people. To communicate clearly ideas and to use diversities as strengths are the challenges.

Emerging from some of the confusion is a defined need for a new breed of family nurse practitioners—a sophisticated, knowledgeable, clinically and theoretically oriented group of professionals. These professionals will be prepared in those baccalaureate and graduate programs which are changing rapidly to accommodate the needs of society and the demands of students for action-oriented, dynamic, and exciting learning experiences. Integrated programs with senior level electives in the baccalaureate programs are becoming the pacesetters.

Partnerships between education and service are evolving, giving impetus to the contribution each has to make to the quality of health care and student learning. Ultimately, the desired result is a successful marriage of the ideal with the real.

This report addresses itself to the stated aspirations of the Frontier Nursing Service and trends in nursing service and education. Note that while this report is a culmination of many contributions from all workshop members, consultants, and F.N.S. staff, Beverly H. Bowns and Loretta C. Ford assume the primary responsibility for the final draft.

1. Definition of the Family Nurse:

The family nurse is a professional nurse* who, by virtue of a formalized program of study, is qualified to expand her nursing practice. She assumes the responsibility for evaluation and assessment of the health status of families and their members. She determines and facilitates the application of preventive health measures and she manages selected deviations from wellness with diagnostic and therapeutic actions from established plans of management agreed upon by nursing and medicine. She constantly evaluates and alters her practice in light of advanced and current scientific knowledge and community needs and demands. She functions under the consultative guidance of the clinical specialist in family nursing.

2. Evolving Roles of Family Nurse Practitioners:

It is reasonable to assume that there is a need for two levels of nurses prepared for family nursing practice. One has the clinical competence described above and will serve as the primary source of care for families. The other, a clinical specialist in family nursing, is one prepared on the masters level. She is the model of clinical expertise in family nursing and assumes leadership responsibilities in the health care system and in the profession.

The clinical specialist demonstrates her advanced scientific knowledge and her skills in the area of research. She is articulate in her verbal communications and in publications. She carries out her leadership role in consultation, teaching, and management of care for families and communities.

Within the professional community of nursing and allied professions, she collaborates, coordinates, and becomes immersed in activities related to her primary responsibility—the improvement of the quality of nursing and health care to people.

3. Educational Patterns:

The prospective student has several routes available to her to enter an accredited educational program that will professionally prepare her for family nursing.

*A professional nurse is one who has completed her education in nursing at the baccalaureate level in an NLN accredited school. This level of preparation is considered as "basic nursing education".

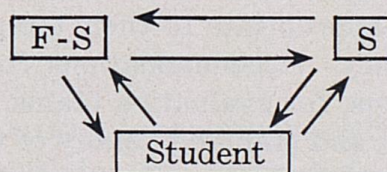
3. Educational Patterns (Cont.):

Nursing Background Prior to Preparation in Family Nursing (Candidate)	Type of Educational Program Leading to Family Nursing	Outcomes
1. A.A. Associate Arts Degree	1. & 2. Baccalaureate Curriculum with senior level elective in family nursing culminating in a B.S.N.	1. & 2. B.S.N.
2. R.N. Diploma	2. See Above	2. See Above
3. Student already en- rolled in a bacca- laureate program.	3. Same as above (senior elective) B.S.N.	3. B.S.N. and/ or senior level credit.
4. B.S.N. or R.N. and B.S.N.	4. Post-baccalaureate program associated with a university for which credits in family nursing are given. Students are acceptable candi- dates in the mas- ters and may, if they desire in a reasonable period of time, complete requirements for a masters degree.	4. Senior level credit or graduate units of credit.
5. B.S.N. (by any route)	5. Matriculates in masters program in family nursing.	5. M.S.N.
6. M.S.N. Masters degree in nursing	6. Family nursing courses tailored to the individual nurse's previous preparation and ca- reer goals.	6. Graduate units of credit.

4. Facilities and Resources:

4.1 The new hospital is to be completed within the next two years and should offer:

- a. Classrooms with standard equipment for teaching
- b. Laboratory facilities: classroom setups, clinical services, diagnostic technical supplies, etc.
- c. Visual education aids: T.V. tapes, still and motion picture cameras and equipment, slide and motion picture projectors, audio tapes and self-administered carrel facilities, etc.
- d. Clinical experiences appropriate to specific course and curriculum learning objectives
- e. Planned seminars for service personnel and educators to 1) give direction to on-going educational program; 2) keep planning on mutual participation basis; 3) keep both groups well informed; and 4) obtain a vital exchange between the staff's skillful observation of students. Actually a circular feedback system is imperative:



Note: **Faculty and Service Personnel (F-S)** by dual appointment have direct responsibility to university and to service, to student and to other service (S) personnel.

Service personnel (S) have a direct contribution to make to the faculty's actions and a less direct responsibility toward the student's. This means that the staff's skilled observations of students are pertinent to their educational growth. Staff needs to share their interactions with students and faculty.

The **student** is directly responsible to the faculty-service person and indirectly responsible to other staff members.

4.2 **Outposts** are mini-centers that offer increasing independence and comprehensive experiences for the students under faculty supervision.

4.3 The **community** provides opportunities for students to work toward a greater understanding of community action within a cultural setting that has a different economic, political, and social system (rural). The skills and knowledges that the student develops in terms of this setting are transferable to urban settings.

4.4 Library facilities will necessarily need to be relative not only to the educational program being proposed but to the community's needs. To achieve this the community and the university might share their resources. Branch circuit library services (library on wheels) could be added. This would facilitate keeping the people in touch with their own community's services.

4.5 Communication networks, transportation and living accommodations are required to meet the expected expansion of services and to meet the requirements of the educational program.

4.6 Permanent living accommodations, comparable to those available at the parent university site, will be needed for faculty residing in the area; also, living accommodations for students which are appropriate to their temporary but extended period of residency. Accommodations for visiting lecturers, for research teams, for evaluation teams, etc., will need careful consideration, and planning. Many of these facilities could be owned and operated by commercial companies who meet the standard requirements of the parent university.

5. Faculty:

The University and F.N.S. should mutually approve prospective faculty members. The total faculty should include those from the professions of nursing, medicine, and combinations of other disciplines (e.g. nutritionist, social work, dentistry, and law). Faculty at F.N.S. would be accorded dual appointments with the parent university.

All the faculty should be academically and experientially prepared in their respective fields. The clinical expertise of nursing faculty should include the areas of community health nursing, maternal and midwifery nursing, psychiatric nursing, pediatric nursing, and medical nursing.

The individuals seeking a faculty appointment should have previously contributed to programs that included the family nurse concept or have a clearly stated conceptualization of how they see their role responsibly in terms of the program being developed here at F.N.S. and the university with which they are affiliated. (Presently this is Vanderbilt University.)

Of greatest importance is to acquire faculty members having the specialty of family nursing. The goal should be to acquire a faculty member who can be a model of the family nurse practitioner. This person could be a graduate from the Vanderbilt Master's program, either within the program presently being planned or within a tailor-made one that would meet F.N.S.'s need for faculty two years hence. The faculty should be a Master's program graduate prepared as an educator-practitioner.

6. Other Educational Program Potentials:

Though the primary focus of this report is on the preparation of the family nurse, attention is called to the tangential and related educational activities possible at the Frontier Nursing Service. Contributions to the success of the family nurse program may serve multipurpose functions by expanding the current F.N.S.

Education unit to include:

- (1) Programming for continuing education
- (2) In-service education for staff development
- (3) Research opportunities in clinical educational and health care system aspects, e.g., clinical nursing and medical problems; explorations in teaching-learning processes; experimental programs in the team delivery of health services
- (4) Orientation of visitors

The potential outcomes of this expansion in educational programming are:

- (1) The continuance of creative and dynamic quality of all educational activities
- (2) Attracting world renowned professional talent to participate and contribute to F.N.S. educational and service activities

- (3) The recruitment of high calibre students and faculty
- (4) The coordination of learning experiences for students from various professions and disciplines
- (5) Increasing the F.N.S. public image
- (6) Contributing to the fund of knowledge through research efforts

7. Some Characteristics of the Service:

- a. Maintenance of a high calibre core staff to provide nursing service
- b. Development of the team concept in delivery of services
- c. Involvement in the creativity and stimulating experiences inherent in the learning experiences available here at F.N.S.
- d. Pursuit of continuity and comprehensive family health care congruent with on-going direct services and indirectly through the educational aspects of the services

8. Conclusions:

The directions suggested in this report are:

1. In keeping with the heritage of F.N.S. in its aspirations for leadership
2. They offer an opportunity to enter the mainstream of professional education
3. They are consistent with trends in the changing patterns in the delivery of care and consumer rights
4. They are in the interest of conservation and utilization of manpower
5. They are conducive to continuing social and economic growth
6. Indicative of the need for development of a philosophy and statement of purposes in the educational unit in the F.N.S.

A philosophy for the educational unit in a service agency should:

- (1) be consistent with the overall agency philosophy
- (2) be prepared by all members of the educational unit
- (3) include beliefs about the profession, the learner and the teacher's planning process
- (4) be reviewed periodically by faculty
- (5) be in writing

- (6) guide the planning implementation and evaluation of the various programs, e.g., statement of purpose, content, methods of teaching, facilities and resources and evaluation

Family Nursing

by

SALLY DenBLEYKER, R.N.

We are really having interesting classes in this Family Nurse Practitioner Program which the Frontier Nursing Service started this summer to provide clinical training in family nursing for those of us who have completed a basic program in nursing. We learn to assess individual as well as family health problems. We also work on planning and using health care measures to prevent illness and to maintain and promote health with special emphasis on the family. I have had the opportunity of working with a specific family in developing sound health practices and coping with illness and problems with this family.

These classes also provide us with skills to diagnose and manage common health problems, and to identify conditions which might require a physician's attention. We work right along with the doctor and are able to confer and consult him if we need to do so. But, of course, there are times when we need to carry out emergency and interim care until a doctor is available.

In our classes we review the normal anatomy and physiology of the various systems briefly and then proceed to specific methods of examination. We cover the definition, the etiological factors, clinical features, diagnostic features and aids, treatment and management, and the prevention of these common problems. We also have the opportunity for practical application of what we learn in class by daily participation on the wards, in general clinic and out on the district.

We are also able to confer with other health workers and agencies in the community. The Health Department and the Mental Health Center are most often consulted about problems in relation to our families.

So, you see, we have much to learn. Working closely with a family is a fascinating experience. I've really enjoyed adding to my basic skills.

FNS AROUND THE WORLD

We were enchanted to receive the following post card at Wendover this summer:

May 1961 Class Reunion
Nairobi, Kenya, Africa
June 13-17, 1970

We have been remembering FNS days and you all. We have been singing, laughing and reminiscing. We came from Congo, Ethiopia, Zambia and Cameroun. Helen [Trachsel Potter] from Bolivia and Elaine [Douglas] from Eritrea, Ethiopia, are absent.

/s/ Mary Nell Harper
Martha L. Lady
Betty Mantay
Jewell Olson
Jody LeVahn

These girls were all members of the 41st Class in the Frontier Graduate School of Midwifery and will always be remembered by us as "the singing class". They were in the School the year St. Christopher's Chapel was built at Hyden Hospital and their lovely voices added much to the first services held in the Chapel.

It is remarkable that five out of seven members of one FGSM Class—girls who came to Kentucky from Washington State, Kansas, Minnesota, Nebraska and Canada—could have a class reunion in far-away Africa. We wish we could have been a mouse in the corner!

OLD COURIER NEWS

Edited by
JUANETTA MORGAN

From Diane Sault, Minnetonka, Minnesota—July 12, 1970

I'm working at the Tonka Athletic Club, which is quite near to our home. I work in the office, checking people in, and sometimes in the kitchen. Besides work I have been golfing and playing a little tennis. In June, my parents and I went to the last day of the U. S. Open Golf Tournament—it was so much fun and very exciting.

How is everything and everybody in Kentucky? I surely miss everyone and I'll never forget my wonderful experience with the FNS.

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From Jeanne Black, Edgartown, Massachusetts—July 13, 1970

This summer I am working in an A & P store. This fall I'll be going to school in Iowa. I plan to attend Kirwood Community College to study occupational therapy. While I am in Iowa, I shall hope to get to Wendover for a visit.

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From Laura Parrish, Paris, Kentucky—August 9, 1970

I wanted to tell you how much I enjoyed working for the FNS this summer. Those six weeks are something that I shall never forget and the experiences were so rewarding. At the moment I'm giving myself a vacation in Michigan. On August 18 I will head back to Lexington to get ready for school at the University of Kentucky.

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From Sandra Gray Schreiber, Glenview, Kentucky

—August 17, 1970

We are out of Japan and back in Louisville—it's quite a switch! My husband is an internist, with a specialty in liver disease, and is now in private practice. I hope I can bring him to Wendover in the not too distant future.

**From Mrs. Charles Jenney, Jr., mother of
Bronwen Jenney Anders:**

Bronwen has started her year of residence in Pediatrics at the Good Samaritan Hospital in Phoenix. She parks Abigail, aged nine months, with a retired couple near the hospital.

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We send our deepest sympathy to **Lucy Pitts Grosvenor**, and **Lucy and Mary Grosvenor**, whose mother and grandmother, Mrs. Herman C. Pitts, died this summer.

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A BABY

Born to Mr. and Mrs. G. Watts Humphrey, Jr. (Sally Humphrey) of Harrodsburg, Kentucky, on June 24, 1970, a daughter, Susan.

THANKSGIVING REUNION IN ENGLAND

Miss Elizabeth Hillman has asked us to announce that the Annual FNS Reunion in England will be held from 12:00 to 6:00 p.m. on Thursday, November 26, 1970, at the South London Hospital, Clapham, London, S.W.4. "Hilly" will again be hostess for the Thanksgiving Day luncheon which will be held at 16 Balham Hill, a building adjacent to the Hospital and facing the Clapham South tube station. All old staff members in England are cordially invited.

A PIECE OF CAKE

by

PATRICIA WARE, R.N., S.C.M.

[Editor's Note: Tricia Ware, an English nurse-midwife who spent two years on the staff of the Frontier Nursing Service in the early Sixties, has sent us her description of one way to spend a vacation in England!]

It would, we agreed, be nice for the dog. And thus it was that mother and I decided to hire a Narrow Boat for a week's cruise along the Grand Union Canal.

There are not many places where one can take a thirteen-year-old, overweight, dyspnoeac Boxer who snores in her sleep. A boat seemed just the thing. In my imagination I could picture my mother and Vicky sitting on deck, drinking in the beauty of the countryside, enjoying the peace and quiet and the birdsongs, whilst I steered the craft along the waterways.

Having a friend who builds these Narrow Boats and also hires them out during the season, I contacted him.

"Giles, do you think that mother and I could manage one of your boats?"

I neglected to point out that my previous experience of steering anything resembling a boat was limited to half an hour in a pedalo on the Mediterranean.

Giles was immediately enthusiastic. "I'm sure you could. They are very easy to handle. You'd find it a piece of cake."

Thus reassured, I hired a boat!

We boarded "Clare" on the Friday evening, and I must say she really was rather a nice boat, painted blue with just a touch of red and white. Inside, traditional designs of flowers, castles and trees decorated the doors. Bright orange curtains hung at the windows. We had a gas-cooker, refrigerator, sink, toilet, shower and washbasin. It seemed we would want for nothing. We unpacked, bedded Vicky down on her own bed, brought along with the luggage, and retired for the night. Mother had the lower bunk whilst I took the one above.

I *thought* that upper bunk was rather narrow when I made it up, but hoped it might be just the altitude affecting my vision. However, when I actually got into bed (by putting one foot on

top of a locker, remembering to keep my head well down, and doing a sort of backwards-sideways leap), I discovered that altitude had nothing to do with it . . . it *was* narrow. Even I, weighing a scant eight stone, felt decidedly cramped.

Mother and I slept rather fitfully. Vicky snored all right!

Saturday morning dawned clear and bright. Giles came striding along about 8:30 a.m.

"Hello there, let's get you under way. But before you actually start, there are three things you *must* do each morning. First of all, open the weed-hatch" . . . pointing to a trap door just under the tiller, "and clear out any debris that may have collected around the propeller."

To my horror, he pushed up his sleeve and proceeded to grope around by the shaft. I closed my eyes and shuddered. Weeds, twigs and polyethylene bags I could stand, but if he came up with a dead fish. . . . The trapdoor dropped back into place. "Nothing much there today. Now you must open the big trapdoor."

This one seemed to comprise most of the deck. On being raised it revealed the diesel engine. Kneeling down and reaching inside, Giles lifted up a contraption bearing a handle. "Just turn this handle one half turn clockwise. It greases the engine."

It struck me that I would need someone hanging on to my ankles before I could even reach the thing.

Straightening up, he replaced the trapdoor. "And last, but not least, you must pump the bilge!" . . . with which remark he grasped the handle of a pump to the right of the door and proceeded to ply it vigorously whilst water gushed out of a pipe in the side.

I sat weakly on one of the lockers. I felt that by the time I had done all this every morning I should not want to go anywhere, except back to bed. Then, remembering that bunk . . . oh, well, perhaps we could cruise for a mile or two.

A final check to make sure that all was in order and it was time to depart. Giles was to accompany us for a little way, until I got the "hang" of things. I switched on the engine and we were off—Mother and Vicky sitting in the cabin (with fingers and paws crossed), me clutching the tiller, and Giles jovially giving instructions.

"Left a bit . . . and back to centre. That's the idea, push the tiller in the opposite direction to that which you wish the boat to take. Now right a bit . . . no . . . no . . . RIGHT!" This last remark was spoken very loudly and accompanied by a grab at the tiller as we headed smartly for the bank.

Once safely back on course, we continued without mishap for some little while, until Giles judged that I was safe to leave.

"Now I'm going to get off at the next road bridge." (Did he sound relieved?) "You're doing fine. Soon you will come to a swinging bridge and after that, to Foxton Locks. Keep straight on, you can't miss them."

With that we were at the road bridge and he jumped off. And there I was—with thirty-six feet, nine and a half tons of Canal Cruiser, mother, dog and a whole lot of water, thinking "Whose crazy idea was this anyway?"

Gradually I became a little more confident as we waltzed along the canal. I was unable as yet to keep a straight course but as long as we did not actually hit anything, I was happy.

After an hour or so, we came to the first hazard—the swinging bridge. It had been explained to me that with a bridge of this sort it was necessary to stop, open the bridge, drive through and then close the bridge afterwards.

I stopped. We were close enough to the bank to be able to get off, and so, leaving Mother hanging rather doubtfully on to the bow rope, I picked up the winch and crossed over the bridge. Just what I was to do with the winch I wasn't quite sure, but I had been told that I would need it. I proceeded to look helpless, as two men came across. They rose to the occasion and offered their assistance. Unlocking the bridge, they swung it laboriously around, thus clearing the canal. Then, looking over to where "Clare" rested by the opposite bank, shouted, "O.K., take her through". As there was no movement, one turned to me and asked "Who's driving?"

I began to feel a little bit de trop.

"I am," I replied.

With a look which said all too clearly "Women", the men pushed the bridge back into position, allowed me to go across and board "Clare", opened it once more for us to go through,

and closed it behind us. I waved my thanks, not daring to look back.

On we went—and on—until it seemed to me that we surely should have reached Foxton Locks. "Keep straight on" he had said, "and you can't miss them".

So I kept straight on—and I missed them!

This began to dawn on me as we passed beneath road bridges which, according to the map, meant we were heading for Leicester. However, my map-reading being far from expert, I just kept looking—and hoping.

My hopes were quite definitely squashed when I saw a tunnel just ahead. This was all wrong. 'Twas locks we wanted, not a tunnel.

"Switch on the headlights," I shouted.

Mother found the right switch and then went below "in case Vicky was frightened". I was terrified!

My steering left much to be desired in the open canal; once inside the tunnel it became even worse. I really think "Clare" would have done better without my help.

Scrunch! We hit the right side of the tunnel, scraping along. Desperately I swung the tiller and WHAM! we hit the other side. It seemed as if the boat were actually trying to climb up the tunnel wall. I was sure we would overturn and tried to shout to Mother to put the one and only lifebelt around Vicky but my mouth was too dry to speak.

By now I had abandoned any pretence of steering and merely clung to the tiller in order to stay upright, my knees having turned to jelly. Even this prop, however, was soon denied me, as after a particularly violent lurch I found myself tottering around the deck—with the tiller in my hands. It had come out of its socket.

Well, it obviously had to go back. Tucking the thing under my arm, and getting down on hands and knees, I groped my way around. Finally I located the socket and, muttering "piece of cake, piece of cake!" through clenched teeth, I rammed the tiller back into position.

To my everlasting surprise, we emerged from the tunnel still afloat—and what is more, still afloat the right way up. I spotted a couple of men walking along the towpath.

"Foxton Locks?" I shouted, hope springing eternal.

"No m'duck," came the reply, "the other way. You'll have to turn around."

Seeing my look of consternation, the man added kindly, "Come on, we'll help you".

As good as their word, they soon had us facing the opposite way, and heading back into that terrible tunnel. "Tennyson," I thought grimly as we reentered the darkness, "expressed it so well . . . 'into the jaws of death, into the mouth of hell . . .'"

We did fare a little better that time, hitting the sides a mere half-dozen times and leaving rather less of "Clare's" paintwork decorating the tunnel as a memento of our visit.

About three miles back along the canal we finally found Foxton Locks—all twelve of them—they had been there all the time. I even found the lock-keeper.

"Help," I said.

Having been a lock-keeper long enough to recognize a novice when he saw one, he accompanied me without hesitation. Starting at the bottom of the flight he opened and closed the gates whilst I pulled "Clare" into the locks. Had anyone told me that I would pull nine and a half tons of boat through twelve locks, I would not have believed them. But it is true. I still have the callouses to prove it.

We moored at last at seven o'clock in the evening. Sinking down on one of the bunks, I counted my arms and legs. In some peculiar way they seemed not to belong to me. Bitterly I reflected on my preconceived ideas of cruising, ". . . drinking in the beauty of the countryside, enjoying the peace and quiet . . ." I had not even *noticed* the countryside, and I doubted that I would last long enough to appreciate the peace and quiet. I would probably just fade away in my sleep—if I were lucky! If I were not lucky, there remained the rest of the week's cruise to be endured.

I was not lucky!

However, we survived the week with no worse mishaps than ramming the odd bridge, getting stuck across the canal for an hour and a half, and losing the deck scrubber somewhere between Crick and Welford. On the credit side, I developed an inch around the biceps, my complexion took on a ruddy glow from

standing by the tiller all day and I discovered that I was water-resistant!

According to rules and regulations the boats were to be back at base early on Saturday morning. Not wanting to leave anything to chance, we decided to be back by the Friday evening. Thus, Friday morning saw us leaving Crick Wharf. That day we traversed twenty-four miles and went through twelve locks, which proves either that I *had* learned something during the week or else "Clare" had a great homing instinct! By six o'clock in the evening we were rounding the final bend. Ahead lay the wharf at Market-Harborough—it might have been Paradise!

The following morning we packed and prepared to leave. Giles breezed along.

"Hello, hello, had a good trip?"

The events of the past week flashed across my mind. The tunnels—the bridges—the hard labour with the bilge pump—the bruises, and all I could say was, "We lost the deck-scrubber".

"Doesn't matter." Giles was running his hand along "Clare's" hull. I suspect he found it hard to believe that he had actually got her back more or less in one piece.

"I say," he continued, "you hit something pretty hard, didn't you?"

Oh, brother! Innocently: "Did I?"

"Well, there's bits of plaster and stuff still embedded in the bows."

I thought it kinder not to tell him that "Clare" was actually sporting souvenirs from at least six bridges and a couple of tunnels, not to mention the odd wharf or two. I just stood there and looked frail. Giles returned and stood gazing down at me.

"Now surely," I thought, "I'll get a little sympathy. . . . 'You look tired' or 'been hard work, eh.' or even 'there, there, it's all over now'". Giles grinned. "Anyway, you're looking awfully fit."

"Weather-beaten!" I returned savagely. I might have expected it; he was, after all, prejudiced where boats were concerned. I would go back to my civilized friends. They, at least, would feel for me.

My "civilized friends" invariably reacted with "Had a good trip? My, you *do* look well!"

After trying once or twice, ineffectually, to point out the dire perils we had encountered, I gave up and bowed to the inevitable.

"My," exclaimed a friend the other day, "you *do* look well. Was it awfully difficult?"

"Not at all," I shrugged nonchalantly, "actually . . . it was just a piece of cake!"

A MEDICINE SHOP IN THE GARDEN

There are fewer and fewer of us with gardens anymore, and more and more of us who must turn to television commercials and proprietaries for remedies to the common aches and pains. A "home doctor" book of 1901 devotes an entire chapter to medicinal plants on the calm assumption that most were readily available to the citizens of that day.

An ounce of saffron boiled in a pint of water is recommended as a gargle for a sore throat. The juice of the nettle can be used to reduce bleeding from the lungs. Buckthorn can be used as a cathartic, "but is not recommended by physicians." An infusion of goldenrod may be employed to relieve the pains of colic. Lime juice is a preventative against scurvy.

Henbane is used as a narcotic to quiet pain, better than opium because it does not excite the patient. Dried leaves of thorn apple rolled in cigarettes are often effectual in relieving the paroxysms of asthma. Last but not least are garlic, onion and leek, all of which can be used for bronchitis and colds in the head.

Nothing at all is shown to help "that tired feeling" which is talked about so much on TV. The only conclusion we can draw is that folks were better off at the turn of the century and simply didn't get tired . . .

—*The Colonial Crier*, Jan.-Feb. 1970

OUR MAIL BAG

From a Friend in New York City: "Your work is so admirable and so much needed that I hope you will have no difficulty in maintaining it. Wishing you continued success."

From a Friend in Massachusetts: "This is a very nice reminder. Thank you for sending it. I had thought I might let this go for 1970 . . . am glad you helped change my mind."

From a Friend in New Jersey: "This is a very good idea." (In reference to our inexpensive card form of reminder.)

From a Friend in Tennessee: "Thanks for the reminder. The card is so clever."

From a Friend in Ohio: "Your work is of tremendous value . . . I feel that very shortly the family nurse and the nurse-midwife will be one of our most important members of the health team all over the country and not just in isolated areas."

From a Friend in Millbrook, New York: "If more rural areas had such a fine service it would go a long way toward easing our medical and social problems."

From a Physician from New York: "Please accept our deeply felt thanks for the warm, informative and altogether inspiring visit that we had at Wendover. It was exciting to see the principles we both so strongly believe in being applied so enthusiastically and effectively in a setting quite different from our experience. You are all doing a remarkable job, and with your permission I should like to encourage others to go and learn from your example."

From a Physician from West Pakistan: "I do appreciate your kindness and also the great service you people are doing in that area. It is a tremendous responsibility and a great job and you have given me ideas to carry out in my country."

From a Nurse from Kenya: "Thanks to all nurses for your hospitality. I enjoyed being with you. Your devotion to humanity is great and I wish to follow your steps."

PREPARATION FOR CHILDBIRTH: A LAMAZE GUIDE

by

DONNA and ROGER EWY

115 Pages, Pruitt Publishing Company, Boulder, Colorado, 1970

A Book Review

by

GERTRUDE ISAACS

There is a constant flow of books designed to prepare parents for childbirth, but few are as specific or as detailed as is this guide to the Lamaze method for childbirth. The technique, the principle upon which it is based, and the step by step participation of both husband and wife in the process are lucidly described by the authors. Their personal experience with the Lamaze method, which they used for the birth of each of their four children, adds a very personal dimension to the book; and their commitment to the approach, a certain validity. This is further supported by personal testimonies of others who have successfully used this method. Further study of the Lamaze method, however, is needed to assure its judicious use in mass or individual practice.

The technique, as described, is based on Pavlov's principle of conditional response that requires a relatively high degree of self discipline, a rather sophisticated understanding of the process involved, and effective collaboration on the part of both the husband and the wife. Also, the language and the approach in this book are geared primarily toward the upper and middle class value system. Twice a day, husband and wife together practice conscious and active control of relaxation and breathing as this relates to the birth process. The reward is the gratification that both parents experience from successful joint participation in the birth process and, hopefully, an uncomplicated delivery of a healthy baby. Strict adherence to the Lamaze method, as portrayed in this book, would, however, have the mother-to-be concentrate her efforts during pregnancy almost exclusively on her preparation for the labor and delivery process. Minimum time or thought is directed to care of self as she experiences pregnancy or the preparation for parenthood, which is much broader

than the birth process alone; and the participation of the husband is essential to the successful practice of this method. This approach would have appeal for a selective group of parents. To assume that only the "trained parents" can find the birth process a satisfying and rewarding experience, as these authors tend to do, is to be unaware of those segments of the population or cultural groups, who through personal experience have developed a very realistic yet positive attitude toward childbirth; and it ignores the dignity and the self-confidence with which many such women have approached and experienced the birth process.

The authors also portray a lack of cognizance of the cultural values, social and personal practices which may mitigate against the Lamaze practices. For example, the degree of ease and comfort with which a husband may actively participate in the birth process is largely determined by a variety of cultural, personal and social factors. The preparation as described assumes a certain amount of leisure, space, order and privacy in daily living habits which is totally lacking in many homes. The Lamaze method would, therefore, need to be adapted to the cultural and social value system as indicated. In some areas the nurse-midwife has successfully assumed the supportive role. This does not preclude the active participation of the husband, other members of the family, or the neighbors, but it may involve some role changes.

The prescribed exercises would also appear somewhat superfluous in areas where the ecology demands a rigorous life which requires a high degree of physical activities involving the pertinent muscles. In such areas survival over the years has been, and remains for some, highly dependent on the individual's capacity to cope with the problems of daily living. This is particularly true of areas such as the Appalachian Region where the women tend to approach childbirth with a high degree of equanimity, and with a mental preparedness for active and conscious participation in the birth process, which cannot be solely attributed to formal training but which is an outgrowth of a combination of factors.

The reviewer would suggest a more flexible and eclectic approach in preparation for childbirth including guidance in controlled breathing, which can be of inestimable value in easing the

discomfort and pain experienced during the birth process. Positive experiences supported by sound health teaching (including psychological preparation) can be most effective in helping parents assume responsibility for parenthood. Preparation for childbirth, in the estimation of the reviewer, should preferably be directed toward the broad aspects of pregnancy; labor and delivery; child raising practices; family planning; and family living. It should not focus so exclusively on the birth process.

The extent to which preparation for childbirth should include the development of conditioned responses is still debatable, partially because of the questionable practicality for broad population groups, and partially because of its potential for creating confusion in the minds of some. Furthermore, extensive introduction of this method would entail broadscale educational programs for both health professionals and would-be participants. This would be impractical and ill advised without further research.

For these reasons, the reviewer questions the non-discriminatory approach with which the authors present the Lamaze method. Many readers will be bitterly disappointed because they will be unable to find a health professional who can facilitate their ability to use the method as described. On the other hand, professional support should be available to any parent who understands and chooses to use this method on an experimental and selective basis. However, because of the notable intolerance of health practitioners and established institutions for the unfamiliar, only the rare individual will be permitted the pleasure of experimentation with this method.

Should the reading of this book help to break down some of this intolerance for the unknown, the reviewer would heartily recommend it to the health practitioners, who care for women in pregnancy and childbirth, if only to assure greater freedom for those who seek new and more satisfying approaches to childbirth. However, as a teaching tool it should be used with discretion in the provision of maternity care. It should not be considered recommended reading for all parents.

TAX REFORM ACT OF 1969 — FAVORABLE EFFECTS ON FNS

by

HENRY R. HEYBURN

[Editor's Note: Mr. Heyburn, an attorney-at-law, is a Vice-Chairman of Frontier Nursing Service, Incorporated.]

Although the provisions of the Tax Reform Act of 1969 restrict the activities of purely private foundations, the over-all effect for a public charity such as the Frontier Nursing Service should be quite beneficial. It seems clear that because of its operations of Hyden Hospital and Health Center, the outpost nursing centers, the Frontier Graduate School of Midwifery and various medical research projects, FNS qualifies in this category of a public charity. As a consequence, the very technical provisions of the Act that relate to private foundations do not apply to it.

One "plus" factor is that the amount of deduction allowed to an individual taxpayer for regular charitable contributions, including those to FNS, has been raised from 30% of adjusted gross income to 50%. Thus, it is possible for a taxpayer to concentrate a large contribution in one year, thereby getting a maximum deduction in that year.

Moreover, although the Tax Reform Act severely curtails the previous beneficial treatment allowed for gifts of appreciated property to private foundations, this favorable treatment has been continued for public charities such as FNS. However, in the case of a gift of appreciated property the over-all limit of 30% of adjusted gross income is retained. For example, if a friend of FNS has 100 shares of XYZ Corp. which he bought at \$50.00 per share, and it has appreciated in value to \$150.00 per share, he can deduct the full present value of the shares (\$15,000) so long as it is not more than 30% of his adjusted gross income.

In short, the impact of the Tax Reform Act is chiefly on so-called private foundations; and in the case of public charities such as FNS, the incentives to individual giving are even greater than before.

OLD STAFF NEWS

Edited by
EILEEN H. MORGAN

From Carolyn Coolidge Godfrey in Arlington, Virginia

—June, 1970

Ed and I certainly did enjoy our "return to FNS" visit over Memorial Day week end and feel fortunate to have seen so many of our friends in such a short time. We were happy to be with you all who have worked so very hard to get that 1.6 million when you celebrated, too!!

We are beginning to collect and buy furniture for our new apartment. The heat and humidity are very high here. I have to think of the cool Kentucky mountains and waters to cool off.

We had a nice visit with Tom, D.J. and Laura Jane Howald in Cincinnati before leaving for home. Little "L.J." looks more and more like Tom with her red hair and has her Mom's smile. We are hoping to join Tom and D.J. at Mary Breckinridge Day in Hyden. (See *Babies*.)

. . . .

From Tommy Nighman in Anchorage, Alaska—June, 1970

I have been in Alaska six weeks and I love it. It is "summer" here now and very nice. I will probably freeze when winter comes but I managed to survive the winter in Kentucky so perhaps it won't be as bad as I anticipate.

. . . .

From Priscilla Crow's mother, Mrs. Kenneth V. Crow, in Williamsville, New York—July, 1970

This past year I have been busy with talks and slides of the Nigerian situation. I hope to show the FNS slides again.

At present Pris is enjoying a holiday in the Canary Islands. The "relief" work is over and she expects to start at a new place when she returns to Africa.

We are so happy that the FNS received the construction grant. More power to you all!

From Jean Kerfoot Fee in Okotoks, Alberta, Canada—July, 1970

We finally moved into our new home last October and what a relief that was. It is far from finished but we are enjoying it all the same. We have twenty acres of poor pasture, splendid view and a road up the hill that reminds me of some in the mountains after a rain. The girls have a cute, fat Welsh-Arab pony and we have indulged in a beautiful Arab yearling stud. Phil plans to begin building a bigger corral for him today.

Our girls are growing up so fast. Katherine is six and will start school soon. Paddy will be four in October. They are busy and reasonably healthy. Both are livestock crazy. Katherine prefers horses while any old critter suits Paddy and they fight over the cat.

Phil's trade in the barber shop keeps slowly building and he is happiest when busiest. I still work full time at the same small hospital.

Marg Prescott Fehr is home from India permanently, I understand, but I have not seen her yet. Barb Kieper was here last fall on a speaking tour and we had a grand visit. I hear from Ann DeTournay Boyer occasionally.

Hello to all who remember me.

. . . .

From Jennifer Hoag in Montpelier, Ohio—July, 1970

I am very excited as to what I will be doing in the near future. I am to go to Costa Rica on August 29 to begin studying Spanish for three months.

Thank you for being so nice to me while I was in Kentucky. I enjoyed my stay, especially working in the hospital.

. . . .

From Georgina Johnston in Lebanon, New Hampshire

—July, 1970

I am back at Mary Hitchcock and thoroughly enjoying it. It is a splendid hospital.

I am planning to go abroad this summer, my first trip. The focal point is Oberammergau, but I shall have several days in England. I am sailing from Montreal on the *Empress of Canada* on August 12.

Greetings to all my friends. I do enjoy the Bulletin so much.

From Lynne Shade in Union City, New Jersey—July, 1970

On August 8 I will become Mrs. Garhardt Kugler and I am racing around with a thousand last-minute things to do. (See *Wedding.*)

I have been dating Gary, who is a Lutheran minister, for a year and a half and often wish he could know FNS as I do. It means so much to me to have been a part of that work and FNS life for a period of time. Molly Lee spent a night with me on her way home to England about a month ago and, of course, she brought the memories back full force.

Gary and I plan to take a three-week driving honeymoon trip in the Southeast during the last three weeks of August. We plan to drive down the east coast of Florida, perhaps fly to the islands for a few days and return north inland. It will be a good opportunity to come through the hills, visit FNS for a bit and introduce Gary to some of my past.

. . . .

From Maggie Willson in Newquay, Cornwall, England

—July, 1970

I left Norwich in May and am now doing three months district nurse training in Plymouth, Devon, hoping eventually to have my own district in Cornwall.

Plymouth is celebrating the 350th anniversary of the sailing of the Mayflower. This week and next is the special "American Fortnight". It is really great to see the Stars and Stripes flying from the many flag poles located around the city. Two U. S. Navy warships are anchored a short distance off shore in Plymouth Sound. So you see there is plenty to make me nostalgic for Kentucky and the mountains of Leslie County!

. . . .

From Mary Ruth Sparks ("Sparky"), Pleasant Hill, Tennessee

—August, 1970

I helped out at a Presbyterian mission in Morgantown, West Virginia after I left Hyden in July.

I will keep in touch with all the thrilling plans maturing at FNS. Best wishes to all.

From Sandy Conville Stahl in Verona, Pennsylvania

—August, 1970

I saw Carol Gidney last week and she was just brimming with all the news about the new hospital and the family nurse practitioner set-up. Congratulations on the way the pledges are coming in, and on the government aid! I also heard about the radio system from the centers to the hospital and the portable ones in the jeeps. That sure sounds great. I guess things have changed greatly in two years.

Matt is a real joy! He has dark blond hair and big blue eyes and four teeth now. He's valiantly trying to walk and doesn't do too badly as long as there's a chair to hang onto. He is 31 inches tall, weighs 25 pounds and just isn't much of a baby anymore at 9½ months old.

I've been working part-time doing private duty.

I think of you often, and frequently find myself "homesick" for Wendover.

. . . .

Wedding

Lynne Shade and Mr. Garhardt Kugler on August 8, 1970.
(See *Letters*.)

We extend our best wishes to this young couple for a long and happy life together.

. . . .

A Baby

Born to Mr. and Mrs. Edward E. Godfrey, Jr. (**Carolyn Coolidge**) of Arlington, Virginia, a daughter, Anne Louise, on July 19, 1970, weight 8 pounds, 9 ounces. (See *Letters*.)

. . . .

We know that the death of the well-known novelist, Frances Parkinson Keyes (Mrs. Henry W.), of Newton Center, Massachusetts, will have saddened a host of readers, both nationally and internationally. We extend our heartfelt sympathy to her granddaughter, **Sally Keyes Rettew**, and her family.

BEYOND THE MOUNTAINS

The annual Christmas Preview, sponsored by the Boston Committee of Frontier Nursing Service, will be held again this year at the Concord Country Club on Wednesday, October 21 and Thursday, October 22. We hope all our friends in the Boston area will put these dates on their calendars because we know they will find the Preview a delightful place to have lunch and do their Christmas shopping.

The FNS Board of Governors has accepted with pleasure the invitation of the Boston Committee to hold its fall meeting in the Boston area this year. The Board meeting will be held the afternoon of October 21, and the members will dine at the Concord Country Club and attend the Preview that evening.

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We have the honor of announcing that Dr. William P. McElwain, as Commissioner of Health of the Commonwealth of Kentucky, has consented to become a Trustee ex officio of Frontier Nursing Service, and that Dr. Keith W. Cameron, Medical Director of the Homeplace Clinic, and Dr. Harold D. Rosenbaum, Chairman of the Department of Radiology of the University of Kentucky, have consented to serve on the FNS Medical Advisory Committee.

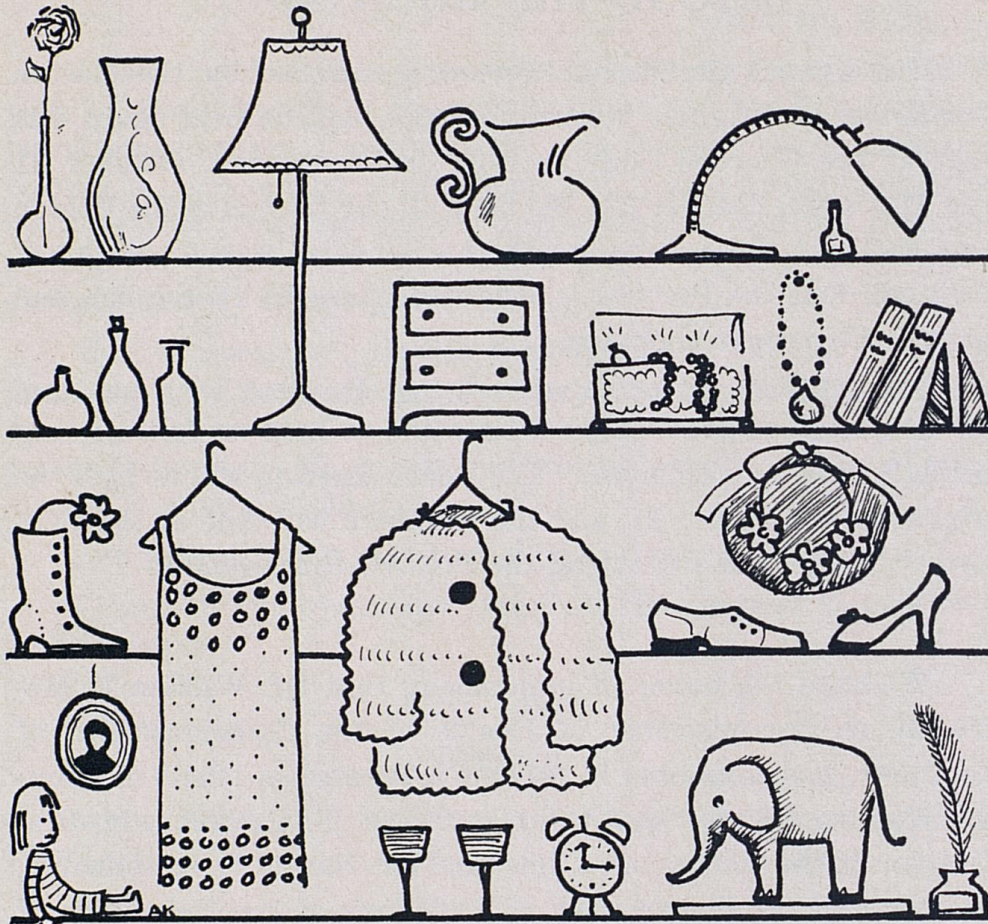
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Kate Ireland and Anne Cundle attended the Kentucky Premiere of "A Boy Named Charlie Brown" held in Louisville, Kentucky, on June 17, for the benefit of the Kentucky Association for Mental Health.

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We know her friends will be pleased to hear that, as this Bulletin goes to the printer, our Director is on a short holiday "beyond the mountains".

WHITE ELEPHANT



DON'T THROW AWAY THAT WHITE ELEPHANT

Send it to **FRONTIER NURSING SERVICE**
1579 Third Avenue, New York, New York 10028

You don't have to live in or near New York to help make money for the Nursing Service at the Bargain Box in New York. We have received thousands of dollars from the sale of knickknacks sent by friends from sixteen states besides New York. The vase you have never liked; the ornaments for which you have no room; the party dress that is no use to shivering humanity; the extra picture frame; the old pocketbook; odd bits of silver; old jewelry—There are loads of things you could send to be sold in our behalf.

If you want our green tags, fully addressed as labels, for your parcels—then write us here at Wendover for them. We shall be happy to send you as many as you want by return mail. However, your shipment by parcel post or express would be credited to the Frontier Nursing Service at the Bargain Box if you addressed it

FRONTIER NURSING SERVICE
1579 Third Avenue
New York, New York 10028

FIELD NOTES

Edited by
PEGGY ELMORE

Our deep gratitude and good wishes go to Mrs. Luise C. West of Lexington, Kentucky, upon her retirement at the end of June as secretary to our Treasurer, Mr. Edward S. Dabney, a post she had held for over forty years. Since Mr. Dabney became Treasurer of the FNS in 1947, Mrs. West has spent endless hours coping, as a volunteer, with Frontier Nursing Service business matters. We do miss her.

We are glad to welcome her successor, Mrs. Mary Rice, to the FNS family.

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During the summer Miss Browne and other members of the staff attended most interesting meetings of three of the local Committees—Beech Fork on May 20, Hyden on June 19, and Brutus on June 23.

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In the last issue of the Quarterly Bulletin we reported on the renovation of the oak barn at Hyden Hospital. Construction was held up during the truck strike this summer, and we are still awaiting some of the appliances and furnishings, but we expect the new staff quarters will be ready for occupancy in early September.

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In July, Dr. W. B. Rogers Beasley was sent to Turkey for three weeks by the Agency for International Development for family planning consultation with the Turkish Ministry of Health. Mrs. Beasley accompanied the doctor and on their way back through London they spent a day with old staff member Liz Palethorp.

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We have been most fortunate in having vacation relief for our physicians this summer. Dr. Anne Wasson of New London, New Hampshire, is spending a couple of months with us again this summer. In addition to helping with clinical practice, Dr.

Wasson took on all of Dr. Beasley's classroom work while he was in Turkey. We are pleased to announce that Dr. Wasson has recently become a Diplomate of the American Board of Family Practice and will be joining our staff permanently in December.

Dr. Richard Goldstein, who has recently completed a pediatric residency at St. Christopher's Hospital in Philadelphia, is spending four months with us. We were delighted to have Dr. Goldstein in the county to do physical examinations on the youngsters in the Head Start Program. In this project he was aided by two Pediatric Nurse Practitioners from the University of Colorado, Mary Alexander and Marie Scott.

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We are grateful to Dr. Glenn Bratcher of the University of Cincinnati for returning to Hyden in July, accompanied by another otolaryngologist and two audiologists, to check on the patients they had seen in the tonsil clinic at Hyden in April.

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The 60th Class in the Frontier Graduate School of Midwifery was begun on June 15, 1970, with four students. Mrs. Carmen Brady, Joan Illian and Pamela Love had all been members of the FNS nursing staff. They were joined by Mrs. Verla Cooper of Greenville, Pennsylvania, who is on furlough from the mission field in South America.

At the same time, the FNS began the revision of its educational program by admitting four students to an experimental course in Diagnosis and Management of Common Health Problems—Family Nursing I, which is now a prerequisite for admission to the School of Midwifery. During the Family Nurse I trimester, the nurse is employed on the staff of the Frontier Nursing Service and attends classes for approximately two hours a day. Opportunity for practical application of the classroom work is afforded by regular participation on the wards and in the outpatient clinic at Hyden Hospital and in the homes of the patients. The object of the Family Nursing I trimester is to produce graduates who are equipped to provide primary health care. This involves care for all the family's health needs, ranging from promotion and maintenance to diagnosis and management of certain well-defined diseases, and referral of patients for more specialized care whenever indicated.

The first Family Nursing students are Janet Austin, Sally DenBleyker and Judith Friend from our own staff and Sister Rosemary Homrick who was working with the Tufts-Delta Project in Mississippi before coming to Kentucky. These nurses will enter the Frontier Graduate School of Midwifery on September 15, as the 61st Class.

During the summer Gertrude Isaacs, the Nursing Director of the Family Nurse Practitioner Project, invited nursing educators from several universities to participate in a workshop in the field to discuss the future of the Family Nurse program. Participants in the workshop were: Beverly Bowns, Dr.P.H., the new director of the Family Nursing Program at Vanderbilt University; Loretta Ford, Ed.D., Chairman of the Community Health Department of the University of Colorado School of Nursing; Elizabeth Sharp, Dr.P.H., professor of midwifery at the Yale University School of Nursing; Catherine Dennis, M.D., an instructor of public health at Vanderbilt University; Alice Forman, M.P.H., of the Johns Hopkins University School of Hygiene and Public Health; and Maria Borseley, M.S. in Medical-Surgical Nursing, currently a doctoral student in Anthropology at the University of Kentucky. Their report is printed elsewhere in this Bulletin.

Although Miss Margaret Arnstine, Dean of the College of Nursing at Yale University and Dr. Luther Christman, Dean of the College of Nursing at Vanderbilt, were not members of the workshop, they both came to Kentucky in August and were of tremendous help to Trudy and the FNS.

The 58th Class in the Frontier Graduate School of Midwifery will complete their internship in September and Tamara Cyr, Carol Herron, Velma Lutz, Priscilla Osborn, Mary Ann Saylor and Susan Stanley will be leaving Kentucky. We are happy that the seventh member of the class, Lucille Lebeau, will be with us a bit longer. Lucille deferred her internship so that she might relieve at Red Bird while Elsie Maier and Skip Spell had the long holiday they had been planning for years. Lucille will be taking her internship with Mary Katherine Challman and Joan Corbin, the members of the 59th Class.

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The students in Family Nursing and Midwifery, and indeed

all of the nursing staff, are indebted to the physicians who have taken the time to come to Hyden to hold classes and seminars. Among these were Dr. Abram Benenson of the University of Kentucky, Dr. Jorge Deju, Director of the Division of Maternal and Child Health in Kentucky, Dr. A. J. Whitehouse of Lexington, and Dr. John S. Zelenik of Vanderbilt University.

It would have been difficult for us to get the new phase of our educational program under way and give vacations to some of our staff without the help of nurses and nurse-midwives who came to us for the summer. Sister Marie Stoeckler, Edith Anderson and Joyce Wiechmann returned to the FNS for several weeks. Judith Rottink, a nurse from Denver, Colorado, and Cynthia Stark, an L.P.N. from Morris, Minnesota, were at Hyden Hospital for most of the summer and Mary Ann Ruffing of Norwalk, Ohio, relieved at the Brutus Center.

Alice Whitman returned with Dr. Wasson and was of tremendous help with medical records. Two young graduates of Colby College, Susan Farrell of Braintree, Massachusetts, and Virginia Morse of Georges Mills, New Hampshire, worked as lab. technicians at the hospital.

And then there were our volunteers—without whom we could not exist. Mary Ruth Sparks returned for a month in the Hyden Clinic office and Agnes Lewis accomplished the miracle of making the Upper Shelf at Wendover habitable for the coming winter during her summer visit to Wendover. Priscilla Wade of Phoenixville, Pennsylvania, was a volunteer secretary for Trudy Isaacs and Dr. Beasley and old courier Nancy Dammann, on leave from AID, spent three weeks taking pictures for the FNS and helping Trudy with reports and proposals.

Three student nurses, Nancy Reid, Judith Stoner and Gayle West, gave us parts of their summer vacation. Henry W. Murray, a medical student from Cornell, spent a couple of months at Hyden Hospital, bringing up to date and tabulating Family Planning statistics. Hank is a member of the Student American Medical Association and was one of several doctors-to-be who spent the summer in Appalachia.

Three junior couriers arrived June 15—Frances Dennie Davis of New York, New York, Cynthia Gould of Pottersville,

New Jersey, and Laura Parrish of Paris, Kentucky. Cyndie and Laura were following in the footsteps of their older sisters! Jennifer (Jill) Crandall of Edenton, North Carolina, arrived in July and stayed on to help "break in" the new juniors who arrived August 1. These girls are Elizabeth Haire of Hillside, New Jersey, Ann Hopkinson of Gladwyne, Pennsylvania, Susan Rogers of Dedham, Massachusetts, and Rebecca Simons of Lanham, Maryland. Bonnie Reilly will be returning at the end of August as senior courier while Kate Ireland is on vacation.

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We are pleased to introduce the nurses and nurse-midwives who have joined our staff during the summer months:

Mrs. Rachel Clough, Halden, Massachusetts
Ellen Ehresman, Silver Springs, New York
Judith Floyd, Charlottesville, Virginia
Kristin Hill, Des Moines, Iowa
Julia Hussey, Indialantic, Florida
Virginia LaRoche, New Franken, Wisconsin
Barbara Ann Reich, Syracuse, New York
Barbara Ann Vincent, Manchester, New Hampshire
Jane Williams, Des Moines, Iowa

We are also pleased to announce that our old staff member Mrs. Mable Turner, will return to the FNS in early September as Director of Nursing Service at Hyden Hospital.

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We will miss the staff members who left this summer. Dorothy Hennings and Elizabeth Kindzerski plan to continue their education and Eve Chetwynd is off on a camping trip in this country before heading for her next port of call in her jaunt around the world—New Zealand. We are most grateful to Eve for staying in Kentucky for fifteen months instead of the six months she originally planned. Eve and Liz and Dorothy have come and gone before so we will hope to see them back again before too long. We will be sorry to say goodbye, in early September, to Sharon Nedrow who has been Social Service Secretary for the past two years.

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We have written many times of expanding the role of the nurse in our new educational program. Two of our senior dis-

strict nurses who will have extended roles in the FNS this fall are Elsie Maier and Mable (Skip) Spell. Although they will continue to live at the Red Bird Center and to carry some of the nursing work there, Elsie will be an instructor in the Frontier Graduate School of Midwifery and Skip will be involved with supervision of the nurses in the field.

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North, east, south and west—from all points of the compass—professional guests, friends of the Service, kith and kin of the staff—have visited the FNS this summer.

Among the professional guests were Dr. Nicholas Cunningham of New York; Dr. Adeoye Kolawole of Nigeria; Dr. E. M. Ferraz of Brazil; Dr. Shamin Afzal of West Pakistan; Miss Pranee Sakornpan of Thailand; Dr. Robert Reeves from the Cincinnati Children's Hospital and Dr. Archie Golden and his family from Baltimore; Miss Adanetch Kidane-Mariam from the Public Health College in Gondar, Ethiopia; Mrs. Winifred Pattison and Miss Lee Ballenger from Eastern State Hospital and School in Trevoise, Pennsylvania; and Mrs. Eva Marie Farrish and Miss Marion Hoffman, nurses involved in neighborhood health centers in Mississippi. All were interested in the work being done in Leslie and Clay Counties.

Old couriers Kathy Vance, Anne Guthrie and Rachel Greeley stopped by with friends and we also enjoyed glimpses of old staff members Mary Simmers, Greta Wiseman, Elda Barry and her friends, Dr. Mary Burchard and Miss Narka Nelson, and Dorothy Degnitz and Sandy Tebben, on leave from Nigeria.

Mr. and Mrs. Donald Reilly and their daughter Mary drove down from Wisconsin for a visit with Bonnie, and Priscilla Wade's mother, Mrs. W. Mifflin Large, was at Wendover for two nights before Pris left. Judy Friend, Sally DenBleyker, Tammy Cyr and Pat Sarge were among the nurses at Hyden and the centers who have had visits from their families. Mrs. Herman A. Ziel and Carol drove down to get Susan at the end of her courier term, Mrs. Elaine Simons and Ronnie drove Becky to Wendover, and Mr. and Mrs. Nelson Crandall and Wendy came by in late August to pick up Jill.

Ann Asbury, the field nurse for the Kentucky Commission for Handicapped Children, brought Miss Hannah Morgan and

Miss Margaret Curtis of Oak Park, Illinois, for an overnight visit. Dr. D. E. LaBore and Miss Virginia Ransdall of the University of Kentucky Department of Agriculture spent a day in FNS territory. Mrs. Luther Christman and Mrs. John Zelenik, both of Nashville, and Mrs. A. J. Whitehouse of Lexington, accompanied their husbands on a visit to FNS, and William J. Ford of Boulder, Colorado, was with us for about ten days while his wife was attending the Family Nurse workshop. And last, but not least, Anne Cundle and Kate Ireland have had a visit from Anne's young nephews, Robin and Timothy Pretty of Telford, England.

On the inside back cover of this Bulletin we have printed a picture we like of the road below Wendover, where it winds along the Middle Fork of the Kentucky River. The road may not look like this much longer. Part of the Wendover Road, beginning at the high school bridge, was black-topped last year and now it is proposed to black-top on almost to the front gate of Wendover. Coal mines are opening up in the area above us and it is necessary to have a wider road for the mammoth trucks which carry out the coal.

At the time the new Garden House was built at Wendover it was discovered that we were sitting on top of a geological fault and we were warned by engineers that we must never allow anyone to cut into the hillside near or below the Wendover buildings. If we did, we might find ourselves sliding straight into the river! For this reason the FNS gave the right of way for widening the road along all of its property line, except right in front of the Wendover buildings. Here the road will be widened by raising the roadbed instead of cutting into the hillside.

Progress is necessary but, still, it has been something of a traumatic experience to see the familiar contours of the old road disappear and to see the swinging bridge hanging (temporarily) into the river. One almost feels one needs signposts along the way to drive from Wendover to Hyden! Our ears have been assailed by bulldozer and chainsaw, by high-lift and grader, and we've all cringed more than once to see and hear the lovely old trees fall.

Brownie is already making plans to have us all spend some of our spare time this fall sowing fescue and transplanting day lilies to cover up the scars.

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S.C.M. stands for State Certified Midwife and indicates a nurse, whether American or British, who qualified as a midwife under the Central Midwives Boards' examination of England or Scotland and is authorized by these Boards to put these initials after her name.

C.M. stands for Certified Midwife and indicates a nurse who qualified as a midwife under the Kentucky Department of Health examination and is authorized by this Department to put these initials after her name.

FORM OF BEQUEST

For the convenience of those who wish to remember the Frontier Nursing Service in their wills, this form of bequest is suggested:

"I hereby give, devise and bequeath the sum of _____ dollars (or property properly described) to the Frontier Nursing Service, a corporation organized under the laws of the State of Kentucky."

HOW ENDOWMENT GIFTS MAY BE MADE

The following are some of the ways of making gifts to the Endowment Funds of the Frontier Nursing Service:

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or the principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

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The principal of the gifts will carry the donor's name unless other instructions are given. The income will be used for the work of the Service in the manner judged best by its Trustees.



FRONTIER NURSING SERVICE, Inc.

Its motto:

"He shall gather the lambs with his arm
and carry them in his bosom, and shall
gently lead those that are with young."

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas in Kentucky and elsewhere, where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwifery training schools for graduate nurses; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service, to obtain medical, dental and surgical services for those who need them at a price they can afford to pay; to ameliorate economic conditions inimical to health and growth, and to conduct research towards that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them, to cooperate with individuals and with organizations, whether private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

Articles of Incorporation of the
Frontier Nursing Service, Article III.

DIRECTIONS FOR SHIPPING

We are constantly asked where to send gifts of layettes, toys, clothing, books, etc. These should always be addressed to the **FRONTIER NURSING SERVICE** and sent either by parcel post to **Hyden, Leslie County, Kentucky 41749**, or by freight or express to **Hazard, Kentucky**.

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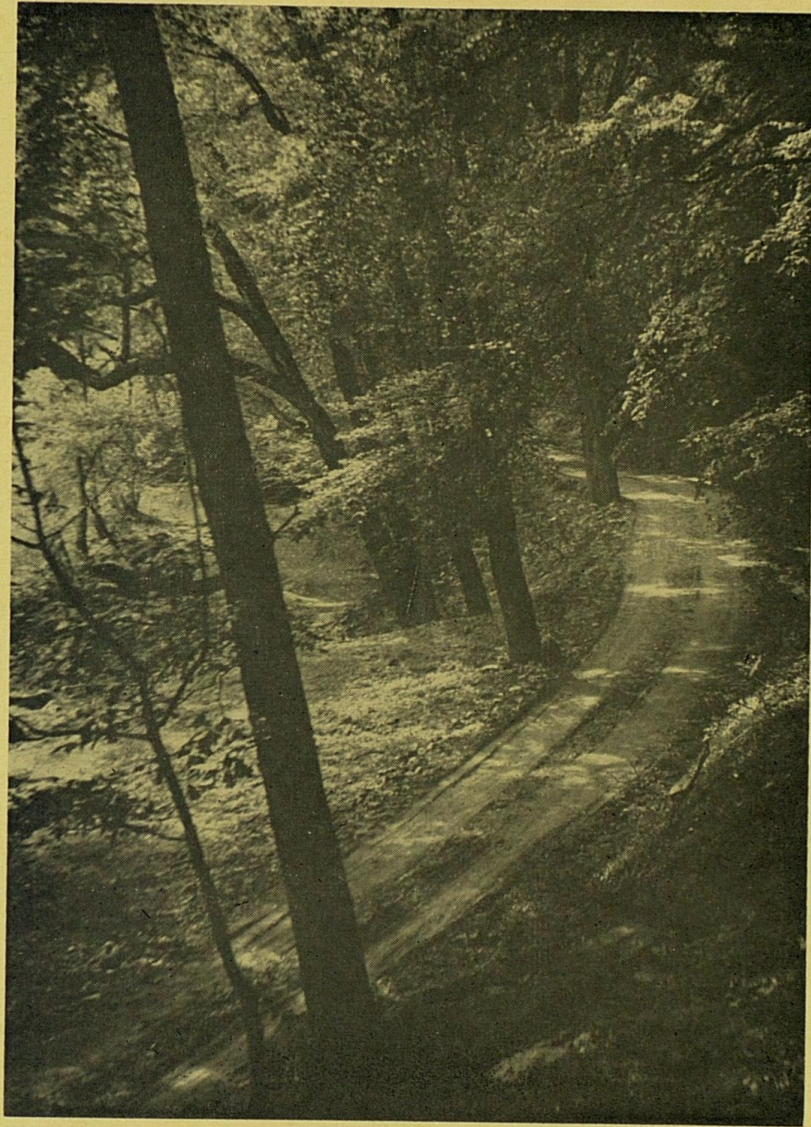
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can use old clothes of every kind and description
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send us all you can spare, winter or summer, includ-
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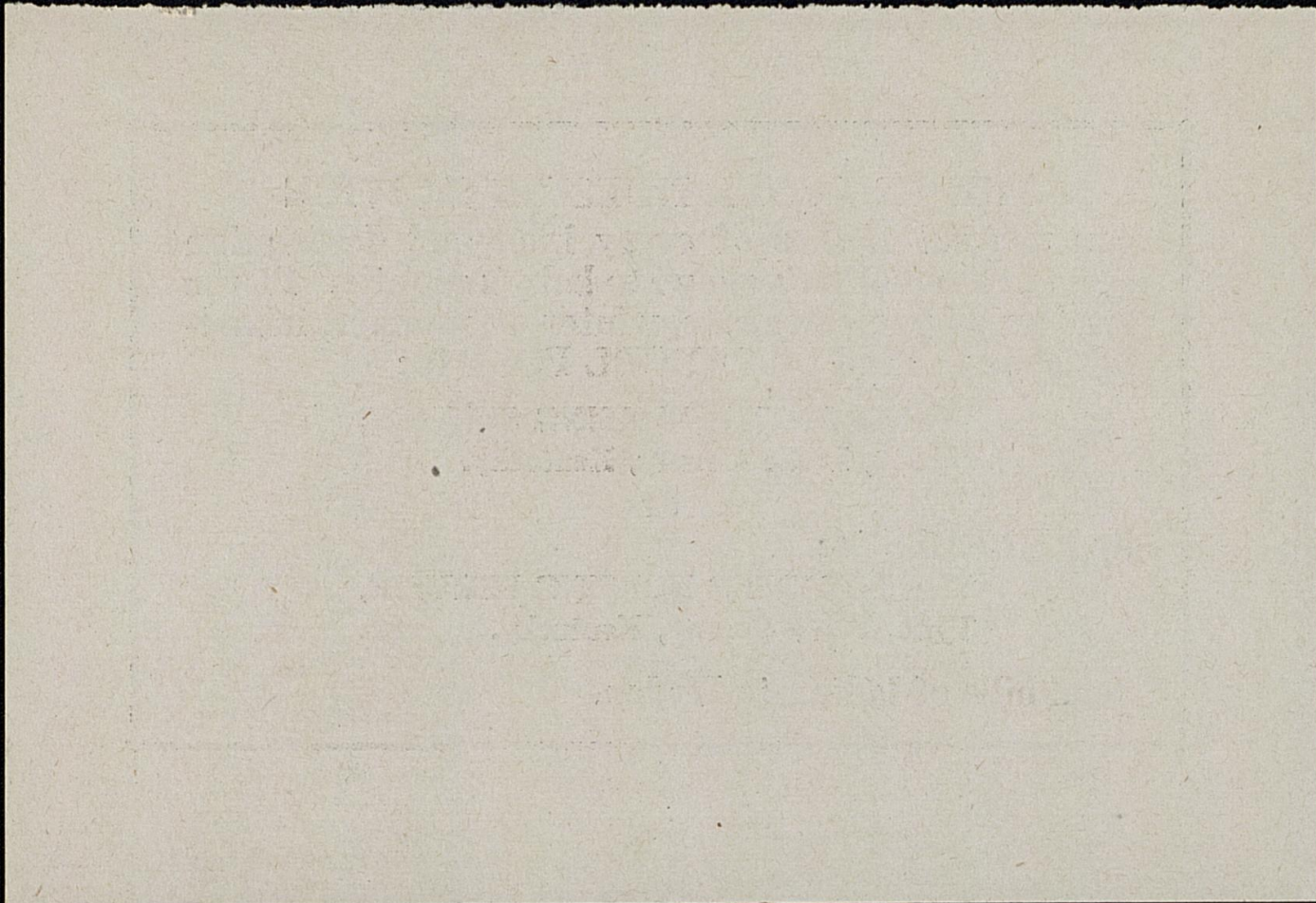
or

by **EXPRESS** to:

THE FRONTIER NURSING SERVICE,
Typo, Perry County, Kentucky.

Send bills of lading to Hyden.

Loose Item



Loose Item

