

# FRONTIER NURSING SERVICE QUARTERLY BULLETIN

VOLUME 48

SPRING, 1973

NUMBER 4



Rhododendron Time  
In the Kentucky Mountains



---

---

FRONTIER NURSING SERVICE QUARTERLY BULLETIN  
Published at the end of each Quarter by the Frontier Nursing Service, Inc.  
Lexington, Ky.

Subscription Price \$1.00 a Year

**Editor's Office. Wendover, Kentucky 41775**

---

VOLUME 48

SPRING, 1973

NUMBER 4

---

Second class postage paid at Lexington, Ky. 40507  
Send Form 3579 to Frontier Nursing Service, Wendover, Ky. 41775

Copyright, 1973, Frontier Nursing Service, Inc.



## CONTENTS

---

ARTICLE	AUTHOR	PAGE
Beyond the Mountains		27
Continuing Education		11
Editor's Note to Old Couriers and Old Staff		9
Field Notes		31
In Memoriam		25
Jeanne Marlene Wooton (Mrs. Jimmy Darrell Couch)	<i>A Photograph</i>	Inside Back Cover
Old Courier News		15
Old Staff News		23
On Leaving	<i>Judi</i>	2
Our Mail Bag		10
The Annual Meeting		7
The Board of Governors		14
Transportation Is a Problem: The Nurse Finds the Way	<i>Cynthia Sherwood</i>	19
Triumphant Parents	<i>Ruth Heinsohn</i>	21
Urgent Needs		3

### BRIEF BITS

Color Therapy	<i>The Colonial Crier</i>	28
Every Man . . .	<i>Paul Crume's Big D, Dallas Morning News</i>	17
Franklin's Milestones	<i>The Colonial Crier</i>	6
Grover (Verse)	<i>Mary Brewer</i>	29
Personal Call	<i>The Countryman</i>	22
Vacation Views	<i>The Colonial Crier</i>	35
Wary Whitesmith	<i>The Countryman</i>	20
White Elephant		30



## ON LEAVING

We came . . .

to care

to give you care

to give you of ourselves

But you have given us so much more—

for you have given us back

a sense of ourselves . . .

the freedom to live in fullness, sharing . . .

laughter

tears

wisdom

work

the timelessness of the hills . . .

. . . and of being

In giving of yourselves

we have discovered ourselves . . .

and each other . . .

Judi

5-4-73

on leaving FNS after  
three years



## URGENT NEEDS

It has long been our custom, through the pages of this column, to inform our friends of the most urgent needs of the Frontier Nursing Service and, because we have generous friends, many of these needs have been met by special donations for this purpose year after year.

We do not need to explain to any businessman or housewife that everything costs more today than it ever has before—be it labor, materials or equipment. Although we have had no major maintenance or replacement projects in hand during the last few months, we have—with Wendover, Hyden Hospital and the outpost centers—a continuing need for minor repairs and upkeep, for replacement of worn-out equipment—and your donations to help with these costs are always most gratefully received.

In addition there are three areas of need which must be met in the near future to which we would like to call your attention.

1. As you know, The Cabin at Wendover, the oldest building in the FNS, became unsafe because of the slipping, sliding ground behind and underneath it. The foundation was listing in four directions, the logs were pulling away from the chimneys, and the chimneys themselves had developed alarming cracks. The building has now been torn down and we are in the process of building an additional retaining wall behind the site of The Cabin to insure that the road to the Big House will not cave in. The work is being done by our maintenance staff, using stone taken from the chimneys and the foundation of the old building. However, we do have to meet the costs of re-enforcing for the wall, the cement and the labor and this expense is estimated at

**\$1,000.00**

Until the new retaining wall is finished, the old site cleared completely, and an expert evaluation of the site obtained, we will not know whether or not we can rebuild the Chapel on that location.

2. Frontier Nursing Service now has a fleet of some twenty-seven vehicles, including Jeeps, VWs, a car and a station wagon for patient transportation outside the mountains, and a truck



for the maintenance department. With that many "wheels", we always need replacement vehicles.

**The cost of a Jeep today is \$3,300.00.**

**The cost of a VW today is \$2,300.00.**

3. A most urgent need within the next few months will be the provision of kitchen and cafeteria equipment for the Mary Breckinridge Hospital. These furnishings are **not** included in the contract cost of the new hospital. The hospital will open with forty inpatient beds but the kitchen and dining facilities will also be used by on-duty staff and will be open to outpatients of which we see between seventy-five and a hundred a day. Our consultant dietitian has prepared a list of items needed for the kitchen and dining room, including in her list an estimate for replacement needs for the foreseeable future since it is much less expensive to provide for such replacement in the initial order.

#### FOOD SERVICE EQUIPMENT

30 doz. 9 <sup>5</sup> / <sub>8</sub> " Plates .....	\$ 308.70
30 doz. Soup Plates .....	355.80
15 doz. 6 <sup>1</sup> / <sub>2</sub> " Plates .....	195.15
60 doz. 5 <sup>1</sup> / <sub>2</sub> " Plates .....	780.60
40 doz. Teacups .....	611.60
40 doz. Saucers .....	520.40
6 doz. Sherbets .....	25.86
30 doz. 5 oz. Tumblers .....	47.40
30 doz. 8 oz. Tumblers .....	51.60
30 doz. 10 oz. Tumblers .....	57.60
12 doz. Salt & Pepper Shakers .....	26.64
20 doz. Fiberglass Serving Trays.....	1,040.00
4 Carts .....	208.00
1 Truck .....	66.48
30 doz. Knives .....	132.60
30 doz. Forks (dinner) .....	75.60
30 doz. Forks (salad) .....	68.40
60 doz. Spoons .....	87.00
20 doz. Soup Spoons .....	45.60
4 Roasters with tops .....	210.80
1 Dough Scale with scoop and weights.....	77.47
3 32 oz. Portion Scales .....	45.72



6 Thermometers (Cooking and Refrigerator) .....	17.11
8 Wire Whips .....	18.25
1 Timer .....	5.39
1 Egg Poacher (15 egg) .....	30.48
5 doz. Assorted Cooking Spoons.....	68.55
6 Bread Tongs .....	4.92
1 Kitchen Shears .....	3.30
2 Skimmers .....	2.28
4 doz. Spatulas (assorted sizes).....	12.38
6 Wire Strainers (assorted sizes).....	7.53
8 Mixing Bowls (assorted sizes).....	23.28
12 doz. Bun Pans .....	63.70
4 doz. Cake Pans, 9" .....	9.36
1 doz. Tube Cake Pans .....	70.08
2 doz. Loaf Pans .....	41.84
4 doz. Pie Pans .....	62.96
1 doz. Bake Pans (12 x 18).....	73.66
12 Sauce Pans (assorted sizes) .....	75.33
4 Stock Pots with covers .....	55.88
4 Pitchers, 2 qt. .....	15.44
4 doz. assorted Pastry and Vegetable Brushes .....	47.78
1 Edlund Can Opener .....	22.79
2 Colanders, 11 qt. .....	30.48
12 Cooking Forks (assorted sizes).....	47.16
32 Kitchen Knives (assorted sizes and kinds).....	66.63
8 Cookie and Dough Cutters .....	10.65
2 Cutting Boards .....	38.10
4 Double Boilers .....	105.40
2 doz. Napkin Dispensers .....	63.50
10 Cast Iron Fry Pans (assorted sizes) .....	43.52
4 Garbage Cans .....	82.28
17 Serving Spoons (assorted sizes) .....	71.20
30 Measures (from spoons to one gallon sizes) .....	57.41
2 doz. Scoops .....	36.19
12 Ladles (assorted sizes) .....	11.14
12 Servers (cake, pie and meat) .....	33.44
Steam Table Pans and Covers .....	407.36
Cleaning Materials, including mop pails, wringers, mop heads, dust pans .....	149.98



Assorted Small Utensils, including vegetable peelers, graters, scrapers, funnels, egg slicers, rolling pins, et cetera .....	50.00
TOTAL:	<u>\$7,075.73</u>

The above prices are based on a bid received from one supplier. Bids will be invited from other firms before the food service equipment is purchased. If any of our kind friends would like to make a contribution toward the purchase of this equipment, we shall be most grateful.

---

### FRANKLIN'S MILESTONES

Ben Franklin had so many accomplishments that it comes as little surprise to discover still another. The book, *Home Life in Colonial Days*, reports that Franklin himself placed all the milestones on the post-road from Boston to Philadelphia. Being Franklin, he added something new to the task. This was a cyclometer of his invention which whirred or clicked as he rode along in his "chaise" and told when a mile had been reached. Then Ben would reach for one of the heavy milestones carried in a cart alongside the chaise and drop it at the exact point. The setting would be done later.

This same book (which is not new) says that many of the milestones placed by Franklin are still visible near Stratford, Conn. It's something to look for on a vacation trip East if the expressways haven't taken over.

—*The Colonial Crier*, March-April, 1971  
Colonial Hospital Supply Company  
Chicago, Illinois



## THE ANNUAL MEETING

The forty-eighth annual meeting of Frontier Nursing Service, Incorporated was held at Spindletop Hall in Lexington, Kentucky, on Wednesday, May 23, 1973. Arrangements for the annual meeting were in the capable hands of Mrs. John H. Kerr, Jr. and Mrs. Carter Stanfill, co-chairmen of the Blue Grass Committee, and members of their Committee, and they had done a beautiful job. We are grateful to the University of Kentucky for allowing us to use Spindletop Hall, the faculty and alumni club, and to the management of the club who prepared a delicious luncheon.

Mrs. Jefferson Patterson, our National Chairman, had come from Washington to preside at the annual meeting and at the meeting of the Board of Governors which was held on Wednesday morning before the luncheon. The Invocation was given by The Rev. Moultrie McIntosh, Rector of Christ Church, Lexington, and the Minutes of the last meeting were read by the Secretary, Mrs. John Harris Clay. Mrs. Patterson introduced members of the Board of Governors present and some of our guests—Dr. Peter Bosomworth, Vice President for Medical Affairs at the University of Kentucky, Mr. W. W. Taylor and other members of the firm of Watkins, Burrows and Associates, architects for the Mary Breckinridge Hospital, Mrs. Victor Payton, a member of the Chicago Committee and their representatives at the meeting, our good friend, Miss Ruth Spurrier of the Division of Public Health Nursing, Dr. Frances Thomas, Associate Dean of Nursing at the University of Kentucky, and the new chairman of the Louisville Committee, Mrs. James Rawleigh (old courier Florence Booker). A moment of silence followed the reading, by Mr. McIntosh, of the names of Board members, Trustees, Committee and Council members who had died during the year.

The Treasurer, Mr. Edward S. Dabney, gave the Treasurer's Report and presented a budget, which had been accepted by the Board, of \$1,225,316 for the present fiscal year.

Mrs. Patterson welcomed the three new Trustees who were elected at the meeting—Mrs. Donald Jones (old courier Beth Burchenal) of Cincinnati, and Miss Betty Lester and Mr. R. B. Campbell, both of Hyden. Miss Kate Ireland reported on the



progress of the Mary Breckinridge Hospital; Dr. Peter Bosomworth spoke briefly to bring greetings from the University of Kentucky and to describe the functions of the new Health Sciences Advisory Committee which has been recently formed in Kentucky. Miss Browne introduced the Director of Medical Services of FNS, Dr. J. Huston Westover, who was so kind as to say that "no one could find a finer group with whom to work—or a more imaginative group" and who outlined some of the challenges which would face the FNS in the coming year. Miss Browne introduced the staff members present and reported on some of the activities of the past year.

The Trustees, members and friends of FNS were pleased to hear a few words from the National Chairman. Mrs. Patterson said, in part:

"It has been my custom, since becoming National Chairman of the Frontier Nursing Service in 1960, to limit myself to presiding at annual meetings such as this one . . . but I think I will allow myself to talk for a few minutes today to tell you about something that has never yet been mentioned at these meetings. When I was chatting with some members of the New York Committee recently, I found they knew little about the Board of Governors and they were interested in knowing more, and I feel their interest is not unique. So, as Chairman of that body, I think it is appropriate for me to tell you about them and about three other groups that support the Service. . . .

"The Board is divided into standing committees as follows: Nominating, Executive, Finance and Investment, Personnel, Long-Range Planning, Development, Education, and Building and Grounds. Perhaps you would like to know something about the people who direct our organization. You see their names published in our Quarterly Bulletins and you see some of their faces right here in this room but you probably can't guess the variety of their professions. We have four bankers, three doctors and one each of the following, in alphabetical order, college president, contractor, investment counsellor, lawyer, publisher, medical research technician, public relations and community development, manufacturer, postmaster and undertaker. Of these, three are our neighbors, Leslie County men. Others are from Berea, Boston, Cleveland, Lexington, Louisville, New York, Paris, Philadelphia, Pittsburgh, and Washington. . . .



"We also have one ex officio member who is vital to our meetings—Miss Browne, the Director. She has been with the Frontier Nursing Service for thirty-five years and succeeded Mrs. Breckinridge as Director. You will hear from her soon and I wish to pay tribute to her ability and vision. She keeps in touch with all sorts of government agencies and this is not easy in this day and age.

"Our Trustees, many of whom are here today, number eighty-one, and they come from seventeen states . . . So, although we operate only in this wonderful state of Kentucky, we are a national organization.

"And now we come to our life blood—our donors—who must be the most honest people in the world. Out of 1,867 pledges to the Mary Breckinridge Hospital and Development Fund, only one has not been paid that is due. The total amount given to the Mary Breckinridge Hospital and Development Fund is over three million dollars. . . .

"While listing the people who work for the FNS on the outside, Governors, Trustees, and donors, I would be very remiss if I did not mention those who work on the inside—the staff, many of whom give full time for a large part of their lives to the providing of medical and nursing care . . . which is our reason for being. Among the nearly two hundred employees there are four doctors, soon to be five, and seventy-five nurses, including trainees, and about fifty clerical workers, many of who are our own babies. Without them there would be no FNS. I salute them all."

---

#### **EDITOR'S NOTE TO OLD COURIERS AND OLD STAFF**

Your FNS friends are eager to have news of you so we invite one and all to write Wendover, letting us know where you are and what you are doing. We will be glad to share your news via the Quarterly Bulletin.



## OUR MAIL BAG

**From A Friend In Ohio:** Your need to make ends meet and your thrift in saving postage and paper appealed to me. I always have money to give. I feel one never misses what one gives and the blessings are twofold.

**From A WHO Visitor:** I think my faith in nurses and nursing has been renewed, having seen your nurses give primary care to the people in Leslie County. I only wish we could see the same dedicated service given in other parts of the world.

**From A Nurse-Midwife On Home Leave From Africa:** I am writing to say thank you so much for allowing me to come to Hyden Hospital for three months. It was a wonderful and worthwhile experience. I am especially grateful to the doctor and the nurse-midwives for their patience in teaching me new procedures. I feel you have a very fine midwifery school because of the individualized instruction and supervision given to each student in a wide range of experiences by these people. They surely are dedicated to their tasks.

**From A Guest From Michigan:** So much of the interest and excitement of the trip was a result of my visit with the Frontier Nursing Service. The objective and motivation behind the organization was so evident in all of those associated with it. People actually **wanted** to serve other people and to extend needed medical care in the best way possible to meet local needs. I do hope that I will be applying for a district nurse position and perhaps the Family Nurse program in 1974. Frankly, I feel the FNS has a lot to teach me both medically and in the manner in which it delivers medical care. Hopefully, I would have something to give the FNS in return.

**From A Visitor From Johns Hopkins University:** My visit to the Frontier Nursing Service was truly an inspiration. The concept of the family nurse-midwife is peculiarly exciting to me, primarily because of the potential role she could play in health care in rural areas of developing countries. One of the serendipitous aspects of my decision to study in the area of health care delivery is the discovery of a definite humanitarian bent among a number of people working in this area.

**From A Friend In Pennsylvania:** The Winter Bulletin was so interesting that I read it almost cover to cover. I wish I could give more.



## CONTINUING EDUCATION

For many years Frontier Nursing Service was dependent on its own resources for many things—including the continuing education of its professional staff—because of its physical isolation. Any health professional who made the long trip into the mountains to see us was apt to find himself lecturing to the staff or consulting about patients. Now, with better roads in the area and vastly improved highways to the “outside”, continuing education for our staff is much more readily available—and the physicians and nurses are eager to take advantage of the opportunities offered. We will let the students in our educational program tell you of some of the seminars and workshops they have attended within the last four months:

### **From Sylvia Hostetler and Mary Hermiz:**

Does FNS give in-service programs? Sometimes it offers something better—the privilege and opportunity of attending seminars or symposiums given at nearby medical centers which provide opportunities for students and staff to be exposed to current management of complicated subjects. One such occasion was on February 22 when St. Joseph’s Hospital in Lexington invited us to their first Annual Symposium on Ischemic Heart Disease.

Topics such as the medical and surgical treatment of Ischemic Heart Disease, its complications and their management, and special diagnostic procedure such as cardiac catheterizations were discussed by well-known cardiologists and cardiac surgeons. Much of what we had learned previously about this subject was reinforced and we were brought up to date about newer and better concepts of management, especially surgical management.

### **From Betty Mulder:**

Since nursing and medicine will never be at a standstill, its practitioners and advocates must keep up with the surge ahead. Such was the purpose of the nursing seminar held at the University of Kentucky February 28 through March 2. The seminar, “Nursing Measures in Chronic Obstructive Respiratory



Diseases", was conducted by Miss Gayle Traver, an instructor in the College of Medicine and assistant professor in the College of Nursing at the University of Arizona, and was attended by some seventy-five nurses, including FNS students and staff from the districts, emergency room, clinic and general ward at the hospital.

The seminar was very well presented and each of us felt we had learned many new things in the care of respiratory patients and had received additional instruction and guidance in some areas with which we were already familiar. Throughout the seminar we were challenged to make practical use of the information obtained, and we have already begun to do just that.

**From Susan Grosser, Kathy Marquis, Diane DuPont and Sheila Wright:**

Dr. Wasson invited four of her students from Family Nursing I and one of the clinic supervisors to go with her to the Eastern Kentucky Spring Seminar held at Jenny Wiley State Park in Prestonsburg, Kentucky, the week end of March 10-11. This program was ably coordinated by Dr. Ballard D. Wright, Director of Anesthesiology and Medical Director of the Cardio-pulmonary Laboratory at the Highlands Regional Medical Center.

The lectures dealt with various aspects of the care of the patient with chronic obstructive pulmonary disease. Included in the program were eight lectures as well as several practical workshops. The main address was given by Dr. Gunnar Stom of Upsala, Sweden. Using illustrative slides, he described in some detail the research exercise on patients with heart and lung disease. We were most grateful to have the opportunity to attend this fine conference without charge, and to listen as each of the guest lecturers discussed pulmonary disease and presented various practical applications of present knowledge and methods which could be used by the general practitioner.

**From Liz Dickey:**

On March 21 and 22, two staff members and five Family Nursing I students accompanied Dr. Wasson to the 19th Annual Symposium on Cardio-Vascular Diseases held in Louisville under



joint sponsorship of the Kentucky Heart Association and the University of Louisville. Many distinguished speakers refreshed our concepts of heart and vascular disease, and added the newer aspects in treatment to our reservoir of knowledge. We returned to the mountains eager to practice and share our new skills with patients and co-workers. However, we are all trying to figure a way to reduce the work load of the heart when one climbs uphill. Any suggestions?

**From Sheila Wright:**

Two of us in the present Family Nursing I class are already midwives. Our purpose in coming to FNS was to participate in the first trimester and gain experience in the basics of diagnosis and treatment of disease. Midwifery is not, of course, included in the first trimester, but there have been opportunities to join with the midwives in attending obstetric and gynecology conferences. I have been grateful for the opportunity to keep in touch with the midwifery side of my work. I especially enjoyed a short visit to the conference on Pregnancy Complications at the Continuing Education Center at Lexington.

**From Marion James:**

As a district nurse, I had worked with a five-year-old girl, crippled from birth from cerebral palsy. The child was unable to walk but was quite normal intellectually. After I entered Family Nursing I, I had the opportunity of following her more closely as she went to Cardinal Hill Hospital in Lexington to be fitted with braces and crutches. Previous evaluations pointed to this age as the ideal time for a child with this problem to undertake learning to walk. Irene had to spend nine weeks in the hospital for fittings and physical therapy. Her expenses were subsidized by the Commission for Handicapped Children, which is housed at Cardinal Hill. Miss Sarah McCormack, social worker for the Commission, welcomed the child's mother and myself when we drove down for a visit. I was treated to a tour of the facilities and a discussion of the operation of the Commission which has worked with the FNS over many years. Because of their continuing assistance, one more child is able to walk and will soon become a schoolgirl.



## THE BOARD OF GOVERNORS

The Board of Governors of Frontier Nursing Service held its spring meeting at Wendover the week end of April 6, 1973, with nineteen of the twenty-four members present. The National Chairman, Mrs. Jefferson Patterson of Washington, D. C., arrived on the Wednesday, Miss Freddy Holdship came down on Thursday, and other members arrived on Friday afternoon or in time for the meetings of the various standing committees of the Board which were held on Saturday. Members were given the opportunity to visit the hospital, the new hospital site, and an outpost center.

Following dinner at Wendover on Saturday evening, Dr. Anne Wasson moderated a panel discussion, by students and staff, of the Family Nurse program. Participating in the panel presentation were Marion James and Sheila Wright, representing Family Nursing I, Jo Hanson, Family Nursing II, Barbara Kinzie, Family Nursing III, Janice Kersgaard and Judith Floyd, representing the hospital and district, respectively, and Archie Bennett, the pharmacist, who discussed his system for the dispensing and control of medications which the nursing staff are allowed to prescribe under Medical Directives. Dr. Wasson demonstrated some of the recently acquired teaching aids which are used by the students for class and independent study.

The formal meeting of the Board was held at Wendover on Sunday morning.

The FNS staff are always pleased to meet and talk with members of the Board of Governors in the mountains once a year, and to show them at first hand what we are doing. This year we also had the pleasure of entertaining Mr. Morris Cheston who came with Mrs. Cheston to the meeting, and Mesdames John Kerr and Thomas Nuzum who accompanied their husbands. It was good to have the wives of two of our Hyden members, Mesdames Fred Brashear and Eddie J. Moore, with us on the Saturday evening.



**OLD COURIER NEWS**

Edited by  
JUANETTA M. MORGAN

**From Cherry Forbes Wunderlich, Bethesda, Maryland**

—March 13, 1973

It's been good to hear so much about the progress of your projects, especially the new hospital and the family nursing project. Our interests are largely in the area of health care also as John does immunology research and I'm involved with a group that gives childbirth preparation classes. We have two little boys—Eric, born in 1970, and Mark, born just a month ago.

. . . .

**From Wendy Vaughn Carter, Guilford, Connecticut**

—April 4, 1973

I've been meaning to write but find that being a newlywed and a working girl doesn't leave much time for correspondence! Yes, I did graduate from Cornell and am now a full-fledged R.N. I'm working only three days a week at a hospital in Middletown, Connecticut, as I have a full-time job as a farmer's wife! George is a dairy farmer and next year we are moving to Virginia as we have just bought a farm in Culpepper.

. . . .

**From Marion Shouse Lewis, Marrakesh, Morocco—March 4, 1973**

This is a fascinating country—lots of camels and donkeys and fine pairs of horses drawing open carriages. There are few cars, except in the cities. We drove from Tangier to Fez and then on here via Beni-Mellal. We are off tomorrow to Casablanca, Rabat and back to Spain next week.

Barcelona, Spain—April 1, 1973

Thus far our trip has been delightful. It was lovely to re-visit Portugal and to see parts of it that we had missed before. We hired a car in Lisbon and drove down to Algarve and then over into Spain. On April 3rd we fly to Mallorca for a few days and then to Vienna, Austria, where we'll get a car and drive through Austria, Germany and Holland.



The Hague, Holland—May 7, 1973

We were fortunate enough to arrive here just as the tulips were at their height. Our hearts and minds are overflowing with the beauty of all we've seen—fields of hyacinths, jonquils and tulips and fruit trees in bloom, all backed by green fields dotted with cattle, horses and sheep; fenced with blue canals and the windmills turning against an azure sky. We're going to a Delft factory this afternoon and tomorrow on to Rotterdam and to England on Thursday.

. . . . .  
**From Berit Pratt, at Wendover, to Mrs. Robert A. Lawrence  
(old courier Patsy Perrin) in Westwood, Massachusetts  
(printed with permission) —April, 1973**

I am really enjoying my work as a courier here with the FNS. There are two other couriers aside from myself, both of whom are great fun to be with. Each day we start off by watering and grooming the horses. Then we take the jeeps and go grocery shopping, run errands, et cetera. When we haven't a lot to do during the afternoons we like to go riding. There are three horses, a mule and a pony. Each Wednesday we make rounds to all the outpost centers to deliver supplies, medicines and office mail. One of us goes on little rounds to Wooton and Wolf Creek and the other two go on big rounds to Brutus, Red Bird, Flat Creek, Beech Fork and back to the hospital. This usually takes all day.

Right now I am at the Beech Fork outpost for a week doing a time study. Each courier spends one week doing a time study on a nurse, which is necessary for the medical records office. I am responsible for going with the nurse on all of her daily visits, to record how much time she spends doing them. For the courier, it is a really good opportunity to get to know the people who live here. I am quite interested in exactly what the nurse does, as I am going into nursing, and this experience is giving me one of the closest looks I've ever had into nursing. I like living at Wendover, yet I am also enjoying my stay here at Beech Fork.

Spring must be one of the prettiest times of year to be in these mountains. The first week I was here it was just beautiful every day—warm and sunny with so many wild flowers blooming.



It was quite a change from the Boston weather I left behind! I was sure spring was here to stay and I was so surprised to wake up one morning to find it snowing! I believe this region of eastern Kentucky has the most species of trees in all of North America. The bird population is also exciting and the stargazing is magnificent.

I am very grateful to you for all you did to interest me in the FNS and to encourage me to be a courier. I wanted you to know that I'm having a great time here.

. . . . .

#### A WEDDING

Miss Polly Beckwith of Earlysville, Virginia and Mr. David Lee Hawkes of Charlottesville, Virginia, on April 21, 1973.

Our very best wishes to this young couple for many years of happiness.

---

#### PAUL CRUME'S BIG D

Every man in his perilous journey through life runs into great crises such as getting born or getting married, and he has to face them with courage. I met another roadblock recently. "You will have to go into bifocals," the doc said.

"Does that mean I will be able to see twice as good?" I asked.

"Not really," he replied. This is a typical doctor reply. They won't tell you how bad off you are because you might get discouraged and not come back.

Anyhow, I got the bifocals and started to step down from this curb which was about three feet high. Six inches down my foot jarred into something and pitched me backward. I knocked down an elderly lady, who got up and ran off like a schoolgirl,



and landed at the feet of a gentleman. When I looked up, he had two domes on his head.

"Have you been drinking?" he asked icily.

"I can't even see," I told him.

"That is obvious," he said, and walked off in a high and mighty manner.

Well, I finally got home by putting a foot down to test the depth of every curb and raising the glasses occasionally to get a glimpse of the familiar foggy world.

I looked at our house, and the roof was all bowed up in the middle.

"The darn rain has warped the house," I exclaimed indignantly, and I went to get the level.

I have this long mason's level which I inherited when a bricklayer working at the place ran off in a hurry because his overtime was running out.

I put this big level to one of the eaves, but it didn't prove anything because the level was bowed up in the middle also. A neighbor came over and I explained my problem, and he gave me a peculiar look. He said there wasn't anything wrong with my roof.

"Have you got the mumps on your left jaw?" I asked him.

His face took on a kind of wild look, and he ran off.

I finally figured out what was wrong. I bent down and looked at the house upside down, and the roof was sagging in the middle. Obviously it was the new spectacles.

After all, I'm very smart. You can't fool me long even with my own eyeglasses.

Anyhow, my experience indicates that I should pass on a few words of advice about bifocals.

The first thing is to realize that all the world is slightly bent for a bifocal viewer.

At all times, keep your head on straight. If you tilt it or bend it at the wrong time, wonderful apparitions will appear before your eyes and seem to be true. At times, you can see a wife who has two heads and two bodies but only one pair of feet.

And if you see a bunch of buildings that you didn't know were on your street, don't worry. They have been there all along.

—Paul Crume's Big D,  
*Dallas Morning News*, March, 1973.



## TRANSPORTATION IS A PROBLEM:

### The Nurse Finds The Way

by

CYNTHIA SHERWOOD, R.N.  
Hyden District Nurse

Many people today are saddened as they sit back and watch innovations invade their lives and new ways replace the old. However, not everyone is affected by changing times. Up in the hills, changes often come slowly.

Chester's daughter was at the reception desk in the Hospital when I first met her. She told me that he was having chest pain and was smothering and asked me to come and see him.

"We tried to get him here on the horse," she said, "but he said he couldn't make it."

"Yes, I'll come", I answered. "Can you give me directions to his house?"

"He lives up at the head of Blue John Hollow off Asher's Branch."

"I know the place you mean. I'll come as soon as I can."

About an hour later I arrived at the miry mouth of Blue John Hollow, fully equipped to conquer anything I might encounter. I stopped at the house at the mouth of the hollow to double check my interpretation of the directions I had been given. I find this to be a time-saving practice! I had the right path and Chester lived the third house up . . . "couldn't be more than a mile."

I thanked the lady for her help and turned my face toward adventure. (Every day in Kentucky seems to be an adventure.) The gently falling snow soon became lost in the already ankle-deep mud and numerous rivulets. Armed with the FNS MEDICAL DIRECTIVES under one arm and ten pounds of medical tools under the other, I began my trek upward.

In the third house I found Chester still having chest pain. Examination suggested heart trouble. The daughter accompanied me to a neighbor who had a telephone, thus enabling me to call the hospital for advice. The clinic nurse left no doubt what action I was to take: "I don't care how you do it, but get him in to be seen by a doctor today."



Wading back to the house I contemplated the use of a horse and coal sled I had seen earlier. Coal sleds are varying sizes of wooden "boxes" fastened onto two wooden runners.

Wrapped in quilts and blankets, Chester was buried from the inclement weather, and the horse pulled his precious cargo carefully down the hollow. A quick transfer to the jeep made it possible to complete the assignment of getting the patient to the doctor.

Chester was hospitalized, but will soon slide back home by the same method of transportation.

---

### WARY WHITESMITH

A smith of above average skill and able to tackle small engineering jobs was described on his workshop sign as a whitesmith in my native Derbyshire town. One such was asked to repair an old muzzle-loading shotgun. Having detached the stock he was about to put the barrel in the forge to loosen rust on the screw threads, when he paused to take out the ramrod and probe the bore. 'You need not trouble to do that, it's not loaded,' said the client. 'It's been standing inside our grandfather clock for more than forty years.' But there was a difference of three or four inches between the inside and outside measurements and in silence the smith bored out a wad, a charge of large shot, gunpowder and another wad. If he had heated the gun barrel without making sure, there would have been a tragedy for he had been holding the gun barrel by the muzzle.—*Hubert Harrison, Wilts.*

—*The Countryman*, Autumn 1972, Edited by Crispin Gill, Burford, Oxfordshire, England.



## TRIUMPHANT PARENTS

by

RUTH HEINSOHN, R.N.

Senior Student, Frontier School of Midwifery and Family Nursing

The third trimester is almost finished and the five of us senior students are striving for skills in this challenging profession before we will be called nurse-midwives.

Ann Hamel, the hospital midwife, and I have had the splendid opportunity of working with the psychoprophylactic method of childbirth. Have you heard of this? It originated with the Pavlov Method, a Russian technique of natural childbirth based on conditioned-reflex theories. Pavlov was the physiologist who trained the dog to salivate with the ringing of a bell. Dr. Fernand Lamaze, a French physician, introduced and modified the method for the western world. The expectant parents are given an understanding of the working mechanisms of their bodies and prepared for the birth of their child. The mother builds mental and physical conditioned reflexes which enable her to overcome fear, to participate actively, and cope with the delivery of her child, needing little or no medication. The husband attends classes along with his wife, learning how to coach, breathe and keep his wife relaxed, giving her support during labor.

Ann and I met seven times with an enthusiastic couple, starting in the twenty-eighth week of the pregnancy. During these meetings we went over relaxation exercises to be practiced daily together as a husband and wife team, since it is the husband's special job to make sure his wife stays relaxed. We also went over the breathing techniques that they would be using during the different phases of her labor and delivery.

One night during the mother's fortieth week, labor began suddenly and progressed exceptionally fast for this young primagravida. Her husband was allowed to stay at her side the entire time—offering valuable support. After four hours and twenty minutes of breathing and then pushing, the parents joyfully welcomed one of God's precious gifts of love—their eight pound four and a half ounce baby daughter—fully “awake and aware”. The mother was allowed immediately to cuddle and



breast feed her child since the infant was vigorous and healthy, and not depressed by medication. Both parents beamed with love as they began to assume one of life's biggest responsibilities.

---

### PERSONAL CALL

The ear-piece of my holiday landlady's old-fashioned telephone crackled as the operator got his racing results out of the way, and a kindly Kerry voice asked, 'What number would ye be wanting now?'

'A personal call to Mrs. Chard, Tralee 201, Please.'

He considered. 'I'll have to keep ye waiting a bit for Tralee. They're very busy with all the Rose hurroosh, but I'll do me best. Would ye be wanting me to tell her who ye are?' I gave my name. 'I'll be calling ye the very minute I have her', he assured me, and rang off. Before long he was back.

'Not a bit of trouble tonight. They must be all having their tay. But Mrs. Chard isn't available. There's a fella at the other end says he's her husband and will ye speak to him?' I said I would.

A few minutes later I cranked again to inquire the cost of my call. I could hear muttered calculations: 'Three minutes . . . evening rates . . . personal . . .'—his voice rose a tone—'but then she didn't get Herself'. A further pause while he subtracted the personal charge. 'Three and threepence, ma'am, I make it. But sure wasn't it worth it for ye to get the loan of the caravan off them?'

—*The Countryman*, Summer, 1967, Edited by Crispin Gill,  
Annual subscription for American readers \$5.50  
checks on their own banks.

Published quarterly by *The Countryman*,  
23-27 Tudor Street, London, E.C. 4.



## OLD STAFF NEWS

Edited by  
EILEEN H. MORGAN

### **From Mrs. C. F. Buck, mother of Mary Buck—May, 1973**

You might be interested to know that Mary is in California getting her master's degree this year and working part time at a Family Planning clinic in San Rafael. She hopes to find a full-time job in that kind of work.

I enjoy reading the Quarterly Bulletin and still find a name now and then of some of the folks I met when I visited during Mary's year there.

. . . .

### **From Marian F. Cadwallader in Atlanta, Georgia**

—March, 1973

Hannah Mitchell was recently invited to the World Health Organization in Geneva to participate in a program on the indigenous midwife and family planning. As it turned out the group of 30 nurse-midwives from many countries seemed to be more interested in the film *All My Babies*, for which Hannah and I were technical consultants, as well as in the revised Derryberry Evaluations of Local Midwife Activities, which I designed while I was still the Maternal Health Consultant in Georgia.

I was happy to see Brownie again in Washington at the ICM meeting and to share the banquet with all of you.

. . . .

### **From Pam Love in Quito, Ecuador—April, 1973**

I got word today that our midwifery school is accredited. That is wonderful! I am glad the ACNM realized what a great school the FNS has. I was just thrilled to read the message! After working with people from other midwifery schools and listening to what was being said about the different schools by people either involved as educators or students, I *knew* without a doubt that our students get much more than the others. Degrees aren't everything and I will be so glad when the trend in nursing changes. It is so important to get the book learning



but much more important to be able to *do* the things and to manage situations practically.

Because of the death of the father of the Group House manager, I am filling in here in Quito until June. When I do get to the jungle the plan is that I will cover all midwifery, so I expect this will be a good experience.

. . . . .

**From Elsie Maier in Oicha, Zaire—May, 1973**

I left Aba the 16th of January to go south into the forest area called Oicha. This is a densely populated, Swahili-speaking area, so my language difficulties began all over again. The AIM Oicha Hospital sees over one thousand patients a day in the dispensary and has over one hundred deliveries a month. I was asked to relieve for a missionary's vacation. My main responsibility was the maternity work as well as caring for the women referred to me by the African nurses in the dispensary. I had many challenging OB cases (such as cephalo-pelvic disproportion, amniotic fluid embolism, hydatidiform mole, incomplete abortions, etc.); in fact, I consulted the doctor by radio almost every day. Miss Jean Schram, who is the nurse in charge of AIM's leprosy work, came to my rescue in translating patients' history and complaints. I was even able to hold rewarding midwifery classes with the staff almost every week with Jean translating for me.

Kentucky surely seems far away, but it is awfully close to my heart. I hope all is going well. I will have so much to catch up on when I return.

[*Editor's note: Elsie plans to return to the FNS staff in August, 1973.*]

. . . . .

**NEWSY BITS**

**Joan Fenton** received her master's degree in nursing from Catholic University on May 12, 1973. She writes:

"Saturday I finally graduated from C.U. It hardly seems possible. The weather was beautiful and the ceremonies were excellent but short."



## In Memoriam

MR. B. C. BOWLING  
Creeksville, Kentucky  
Died in May, 1973

MR. NEIL McELROY  
Cincinnati, Ohio  
Died in December, 1972

MRS. M. HERBERT EISENHART  
Rochester, New York  
Died in October, 1971

MISS LULU MORGAN  
Wendover, Kentucky  
Died in December, 1972

MRS. HOWARD M. HANNA  
Santa Barbara, California  
Died in April, 1973

MISS FLORENCE O. PADGETT  
Marshfield, Wisconsin  
Died in November, 1972

MISS LILLIAN A. HUDSON  
New York, New York  
Died in December, 1972

MRS. DAVID PREWITT  
Lexington, Kentucky  
Died in February, 1972

MISS FLORENCE L.  
KNEBELKAMP  
Louisville, Kentucky  
Died in January, 1973

MISS JEAN RAMSAY  
Detroit, Michigan  
Died in January, 1973

MR. ROSS W. SLONIKER  
Cincinnati, Ohio  
Died in February, 1973

A good life hath but a few days; but  
a good name endureth for ever.

—Ecclesiasticus XLI, 13

As the years roll by we must accept the giving up of some of those friends who have supported our work since its early years. Trustees who have died are **Mrs. Howard M. Hanna** of California, a generous supporter of our work and a real friend; and **Mr. Ross W. Sloniker** of Ohio who had a first-hand knowledge of the needs in eastern Kentucky. During his lifetime he enlisted support for our work from his friends and associates.

**Miss Lillian Hudson** was a charter member of our National Nursing Council and kept up her vital interest in our work by attending the annual meetings of our New York Committee.

**Mrs. M. Herbert Eisenhart** of Rochester, New York, **Mrs. David Prewitt** of Lexington, Kentucky, and **Mr. Neil McElroy** of Cincinnati, Ohio, had each served on the FNS Committee in their cities. **Miss Lulu Morgan** of Wendover, Kentucky, was a member of our local committee and will be remembered by many couriers and staff members who were here during the years she was a



cook at Wendover and cheered us on our way with her lovely laughter.

As we go to press, we have learned of the death of **Mr. B. C. Bowling** of Creeksville, Kentucky. Mr. Bowling formed a committee when the work started at the Caroline Butler Atwood Nursing Center on Flat Creek in 1929, and he has served as chairman of this committee throughout all these years. We will be forever grateful to him for the many services he rendered the FNS during his long life.

**Miss Jean S. Ramsay** of Detroit was a good friend who, each year, read with real interest our Urgent Needs column and carefully chose those items she wished to contribute. We are most grateful for the generous legacy she left us to help with the work. Two other friends who remembered the FNS in their wills are **Miss Florence Knebelkamp** of Louisville, Kentucky, and **Miss Florence O. Padgett** of Marshfield, Wisconsin.

Our deepest sympathy goes to the family and friends of each of these generous-minded individuals.

Whene'er a noble deed is wrought,  
Whene'er is spoken a noble thought,  
Our hearts in glad surprise  
To higher levels rise.

The tidal wave of deeper souls  
Into our inmost being rolls,  
And lifts us unawares  
Out of all meaner cares.

Honour to those whose words or deeds  
Thus help us in our daily needs,  
And by their overflow  
Raise us from what is low!

—Longfellow



## BEYOND THE MOUNTAINS

**March:** Mable Spell (Skip) attended a seminar in Atlanta, Georgia, arranged by the Southern Regional Education Board. Representatives from many southern states met to think and discuss nursing education and nursing practice.

Kate Ireland showed the film, *THE ROAD*, and spoke to the students at the Maclay Day School in Tallahassee, Florida.

Gertrude Isaacs and Alice Westover have made several trips to Washington to meet other participants in the PRIMEX program, which is designed to evaluate the Family Nurse who is being prepared at various centers in the country.

**April:** Helen Browne and Jane Leigh Powell were in Philadelphia on April 11, to attend the Chinese Auction arranged by our Philadelphia Committee. Once again members of this Committee, under the chairmanship of Mrs. Ernest von Starck, are to be congratulated on the success of the evening.

The next day Jane Leigh drove Helen Browne to Washington to meet with a group of women interested in home care of families in the District. Mrs. Thomas C. Dillon, an officer in the District of Columbia Chapter of the American Red Cross, had invited the director of the Visiting Nurse Association, a representative of the Regional Medical Program, a nurse-midwife and members of the National and local ARC Chapters to discuss the areas of need for health care in the District. It was a stimulating afternoon and Mrs. Dillon took us to her home for dinner and the night.

On April 14, Brownie went with Mrs. Jefferson Patterson, FNS National Chairman, to the annual meeting of the National Society Daughters of Colonial Wars at the Mayflower Hotel. Brownie was the luncheon speaker. Many of the members present had visited the FNS in the fall of last year and they were all interested in hearing about the progress of the new hospital, toward which they have given generous support.

Late in the afternoon, Brownie flew back to Ken-



tucky, with a real feeling of gratitude to all those friends who had helped make a quick trip out of the mountains go so smoothly and for the hospitality given by generous friends of FNS.

**May:** Kate Ireland and Helen Browne attended the annual meeting of the Appalachian Fund affiliates in Berea, Kentucky. The meeting gave us an excellent opportunity to hear of the work being done by other groups who are helping people to help themselves.

---

### COLOR THERAPY

We are all sensitive to color. It affects what we eat, the clothes we wear, the car we drive, the interior and exterior of our house. In an earlier age, the medical profession went even further. They gave each disease a color, and to work their cures, it was necessary to match the color of the affliction.

Scarlet fever was red. Thus skeins of red wool around a child's neck would ward off the fever. Jaundice was cured by gazing at the bright yellow eye of the curlew bird.

Rainmakers were color sensitive, too. They would dress in black, eat burned black food and sacrifice black cattle, all in the hope of attracting a black rain cloud.

Then as now, blue wasn't too well loved. We still talk of "blue Mondays," or of having the "blues." It's probably a hold-over from the dislike of blue held by a tribe of Armenian nomads. To their enemies they would say, "May you die in blue garments."

The hospital administrator or the businessman is forbidden nowadays to utter any such malediction. When things don't seem to go right, about all he can do is reach for an aspirin, the pill colored white!

—*The Colonial Crier*, Sept.-Oct. 1971  
Colonial Hospital Supply Company  
Chicago, Illinois



**GROVER**

Let's honor him who's done so much  
To make our lives worthwhile,  
Who's taught us dignity with age  
And brought us many smiles.  
He gave his time he could have spent  
In many personal ways  
That we might have some better things  
To brighten up our days.  
Because of him we've had more fun  
Together when we meet  
Each month to talk and visit with  
Good friends that we may greet.  
He visioned better days for all  
The older folks around,  
And set his heart to help them out  
With programs wise and sound.  
He's worked, untiring, day and night  
With men of higher rank  
To help the aged in our town;  
To him we owe our thanks.  
And so we honor him today  
With thankful hearts and true,  
For all the good he's done for us,  
Grover, God bless you!

The above tribute, to Mr. Grover Sizemore of Hyden, Chairman of the Senior Citizens Group, was written by Mrs. Mary Brewer and presented to Mr. Sizemore in honor of his recent birthday.



### 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

Every FNS staff member who drives up or down Hospital Hill takes a good look (or as much of a look as is possible on that winding road) to see what progress there is on the new hospital. There may not always be change to note from day to day but there certainly is from week to week and we are beginning to hope that some day before too long we will actually be moving into the Mary Breckinridge Hospital, the Frontier Nursing Clinical Training Center. We've had another wet spring in the Kentucky mountains, and if that's nothing new and different, we are sorry—that's just the way it is! We had May in March, March in April and April in May, and we are now waiting to see what June will bring.

All being well, the concrete work on the hospital will be completed in June and the target date for completion of the building is now January 1974, and we have our fingers crossed that there will be no further major delays.

. . . . .

We are grateful to Mr. and Mrs. Jacob Zator, parents of the Beech Fork district nurse, Susan Zator, for the gift of a set of scales for the Beech Fork Center Clinic.

. . . . .

A number of senior student nurses have spent some weeks with FNS during the spring of 1973. Regina Ford and Randi Thorsteinson came from the University of North Dakota; Audrey Fraser and Sharon Carey from Northeastern University; old courier Susan Ziel came down from Detroit to work for a couple of weeks with the midwives at Hyden; and Linda Schumann, who has just arrived, is from the University of Pennsylvania. Another recent arrival is Pierre Tariot, a pre-med student at Amherst, who will be spending the summer as an orderly at Hyden Hospital. It is good to know that so many young people are interested in our system for the delivery of health care.

Our couriers this spring have been Berit Pratt of Cambridge, Massachusetts, Abigail (Abby) Hess of Barrington, Illinois,



Lydia Wilder (a sister of old courier Candy Wilder), Barrington, Illinois, and Deborah Phillips (Debbie) of Cleveland, Ohio. We were pleased to see Mrs. E. P. Wilder, Jr. again when she brought Lydia to Wendover and to have a visit from Abby's parents, Mr. and Mrs. Kenneth Hess.

. . . . .

New classes in the Frontier School of Midwifery and Family Nursing will begin on June 1, 1973, with the following new students entering Family Nursing I:

Rita M. Birgen, Yankton, South Dakota  
Mary Susan Bloch, Rockville, Maryland  
Hazel G. Canfield, Ft. Defiance, Arizona  
Shirley Collins, Tucson, Arizona  
Susan Hull, Stratford, Connecticut  
Rosanna Lenker, Harrisburg, Pennsylvania  
Mary M. Malone, Parma, Ohio  
Margaret Newton, Lexington, Kentucky  
Sally Rinehart, Edgewater, Maryland  
Nancy Staheli, Remer, Minnesota  
Shirley Thomas, Canton, Ohio

These girls will bring a wide variety of nursing experience to the class. They are graduates of Associate Degree, Diploma and Baccalaureate nursing programs and one already has her master's degree; several have had experience overseas; a number have been on the staff of the Frontier Nursing Service for some months. Shirley Collins is sponsored by the National Health Service Corps, Margaret Newton by the University of Kentucky Student Health Service, and Hazel Canfield is employed by the Indian Health Service.

Having completed the preceding trimesters, Liz Dickey, Sylvia Hostetler, Marion James and Betty Mulder will enter Family Nursing II and Dorothy DeLooff, Sara Coner, Janice Kersgaard, Sally Kimberly and Linda Roe will enter Family Nursing III.

Graduation services for the five students who have completed all three trimesters and are qualified nurse-midwives were held in St. Christopher's Chapel on Thursday evening, May 24. We are delighted that four of these girls—Ruth Heinsohn, Karen



Knapp, Kathleen Smith and Marguerite Smith—are remaining on the staff. In addition, Doris Bailey, Diane DuPont, Mary Hermiz and Gertrude Morgan, who have completed one or more trimesters in the School, have returned to the staff. Barbara Kinzie, the newly graduated nurse-midwife who has to leave us, performed one last act as a Good Samaritan before she left Leslie County. As she and her parents were driving out toward Harlan on their way to Virginia, they found a man on the side of the road who had been in an automobile accident and brought him back to Hyden Hospital for treatment!

. . . . .

We are pleased to welcome three new staff nurses who have come to us during the month of May—Viola Kononen of Coupeville, Washington, Michelle Roderick, North Vassalboro, Maine, and Lois Kay Vanover of Hyden, Kentucky. Mary Katherine Chappell of Hyden has joined the Wendover office staff and Agnes Cornett and Frances Bowling will be working with us again this summer during the college vacation.

Our best wishes go with Mable Turner, Margaret Bartel, Connie Becker, Judi Floyd and Karen Linkfield who are leaving us as we go to press. These nurses have been with us for several years and we shall miss them all.

Two of our “new” staff members are well-known to many of our Bulletin readers. Nancy Dammann, who has been with the FNS as a courier on several occasions, and whose beautiful photographs have delighted all of us for many years, has taken early retirement from her position with the Agency for International Development to return to the FNS. Nancy, who spent most of her years in government overseas, brings with her a broad background in public relations, community development and health education. She is vitally interested in the field of communications and is already involved in many projects relating to her various interests. She is in the process of revising the FNS information booklet and will be helping Gertrude Isaacs and Dr. Marion Pearsall of the University of Kentucky with research to evaluate community acceptance of the Family Nurse and the FNS system of delivery of health care, and she has plans for a number of health education projects.



Alice Westover, who has an MPH degree in Medical Care Administration, has been helping us with PRIMEX, as a consultant, for some months. Now she is able to spend much more of her time with the FNS and the PRIMEX program. With Alice's help we are now able to have all of our statistical work for the districts and outpatient clinics done by computer. Alice is the mother of Lenore Westover who, at the age of three months, has the distinction of being the youngest member of the FNS family!

. . . . .

Dr. Anne Wasson is enjoying a tour, arranged for a group of physicians, in Scandanavia and Russia. We hope she will tell us something about her trip through the pages of the next issue of the Bulletin!

. . . . .

Our good friends at the University of Cincinnati have again arranged to have their physicians come to the mountains for a Tonsil Clinic. The children with problems were lined up by the FNS medical and nursing staff and were screened by the Cincinnati ENT specialists in May. The surgical team will return in June to take care of the young patients who were found to need surgery.

. . . . .

It is not often that a health professional from another country comes back to the FNS for a return visit, but one such was Miss Lidia Celis, a midwife from Chile. Miss Celis visited the FNS in the fall of 1958 and returned this spring for a second visit when she was in this country to study maternal and child health services. We have had visits from student nurses from Berea College, North Park College in Chicago, and Loma Linda University in California, and medical and dental students from the University of Kentucky. We had the pleasure of entertaining at Wendover two of the guest lecturers and their wives from the University of Kentucky—Dr. and Mrs. J. W. McRoberts and Dr. and Mrs. Robin Luke. It was good to see Dr. and Mrs. David Loeff again when they spent a night at Willow Bend.

Miss Margaret Walters, who is in charge of Continuing Education for the Kentucky Nurses Association, came up to speak



to the nursing staff about continuing education and spent a night at Wendover with Mrs. Priscilla McBain of Louisville. Mr. William Suters of Berea brought Mr. Robert T. H. Davidson of New York to Wendover for lunch in May and Dr. John Cashman, the Ohio Commissioner of Health, stopped by with his party for lunch at Hyden. Miss Marilyn Schmidt spent a couple of nights with us when she came down to give the National Certification examination for the American College of Nurse-Midwives to our graduating seniors.

When the Retail Lumber Dealers Association met in Hyden this spring, Mrs. Eddie J. Moore brought the wives to Wendover for tea. It was good to see Lynn Shade's father, Mr. Lloyd Shade of Kimbolton, Ohio, who came down to see us bringing masses of delicious cookies which we were able to share with some of the children. We were delighted to receive a visit from Mr. and Mrs. D. Patton Pelfrey of Louisville and we are deeply grateful to Mr. Pelfrey for his expert advice on some of our administrative problems.

Among those professionals who have come to consult with Trudy Isaacs about the FNS educational program have been Mrs. Betty Erwin and Miss Kathy Nimmo of the Alaska and Oklahoma Departments of Health, respectively, and Miss Jean MacLean of the University of Maine. It was especially good to see Kathy who was at one time a member of the FNS staff and is a graduate of the School.

Many of our staff have entertained families and friends and we have enjoyed meeting them all.

---

### VACATION VIEWS

Two very-much-married looking gentlemen were discussing vacation plans. One asked the other if he had decided on where he was going.

"No," came the resigned reply, "I want to take a trip around the world, but the wife wants to go someplace else."

—*The Colonial Crier*, Jan.-Feb. 1966  
Colonial Hospital Supply Company  
Chicago, Illinois



## FRONTIER NURSING SERVICE, INC.

## BOARD OF GOVERNOBS

## Chairman

Mrs. Jefferson Patterson, Washington, D. C.

## Vice-Chairmen

Miss Kate Ireland, Wendover, Ky.  
Mr. Henry R. Heyburn, Louisville, Ky.

## Treasurer

Mr. Edward S. Dabney, Security Trust Bldg., Lexington, Ky.

## Assistant Treasurers

Mr. Homer L. Drew, Security Trust Bldg., Lexington, Ky.  
Mr. W. F. Brashear, Hyden, Ky.

## Recording Secretary

Mrs. John Harris Clay, Paris, Ky.

## Corresponding Secretary

Mrs. Alfred R. Shands III, Crestwood, Kentucky

Mr. Brooke Alexander, New York  
Mr. Charles S. Cheston, Jr., Millis, Mass.  
Mrs. Morris Cheston, Ambler, Pa.  
Mrs. Richard Higgins, Dedham, Mass.  
Miss Fredericka Holdship, Sewickley, Pa.  
Dr. James B. Holloway, Jr., Lexington, Ky.  
Mr. John H. Kerr, Jr., Lexington, Ky.  
Mrs. J. Gibson McIlvain II, Devon, Pa.

Dr. Francis M. Massie, Lexington, Ky.  
Mr. Eddie J. Moore, Hyden, Ky.  
Dr. C.T. Nuzum, Lexington, Ky.  
Mr. James Parton, New York  
Miss Jane Leigh Powell, Glen Cove, New York  
Mr. W. Roy Sizemore, Hyden, Ky.  
Dr. Willis D. Weatherford, Jr., Berea, Ky.  
Mrs. Floyd H. Wright, Lexington, Ky.

## Member Emeritus

Mrs. Marshall Bullitt, Louisville, Ky.

## TRUSTEES

Mr. Charles W. Allen, Jr., Glenview, Ky.  
Mrs. Charles W. Allen, Jr., Glenview, Ky.  
Mrs. Edward Arpee, Lake Forest, Ill.  
Mrs. Richard M. Bean, Lexington, Ky.  
Miss Sarah Gibson Blanding, Lakeville, Conn.  
Mrs. Harry Clark Boden, Newark, Del.  
Mr. Kenyon Castle Bolton, Cleveland, Ohio  
Mrs. Draper Boncompagni, Washington, D. C.  
Mrs. T. Kenneth Boyd, Chicago, Ill.  
Mr. John B. Breckinridge, Lexington, Ky.  
Mrs. George S. Burnam, Richmond, Ky.  
Mr. R. B. Campbell, Hyden, Ky.  
Mrs. R. B. Campbell, Hyden, Ky.  
Mr. Joseph C. Carter, Elmhurst, Ill.  
Mrs. Charles S. Cheston, Jr., Millis, Mass.  
Mrs. N. Holmes Clare, New York  
Mrs. William W. Collin, Jr., Sewickley, Pa.  
Mr. A. B. Comstock, Louisville, Ky.  
Mr. C. V. Cooper, Hazard, Ky.  
Mrs. John Sherman Cooper, Washington, D. C.  
Judge A. E. Cornett, Hyden, Ky.  
Mrs. David Dangler, Chicago, Ill.  
Mrs. Robert W. Estill, Washington, D. C.  
Mrs. Rex C. Farmer, Hyden, Ky.  
Miss Margaret Gage, Los Angeles, Calif.  
Mrs. William A. Galbraith, Sewickley, Pa.  
Mrs. John L. Grandin, Jr., Boston, Mass.  
Dr. John W. Greene, Jr., Lexington, Ky.  
Dr. James C. Greenway, Greenwich, Conn.  
Dr. Charles E. Hagyard, Lexington, Ky.  
Mrs. Paul Church Harper, Lake Forest, Ill.  
Mrs. Charles H. Hodges, Jr., Detroit, Mich.  
Mrs. John B. Hollister, Cincinnati, Ohio  
Mrs. T. N. Horn, Greenville, Miss.  
Mrs. Gilbert W. Humphrey, Chagrin Falls, Ohio  
Dr. Francis Hutchins, Berea, Ky.  
Mrs. David S. Ingalls, Cleveland, Ohio  
Mr. Melville H. Ireland, Lake Forest, Ill.  
Mr. R. W. P. Johnston, Lexington, Ky.  
Mrs. E. Donald Jones, Bellefontaine, Ohio

Kentucky Health Commissioner  
Mrs. Lyndon M. King, Minneapolis  
Mrs. Robert Ashton Lawrence, Westwood, Mass.  
Miss Betty Lester, Hyden, Ky.  
Miss Agnes Lewis, Maryville, Tenn.  
Mrs. Marion E. S. Lewis, Matamoras, Pa.  
Mrs. R. McAllister Lloyd, New York  
Mrs. Charles J. Lynn, Indianapolis, Ind.  
Miss Hope McCown, Ashland, Ky.  
Mr. Angus W. MacDonald, Lexington, Ky.  
Mrs. Arthur B. McGraw, Detroit, Mich.  
Mr. J. Gibson McIlvain II, Devon, Pa.  
Mrs. D. R. McLennan, Lake Forest, Ill.  
Mrs. Cleveland Marcum, Lexington, Ky.  
Mrs. Langdon Marvin, New York  
Mrs. Keith Merrill, Pride's Crossing, Mass.  
Mrs. Elinor M. Moore, Lexington, Ky.  
Mr. Clay L. Morton, Louisville, Ky.  
Hon. Thruston B. Morton, Louisville, Ky.  
Mrs. Robert F. Muhlhauser, Cincinnati, Ohio  
Mrs. Samuel H. Ordway, New York  
Mrs. Arthur Perry, Jr., Concord, Mass.  
Mrs. P. B. Poe, Thomasville, Ga.  
Mrs. Charles S. Potter, Chicago, Ill.  
President National Society of Daughters of  
Colonial Wars  
Mrs. John Marshall Prewitt, Mt. Sterling, Ky.  
Mrs. John W. Price, Jr., Louisville, Ky.  
Mrs. William C. Robinson, Jr., Versailles, Ky.  
Mrs. John Sherwin, Cleveland, Ohio  
Mrs. Seymour Siegel, New York  
Mrs. Burgess P. Standley, Medfield, Mass.  
Mrs. Frederic W. Upham, Chicago  
Mrs. Paul J. Vignos, Jr., Chagrin Falls, Ohio  
Mr. Arnold Whitridge, New York  
Mr. Ralph B. Williams, Boston, Mass.  
Mrs. Karl M. Wilson, Rochester, New York  
Mrs. George B. Wislocki, Little Compton, R. I.  
Mrs. William W. Wotherspoon, Detroit, Mich.  
Mr. William T. Young, Lexington, Ky.



**NATIONAL MEDICAL COUNCIL**

- |  |   |
|--|---|
| Dr. Fred L. Adair, Maitland, Fla.            | Dr. John H. Kooser, Irwin, Pa.            |
| Dr. W. F. Bulle, St. Louis, Mo.              | Dr. William F. MacFee, New York           |
| Dr. Bayard Carter, Durham, N. C.             | Dr. Rustin McIntosh, Tyringham, Mass.     |
| Dr. C. L. Combs, Hazard, Ky.                 | Dr. E. D. Pellegrino, New York            |
| Dr. Allan B. Crunden, Jr., Montclair, N. J.  | Dr. John A. Petry, Louisville, Ky.        |
| Dr. R. Gordon Douglas, Little Compton, R. I. | Dr. John Rock, Temple, N. H.              |
| Dr. Isadore Dyer, New Orleans, La.           | Dr. Arthur A. Shawkey, Charleston, W. Va. |
| Dr. Nicholson J. Eastman, Baltimore, Md.     | Dr. Richard M. Smith, Boston, Mass.       |
| Dr. Ben Eiseman, Englewood, Col.             | Dr. Reginald Smithwick, Boston, Mass.     |
| Dr. Laman A. Gray, Louisville, Ky.           | Dr. James E. Thompson, New York           |
| Dr. Margaret I. Handy, Chadds Ford, Pa.      | Dr. George W. Waterman, Providence, R. I. |
| Dr. Harlan S. Heim, Humboldt, Neb.           | Dr. Henry S. Waters, Marshfield, Wis.     |
| Dr. Louise M. Hellman, Washington, D. C.     | Dr. Benjamin P. Watson, Danbury, Conn.    |
| Dr. Louise Hutchins, Berea, Ky.              | Dr. Ashley Weech, Cincinnati, Ohio        |
| Dr. Arthur H. Keeney, Philadelphia, Pa.      | Dr. George H. Whipple, Rochester, N. Y.   |
| Dr. John F. W. King, New York                | Dr. John Whitridge, Jr., Baltimore, Md.   |
| Dr. Samuel B. Kirkwood, Beirut, Lebanon      | Dr. Elwood L. Woolsey, Harlan, Ky.        |
|  | Dr. Herman A. Ziel, Jr., Lansing, Mich.   |

inclusive of

**MEDICAL ADVISORY COMMITTEE**

- |                                      |  |
|--------------------------------------|--|
| Dr. Marion G. Brown, Lexington, Ky.  | Dr. John W. Greene, Jr., Lexington, Ky.    |
| Dr. Keith W. Cameron, Ary, Ky.       | Dr. James B. Holloway, Jr., Lexington, Ky. |
| Dr. Harvey Chenault, Lexington, Ky.  | Dr. Coleman C. Johnston, Lexington, Ky.    |
| Dr. Arnold B. Combs, Lexington, Ky.  | Dr. Francis M. Massie, Lexington, Ky.      |
| Dr. Allen L. Cornish, Lexington, Ky. | Dr. Edward H. Ray, Lexington, Ky.          |
| Dr. Carl Fortune, Lexington, Ky.     | Dr. Harold D. Rosenbaum, Lexington, Ky.    |
| Dr. Walter D. Frey, Lexington, Ky.   | Dr. David B. Stevens, Lexington, Ky.       |
| Dr. Carl M. Friesen, Lexington, Ky.  | Dr. A. J. Whitehouse, Lexington, Ky.       |

**NATIONAL NURSING COUNCIL**

- |   |   |
|---|---|
| Mrs. Myrtle C. Applegate, Louisville, Ky. | Miss Evelyn M. Peck, New York           |
| Miss Hazel Corbin, New York               | Miss Carol Randall, Cleveland, Ohio     |
| Miss Naomi Deutsch, New York              | Miss Emilie G. Sargent, Detroit, Mich.  |
| Miss Ruth Doran, Denver, Colo.            | Mrs. Marjorie C. Scott, Louisville, Ky. |
| Miss E. Jane Furnas, Phoenix, Ariz.       | Miss Ruth Spurrier, Frankfort, Ky.      |
| Miss Lalla M. Goggans, Philadelphia, Pa.  | Miss Marion Strachan, New York          |
| Miss Louise Griggs, Lexington, Ky.        | Miss Elsie M. Warner, Philadelphia, Pa. |
| Mrs. Elinore Hammond, Louisville, Ky.     | Miss Marian Williamson, Louisville, Ky. |
| Dr. Beulah Miller, Memphis, Tenn.         | Miss Anna D. Wolf, Baltimore, Md.       |



**FIELD WORKERS****Director**

Miss Helen E. Browne, O.B.E., R.N., C.N.M.

**MEDICAL AND NURSING****Director of Medical Services**  
J. Huston Westover, M.D.**Chief of Clinical Services**

Anne A. Wasson, M.D., F.A.A.F.P.

**Staff Physicians**Thomas D. Howald, M.D.  
E. Fidelia Gilbert, M.D.**Director of Nursing Service**

Mr. Thomas G. Newton, Jr., R.N.

**Hospital Midwife**

Miss Ann Hamel, R.N., C.N.M.

**Nursing Advisor**

Miss Anna May January, R.N., C.N.M.

**FRONTIER SCHOOL OF MIDWIFERY  
AND FAMILY NURSING****Education Director**Miss Gertrude Isaacs, R.N., C.N.M., B.S.,  
M.P.H., D.N.Sc.**Dean of Midwifery and Assistant Director**

Miss Molly Lee, R.N., C.N.M., M.T.D.

**Clinical Instructors****MIDWIFERY:**Miss Phyllis J. Long, R.N., C.N.M., B.S.  
Miss Karen Linkfield, R.N., C.N.M.**PEDIATRICS:**Miss Nicole Jeffers, R.N., B.S., M.S.  
Miss Katherine Schmidt, R.N., B.S., M.S.**FAMILY NURSING:**Miss Peggy Burden, R.N., C.R.N.A.  
Miss Connie Becker, R.N., C.N.M.  
Miss Suzanne Johnson, R.N., A.A.  
Miss Lucille Lebeau, R.N., C.N.M.**Family Nursing Supervisor and Assistant Director**

Miss Mable R. Spell, R.N., C.N.M.

**Medical Care Administrator**

Mrs. Alice Westover, M.A., M.P.H.

**Health Education**

Miss Nancy Dammann, M.S.

**Co-ordinator**

Miss Anne Cundle, R.N., C.N.M.

**Pharmacists**Mr. Archie Bennett, R.Ph.  
Mr. Joe R. Lewis, R.Ph.**DISTRICT NURSING****Jessie Preston Draper Memorial Nursing Center**

Miss Irene Swartzentruber, R.N., C.N.M.

Miss Susan Zator, R.N., B.S.

Miss Gladys Kroeker, R.N.

**Clara Ford Nursing Center**

Miss Judy Haralson, R.N.

Miss Theresa Golden, R.N.

**Caroline Butler Atwood Memorial Nursing Center**

Miss Natalie Mara, R.N., B.S., M.S.

Miss Mary Woodcock, R.N.

**Belle Barrett Hughitt Memorial Nursing Center**

Miss Ruth E. Blevins, R.N., C.N.M.

Miss Susie Miller, R.N.

**Margaret Durbin Harper Memorial Nursing Center**

Miss Susan A. Simpson, R.N., C.N.M.

Miss Sally Rinehart, R.N.

**Wendover District**

Miss Sharon Koser, R.N., B.S.

**Hyden/Bob Fork District**

Miss Margaret Bartel, R.N.

Miss Donna Murphy, R.N., B.S.

Miss Linda Roe, R.N.

Miss Cynthia Sherwood, R.N.

**Wooton District**

Miss Judith Floyd, R.N., B.S.

Miss Susan Hull, R.N.

**ADMINISTRATIVE****Secretary to Director**

Miss Peggy Elmore, B.A.

**Administrative Assistant**

Mr. Philip P. Isaacs

**Executive Secretary**

Mrs. Juanetta Morgan

**Bookkeeping**

Mrs. Mary Suttles Combs

**Record Office—District**

Miss Ann Browning

Mrs. Nancy Williams

**Contributions and Quarterly  
Bulletin**

Mrs. Eileen H. Morgan

**Office Manager—Hospital**

Mrs. Alice Whitman

**Social Service**

Miss Ruth Ann Dome, B.A.



## 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.

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.

Gifts of money should be made payable to

**FRONTIER NURSING SERVICE,**

and sent to the treasurer

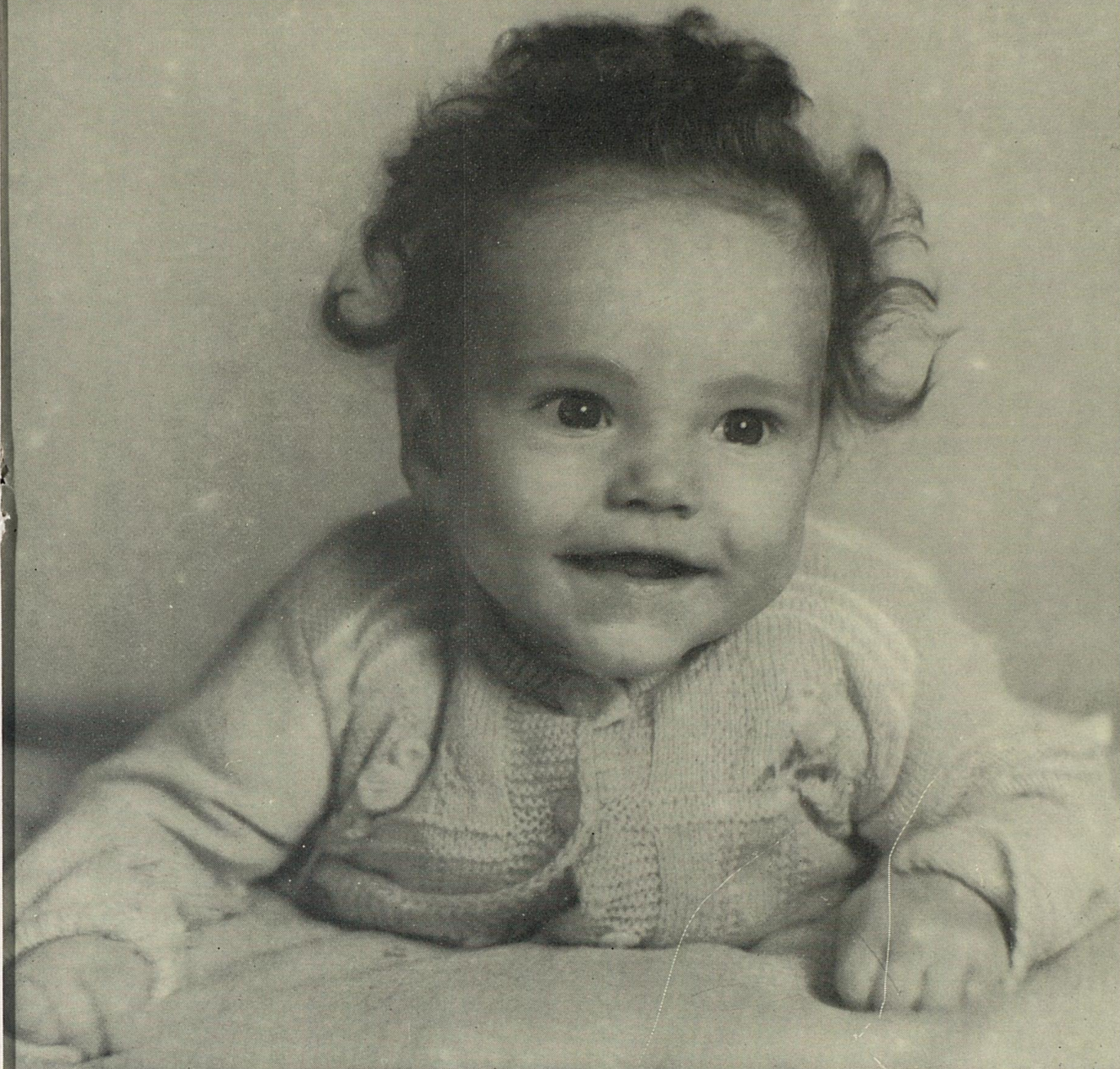
**MR. EDWARD S. DABNEY**

Security Trust Company Building

271 West Short Street

Lexington, Kentucky 40507





On July 1, 1954, Jeanne Marlene Wooton (above) was born at Hyden Hospital. In addition to being the daughter of our good friends, Sally and George Wooton, Marlene was statistically important—her mother was our 10,000th registered maternity case.

Nineteen years and nearly 7,000 deliveries later, Marlene and her husband, Jimmy Darrell Couch, became the parents of a daughter, Alyssa Julane, born at Hyden Hospital on May 4, 1973. Our congratulations to the parents and grandparents! We will not know exactly what "number" Alyssa will have until the Record Department has had time to tabulate the statistics—a process that takes about six weeks.



