

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

VOLUME 53

SPRING, 1978

NUMBER 4



Photographs by Gabrielle Beasley

US ISSN 0016-2116



Edie Verbeck Wood (center) and her two daughters. Phoebe and Wendy

FRONTIER NURSING SERVICE QUARTERLY BULLETIN
Published at the end of each quarter by the Frontier Nursing Service, Inc.
Wendover, Kentucky 41775
Subscription Price \$2.00 a Year
Editor's Office, Wendover, Kentucky 41775

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Second-class postage paid at Wendover, Ky. 41775 and at additional mailing offices
Send Form 3579 to Frontier Nursing Service, Wendover, Ky. 41775
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LESLIE COUNTY CENTENNIAL

Dynamite blasts, ringing of church bells, firing of rifles, began the celebration in Hyden of the centennial of Leslie County. Months of preparations have gone into the summer celebrations. Mary Breckinridge Day will be Saturday, July 1; the parade will pass through the middle of the handicrafts festival of quilts, long rifles and cornshuck dolls. The new recreation center, a much needed facility including swimming pool, gymnasium, tennis courts, indoor and outdoor basketball courts and community building, will be inaugurated on the 2nd day of July. This has been made possible through the federal funding program of revenue sharing as well as severance tax on the coal being massively removed from the county. The Fiscal Court has elected to name the gymnasium for Richard M. Nixon, during whose administration the revenue sharing program was established. The community building is being named for Dr. Tim Lee Carter, our congressional representative and long-stand friend of FNS. The swimming pool is to be named in honor of Sgt. Will Sandlin, the only Kentuckian to be awarded the Congressional Medal of Honor in World War 1. Jubilant festivities are being planned for the visit of Mr. Nixon, Dr. Carter and Mrs. Sandlin for the dedication ceremonies and for the thousands of expected visitors.

In the centennial celebration the county has singled out Miss Betty Lester to honor for her fifty years of service in the county and is presenting her with a silver tea service.

The Frontier Nursing Service heartily congratulates the centennial committee for their careful work for this joyous celebration. The committee includes;

Ronnie Barrett	Perle Estridge	Cheryl Lewis	C. Allen Muncy
Mary Kay Brashear	Rufus Fugate	Hayes Lewis	Billy J. Napier
Therlo Brock	Paul Hensley	Susan Messer	John Sholly
Martha Cornett	Coy Howard	Cloma Moore	Walter Sizemore
Anna Mae Couch	Betty Lester	Randy Moore	Ronnie C. Stewart

FNS is making its contribution to this great county celebration by providing staffing and service for the first aide station at the recreation center during the day of dedication. The nurses are volunteering time at this site as well as added staffing for the emergency room and clinic at the hospital. An enormous amount of added maintenance, security and administrative time is being provided to assure adequate staffing for the safety of everyone during any emergency.

W.B.R. Beasley, M.D.

THE FIFTY-THIRD ANNUAL MEETING

The Annual Meeting of Trustees, members and friends of Frontier Nursing Service, Incorporated was held at Spindletop Hall in Lexington, Kentucky, on June 9, 1978. The festive appearance of Spindletop was enhanced by fresh flowers on the tables and by the helium-filled balloons that announced that this was Miss Betty Lester's Golden Jubilee.

Betty Lester had joined the nurse-midwifery staff of Frontier Nursing Service in July, 1928, and has continued to make Leslie County her home since her retirement in 1970. In introducing "the General", Dr. Beasley said that the program of the Annual Meeting was not only to pay homage to her, and celebrate her golden anniversary, but also to acknowledge an enormous debt of gratitude to the British nurse-midwives who, through the FNS, had introduced the British system of nurse-midwifery in the United States.

Betty Lester wore many hats during her years with FNS and members of the FNS staff spoke of their work today and related their present practice — on the district, in the primary care center at the Mary Breckinridge Hospital, in the Frontier School of Midwifery and Family Nursing, in hospital administration, and in the joint practice of medicine and nursing — to the work done by Betty in years gone by. The speakers were Susan Hull, district family nurse, David Coursin, M.D., acting medical director, Mary Weaver, primary care center nursing coordinator, Elsie Maier, director of the School, and Ken Palmer, administrator. Dale Deaton, coordinator of the Oral History Project, described the purpose and expectations of this new program which is funded by the Kentucky Oral History Commission and the Rockefeller Foundation.

In the business meeting preceding the program, the Articles of Incorporation of Frontier Nursing Service were amended to include the Chairman of the FNS Advisory Committee as an *ex officio* member of the Board of Governors, with full voting privileges and rights. Mr. James Mosley of Hyden is the present Chairman of the Advisory Committee. Also elected to the Board of Governors were Stuart Graves, Jr., M.D., Louisville, and Patience

H. White, M.D., Brookline, Massachusetts, a former FNS courier (1967). Elected new Trustees of the Service were:

Mr. Brooke Alexander, New York, New York
 Mr. Richard T. Baker, Cleveland, Ohio
 Mr. Joseph C. Donnelly, Jr., Medfield, Massachusetts
 Mr. John G Heyburn II, Louisville, Kentucky
 Mr. Clinton W. Kelly III, Reston, Virginia
 Mr. James G. Kenan III, Lexington, Kentucky
 Mr. Robert W. Nichols, Louisville, Kentucky
 Mrs. Arthur Perry, Jr., Concord, Massachusetts
 Mrs. George L. Robb, Westwood, Massachusetts
 Mr. Kenneth J. Tuggle, Louisville, Kentucky
 Mrs. Ernest R. von Starck, Downingtown, Pennsylvania
 Mrs. Erskine P. Wilder, Jr., Barrington, Illinois

On behalf of Frontier Nursing Service and its Board of Governors, Dr. Willis D. Weatherford offered Resolutions of appreciation to two retiring members of the Board, Mrs. John Harris Clay and Mrs. Arthur Perry, Jr. Of Mrs. Clay, Dr Weatherford said:

"She first became a Trustee of the Service in 1945, and was elected to the Board of Governors in 1953, making 26 years during which she has been a counselor and guide on matters large and small. She served as Recording Secretary 1959-75, during which time her grace of spirit and of language illuminated our deliberations. We regret that today her time of mandatory retirement from active membership on the Board has arrived, but we rejoice that her name is being presented to the Governors for election as an Honorary Member of the Board of Governors.

"Dorothy Clay is a lady of discernment and compassion who has been an inspiration to all of us. Her spirit of reconciliation has surmounted all barriers, and her steadfastness to the ideals of Mary Breckinridge has upheld our central purpose."

And of Mrs. Perry . . .

"She became a courier on horseback in 1939 and has been active in the Boston Committee ever since, serving as its chairman 1954-56. She initiated the idea of the Boston Christmas Preview and was chairman of that program in 1958. She has been a member of the Board of Governors 1974-78 and has helped us keep alive the historic ideals of service.

"We salute Mardi Perry for her leadership and long-time service. Therefore, be it resolved that she be elected as a Trustee of the Frontier Nursing Service."

In adjourning the meeting, the National Chairman, Miss Kate Ireland, expressed the gratitude of all to the FNS Blue Grass Committee who had arranged the Spindletop meeting.

1978 COURIER CONCLAVE

MAY 11-13

by Jonathan Fried

From 22 states all over the country, almost fifty women and one man gathered for three days at Wendover because they had once been couriers with the FNS. Some were here in the Twenties, while others arrived for the first time days before the conclave. They all came because they care about FNS, Leslie County and about the Courier Service.

For varying reasons, their experiences in Leslie County left a strong impression. It was strong enough for them to want to return and indulge in pleasant reminiscence. It was also strong enough to sustain a curiosity and concern about what the Courier Service and FNS are like today, and in what direction they are going in the future.

Both by chartered bus and private cars, most of the group arrived in Hyden on a hot Thursday afternoon. For many, the first glimpse of FNS in years was a view of a modern hospital from a crowded parking lot. Right away, couriers started blending new impressions with nostalgic images and fond memories. And right away there was the pure excitement of being back.



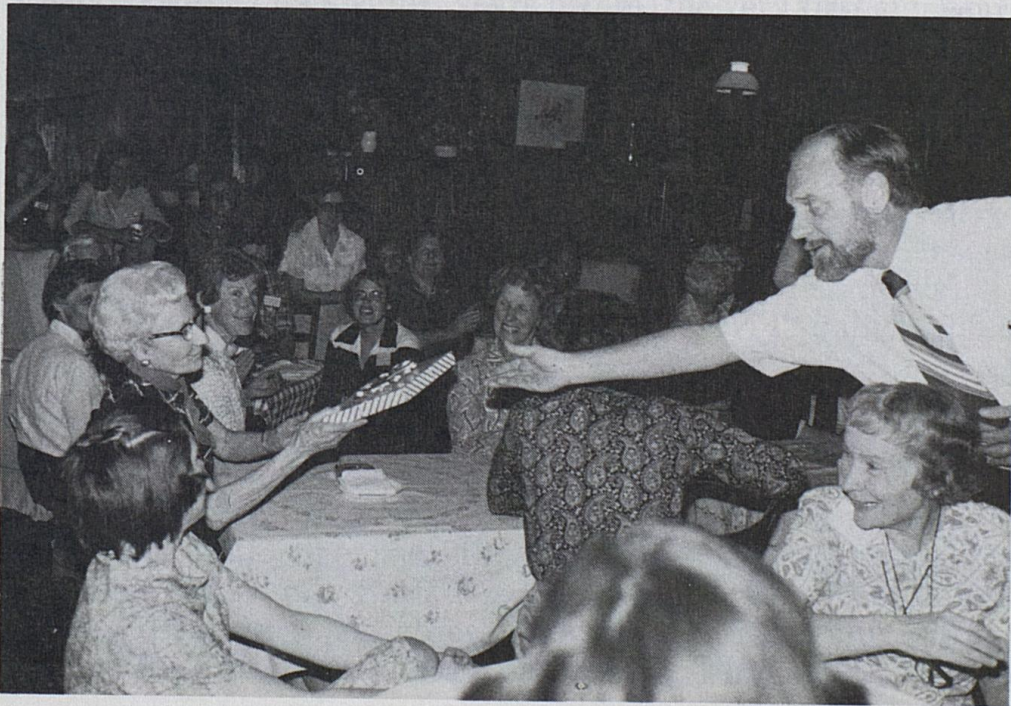


The present couriers drove the carless ones to Wendover for tea, sherry and dinner. Couriers from all years beamed when they saw that Wendover was the same: the river, the Big House, Mrs. Breckinridge's chair, and so on. Couriers paused and looked at the walls and ceiling, closer, possibly, than when they lived there. Phoebe Wood (1966) stood in the living room and titled it "the warmest, coziest place in the world".

Couriers spoke of Mrs. Breckinridge. Prudence Holmes Near (1935), who came from California for the conclave, remembered "the quality of her gratitude to all of us". Carm Mumford Norton (1930) said that Mary Breckinridge showed more confidence in her than anyone else she had known. Hope Foote Gibbons (1931) simply stated that "Mary Breckinridge was the greatest woman I have ever known".

Couriers mingled and shared stories from different generations. Couriers of years past learned who the couriers of today are, and vice-versa. Similarities were over-riding.

After dinner, awards were presented to Marvin Breckinridge Patterson (1928), Agnes Lewis and Debby King for the outstanding service they have given FNS. The three ladies each received a handsome pewter plate.





The age when most of these women were couriers was an impressionable one. Besides speaking of FNS's permanent influence on their lives, many of the couriers very naturally found themselves serving tea and clearing tables. And when rain came during the tour on Friday, it occurred to no one that a little dampness would stop an FNS courier.

The tour began in Hyden after breakfast on Friday. The couriers were divided into three groups. Seeing Mary Breckinridge Hospital, the old Hyden Hospital and Hospital Hill demonstrated the anachronism of memory stronger than anything else during the conclave. But any disillusionment seemed overshadowed by excitement over the rapid medical advancements of the past half decade.

Julie Breckinridge Davis (1967) walked through the spotless halls saying, "FNS had to change. It's important to modernize. Look at Hyden. The place is jumping with population, roads . . ."

Throughout the day fellow couriers came up to her to greet "the future courier", her baby daughter, Julia. If Julia does follow her ancestral calling to eastern Kentucky, she will be the first of her clan to know FNS solely as a horseless organization.

For some, the lack of animals was the most noticeable change. For others, it was the town of Hyden itself. But walking through the dizzying aisles of charts and records, one courier said, "it's all the medical records - that's what's really changed".

For Joe Carter, the one male courier present, and the first, the Old Hospital had changed the most. In between his stories of being a sixteen year old looking for adventure and finding it here, he reconstructed a building with high ceilings and fire places.

In some ways it has been a long time, and in some ways it has been a few quick years since the night a storm washed out the trail from Hazard and Mr. Carter, with the horse he was riding and two horses he was leading, nearly drowned in the Middle Fork. "I finally got back to Wendover at two in the afternoon the next day," he recalled. "Mrs. Breckinridge was quite angry, probably because of the danger I had put the horses into!"

With lunch came a showing of *The Forgotten Frontier*, with its creator in the audience. Everyone enjoyed recognizing many of the faces and if one stayed near Mrs. Patterson (1928) through the rest of the conclave, one heard her recollecting where and how the various scenes were shot: a window at Beech Fork; an old house whose roof and front wall were torn down to let in enough sunlight for shooting.

Everyone was particularly excited to see the districts. Because of time limitations everyone was able to see only one old district and one new one. Here was a thorough mix-up of old and new. At Beech Fork, while Carm Mumford Norton and others signed the guest book they had signed years before (the very first signature was Mary Breckinridge's, the third, Joe Carter's), Family Nurse Laura Pilotto described the way a Family Nurse runs a clinic today. Interest in the past and the present was equally vigorous; talk of the future was to come at the end of the conclave.





Three pairs of districts were visited: Beech Fork and Wooton, Red Bird and Bob Fork, and Brutus and Oneida. The group reassembled at St. Christopher's Chapel, on Hosptial Hill, for Evensong. It was the first peaceful moment of a packed day. Apple cider in the Director's office awaited everyone, along with the Director's eagerly pouring hand.

A roomful of couriers is like a large family gathering - a spread of ages, some new faces, but many familiar ones. A closer look revealed natural family resemblances as well, because there were a number of families with more than one courier. The Breckinridges come to mind first; also present were Joe and Carlyle Carter (1925, 1965); Edie, Phoebe and Wendy Wood (1938, 1966, 1966); "Scoopie" Will Woodruff and "Woody" Woodruff Metcalf (1941, 1965). Carrie Lou Morgan Parker (1966), the first Leslie Countian to be a courier, was another with FNS family ties: her mother, Mrs. Leona Morgan, was the first Leslie Countian to be a nurse with FNS.

FNS has always been the site of many first exposures. More than a few couriers traced careers, hobbies or just being independent for the first time to Wendover. Naturally, some, like Kathleen Wilson Henderson (1934), went on to become nurses. But as Mrs. Parker said, "Simply living at Wendover broadened my horizons. I had never dreamed of becoming an airplane pilot but at FNS anything was possible."

After dinner at the Hospital, representatives from various departments spoke, explaining how the parts of FNS fit together. The couriers listened to all the speakers after spending the day catching a glimpse of FNS today. Saturday morning was labeled "Your Time To Talk" and the couriers gathered in the living room at Wendover to tell each other, and Dr. Beasley, what they saw and heard, and how they felt about it.

Kate Ireland (1951) started things rolling by saying, "This room is really our home", and for the next few hours, the group left their nostalgia to their filled rolls of film and the scent of spring and began asking questions and making observations. The mood was warm and serious; couriers were seeing that their home was being run as they thought it should be.

Older couriers wanted to know if newer couriers felt the program was still inspiring, what with the animals gone, and a modern hospital at the center of FNS. The answering couriers were quick to show their enthusiasm.

Becket Quinn (1977) noted that the couriers were still spending time on district, traditionally one of the most rewarding courier experiences. Throughout her time in Leslie County she said she felt "very useful". Marian Barrett (1977) spoke of change: "There is progress with the courier program, but through the years, the quality of people working here has been the main thing." After being a courier only a few days, Bets Trefts said, "Already I feel like a vital part. I have responsibility - here, there is a faith and





trust in people." Wendy Wood commented that "What is meaningful is getting a general sense and feeling for this style of health care, for FNS."

The tone of these comments were echoed by Dr. Beasley's remarks on the future focus of the courier program. He said that the program should offer a chance for vocational exploration by young people. The program can also offer exposure to the mountain culture through Hospital staff, districts and by living here.

There was discussion of FNS in general: the Nurse Practice Act, FNS's budget, local participation in the courier program, etc. Questions of finance and of reorganizing districts brought up an issue which seemed to be in many minds: compromise of FNS ideals for reasons of economics and convenience.

But, as was pointed out by couriers and by Dr. Beasley, the FNS tradition is making available the best health care in the best manner possible. Mrs. Breckinridge's project was a success because she kept costs in sight, and she brought health care only to people who wanted it. This is the tradition of FNS: as people move, districts move; as hospitals begin to offer the health care people want, hospitals are built.

Toward the end of the morning, Mrs. Patterson proposed the establishment of a Courier Fund, dedicated to "the support of FNS into the future". Bonnie Witrak-Scanlon (1973), now a medical

student, suggested that younger couriers who can't give money can give time and effort, talking about FNS to groups or individuals, again volunteering their time and skills at FNS. Both of these ideas brought applause, which had been erupting spontaneously at many of the comments.

The longest round of applause was for Debby King, the Coordinator of Couriers and Volunteers. It was rightfully acknowledged that much of the continuing spirit of the program was due to her efforts. Aside from keeping couriers involved with all departments at FNS, she arranged special projects for each courier, according to their special interests. Debby also gave strength to the trend in courier recruitment that should bring more males to Wendover.

After lunch, another leader at Wendover, Agnes Lewis, glanced at everyone starting to say goodbyes. "They're all my children," she said.

Miss Lewis, who worked with couriers for years, was kept on her toes at the conclave dodging the quips tossed her way about her job with the FNS which included being head of maintenance as well as supervision of couriers. She spoke of the woman who



gave her the job, Mary Breckinridge. "If she thought you could do something, it didn't matter if you had time . . ."

She talked about FNS, the couriers, and the conclave, which by the end was being praised by all. "People want the best of both worlds. We want things to stay the same, and we hope for change. We're sad to see that some of the districts might some day go, but it's good to see the cause continued at centers like Oneida. We're only human." She paused. "Even couriers duties have gone through so much change."

As people began leaving, there was still an excitement in the air, though one of a different quality. Couriers talked of renewed recruiting efforts, of the new Courier Fund.

In the Wendover driveway, Dr. Beasley and Peggy Elmore, who had made the entire conclave possible, danced from group to group singing, "We're sorry you're going away, We wish that you could stay . . ." One hopes that the spirit and feeling generated by the conclave accompanied everyone on their way home.

FNS RADIO SPOT #39 HIGH Blood pressure

Narrator: Have you ever taken a garden hose and squeezed it so that water just trickles out? Well, when you hear the phrase "high blood pressure," it really means your blood vessels have lots of pressure in them, almost as if they were being squeezed. There are many reasons for this, but the thing to remember is that this pressure makes it difficult for blood to pass through your vessels, and your body won't function as well. How do you know you have high blood pressure? There is no way to tell unless you have it taken in clinic, or learn how to do it yourself. It's easy to learn. Ask your family nurse next time you visit your clinic.

This message is brought to you as a public service by the Frontier Nursing Service.

NURSE PRACTITIONERS EXPLORE POLITICS

By Chris Schenk

Nineteen seventy-eight was an important year for all the nurses in Kentucky, but it was especially important for the nurses at Frontier Nursing Service. This year, Family Nurses finally became legal. The Nurse Practice Act literally flew through the Kentucky General Assembly — 96-1 in the House, 33-0 in the Senate. But it wasn't as easy as it appears — not by a long shot.

“Being legal” is more than just a nicety to Frontier's Family Nurses. To us it was a life or death issue. Prior to proper state recognition, FNS couldn't be reimbursed by the Rural Health Clinic Services Act, the amendment to the Social Security Act (P.L. 95-210). This meant that Federal money allocated to rural health care could bypass Kentucky completely unless nurse practitioners were legal. To the patient this would mean less service and the service that was available would be more expensive. So some of us decided we had to do something. But what to do and how to begin?

It's hard to believe you can have much political power in Kentucky if you come from Hyden (pop. 500). Most of the politically powerful people in the state live in Louisville or Lexington and it seems they pretty much call the shots. We eastern Kentuckians have been content to go about our country kind of business and let the city-folks go about theirs. But now we had to get involved because the health of our neighbors was at stake. After all, it wasn't as if we hadn't been involved at least a little bit before. Remember Brownie and Joan Fenton going to the KNA (Kentucky Nurses' Association) meeting over in Hazard two years ago? Somehow or other we had to get what we wanted into the new Nurse Practice Act. And KNA was the way to go.

Thus began a long odyssey of FNS nurses becoming active in their state professional organization. Chris Schenk ran for and won regional representative from Region III which automatically placed her on the KNA Board of Directors. FNS voices, particularly those of Elsie Maier, Tina Guy and Evelyn Peck, were heard at the KNA annual convention. At the convention, too, we discovered the amount of support we had from nurse-anesthetists, nurse-midwives and our many non-practitioner colleagues who

believed very simply that all nurses had a right to be represented in the new practice act and were willing to "put their money where their mouths were" to see that it happened. We came away from the convention simultaneously elated that our needs were included in the new bill and humbled by the generosity and professionalism of nurses who were willing to fight for us even if they weren't practitioners themselves. It seemed that we had done very little for KNA and yet they were doing so much for us. To do our share, we later organized several fund-raising drives, and eventually raised almost \$1,000 toward the legislative effort. The miracle of the convention, however, was that all kinds and types of nurses — educators, practitioners, staff members, LPN's, midwives, anesthetists — were included and fighting for nursing. The Nurse Practice Act was ready for the legislature . . . but was the legislature ready for us?

As it turned out, the legislature was ready, thanks to the lobbying efforts of Maggie Miller and her Commission on Health and Government Affairs, not to mention Sharon Smith, Pat Tanner and Judy Patton, KNA's executive director, president and attorney-lobbyist, respectively. The legislature was ready for us, but the KMA (Kentucky Medical Association) and the KHA (Kentucky Hospital Association) weren't so sure. KMA, especially, didn't want these newfangled nurses going out and hanging up their shingles (which was what they thought we were all about, for a variety of reasons too complicated to explain); and KHA was basically not in favor of opposing the KMA (a not-too-infrequent occurrence, unfortunately). Of course, this put us in a real fix. KMA is not a group to underestimate, and our chances of successfully passing a bill in the face of their opposition seemed slim indeed. Which brings us to the concept of joint practice, not just in patient care, but politically as well. It was time to activate our doctor-friends.

In some ways, it all came about so naturally, it's hard to believe it could have happened any other way. Chris Schenk came home from one of her many (oh too many!) meetings, very discouraged at KMA's stance, and, at wit's end how to proceed. Not being a reticent person, she complained rather vocally at one of our joint staff meetings. Whereupon our Director, Dr. Beasley asked if she would be willing to speak in behalf of nurse practitioners at an upcoming KMA Board of Trustees meeting if it could be arranged.

Chris agreed with alacrity (and not a little disbelief), Dr. Beasley called FNS's good friend, Dr. James B. Holloway, Jr., and, lo and behold, there were Chris and Maggie Miller literally bearding the KMA lion in its den. The Board of Trustees meeting was a real turning point, not because we won over all the doctors (we didn't) but because we opened lines of communication between KNA and KMA, thereby providing an avenue for hammering out basic areas of misunderstanding and arriving at a compromise acceptable to all parties - "joint practice" in its finest hour, to my mind.

There were many other major and minor crises in the drive to pass the Nurse Practice Act after that, but the momentum was building and was wonderfully favorable. Letters streamed in to legislature from nurses all over the state and FNS staff and supporters wrote to every legislator they knew in eastern Kentucky and elsewhere. A last-minute complication in the Senate committee over some technicalities that could have killed the bill was ably and courageously handled by our own Senator Gene Huff, who took some political lumps over his support of the bill and of FNS. We are very indebted to this fine legislator. Additional help with the legislators came from frequent lobbying trips to Frankfort by FNS staff, no mean feat in January over icy, snowbound roads. Our lobbyists distributed "support H.B. 318" stickers (compliments of Bill and Mary Weaver) to every moving body along the way. And it all worked wonderfully well.

In retrospect, the pieces of the legislative puzzle seemed to fall into place of their own accord. However, much was learned from juggling with this jigsaw. Perhaps the major lesson is that the key to any political success story lies in the art of turning one's potential enemies into friends. The final vote in the House and in the Senate was overwhelmingly favorable only because we nurses - KNA and FNS'ers - **and** our doctor friends, did our job ahead of time. We identified the opposition and did everything possible to meet with it to explain and work out differences before the bill actually got to the floor. As a result, Family Nurses not only gained legal recognition but I believe the nursing and medical professions gained a new respect one for the other. Such improved mutual respect can only lead to better care of that person both professions spend their lives trying to serve - the patient.

A PILOT GROUP OF VOLUNTEERS

By Verna M. Potter

In April nine members of the Afton-Ninevah Presbyterian Council spent a week working in several areas of the Frontier Nursing Service. The Rev. James C. Gertmenian, Ella and Tom Karschner, Doris White, Ken and Pat Dear, Debby Hacker, Tim Lane, and Tad Walker provided an old-fashioned mountain "working" which began after breakfast in the Big House at Wendover and lasted until the daylight faded. Their efforts included tearing down three old chicken coops at Wendover, scraping and painting the metal fire hose house, taking down the old paddock fence, helping paint the woodwork in the old Wendover Clinic, doing the painting in several rooms at the Red Bird Center, rebuilding a retaining wall, painting the porch, and building a foot bridge for the nurses at the Beech Fork Center, painting the interior and cleaning up the grounds at the Bob Fork Center, washing all the windows in the Old Hospital building, and so many other helpful and needed projects.

This joyous group contributed also a spirit of friendliness to all their encounters with FNS personnel and to the residents at Wendover where the group lived. In a letter from Jim Gertmenian, he said: "Aside from any work that was accomplished, I hope you could see that something very important was happening for our group. None of them had ever had an experience quite like it — living and working in community with other Christians. That kind of close fellowship is something that we have been working toward for several years."

The group brought a four-slice toaster, a gift for the Wendover "dog-trot" with them, and, since their return to New York, have contributed funds for the "Urgent Needs" at Wendover. The Afton-Ninevah Council sewing circle is busy making flannelette sacques for the babies in the Mary Breckinridge Hospital nursery.

How do we say "Thank you" to such a group who gave of their time, substance, energy and love? The only way, I guess, is to keep them in our hearts and memory and to pray that the light of God's grace continues to shine upon them all.

THE ROBERT WOOD JOHNSON FACULTY FELLOWS

The Robert Wood Johnson Foundation has funded twenty fellowships in primary care a year over a three year period. Nursing faculty from all over the United States compete for the one-year fellowships at the four approved academic sites — the Universities of Colorado, Indiana, Maryland and Rochester. The Fellows are offered a highly individualized, three pronged program, with a clinical, a research and a curriculum development emphasis which will allow them to incorporate primary care into their nursing curriculum when they return to their home universities.

Five of the Fellows have chosen to spend two months with Frontier Nursing Service for concentrated clinical experience in primary care. Here's what they have to say:

The Robert Wood Johnson Fellowship in Primary Care provided me with the option of spending part of my Fellowship year at the Frontier Nursing Service. This was, for me, a long-awaited opportunity and one that represented the fulfillment of a youthful dream. It was during my years as an undergraduate nursing student that I first became aware of FNS and its unique place in the history of nursing in the United States. I thought of it then as the only place in this country where a nurse could reach out and expand his/her scope of practice and, in so doing, provide comprehensive, humanistic and holistic health care. My life took a different turn in the early 1960's and although it has taken me fifteen years to reach FNS, I find the experience no less exciting or rewarding because of the delay.

The last six years of my life have been spent teaching nursing in a large northeastern university and participating in professional nursing's efforts to move into the academic mainstream. On occasion I have felt that nursing was in danger of losing sight of our traditional mission which has been to provide comfort and care to the individual and the community. At FNS it would appear that nurses and physicians take it for granted that it is their mission to work together and with the community to provide health care. This, in itself, is quite different from my previous experiences. It is obvious to any outsider that the patient (whether individual or family) is the single and most important factor to be considered in the delivery of care.

FNS has grown in size and scope since its beginning in 1925, and yet it is gratifying to see the never-ending determination to provide continuity of care — a commodity that vanishes all too

easily with change and expansion. Indeed, fragmentation of care is one of the dubious hallmarks to the American health care system.

I have also been personally and professionally enriched through my experience of observing and working with nursing faculty and staff who are superb role models.

FNS in 1978 is not unlike my original vision of it in 1960. It continues to be unique in terms of its dual commitment to service in the community and the provision of an atmosphere where nursing can expand to its fullest potential.

As the days pass, I find myself increasingly enchanted and captivated by the sheltering protection of the lush and verdant Kentucky mountains, and by the honesty, courtesy and warmth extended to me by the people of Leslie County who have permitted me to care for them. When I first came to Hyden in March of this year, I felt as though I had visited Brigadoon, the mythical Scottish village in the Hebrides that appears to a traveler once every hundred years for a day, only to vanish again. The Scottish highlands are much like these mountains, but unlike them in that I shall drink from the Middle Fork to insure my own return.

—Suzanne Langner

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When I learned that I would have the opportunity for a clinical experience at FNS, I was truly delighted. Being from the rural state of Montana, I believed that the opportunity to do clinical practice in an area with a rural focus would enhance my ability to organize and implement my own practice situation when I return to Montana.

I also needed the experience of working in a setting with a family focus and I certainly came to the right place. Having the opportunity to work with nurses and physicians who are truly committed to a holistic approach to the entire family has rounded out my year of study in a most satisfying way.

I have also found the attitude of the people at FNS to be one of warmth and concern in me as a person as well as a professional nurse. It is my belief that this interest has enabled me to absorb and learn in a valuable and lasting way.

The bulk of my experience here has been at a district clinic and I have found this experience one in which I can truly appreciate

the contribution that the district clinics can make to the health care of the community and to the families they serve. I have really seen and participated in providing family nursing!

I am very impressed with the strong role models for nursing that are represented at FNS. It is rewarding and encouraging to work with nurses who are secure and knowledgeable in their own nursing identity and have found that my own growth is greatly facilitated because of this.

As a person working in nursing education, I have found the high caliber of the nurses involved as students in the FNS educational program to be impressive. These people have willingly shared their knowledge and experiences with me and this has added to my own skills significantly.

I would like to express my sincere thanks to all the people who have made me feel so welcome during my time here. I know that I am learning so much each day that will benefit me in my future work and I feel privileged to share in the unique experience of FNS!

—Vonna Koehler

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I came to FNS after spending ten months in Denver gaining additional knowledge, skill and experience in primary care nursing. I felt a need for a more concentrated experience; one where I could work at the same clinic with the same staff on a daily basis. Another need for me was to get experience where Family Nurses are well accepted by health professionals and clients. I came to FNS thinking these needs could be met here. After four weeks here, I know my decision was a good one.

After a week's orientation provided by Elsie Maier and staff, I began work at the Red Bird Clinic with Susan Hull, Family Nurse. I came at a good time. Since Susan is new at Red Bird, she is trying to make as many community contacts as possible and I have the opportunity of accompanying her. We have been to Clay County Health Department, Big Creek Elementary School and the Red Bird Hospital. We have also made several home visits which were helpful to me as an assessment of the environment — the physical, psychological and social is of interest to me as well as assessment of the client and family.

Another experience I have been getting which I appreciate is our Wednesday afternoon "business" trips to Hyden. There are many administrative and client-oriented tasks which must be done by the nurse in the district. These include: looking at the medical records of clients to get a more complete history of his problems, ordering supplies and getting information, talking with Ron Hart about administrative protocol, looking in the storage room to see if anyone's discards could be of use at Red Bird, etc.

One of the other things that I find very good here is the contacts with physicians, midwives and family nurses who come to Red Bird for specific clinics. My experience in the emergency room at the hospital has been especially good. I try to work that in on weekends. Then there are the clients. Every one of them has made me feel welcome to the community. The Red Bird Committee members were very gracious to me at their May meeting and made me feel like a long-standing member.

In summary, I have found the staff and clients at FNS and Red Bird Clinic very helpful and friendly. I made a good decision when I decided to come here and I am happy that I will be here 'til August 15. I am hoping that I can return next summer. When I leave here I will be going to the University of Akron in Ohio to teach nurses in the graduate program there.

—Ella Kick

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As a southerner from the Ozark mountain area, I must say that when the Robert Wood Johnson Foundation Nurse Faculty Fellowship offered the option of spending some time at FNS, I jumped at it. Having lived in the more arid climate of Colorado for almost a year, I was homesick for the fresh colors of deciduous trees in the springtime, the lush thickness of the forests, the thundershowers, and the smell of honeysuckle. Little did I know I would be able to experience all that **plus** one of the best nursing experiences available. I am finding that an uncanny consistency in philosophy prevails among staff of FNS, that philosophy being: near total accountability to the people of Leslie County. It's obvious that this philosophy has an historical beginning in the early Mary Breckinridge days, but it has seemed to remain unaltered over the years — a refreshing deviation from the very common displaced accountability of many health care facilities —

that is, the providers tend to work for an institution or employer, not the people they serve.

In addition, there is another factor found at FNS that I personally have not experienced elsewhere in such a consistent fashion: the exposure to highly qualified family nurse role models. As a family nurse novice I cannot say enough about the benefit of this quality. One can study the role, discuss the role, and stumble through the implementation of the role in many places, but to view and work collaboratively with family nurses of the high caliber found here at FNS is a rare opportunity. Each is different, each seems to bring to his/her position here rich background experiences, and each carries such a strong nursing identity. To find family nurse role models who are truly nurses — not “mini-doc’s”, not physician assistants, but nurses — is truly a treat!

Also, I find the supportive atmosphere of the clinical environment here to be most conducive to learning, as well as to gaining the confidence and ability to accept more and different kinds of responsibility. This type of atmosphere I’ve encountered consistently at FNS and I believe it is, at least in part, due to the competency and confidence of the family nurses working here.

For me, the spring in Kentucky has been as beautiful as I expected, but the personal and professional gain I’ve accomplished could have been matched in very few places besides FNS.

—Linda Oakley

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When I graduated from nursing in 1940, I wrote to the Frontier Nursing Service. In the meantime, I got another job but I find it astonishing 38 years later to have the opportunity to spend the last two months of my fellowship in this historical and exciting site. In another way I feel I’m completing a circle as I have the pleasure of working with a Family Nurse who was a nursing student in my Community Health Section at the University of Washington. It’s great to see one of your former students a capable, well-liked Family Nurse in one of the Frontier outposts, and to learn from her.

I was immediately impressed by the integration of education and clinical experience in Frontier Nursing Service since I have been struggling with this problem in teaching nurses in the

expanded role in Washington. The opportunity for the student to move from intensive work in the hospital and primary care center to work with the same patients in the community, and to have teachers who are also working to supervise both their education and practice, is unique. I am impressed with the commitment and quality of care given by the students and staff, and think it is an ideal spot to learn how to give good primary care to a rural community. We are developing a rural pathway in our nurse practitioner program, and the knowledge gained here will be put to good use. Since I have spent four years working in the development of inter-disciplinary health care in a health science complex, it is refreshing to see health care where interdisciplinary health care is actually happening.

Personally, I find it all too short an experience, now that I have mastered the Wendover and Hurricane Creek roads and the art of dodging coal trucks. Perhaps it is good that the experience is short as Opal's roast beef and Yorkshire pudding and having three meals a day prepared for you might be hard to forego!

—Rosemary Pittman



Robert Wood Johnson Faculty Fellows Suzanne Langner and Linda Oakley

THE FLAT CREEK CENTER COMMITTEE

The Committee at the Caroline Butler Atwood Memorial Nursing Center at Flat Creek has been involved in several fund-raising projects to help toward the maintenance of the center and the Treasurer, Mrs. Georgia Ledford, has submitted the following financial report:

Proceeds for 1977	\$183.00
Expenditures:	
Refrigerator	100.00
Adding Machine	20.00
Paint and Rollers	31.00
Balance on hand for 1977	40.12
Proceeds for 1978	688.19
Expenditures:	
Refreshments for Community Sing	97.00
Current Balance	650.89

**FNS RADIO SPOT #35
Hospital Quiz #3**

Music Introduction

Narrator: This is the hospital quiz, brought to you as a public service by the Frontier Nursing Service. The question is: Let's say you are in the hospital for a checkup. The health professional most likely to counsel with you on ways to maintain your continued good health is: A. A FNP B. A RN C. A Doctor D. An Aide

Sound: Buzzer

Narrator: The correct answer is A, a family nurse. FN's have extra training beyond nursing school, focusing on how to keep people healthy.

If you have a question on health or health related topics, write it down on a card and send it to Box 19, Frontier Nursing Service, Hyden, Ky.

URGENT NEEDS

For the Mary Breckinridge Hospital:

Operating Room

1 Recovery Room Stretcher, adjustable for Fowler and Trendelenburg positions, for total care of post-operative patients	\$1,500.00
1 Duo-Dater Labeling Machine—required by J.C.A.H. for the control of sterilized supplies .	195.00
2 Laryngoscope blades, one regular, one pediatric, at \$40.00 each	80.00
1 Roller Board - needed to move patients to and from O.R. table without strain or injury to staff or patient.....	200.00

Housekeeping

2 Floor Machines—to replace worn out equipment — at \$450.00 each.....	900.00
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Emergency Room

1 B-D Electrodyne Life Pak with Cardiac Monitor and Defibrillator, to replace outdated model which needs continual repairs.....	4,700.00
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For the Frontier School of Midwifery and Family Nursing:

Books and Periodicals for updating the nurse-midwifery modules — needed for University Affiliation.....	500.00
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For the Primary Care Center Extensions (Outpost Nursing Centers):

For the Betty Lester Clinic at Bob Fork, screens for the windows, which have no screens	150.00
For the Beech Fork Center , a small refrigerator for the clinic, for drugs and supplies	120.00
For the Red Bird Center , to replace inadequate equipment, 1 Centrifuge.....	250.00
For the Oneida Center , a vehicle (none has yet been supplied for this center)	4,700.00

OLD COURIER NEWS

About the Conclave . . .

From Carm Mumford Norton (1930):

What a wonderful time you gave us all and what a lot of pleasure the whole event gave each and every courier! I even saw Hurricane (by car) and climbed Thousandsticks (by car). Time marches on and Doc, Dude and Prince rest in peace.

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From Hope Foote Gibbons (1931):

It was great to return after so many years. I have always wanted to come back. The Big House is the same and so are the mountains and your hospitality has not changed. The new Mary Breckinridge Hospital is very impressive and Hyden is a modern, attractive town now. I so enjoyed seeing old friends and I also admire the new generation of young couriers. I feel that Mary Breckinridge would have approved. She was a great person, and I will never forget her.

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From Beckett Quinn (1977):

The first visit back after you've finished as a courier is very important; how you're received decides whether you'll continue with FNS. I intend to continue with FNS as long as possible.

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From "Stevie" Hackett (1940):

Fun! Fun! Fun! for everyone! Can you believe that for the eighteen solid hours of our motor trip Kits and I never stopped talking? (Even more unusual, we were again speaking today.) Wendover, we agreed, was happily exactly the way we remembered, as was Brutus. Oneida and Mary Breckinridge Hospital are the last word. The latter surpasses all my heartfelt expectations. Such a warm, steady pulse it radiates to its visitors.

From Lydia Mueller (1976):

What an exceptional group of people are connected with the FNS! One might think, as I did, that couriers would differ tremendously, because the job tends to fit the courier more than the courier tends to fit the job. So much of the job depends on the initiative of the individual, and her particular interests in relation to Appalachia and to the FNS. But perhaps this is what singles the courier out from a crowd. When arriving at the airport Thursday there was no problem at all identifying fellow couriers. Does a courier have a certain air or manner that shouts out what she is?

Perhaps the best result from this conclave is the feeling of belonging to a team that we couriers now have. Courier camaraderie can only help FNS!

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From Patsy Perrin Lawrence (1946):

The Courier Conclave of 1978 is still fresh in my mind and what a truly successful gathering it was. You must be extremely proud and pleased by the response and excitement generated.

It is comforting to know that the Development Office will continue at Wendover and we all understand the significance of the Big House and grounds continuing to be actively used. Certainly the Conclave could only center around that gorgeous place and I feel sure there will be many such occasions.

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From Mary Davidson Swift (1945):

I was very impressed with the work the FNS is doing and that is moving flexibly with the times.

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From Kathleen Wilson Henderson (1934):

It was a rich experience for all of us and I think those of us from the 30's and 40's especially feel reassured to know that there is still a group of people who care deeply about the quality of work and about the people they serve. And the young couriers are the greatest — they give one hope for the future!

Newsy Bits

Meg Sheridan (1975) writes that she will student teach this fall, graduate in January, and go on to graduate school in speech pathology.

Abby Hess Henry (1973) and her husband, Michael, are spending three months in Europe as part of Michael's architectural program. They went to Greece for two weeks and were adopted by the people of a small village in the mountains. Abby is studying landscape architecture and plans to work with Michael when they return to their home in Ravenna, Ohio.

Added to the Courier list for 1996 is a young lady by the name of Naomi Clarke, born in Massachusetts on May 29, 1978! Her proud mother is **Melora Coggeshall** (1974). Congratulations to them both!

FNS RADIO SPOT #29

Food Quiz #2

Music: Louis Armstrong Jazz

Narrator: And now, time for the Food Quiz, brought to you as a public service by the Frontier Nursing Service. The question: Which of the following foods could you grow in your garden or buy in the store if you wanted a good source of vitamin A? A. Spinach and kale B. Apricots and Cantaloupe C. Pumpkin and winter squash D. Broccoli and carrots

Sound: Buzzer

Narrator: The correct answer is all of these. Vitamin A helps you have healthy skin, normal growth, and good vision in dim light. Turnip greens and sweet potatoes are also good sources of Vitamin A.

If you have a question about food or nutrition, send it in to Food Quiz, Box 19, Frontier Nursing Service, Hyden, Ky., or call extension 3232 at the Mary Breckinridge Hospital and ask for Jim.

FNS ORAL HISTORY PROJECT

By Dale W. Deaton

Oral history is the name applied to the method of collecting primary source research material by tape recorded interviews. Interview candidates are selected on the basis of their having been a participant in, or witness to, events. We speak at a faster word rate per minute than we write or type, so more historical information can be provided by the interviewee through an oral history interview in less time and with less inconvenience than with other methods. The recorded account of events provides factual information as well as personal opinion. This method of collecting data is especially applicable when little or no written documentation is available about a subject. The written material can be supplemental to the oral collection and vice-versa. The result is that historical information is gathered and preserved for use by scholars and interested persons.

The Frontier Nursing Service Oral History Project will collect historical information about the life of Mary Breckinridge, the primary force (as organizer and Director) behind the establishment of the services provided by the Frontier Nursing Service. Historical data will be gathered on the health and medical care provided by the Frontier Nursing Service, including the development and growth of the organization. The economics, political, social, and cultural conditions in 1923 were a primary consideration in the decision to locate the original center in Leslie County. Because of the need for the services it provided, the FNS expanded into Clay and Perry Counties. The customs of these areas, and the changes which have occurred that helped to cultivate them into their present state, will be recorded. Accounts of the successful interaction of Mary Breckinridge, the communities involved, and the supporters and friends of the Frontier Nursing Service must be included for a complete history.

This project is a combined effort of the Rockefeller Foundation, the Kentucky Oral History Commission, the Frontier Nursing Service, the Leslie County Fiscal Court, and the University of Kentucky Library, Special Collections and Archives. A typed transcription will be made of each tape and a copy of both will be made available for use. The originals will be located at the

Frontier Nursing Service. The Leslie County Public Library will be provided with copies. The University of Kentucky Library will make copies which will be located in the Special Collection and Archives. These sources will make the material accessible to the public. Every effort will be made to make the tapes and transcriptions available to persons who cannot conveniently use the material at these locations, as through inter-library loan.

The finished project will make available historical information that is present, in people's minds, but not in an easily accessible form. History is often viewed as society's memory. As one's memory provides a sense of being and a source of knowledge upon which to rely when making decisions, history serves society. With the collection of material that will be compiled during this project, the knowledge of numerous people will be recorded for a history. In addition to providing research material the collection will make available knowledge that can be used during future planning. To use historical material to gain factual knowledge only is but one use; although history does not repeat itself, it provides a memory which can influence pragmatic considerations. The Frontier Nursing Service Oral History Project will be of invaluable service to the organization, the local area and a study of health and medical care facilities that could be established throughout the world.

The project has had a favorable reception from all who have been exposed to it. Many *Quarterly Bulletin* readers will be asked to become interviewees as will local citizens, staff members, and others. It is by including a part of one's history with others that this oral history will become complete. Inquiries, comments, and suggestions are welcome. Please write:

Dale W. Deaton, Coordinator
Frontier Nursing Service
Oral History Project
Wendover, Ky 41775

TWINS ARE NAMED CENTENNIAL BABIES

By Jonathan Fried

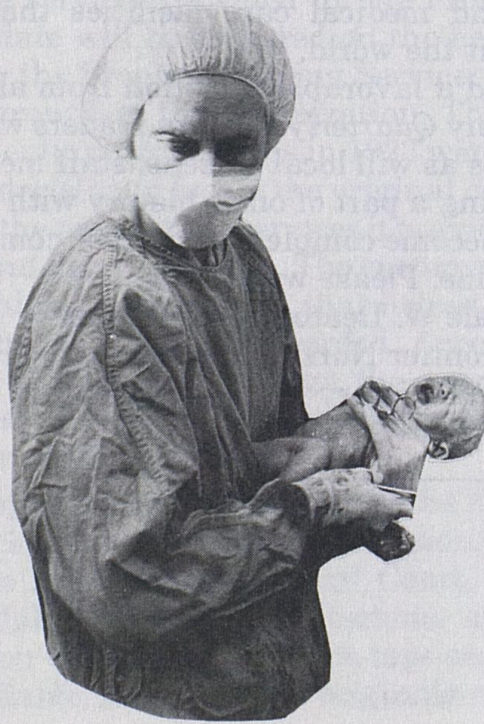
The key number was two. Leslie County's second hundred years had just begun. It was June 2nd. And at the Mary Breckinridge Hospital in Hyden, Betty Noble gave birth to twins, the first babies born in the county's new century.

At 5:30 a.m., Jerry Samuel (Sam) and Betty Noble of Hazard became parents of a girl, Samantha Jane, and thirteen minutes later a boy, Jerry Samuel, Jr. (Jerry). Both babies were a healthy five and a half pounds, a plump size for twins.

The 24-year-old Mrs. Noble will stay a few extra days in the hospital, which is customary for mothers of twins.

The young couple (Sam is 22) seemed overwhelmed after hearing that their first children were named the Centennial babies.

In honor of the Centennial and the new family of four, FNS provided all hospital services related to Mrs. Noble's pregnancy free. This included three hospital admissions for prenatal problems.





Aside from the Centennial celebration, the Nobles wanted to come to FNS for the unique style and high quality of care for mothers and babies.

From relatives, they had heard of the midwives and of natural childbirth. Mrs. Noble wanted the experience to be "something to remember. I didn't want to get conked out and miss the whole thing."

"Before and after delivery, they sat down and talked to us. They told us everything that was going to happen. I was really scared, but they showed us a videotape of an actual delivery and that really helped."

Mr. Noble was in the delivery room to offer comfort and support to his wife, and to be close as his children came into the world. Both were pleased that he was not only allowed but encouraged to participate.

When asked why they chose FNS, she said, "There's no other way," and he added, "It's the best place."

Mrs. Noble cooperated with photographer Gabrielle Beasley in making a videotape of her own delivery.

"I hope the film helps mothers like the other film helped me," Mrs. Noble said.

The Nobles, doubled in size, will move back to Dayton, Ohio, Mrs. Noble's home town. They, FNS and Leslie County are glad that all worked out so well.

Reprinted from *The Leslie County News*, June 8, 1978.

TO SERVE OUR NEIGHBORS

By Gabrielle Beasley

All good things come to those who wait. For the Leslie County Volunteer Fire Department, this has happily come true.

About eighteen months ago a small group of men and women, who were concerned with the lack of fire fighting equipment for Leslie County, began meeting. They have been meeting every month since then, with no equipment, but with sheer determination to work until the county had something.

During the first ten months the group did all they could to learn about fire fighting, fire prevention and first aid, with the most helpful assistance of Chad Back of the Hazard Vocational School, who brought over films and equipment to practice with. At the end of this time there was still no money or equipment, but the group was much more aware of the problems that existed and, with great enthusiasm set about several fund raising projects. A photography studio came in and did family portraits, and several weeks later, a raffle was held for items donated by local people, such as books, quilts and pictures. The two projects brought in almost \$1,000.00.

The Volunteers also ran a fire safety and prevention program through the community and school system with the aid of a group from Washington, D.C. A petition was circulated, asking for support of a fire department because 1) Leslie County is the only county in Kentucky without one; 2) In order to get monies from the federal government for housing, a fire department must exist; 3) Insurance rates are very high because of the lack of a fire department. The Volunteers checked all the fire hydrants in the county. A list of the broken ones were given to the water company with suggestions for setting up a better system for the various communities. A list of homes that had burned because of no equipment was also kept.

In April of this year Chief Harold Kemper came across a used fire truck in good condition. Without batting an eye, he pulled out his own check book and bought it on the spot. Needless to say, the excitement of the group over finally getting a truck spurred them on to raise the money through two more fund raising efforts. It is now completely paid for and the Volunteers are beginning to buy more items, such as ladders, helmets and small hand tools. The

group is now registered with the State Fire Marshal's Office, and hope to start more training in the use of the truck.

Since the truck has been in good running order, two fires have been put out, one resulting in the saving of \$70,000 worth of equipment. Even before the truck existed, though, the Volunteers helped put out one major fire and worked with the Forestry Department through the spring months on various forest fires, so that not a single house was lost in the county.

The plans for the future look even better. The county has promised to buy a fully-equipped NEW truck and build a garage for it. The Forestry Department has given a matching grant of \$250.00 and also has the ability to acquire some surplus equipment. The aim is to get a couple of jeeps with small tanks and hoses to put in smaller communities around the county.

Undying praise and admiration are truly due to Chief Harold Kemper, who has provided continual encouragement and leadership; to Co-Captains Harvey Chappell and Ralph Vanover, who have given of their time and expertise; to Rufus Fugate, the world's greatest PR man; to L.B. Stacy, Bill Pennington, Peter Baker, Evelyn Peck, Bill Weaver, Jean Isaacs, Phil Reppond, Harold Kemper, Jr., and all the others who have worked to serve our neighbors.



The "Coal Country Grass" donated the entire proceeds of a concert to the Leslie County Volunteer Fire Department

THE MARY BRECKINRIDGE HOSPITAL AUXILIARY

(Editor's Note: We take great pleasure in printing the annual report of the Mary Breckinridge Hospital Auxiliary, given at their annual meeting in June. This outstanding group accomplishes miracles and our gratitude knows no bounds. Six members of the Auxiliary were awarded pins for five hundred hours or more of volunteer work: Mrs. June Barrett, Mrs. Mary Kay Brashear, Miss Betty Lester, Mrs. Cloma Moore, Mrs. Rio Thornbury and Mrs. Dorothy Weaver.)

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"On June 12, 1977, the Mary Breckinridge Hospital Auxiliary began its third year as an active organized group of volunteers. On this date a check in the amount of \$1,000.00 was presented to the hospital; this money was to be applied toward the purchase of an infant isolette, for the nursery located on the second floor.

"July 4, 1977, Volunteers raised \$100.00 from a bake sale in front of the Hyden Citizens Bank, and with temperatures on this day of 103 and 104, this was a hundred dollars well earned!

"December 3, 1977, the Auxiliary sponsored a Christmas Bazaar. From the sale of items in the gift shop, donated baked goods and handmade crafts, a total of \$530.16 was raised. The Christmas tree and other decorations in the main lobby on the first floor and in the cafeteria were part of the Auxiliary's contribution to the hospital at Christmastime.

"Throughout the months of February and March of 1978, Volunteers were busy selling tickets on an afghan, which was handmade and donated by Miss Betty Lester; the winner of the afghan was Mrs. Elizabeth Fields and the amount raised from this project was \$106.00.

"During the month of April, the Auxiliary purchased six recliners and six cots from Kemper Furniture at the cost of \$954.00. Recliners and cots were delivered to the hospital and are now in use in patients' rooms on the second floor.

"May 5 and 6, 1978: the Auxiliary held a rummage sale which added \$167.00 to our treasury.

"The hospital's annual ENT clinic was held May 10, 11 and 12, 1978. During these three days, Volunteers worked closely with doctors, nurses and other hospital staff in the clinic, O.R. and on the second floor. On Wednesday and Thursday evenings, our gift shop was kept open until 8:30 p.m. and from 7:00 until 8:30 p.m. on these evenings we also served refreshments to parents staying overnight with their children.

“During the week of May 23, 1978, in conjunction with Miss Edna Brashear, art teacher at the Leslie County High School, our Auxiliary helped sponsor an Art Show. Paintings of anyone who wished to be a part of the project were hung in the main lobby of the hospital. It’s always a pleasure to work with the youth of our county and we have many talented young people here in Leslie County. We took pride in showing some of this talent to the public.

“Throughout the year on special occasions, such as Valentine’s Day, Easter, Mothers Day, Thanksgiving and Christmas, someone from the Auxiliary visits with all the inpatients. We make special favors representing these holidays and distribute them to all the patients.

“As we came to the end of another year, our last project was a check to the Wooton Clinic in the amount of \$500.00. That money was used to purchase an otoscope, an instrument used to examine the ears, and two dictaphones used to record doctors’ notes and information concerning patients.

“Today we begin our fourth year of the Mary Breckinridge Hospital Auxiliary. We have high hopes and dreams of an even better and more successful year ahead of us.”

**Financial Report
6-1-77 to 5-31-78**

Cash Receipts:

Dues.....		\$ 193.00
Donations (Including bake sales, Christmas Bazaar and Rummage).....		1,356.91
Sales: Gift Shop— 6,561.38.....		
Pop Machines—13,652.20.....		20,213.58

Total: 21,763.49

Paid Out:

Purchases Mdse.	15,320.56
Ky. Sales Tax.....	879.54
K.H.A. Dues	25.00
Misc. (Inc. Fall Institute, ENT Clinic, Mothers Day Corsages for patients).....	196.91

16,422.01

Balance: 5,341.48

Donations to FNS..... 2,454.00

1978-79 To Pay Donations to FNS..... 2,000.00

Balance after Donations—6-25-78: \$ 1,322.04

**Financial Report
6-1-77 to 5-31-78**

OLD STAFF NEWS

From Agnes Lewis in Maryville, Tennessee:

Having the Courier Conclave was a great idea — perfectly planned and carried out.

For me, personally, it was one of the happiest, most moving weeks of my life and I am endlessly grateful to the staff and the couriers for making my cup of joy overflow. I'll never forget it. Sharing honor with Marvin and Debby was the crowning joy.

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From Sister Kathryn Gates in Philadelphia, Pennsylvania:

I have been taking care of my mother for the last six weeks. She suffered a stroke shortly after I arrived home but is better now and I've come back to Philadelphia to pack up my things and be ready to leave for Albuquerque right after Christmas. I am looking forward to working in the southwest as I can use my Spanish and the area reminds me so much of Jordan with its desert-like terrain, clear skies, beautiful sunrises and sunsets, and the mountains in the background. I am also very happy that I passed my midwifery boards. I will remember you all back there in Kentucky as I take up my post over in the Rockies.

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From Liz Sharp in Atlanta, Georgia:

We have a fine FNS group at Grady and we are very pleased. FNS not only recruits lovely people but produces excellent nurse-midwives. I saw Alice Forman recently and we chatted about our wonderful time with you.

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From Rosemary Radcliffe in North Woodchester, England:

Give my love to anyone who may remember me. I love to hear news of FNS and still feel part of it though it is so long since I was there.

From Sandy Conville Stahl in Pittsburgh, Pennsylvania:

We are all well. Jack is still with McGraw-Hill and I'm working three days a week at a new HMO — which keeps me sane! I heard from Kristi Davis recently — she and her husband are stationed at Fort Knox.

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From Eve Chetwynd in Emberton, England:

I've been very busy working for the research firm for which I am an interviewer. It is varied so one meets lots of different people. Recently I have dealt with readership magazines and newspapers, Rover cars, beef cattle (and worms!), dairy cattle and mastitis and photographic chemical processing. This all goes to provide the wherewithal for the next round the world trip starting — hopefully — in August or September to South Africa, which I have never seen, and back to Australia and New Zealand, western United States and Canada.

Last month some of us had a get-together lunch before "Old Girls Day" at St. Thomas' and Sara Swindells and Briget Sutcliffe were there. We had a good old gossip about FNS.

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From Tami Petr in Baldwin, Kansas:

We could not resist the country life and bought five acres on a small hill with a view of eleven miles — rolling hills and woods and the horizon of the city of Lawrence. I am working at the Lawrence public health department as a family planning nurse practitioner. As yet, I cannot find a job in midwifery, which I miss a lot. Chris is teaching social work, sociology and anthropology at Baker University and has also volunteered to be the assistant basketball coach.

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From Mary Jo Clark in Princeton, New Jersey:

I'm writing, particularly, in response to the announcement of the 1978 Courier Conclave, despite the fact that I was not a courier. But it sounds as though it will be a very jolly gathering — and I'd like to add my two cents worth of recognition for the couriers in general and Agnes in particular. I'll be thinking of you on May 11-13, as you carry out the reunion and celebration. Please

give my greetings to anyone I would have known in the early '50s, and add my good wishes to the rejuvenated Courier Service that is anticipated.

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**From Francetta Goodin White in Ottsville,
Pennsylvania:**

Some thirty years have gone by since May of 1948 when I left Kentucky after a tour as a hospital nurse for FNS. My dream has always been to return. Last week that dream came true.

Coming into Hyden I could see the old hospital on the hill and the new modern complex beneath it. Tears were in my eyes as I saw the dreams of all the former FNS family come true. How proud "Mrs. B" and "Brownie" must be!

A very nice secretary showed me around the new hospital and answered all the questions I threw at her. How impressive it all was when I remembered the hospital facilities in the 1940's. My husband and I were told we might have trouble making the hill but no way was I leaving without going up that hill that I had walked daily while I was there, to get the mail. We made it easily and I began retracing steps and events — the room in the front where I was lodged, the section for inpatients, the clinic and kitchen and dining room. I looked for the remains of the garden, Brownie's roses and the location of the barn. I stood looking over Hyden trying to remember all that had happened in the time I had spent there — all good — all wonderful memories — a very happy learning time in my life. Dr. Beasley's secretary let us come in and let me vent! Even though I spoke with strangers, they knew what I felt. Because we had not made any appointments, I felt as though I were sneaking around trying to find a glimpse of the past that might be gone — but it's not gone — the warmth — the hospitality — the smiling faces and all the good and love of the FNS is still there.

How glad I am that I went back to see it all again.

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A WEDDING

Noel Smith McAlister to Peter Fernandez on June 3, 1978, in Pomona, New York.

. . . and a lovely wedding it was, too, in the garden at Noel's

home, attended by ducks and geese and flitting, redwing blackbirds, as well as some fifty family members and friends. Elizabeth Anne McAlister was her mother's maid of honor and guests were enchanted with the lovely voice of Noel's college friend, Heidi Nitze, who sang before the ceremony. Noel's marriage provided the opportunity for a mini-reunion for several FNSers who had worked with her in Kentucky some years ago — Helen Browne, Leigh Powell, Liz Palethorp, Rogers and Trink Beasley and Peggy Elmore.

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We are saddened to learn of the deaths of two former staff members, Nolie McDonald in Raleigh, North Carolina, on April 7, 1978, and Ethel Mickle in England on June 12.

"Miss Nolie" spent many years in the mission field in Africa, and when her health would no longer permit her to remain in the tropics, she came to Frontier Nursing Service to work in the laboratory and x-ray departments of the old Hyden Hospital.

"Mickle Major" was a nurse-midwife with FNS, as was her sister, Edith, for several years prior to the beginning of World War II, and has kept in touch with us ever since.

We extend our sincere sympathy to their family and many friends.

We have just learned of the death of The Rev. Archie G. Dunaway, Jr., apparently slain by nationalist guerrillas near his mission hospital in Rhodesia on June 15. Mr. Dunaway's wife, Margaret, who directed a midwifery school at the same hospital, took her midwifery at FNS and was back with us for a brief refresher shortly before assignment to Rhodesia. To Margaret and the children we send our love and deepest sympathy.

OUR MAIL BAG

I would like to enter my subscription to the Quarterly Bulletin. My son, Joseph Peyton Watts, is an FNS baby and I'm so very proud to tell my friends this! The Frontier Nursing Service is the most effectual health care system ever established. I love you all!

FAMILY NURSING AND OLD INDIANS TOO

By Lillian Link

This article has little to do with Indians, but a great deal to do with Family Nurse Practitioners. Mary Weaver and I had the pleasure of attending the Second Annual Conference of the National Task Force on Family Nurse Practitioner Curriculum and Evaluation in April of this year. As it happened, this conference was held in Albuquerque, New Mexico, where we did have the chance to see some "Old Indians" who performed tribal dances at one of the social gatherings.

The conference was divided into workshops on Curriculum and Evaluation. In the workshops on curriculum we discussed core elements for speciality areas, such as Pediatrics, to be included in all Family Nurse programs. In critically reviewing this material, our program at FNS already contains these elements and in many instances exceeds the basic requirements. We also learned some new teaching modalities which will be useful in our program.

The workshops on evaluation and quality assurance were not as applicable. The topics discussed related more to problems encountered in an urban setting, although we did obtain some information that may help us to look more critically at the kind of health care we deliver at FNS.

The general feeling of the participants was that Family Nurse Practitioners are here to stay as a subspeciality of Nursing. Many also felt that, while we've established our role, we need to document what we do and move forward in the improvement of our educational programs. It is our hope that, indeed, FNS will continue to evaluate and improve the Family Nurse Education program to meet the needs of our clients and students.

CURRENT ISSUES IN HEALTH CARE

by Karen A. Gordon

During this past quarter, I had the opportunity of representing Frontier Nursing Service at three conferences addressing current changes within our present health care service system. The experience of FNS in nurse-midwifery care and primary care service, especially in a rural area, is a prime example and an important contribution.

During the week of April 24-27, the Maternity Center Association, in honor of its 60th anniversary, sponsored an Edith C. Blum Memorial Seminar entitled *Maternity Care in Ferment: Conflicting Issues*. The seminar was organized into four working groups: 1. The uses of technology; 2. As we see each other: The servers and the served; 3. Matching services to needs in maternity care delivery; and 4. Who speaks for prevention. I participated in the latter group which elected to discuss topics of primary prevention including teenage pregnancy, maternal and infant nutrition, influence of environmental hazards including work environment on pregnancy and fetal development, parenting, support systems for healthy family life, and provider education.

A central debate topic in the general sessions was the need to consider alternatives to hospital obstetrics, and whether or not there was any real (statistical) difference between a delivery by a midwife in an alternative setting (e.g. a birthing center) as compared to hospital deliveries with midwives and obstetricians.

Major considerations about improving outcomes for mother and child related to the use of technology, e.g. fetal monitoring, ultra sound, use of neonatal intensive care units, surgical intervention, and use of the vacuum extractor. A second consideration was the need for more reliable data, as well as the need systematically to collect data, regionally, for assessing risk and identifying women of highest risk. Maternity care was recognized as a political issue, which relates to the need for legislative changes, seeking alternatives in financing services, promotion of nurse-midwives, and developing safe alternative models for maternity care.

The question of where babies should be born predominated many of the sessions at the Third International NAPSAC

Conference in Atlanta May 19-21. *Compulsory Hospitalization or Freedom of Choice in Childbirth* was the theme chosen by the National Association for Parents and Professionals for Safe Alternatives in Childbirth. The conference generated both formal and informal debate regarding maternity and infant care. Several staff from the FNS were among the 1,300 delegates from around the United States and other countries.

Growing concern among lay people and health professionals about the direction being taken in hospital obstetrics, as well as in home birth, has precipitated considerable national discussion. Several alternatives to maternity and obstetrical service are currently being considered and practiced through the world — ranging from home births or birth centers to family-centered maternity care in hospitals or traditional maternity/OB wards in hospitals. Rural, urban and suburban couples are asking all kinds of questions about what is safe, what is effective, and what can we do to participate in our baby's birth.

The FNS was asked to participate in one of the plenary sessions. On the subject of home births Mrs. Eunice (Kitty) Ernst (an FNS Board member) and I presented "Fifty-three Years of Home Births at the Frontier Nursing Service of Kentucky: 1925-1978". An historical approach was taken to describe the changes in FNS midwifery services over these years. Since it was not possible to present the data from the entire 53 years experience, we focused our study and discussion on the period 1952-54, when the major cross-over from home births to hospital births occurred. The intention was not to advocate home births versus hospital births but to present what took place during that period and what type of conditions and problems the FNS nurse-midwives encountered.

In light of the many controversies surfacing during NAPSAC, it was important to emphasize the **system** of the FNS with its back-up services and linkages, triage and close surveillance of prenatal and postpartum women. Whether service was rendered in the 1950's or now in the 1970's, the best possible service is to be assured in whatever setting.

Equally thought-provoking was a Primary Care Conference in Halifax, Nova Scotia, May 23-26, sponsored by the Canadian Public Health Association and the World Federation of Public Health Associations, in conjunction with WHO-UNICEF. The purpose of the meeting was to bring together people from several

countries and organizations to discuss contributions that non-governmental organizations (NGO's) can make to promote greater individual responsibility in personal and community health. The results of specific workshop discussions will be incorporated into a revised NGO paper for distribution at the upcoming WHO-UNICEF Congress on Primary Care to be held in Alma Ata, USSR, in September 1978.

The workshop in which I participated was entitled "Promoting People Participation in Primary Care." I also presented a paper on primary health care as part of a general health care system and rural community development. Drawing upon the experiences of the FNS, the paper addressed the types of problems rural primary care services have encountered, especially of the realities of becoming self-sustaining or self-supporting institutions. Specific points such as increased costs, personnel recruitment, licensing/credentialling, were related to similar problems in the general U.S. health care system and processes of rural community development. As one conference speaker, Dr. Rex Fendall (Great Britain) noted: "If medical professionals are unwilling or unable to care for the needs of sick people, trained or untrained people in the community will do it. That, essentially, is what happened in the world over — whether we speak of enrolled nurses, nurse practitioners, medical assistants, MEDEX, traditional birth attendants, herbalists, native practitioner homeopaths, or quacks."

The three conferences certainly emphasized the need for improved personal health services. In summary, many of the themes and issues were recurrent, such as:

1. Increased use of technology
2. Need for better integration of service, more comprehensive health planning, and promotion of the concept of decentralized regionalization, rather than the present trend of centralized regionalization.
3. Providing alternatives in services within maternal and child care.
4. Promoting concepts of normality (of pregnancy) and health rather than illness and disability
5. Provider education and training (professional and "lay") in primary care and consumer health education, to foster responsible participation in all aspects of health.



AMERICAN COLLEGE OF NURSE-MIDWIVES

1012 Fourteenth Street, N.W., Suite 801, Washington, D. C. 20005 202/347-5445

May 18, 1978

Ms. Elsie Maier, Director
Frontier School of Midwifery
and Family Nursing
Hyden, Leslie County
Kentucky 41749

Dear Ms. Maier:

The Board of Review for the Approval of Programs in Education for Nurse-Midwifery met in Chicago, May 15-16, 1978, to review the Self Evaluation Report For Continuing Approval of the Frontier School of Midwifery and Family Nursing.

I am pleased to inform you that the determination of the Board of Review is to approve the continuation of the nurse-midwifery program at Frontier School of Midwifery and Family Nursing with the following recommendations.

1. Faculty continue to work on the development of academic credit for the nurse-midwifery component of the program.
2. Administration work toward the development of a more experienced faculty:
 - a. Recruitment of faculty with more experience in education and nurse-midwifery practice,
 - b. and, the provision of opportunity for clinical nurse-midwifery experience and continuing education for all faculty.

The Board of Review would like to commend you and your faculty on the efforts you have made in all aspects of evaluation, and on the provision of nurse-midwifery experiences that permit a practice of nurse-midwifery consonant with the A.C.N.M. philosophy.

We also wish to acknowledge the progress made since your last review and wish you continued success in your efforts to strengthen the program.

Sincerely,

Maureen Kelley, C.N.M.
Acting Chairperson, Board of Review

MK:pb

THE ONEIDA CENTER COMMITTEE

The Oneida Center has been a demonstration project, opened with a determined attempt on the part of the committee and the staff to make it self-supporting. In our annual report in the next Bulletin, we will be reporting on staff efforts but we want to give full gratitude to the committee for all it has done for the center in the last year. The committee members have raised more than \$3,400 from the horse show and donations. They have spent approximately \$1,300 on building and improving the horse show grounds in Oneida and they have maintained and contributed to the equipment of the clinic in the following manner:

EKG Machine and Chart	\$1,058.00
Pharmacy Stock	715.00
Bulk Mailing and Box Rent	65.00
Center Maintenance and Improvements	<u>1,990.25</u>
Total	\$3,828.25

Oneida Nursing Center is constantly being used as a demonstration of committee support and direction of an Extension of the Primary Care Center. We recently had a visit from Jack Watson, Secretary to the Cabinet on the White House staff, Secretary Peter Conn of Human Resources, James Bird, Commissioner for Housing, Ralph Ed Graves, Commissioner for Local Government, William Short, Secretary of the Governor's Development Cabinet, and others. Their interest was to see first hand a nursing center staffed by nurse practitioners, and to understand some of the problems and benefits of government programs from the viewpoint of the local health provider. This group met with Barkley Moore and Phronia Smith of the Oneida Committee, the nursing staff, and Kate Ireland and Rogers Beasley.

BEYOND THE MOUNTAINS

In mid-April, the National Chairman, Kate Ireland, and I flew to Pittsburgh where we were met by Mrs. Spencer ("Stevie") Hackett. Stevie, a former courier and now Pittsburgh chairman, had prepared a full three day schedule. We were the house guests of Mr. Alfred Hunt who gave a reception and buffet dinner for the Pittsburgh Committee and their friends. This was a marvelous opportunity to report the latest activities in the mountains and to meet several old couriers who subsequently came to Kentucky for the Courier Conclave and fifty year celebration of courier service. During the Pittsburgh visit we had the pleasure of speaking to some two hundred students at the Sewickley Academy and were extremely impressed with the incisiveness of the questions of that high school group concerning rural health matters and volunteer services. We were pleased to be invited to speak to the assembly at the Ellis School as well as a special noon-time seminar arranged by the student government of the Winchester-Thurston School.

The weekend of the 15th was spent with the Daughters of Colonial Wars at their annual assembly at the Mayflower in Washington. Mrs. Grant Ackerman introduced me as the luncheon speaker and I had the great pleasure of thanking the ladies for their thoughtful and generous support of the work of FNS. There was an opportunity to visit with the members from all the chapters at the afternoon session in honor of their officers.

Kate Ireland was in New York twice during the spring. She attended a meeting of the New York Committee, where she was warmly welcomed by the chairman, Mrs. R. McAllister Lloyd, and the other members, and she was also entertained at the Cosmopolitan Club by Mrs. Brooke Alexander.

The Kentucky Primary Care Association has had several meetings in considering implementation of Medicaid payment for primary care services in Kentucky. Several of the intricate problems in relation to the Nurse Practice Act have been ironed out with the assistance of the Association and, as of June 26, FNS has begun to accept Medicaid cards for the nurse practitioners' services.

The FNS was presented in seminar at the Center for Population Activities in Washington as a national rural health program

in which family planning was integrated into the maternal and child health services. We are constantly being reminded of the contribution of FNS to international health services.

Miss Evelyn Peck and Miss Elsie Maier presented FNS at a seminar held at Vanderbilt University by the Robert Wood Johnson Foundation for their Fellows. Subsequently, five of those nurse practitioners have worked at FNS for eight weeks.

At the end of May, Mary and Bill Wotherspoon gave a reception at Grosse Pointe Farms, Michigan, for the Detroit Committee and friends of FNS. Kate Ireland and I reviewed the latest program activities of the Hospital and Primary Care Center in the mountains and answered questions of an interested group which included Mrs. Charles H. Hodges who, as a member of the Girls Protection Society, had heard Mrs. Breckinridge present the beginnings of FNS in Detroit in 1925. Mrs. Hodges gave a delicious dinner party following the reception.

In June, our Associate Director, Miss Evelyn Peck, went to Hawaii for the annual meeting of the American Nurses' Association of which she has been First Vice President.

My wife and I had an exciting trip to New York for the wedding of a former FNS staffer, Noel Smith McAlister, and Peter Fernandez. This was an especially joyful event because it gave us the occasion of a visit with Liz Palethorp, former Matron of Hyden Hospital, who came from England for the wedding.

In the middle of June, we spent two days in Washington at the Maternal and Child Health Council meeting of the American Public Health Association. One outstanding aspect of this meeting was the discussion of the Kennedy Bill (S. 2901), the Adolescent Health Service Act of 1978. Listed in the House as H.R.12146, this bill will provide funding for teenage clinics and school health programs such as we have recently been discussing with the Leslie County Board of Education and Board of Health. This will be a special school health activity for our nurses.

Although a lot of energies were spent travelling to and from Washington this quarter, Marvin Patterson's gracious hospitality and warm friendship make these duties a great pleasure.

W. B. Rogers Brasley

IN MEMORIAM

These friends, these Trustees and Committee members, have departed this life in the past few months. We wish in this manner to express our sympathy to their families.

Mr. Walter R. Agard
Madison, Wisconsin

Mrs. Louise Kirk Hitt
Maysville, Kentucky

Mrs. William W. Collin, Jr.
Sewickley, Pennsylvania

Mrs. David S. Ingalls
Chagrin Falls, Ohio

Mrs. R.L. Collins
Louisville, Kentucky

Mr. John H. Lewis, Sr.
Hyden, Kentucky

Mrs. Edward S. Dabney
Lexington, Kentucky

Mrs. Florence Murdoch
Cincinnati, Ohio

Mrs. Benton P. Deaton
Ft. Worth, Texas

Mrs. Harry Boone Porter
Louisville, Kentucky

Mr. Howard P. Eells, Jr.
Cleveland, Ohio

Dr. Robert Sory
Richmond, Kentucky

Mrs. James Erwin
Pasadena, California

Mrs. Thacher W. Worthen
Hartford, Connecticut

We acknowledge our appreciation and personal gratitude to those friends who have, by including FNS in their wills, made a continuing reaffirmation of interest and belief in the care of mothers and babies and their families by the Frontier Nursing Service. Such legacies are added to the Endowment Fund.

Mr. Walter R. Agard

Mrs. James Erwin

Mrs. Louise Kirk Hitt

Miss Florence Murdoch

Mrs. Otis T. Russell, Boston, Massachusetts

Mrs. James K. Watkins, Grosse Pointe Farms, Michigan

Mrs. Thacher W. Worthen

Memorial Gifts

We take this means of expressing appreciation to our friends who make a supporting contribution to the work of Frontier Nursing Service as a way of showing love and respect for their friends.

Mr. Kenneth W. Massey

Mr. and Mrs. Henry W. Chubbuck
Mr. and Mrs. William M. Cowles
Mr. and Mrs. Thomas J. Finley
Mr. and Mrs. Frederick L. Fox
Mr. and Mrs. Edward H. Frank
Mr. and Mrs. Roy A. McCullough
Mr. and Mrs. James C. Mazzei
Dr. and Mrs. John A. Schneider
Mr. and Mrs. G. Albert Shoemaker
Mr. and Mrs. George F. Groff
Mrs. David Lynd
Mr. and Mrs. James C. Martin
Rockwell International
Mr. and Mrs. H. L. Lanier, Jr.
Mrs. William J. Askin, Jr.
Mr. and Mrs. John K. Orndorff
Mrs. Charles P. Mayhall
Mrs. Ashley E. Bladen
Mrs. R. R. Phillippi
Mr. and Mrs. Arthur J. Rankin
Mrs. Raymond G. Colvert, Jr.
Ms. Aline J. Massey
Mr. and Mrs. Harry Fox

Mrs. Estelle des Cognets Yancey

Miss Elise M. Derickson
Mrs. John L. Davis
Mr. and Mrs. Thomas E. Addison, Jr.
Dr. and Mrs. Bernard P. Wolff
Mrs. James C. Stone, Jr.

Mrs. Clem Kelly

Mr. and Mrs. William H. P. Robertson

Mr. LeRoy Watson

Mr. and Mrs. William H. P. Robertson
Mr. William Cecil McHenry
Mrs. John Harris Clay

Mrs. Joseph Barnett Paul

National Officers Club, Daughters of Colonial Wars
for Jean Paul Nursing Scholarship Fund

Mrs. Ann Shouse

Mr. and Mrs. William H. P. Robertson

Mr William H. Bronston

Mr. and Mrs. William H. P. Robertson

Mrs. Thurlow Essington

Southern Woman's Alliance

Mrs. C. S. Bauman

Mr. and Mrs. Roger L. Branham

Mrs. David S. Ingalls

Mr. and Mrs. Paul D. Myers

Mrs. Arthur K. Pope

Mr. and Mrs. Roger L. Branham

Dr. Worth B. Daniels

Mrs. Arch L. Riddick

Mr. Ernest R. von Starck

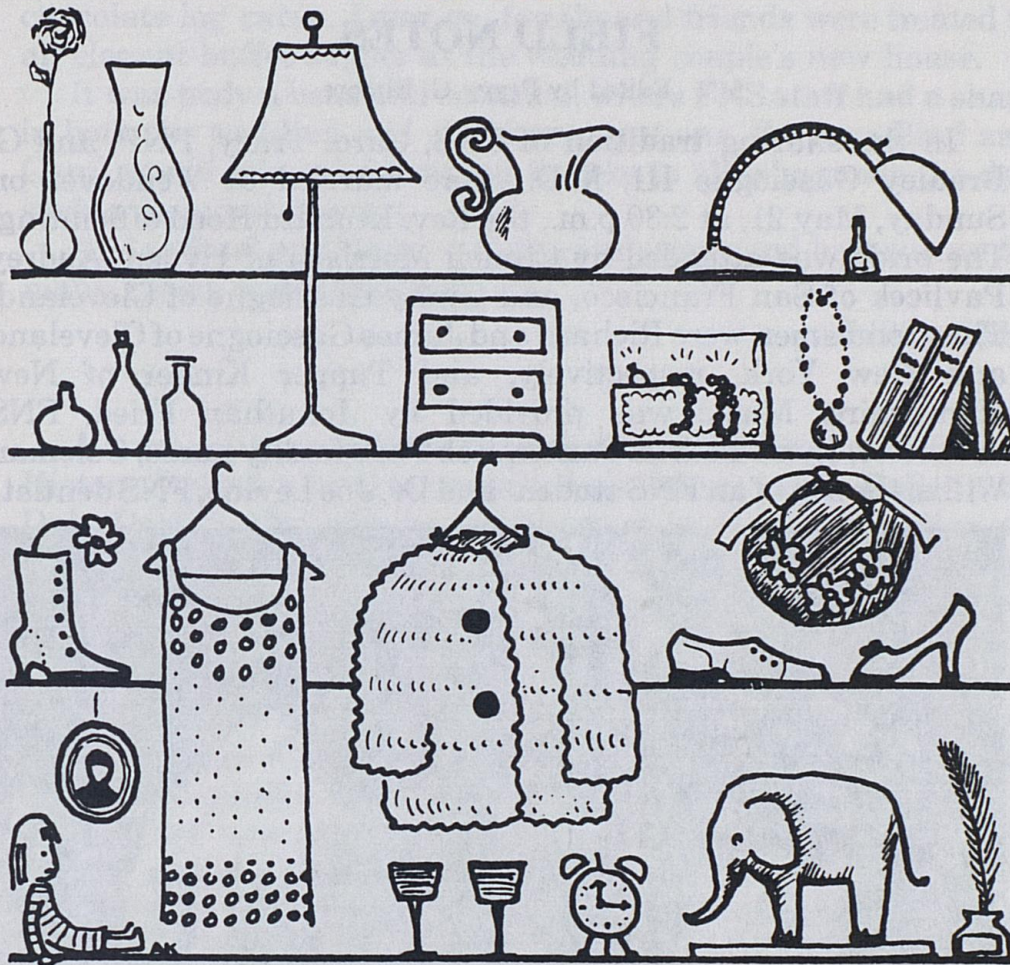
Mr. and Mrs. John S. Arscott
The "Evelyn McGill Girls"
Ms. Antoinette M. Stabilito
Mr. and Mrs. Maxwell A. DeVoe
Staff of La Panetiere
Mrs. A. L. Stilwell
Mr. and Mrs. Glenn A. Dooley
Mr. Victor J. Lang, Jr.

FNS RADIO SPOT #41 **Well Child Checks #4**

Narrator: One difference between summer and winter is that summer is usually warmer than winter, but another difference is that people are usually healthier in the summer. If you have young children, you can help them stay healthy throughout the year. One way to start is to schedule a well child check. A well child check usually includes not only all necessary baby shots, or immunizations, but tests your child's emotional and physical development. The physician or family nurse discusses things you can do to help him or her stay healthy all year long. For more information, contact your doctor or family nurse.

This message is brought to you as a public service by the Frontier Nursing Service.

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 G. Elmore

In the sharing tradition of FNS, Carol Tracy, PNP, and G. Bradley Gasciogne III, M.D., were married at Wendover on Sunday, May 21, at 2:30 p.m., the Rev. Leonard Hood officiating. The bride was attended by Cindell Morrison of Hyden, Audrey Pavlicek of San Francisco, and Ginny Gasciogne of Cleveland. The groomsmen were Richard and James Gasciogne of Cleveland and New York, respectively, and Tupper Kinder of New Hampshire. Music was provided by Jonathan Fried, FNS volunteer, Lynn Pethel Parker, Bob Fork family nurse; Coleman Willis, the son of an FNS student and Dr. Joe Levine, FNS dentist.



The couple and their many FNS friends had quite a few odds to surmount in preparing for the wedding, not the least of which were potential bad weather and completion of their log cabin home. Fortunately, when the day came, the sun was shining and, through the efforts of many people, the house was completed.

A reception followed the wedding at the Big House at Wendover. Verna Potter and friends helped to serve champagne and Minna Isaacs' uniquely decorated cake, complete with a

chocolate log cabin. Later on, family and friends were treated to an elegant buffet supper at the wedding couple's new house.

It was truly a beautiful occasion, where FNS staff had a share in both the wedding and all its preparations. I'm sure Brad and Carol would join me in saying thanks to all who made the day such a memorable event.

And to Brad and Carol — Congratulations and best wishes for many happy years together.

—Lillian Link

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A new program of great interest to many is the FNS Oral History Project which is described elsewhere in the Bulletin by Dale Deaton who will be in charge of it. Dale is a native of Breathitt County and a graduate of the University of Kentucky where he also obtained a master's degree in history. Dale has held both a readership position and a teaching assistantship in the UK History Department and he has worked in the Special Collections Department of the University Library. Dale's wife, Barbara (Napier), is an FNS baby from Leslie County and they have two children, Jennifer, age 5, and Holleigh, 17 months.

Another new staff member, Pasco Capuano and his wife, Kathy, are proud parents of lively one year old twins. Pasco, who has an MBA from Notre Dame, joined FNS at the end of March as Director of Finance, and his secretary is Loretta Morgan Porter, a former staff member.

After a couple of years in Central America with CARE and some months in Connecticut getting her family home in order, Susan Hull has returned to FNS and has unpacked her bags at the Red Bird Center as that district's family nurse. Welcome home, Sue.

Jean Isaac has joined the staff as the patient representative in the billing office; Diane Lytle and Debbie Morgan are new nurses on medical-surgical and Jacqueline Hope and Barbara Sizemore are R.N.s on O.B. Barbara is an FNS baby from Flat Creek. Sandy Johnson Walker, bride of Gregg Walker, has returned to the x-ray department, replacing Charles McCrady. Lynne Pethtel Parker is back at the Betty Lester Clinic and the new Clinic secretary there is Lois Langdon.

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Our medical staff was augmented in April with the arrival of a second obstetrician, Dr. Yvonne Imbleau — and no one was gladder to see her than our dear, hard-working Dr. Gilbert! Three medical friends of long-standing helped us out again this spring. Drs. Glenn Bratcher and Ted Stricker of the University of Cincinnati came with some of their residents for an ENT surgical clinic in May and Dr. Gertrude Luther provided pediatric vacation relief and a most welcome extra pair of family practice hands for several weeks.

During the ENT clinic much help was given the hospital staff by members of the Hospital Auxiliary and the Leslie County High School health careers students.

It is almost a misnomer to speak of the "Hospital" Auxiliary these days as this wonderful group has recently presented the new FNS clinic at Wooton with a check for \$500.00. We thank you, one and all.

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We are also pleased to announce the arrival in Hyden of Dr. and Mrs. Mark Buchanan who will join the staff on July 1. Dr. Buchanan is an internist and Janet Buchanan will be in charge of the hospital operating room.

The very best wishes of all the staff go with Dr. Tom and Kathy Dean and their two children, who will be moving to South Dakota in early July.

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May 16 was a sad day at Wendover and around the FNS as it marked the departure of Debby King and Betsy Bret Harte. Debby did a marvelous job as the coordinator of couriers and volunteers during the past thirteen months and Betsy had been a courier since last fall, with a few weeks off to visit friends in the east. We are pleased to announce that Marian Barrett of Cincinnati, a 1977 courier, returned to FNS on June 17, to coordinate courier and volunteer activities for six months. Verna Potter ably held the reins for couriers until Marian arrived, and took charge of a crew of five to assist her. Becky Carr from Lubbock, Texas, and Ruth Hine of Tucson, Arizona, had been at Wendover a couple of weeks. Laura Berger, Madison, Wisconsin, Sally Wilson, Morristown, New Jersey, and Mara McErlean, Washington D.C., had all arrived a couple of days before.

Most of the couriers during the spring and early summer have been nursing or pre-nursing students and they have been of great help at the hospital.

Old courier Lydia Wilder of Barrington, Illinois, returned to FNS for a couple of months this spring as a volunteer in the business and medical records offices at the hospital. Lori Winer of Shawnee Mission, Kansas, is with us now, volunteering her services at MBH. While Lydia was in Kentucky we were delighted to have a visit from her sister, Candy Wilder Heaphy of Longmeadow, Massachusetts, a 1965 courier.

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The Ephraim McDowell Cancer Network, in cooperation with Frontier Nursing Service and the Kentucky River District Cancer Council, held a one-day workshop on leukemia/lymphoma at the Leslie County Public Library in Hyden on May 20. The workshop included lectures on psychosocial, protocol, rehabilitation and adjustment problems as well as discussions of the diseases. Among the speakers were FNS staff members Anne A. Wasson, M.D. and Evelyn Peck.

A grant from the Ephraim McDowell Cancer Network provides funding for an oncology nurse on the FNS staff and we welcome Viola Blom to this important position.

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The Mary Breckinridge Hospital was selected for an Award of Excellence in the 1978 Kentucky Hospital Association Public Relations Award Program for an entry by Jonathan Fried, assisted by Karen Gordon, and entitled "Community Information Campaign".

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The FNS National Chairman, Kate Ireland, was honored by the Laurel School of Cleveland, Ohio, on May 19, when she received the first award to the Laurel Alumni of the Year. An interview with Kate was also a feature of the May 1978 issue of *Bluegrass Woman* and both the Laurel award and the interview emphasize the contributions Kate has made to the field of volunteerism.

An interest in primary care has brought a number of new faces to the FNS scene this spring and early summer. The five Robert Wood Johnson Faculty Fellows — Ella Kick, Vonna Koehler, Suzanne Langner, Linda Oakley and Rosemary Pittman — arrived in early May and have added much by their presence and activities. Mid June brought us three family nurses from the Medical College of Georgia — Mary Clevinger, Holly Milholland and Betty Saleba — for four month internships; two family nursing students from the University of Kentucky — Patricia Miller and Gail Wolf — for a two month practicum; and UK nurse-midwifery student, Renata Pagel, for a week's experience with FNS midwives. Through their interest and faculty, the FNS demonstration will introduce its philosophy and rural experience in patient care into seven university programs

Senior nursing students from Baylor University spent some weeks with FNS this spring — Kathy Childress at Wooton Clinic and Linda Cox at Red Bird. Three Berea College nursing students are with us now. Nancy Harlan and Ruth Spencer are helping Wanda King at Brutus and Anita Smith works at Beech Fork and lives at Wendover.

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FNS acknowledges with gratitude two recent gifts. Dr. Carolyn Williams of Chapel Hill, North Carolina, gave us three days of consultation on our research program, and Mr. Joe L. Eversole presented the Mary Breckinridge Hospital with an Electrolux vacuum cleaner with a special power head.

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We were most pleased to have visits this spring from two members of the FNS Washington Committee, Mrs. Burton Gray and Mrs. Thomas M. Davis and from Mrs. Lois-Don Beard of the New York Committee. The efforts made by committee members to learn first-hand about FNS activities means a great deal to all of us.

Among the old staff members who have popped in to see us were Geraldine Chappel, a 1952 graduate of the nurse-midwifery program, who has recently retired from the mission field in India, and Liz Palethorp who came over from England for a wedding. Liz was on a very tight schedule and could only spend a couple of days

in Kentucky — crowded days in which she saw all of the changes in the old hospital, the new hospital, the town of Hyden, and saw as many of her old friends as she possibly could in so short a time.

The other BIG EVENT of the spring was the Courier Conclave, reported by Jonathan Fried elsewhere in this Bulletin — and great fun it was for all the staff to welcome couriers from twenty-two states!

An FNS patient was referred to a medical center outside the mountains for specialist care and a courier had driven her.

Patient: "I don't like to come here. The doctors are like bananas."

Courier: "Like bananas?"

Patient: "Yes. They come at you in bunches!"

FNS RADIO SPOT #40

Measles Vaccine #2

Sound: Crunch of Apple

Narrator: Hello, I'm eating an apple. It's a big, juicy healthy looking apple. Now I'm sure you know as well as I do that apples as healthy as this aren't found on every apple tree. This apple's been sprayed to protect against harmful insects and worms. If you knew worms and insects could attack our best apple tree, you'd surely do anything possible to prevent them from doing it. Well, the same idea goes for protecting your children against measles and other childhood diseases. Measles has reached epidemic proportions in Kentucky. You can help protect your children by making sure they get their baby shots, or immunizations.

Sound: Crunch of Apple

Narrator: And remember to protect your apple tree.

This message is brought to you as a public service by the Frontier Nursing Service.

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F.N. indicates nurses who have completed post-graduate education in Family Nursing
C.F.N.P. indicates family nurses who have taken and passed the national certifying examinations.

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Position Vacant

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Jessie Preston Draper Memorial Nursing Center

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Clara Ford Nursing Center

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Belle Barrett Hughitt Memorial Nursing Center

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Diane Wilson, G.N.

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W. B. R. Beasley, M.D., M.P.H., D.T.M. & H.,
Hyden, Kentucky 41749

Associate Director

Director of Nursing

Evelyn M. Peck, R.N., M.A.
Hyden, Kentucky 41749

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Carolyn Miller, R.N., M.A., N.M., Nurse-Midwifery Education Coordinator

Christine Schenk, R.N., M.S., C.N.M.,
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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 condition 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.

Contributions to Frontier Nursing Service, Inc. are tax deductible under Section 501 (c) (3) of the Internal Revenue Code of 1954.

Gifts of stock should be sent to

FRONTIER NURSING SERVICE
Mr. Homer L. Drew, Treasurer
First Security National Bank & Trust Co.
One First Security Plaza
Lexington, Kentucky 40507

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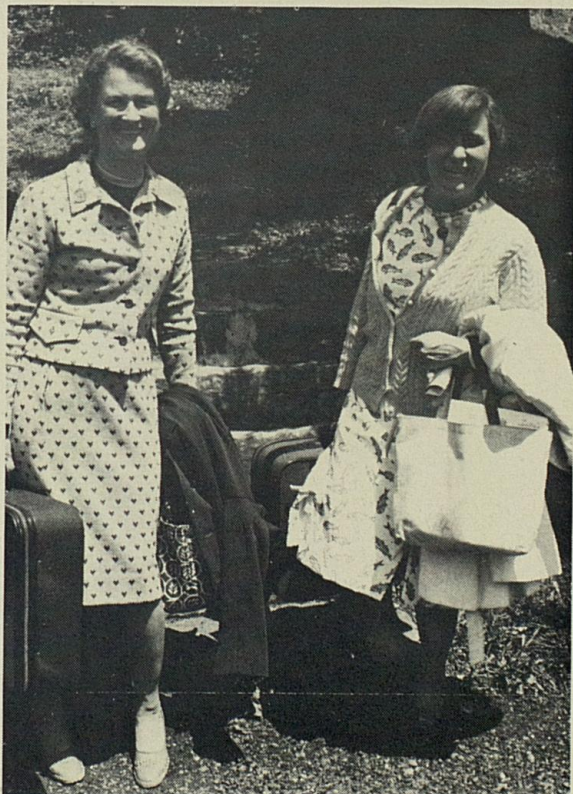
FRONTIER NURSING SERVICE
and sent to
Office of the Director
Frontier Nursing Service
Wendover, Kentucky 41775



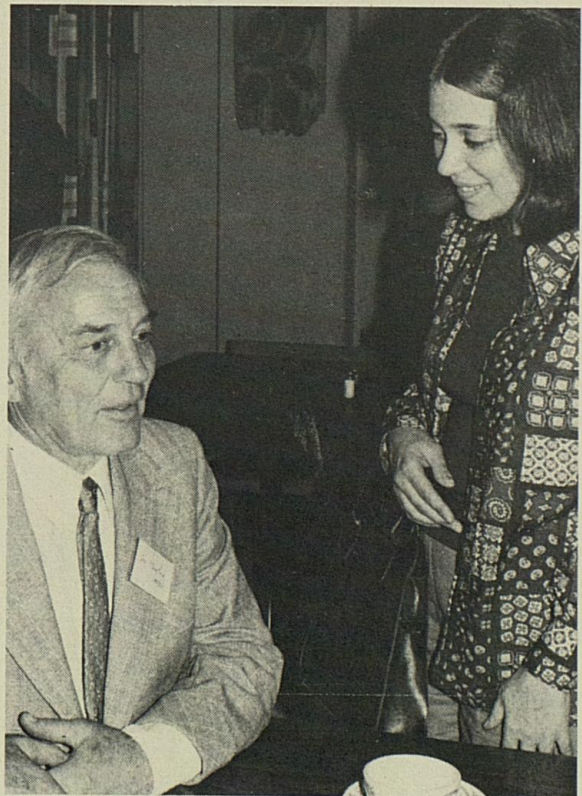
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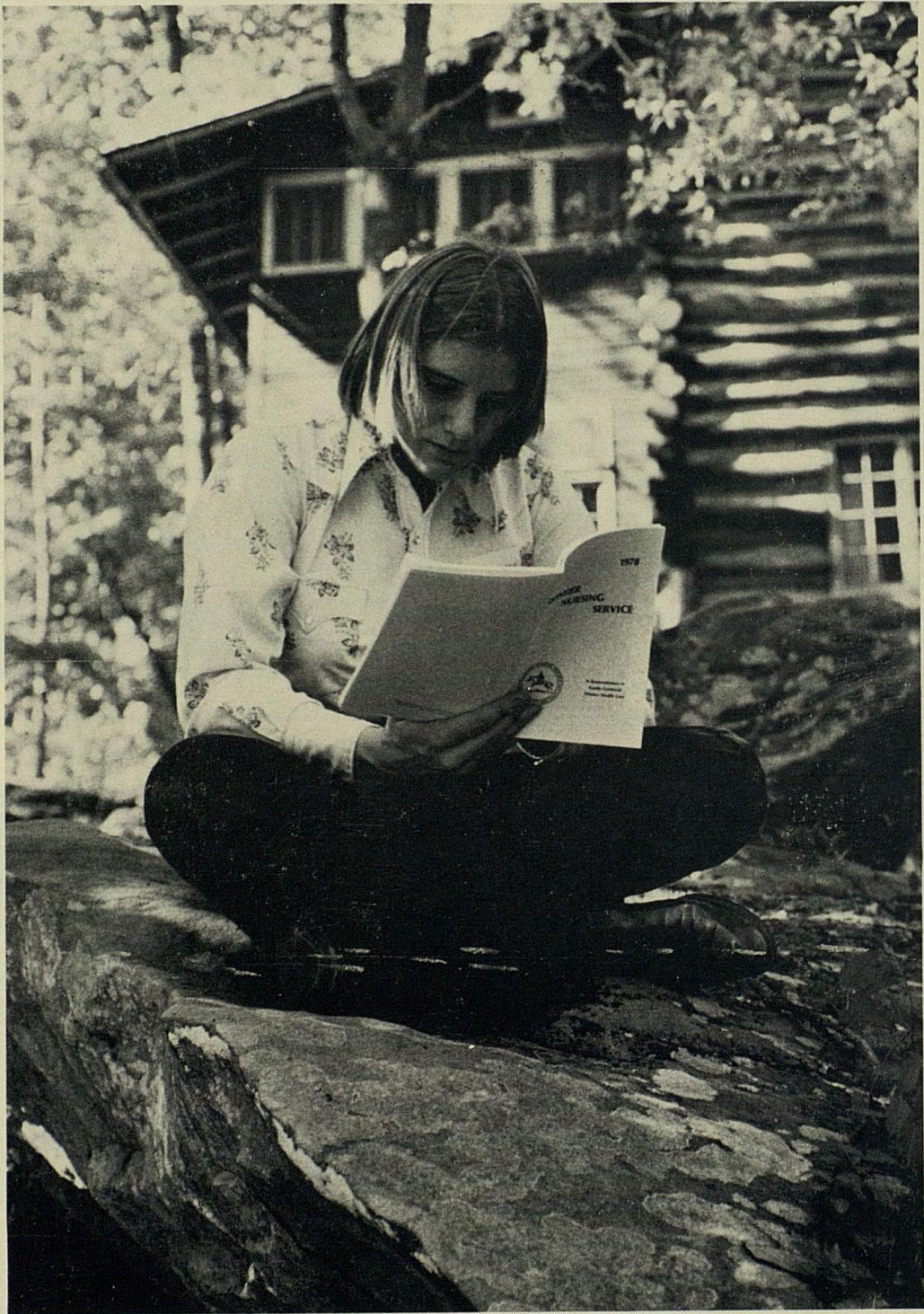
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