

# FNS

FRONTIER NURSING SERVICE

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*Note: The next in the series of articles on the FNS district clinics has been deferred until the winter issue*

Cover photo by Gabrielle Beasley

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## In Praise of Little Children

### LAUS INFANTIUM

In praise of little children I will say  
God first made man, then found a better way  
For woman, but His third way was the best.  
Of all created things the loveliest  
And most divine are children. Nothing here  
Can be to us more gracious or more dear.  
And though when God saw all His works were good  
There was no rosy flower of babyhood,  
'Twas said of children in a later day  
That none could enter Heaven save such as they.

The earth, which feels the flowering of a thorn,  
Was glad, O little child, when you were born;  
The earth, which thrills when skylarks scale the blue,  
Soared up itself to God's own Heaven in you;  
And Heaven, which loves to lean down and to glass  
Its beauty in each dewdrop on the grass —  
Heaven laughed to find your face so pure and fair,  
And left, O little child, its reflex there!

— *William Canton*



## TWENTY THOUSAND BABIES!

John William Campbell is a special baby. Of course, all babies are "special" to their mothers, and any baby born at the Frontier Nursing Service is "special" to FNS. But John William is "especially special" to FNS — he was our 20,000th baby. And like so many of the previous 19,999, little John came into the world with the loving help of an FNS family nurse-midwife, in this case, Ellen Hartung.

John's mother is Mrs. Melissa Stidham Campbell, of Krypton, Kentucky. She is 19, and John is her first baby. Mother and child have now moved to Fort Campbell, Kentucky, where the baby's father is in service with the Army. Mrs. Campbell told FNS recently that John William is well and happy and has more than doubled his birth weight, which records show to have been 5 pounds 12 ounces.

FNS reached this meaningful round number on May 19, five and a half decades after delivering its first baby. Curiously, FNS' first nurse-midwife was another Ellen — Ellen Halsall, whose dramatic arrival astride the first horse she had ever ridden is described by Mary Breckinridge in *Wide Neighborhoods*. Since then, FNS has traveled down the alphabet from Ellen Halsall to Ellen Hartung, but it has been a journey of far greater adventure and accomplishment than that may suggest. In its course, FNS has brought many babies into the world, attended lovingly to the medical needs of many families that could not have been served otherwise, and developed a system of rural health care that has been a model to the world. The arrival of the 20,000th baby is a good time to stop and take another look at this long and fruitful journey.

From the very beginnings, FNS has kept detailed records of its patients, and these have been of great value in measuring the progress of rural health care. Early in FNS history, the Metropolitan Life Insurance Company began studies to evaluate FNS' first ten thousand maternity cases. Subsequent evaluations were interrupted after World War II, but FNS has continued to keep the records. The subject has now been revived, and discussions have been held with the Harvard School of Public Health in the hope that these important studies can be resumed. The records are at hand, and surely they have a worthwhile story to tell.





Every now and then, and especially at Christmas time, we feel urged to look back into our past. Christmas in 1983 is not quite the same in rural Kentucky as it was in 1928, and the cabin in the picture above is probably not the same one that Edith Matthams wrote about in the story that follows, which is reprinted from the Autumn 1933 issue of the *FNS Quarterly Bulletin*. Still, we find it comforting to renew our awareness of our roots, and to reflect on what has grown from them. Clearly, children and Christmas and caring were very important to Edith Matthams, as they are to us. To look back 55 years and rediscover what we always knew — that the values most important to us now were firmly in place all those years ago — warms us again as we go into another Christmas season.

### THE FIRST CHRISTMAS ON RED BIRD RIVER (1928)

A hollow off a fork of Big Double Creek. A log cabin of two rooms, the logs hewn with a broadaxe. Outside the cabin — a dark night, zero weather, frozen creeks. I had been two hours riding the five and a half miles. Inside the cabin — an open log fire lit up the walls, covered with newspapers for warmth and cleanliness. There was no light but the fire, except for the lantern I brought with me.



The baby came safely, soon after I arrived, a lusty December baby. The mother had been made comfortable, and now the four older children clustered around me to watch baby's bath. We got as close to the fire as we could. So much wind whistled through the chinking that my nail brush actually froze solid in the little pan in which I had scrubbed up. On each side of the fireplace stood glass jars of canned fruit, close enough to keep from freezing. The family had killed a pig a few days before and it was in process of salting. From "tother house," namely the other room, came the odor of fried ham, which the father was cooking for our breakfast.

The mother lay quietly resting on her bed. She had been a good provider. There was the canned fruit, there were the strings and strings of dried beans, the pig, the cow. The wind of the rude winter might steal through the chinks of the cabin, but hunger wouldn't overtake her little flock. Nor would cold. The four children were all dressed in linsey woolsey, woven by her patient hands from the wool off their own sheep. As I "dressed" the new baby I drew the children into conversation. Soon Christmas would be here. What did Christmas mean to them? Only a name. Had anyone ever received a toy at Christmas? No one ever had. None had ever had a store toy of any kind at any time. Not one of them had ever been to a store. The nearest cross-roads store was miles away from them — over two steep mountains. The mail order catalogues were a sort of dream, never realized, just pictures.

The children clustered closer about me while I explained to them that people gave gifts at Christmas, and why they gave them. Then I described at length the Christmas tree in all its glory, and said that we would have one at the Clara Ford nursing center down on Red Bird, and that they were invited. Their bright eyes showed ever brighter as they listened to what I know now must have sounded like a fairy tale to them.

After all, they didn't see the tree. With the mother in bed and the father doing the cooking and child-caring, and with no mule, they could not be brought to the party. But I carried their gifts to them myself on Christmas Eve, and what wonderful gifts! When I had asked them what I should bring, they chorused, all of them, "A bag of peanuts." Imagination could reach no further. They knew about peanuts and they wanted them!



On Christmas Eve my horse and I got over the two snowy mountains, and the saddlebags we carried were full. Of course, they had the peanuts, and candy and sweet cookies. Then both boys got pocket knives of their very own, and each of the two girls got a doll. Never shall I forget their looks of wonder. It was the first time either of them had ever seen a doll, and these dolls went to sleep. It was nothing short of miraculous. And these dolls belonged to them. Truly, the Christmas spirit blossomed like a Christmas rose in that snowy hollow.

That was five years ago. The December baby, now grown to a run-about child, has always known Christmas. He knows why we keep the day, and he knows why gifts come to him. During all the five years his little sisters have played with their dolls, so carefully and so lovingly that they are still unbroken treasures. To more than one Christmas party, with its tree at the nursing center, has their father brought them since that first December. Every year the beauty of the season and its meaning and its gifts awaken afresh the eager response of these young hearts. And for such as was the Day created.

— *Edith Matthams, RN*

## BEYOND THE MOUNTAINS

by *Kate Ireland*

**Cleveland** — Ruth Beeman gave a special message to our loyal friends in Cleveland when she spoke at The Garden Center on Wednesday, September 21. It is most exciting to know that she is in conversation with Dr. Joyce Fitzpatrick, Dean of the Frances Payne Bolton School of Nursing, and Dr. Claire Andrews, Director of the Nurse-Midwifery Program there. Mrs. Bolton gave to the Frontier Nursing Service its second nursing center, Possum Bend, in 1927. Just think of this link — between the past and the present! Edith and Paul Vignos hosted such a lovely dinner, and we had over 75 friends present, including former staff member Winnie Jacobson Nelson and four former couriers: Bets Mather McMillan ('30), who visited FNS in 1979; head of Laurel School, Barbara Barnes ('45), who attended the Courier Conclave in 1978; Nan Sersig ('69), who brought along a new baby, Kate (two months old); and Betsy Frazier Youngman ('80), who is now training for running in the Olympics. Naturally it stirs my



heartstrings and pride when Cleveland, my old home town, shows such support.

**Greenwich** — Four days later, Ron Hallman and I were the guests of Claire and Harry Henriques in Greenwich. A wonderful group came to their home on Sunday evening to hear of the more recent activities of FNS and to learn about NEED (Nursing Education Enrichment Drive). It was such fun to see former couriers Hope Foote Gibbons ('30) and Lil Middleton Hampton ('46), who both attended the Courier Conclave in 1978, and to see the parents of courier Jennie Sulger ('79). Since not all of our Greenwich friends were able to attend the lovely dinner and presentation on Sunday, Ron and I had time on Monday and Tuesday to see a few individuals. I lunched with trustee Sarah Bullard Steck (courier in 1971), while Ron went to NYC to see former courier Lela Love ('69) concerning her family foundation's magnificent generosity to NEED.

**Boston** — What a joy it was to have "Brownie" back on the tour! Whitney Robbins, mother of courier Katie (Spring '82) and chairman of the Boston Committee, organized a lovely gathering at Pine Manor Junior College for the Boston Committee and friends on Wednesday, September 28. Brownie led off our presentation with her concern for midwifery education and the important and continuing role of the Frontier Nursing Service in delivering this education. As always, she interspersed her remarks with delightful anecdotes. Dean Ruth Beeman then presented her goals for the Frontier School of Midwifery and Family Nursing, citing accomplishments of the past and her immediate plans for the expansion of clinical experience for our students. She announced the placement of one of our midwifery students in the Brigham and Women's Hospital in Boston, and spoke of her most successful visit there earlier in the day with Nancy Curran. I had the pleasure of showing the highlights of the FNS activities through a slide presentation, and it was very exciting to look out into the audience and see fifteen former couriers and staff members: Mardi Perry, Patsy Lawrence, Frannie MacAusland, Lois Cheston, Leigh Powell, Muffin O'Brien, Sally Steeves, Carlyle Carter, Debby King, Anne Rice, Dede Trefts, and Laura Ellis made up the former courier force. Former staff members were Mary Ann Hawkes, Mary Simmers Penton, and Mona Lydon Rochelle. Brownie had the opportunity, thanks to the



wonderful scheduling by Whitney, to see many of her dear friends in Boston, but naturally there is never time to see everyone. The renewing of these friendships meant so much to her, but also, of course, they will prove to be most fruitful for FNS and, particularly, for the Nursing Education Enrichment Drive. Ruth also had an opportunity to visit with Alice Westover, formerly connected with Pine Mountain Settlement School and daughter-in-law of former Medical Director Huston Westover.

**Chicago** — What wonderful friends the Frontier Nursing Service has in the Chicago area! — Chairman Taowee Wilder; hostess Jean Smith; Lake Forest representative Katherine Arpee; the Westminster organizer, Dorothy Andrews; and former good friends and leaders. Ron Hallman stayed both with Taowee and Sandy Wilder and Katherine Arpee during his visit, and I had the pleasure of being with my former sister-in-law, Jean Smith, where about twenty friends joined us on October 4 for a lovely luncheon! The question period went on for over half an hour, which always makes me feel that the group is very interested. Ron was pleased to have three men present: Sandy Wilder, Harris Wilder, and Larry Galloway. That afternoon, we had more than ten of our friends together with their family nurse practitioner, Donna Rane, at the Westminster. To see Mrs. Kenneth Boyd, so long our leader of Chicago, was inspirational, and it was a joy to meet her daughter Peggy. Courier daughter Barbara is now living in Alaska. We had a chance to meet Mrs. Barrie and Mrs. Schwab, who knitted so many good things for us, plus seeing many of our other long-term friends. The following day, Ron and I visited more friends in the city and felt inspired and pleased with their reaction to our discussion of the FNS health care system, our Frontier School of Midwifery and Family Nursing, and the NEED.

**Milwaukee** — Ron took the bus on up to Milwaukee on Thursday, October 6, where he addressed the Wisconsin State Society of the Daughters of Colonial Wars at the University Club. Ron reports that the FNS slide presentation was greeted with enthusiasm by the society members and that many, including the state FNS chairman, Virginia Pierce, expressed a desire to come down to the mountains for a first-hand look at the activities under way at the Frontier Nursing Service.

All in all, it was a most eventful and exciting three weeks!



## MARY BRECKINRIDGE DAY, 1983

This year's Mary Breckinridge Festival came to its expected climax on Saturday, October 1, with the annual parade and numerous activities at the Nixon Recreation Center. Some of the key events are pictured in the following pages.



General view of the parade. Here the Leslie County High School band plays to an enthusiastic audience of Hyden citizens.



The sorghum stir-off is a familiar part of the Mary Breckinridge Festival. While more modern techniques were used to make most of the sorghum, the traditional method was also on display.





The parade was once again led by Molly Lee, back in the saddle in her traditional FNS uniform. She was accompanied by Peter Schult (at left), the volunteer who wrote the story that begins on page 25 of this issue, and Courier Alex Dykema. Here they pause for a break near the end of the parade route.

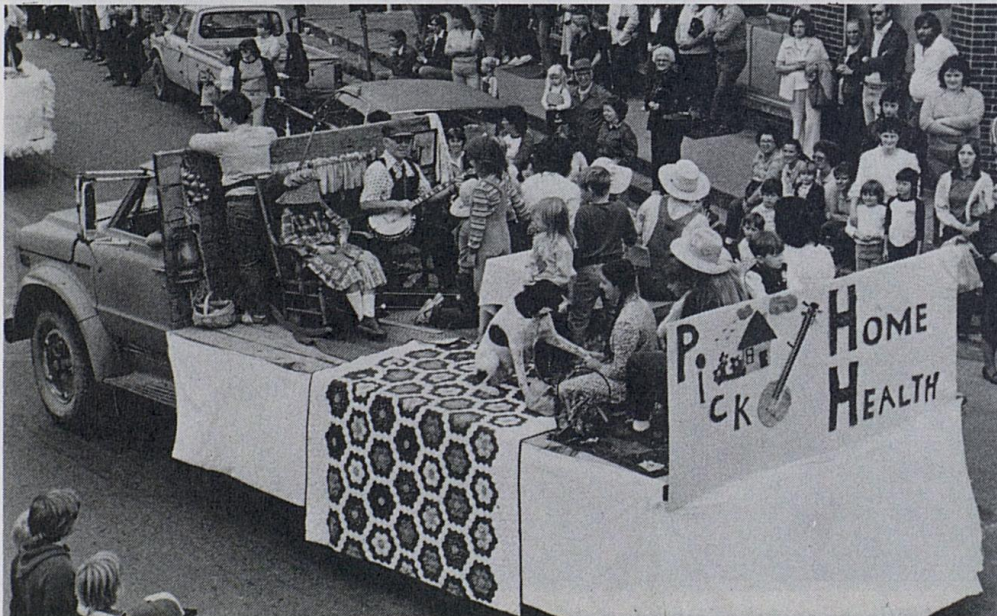


The FNS float was in the form of an elephant (the photographer couldn't keep up with his fast-moving trunk). This amiable beast reminded parade watchers, "Remember Your Health."





This concentration of youth and beauty was enough to fill the Nixon Center with a cheerful glow and delight the many who came to enjoy the spectacle and friendly competition of the beauty pageant.



FNS' Home Health Agency contributed this colorful float, full of interesting reminders of life in Leslie County.



## FNS AND THE HOSPICE MOVEMENT

A woman of 60 sits comfortably in an arm chair in the living room of her home. She has just said good-bye to a nurse, and now she is reading to her granddaughter. She is fond of the little girl and delights in her childish commentary and good humor. Elsewhere in the house, other members of the family go about their chores and accustomed activities. There is nothing immediately obvious in this scene that would suggest the sobering reality that this woman has only a few months to live.

In a private room at the Mary Breckinridge Hospital, a younger man, more visibly ill, enjoys what he can eat of the home-cooked dinner his wife has brought him. It has been a long struggle for him to accept the fact that his illness is terminal, but with the support and loving care of his family, his minister, and the FNS staff, he has at last come to terms with his situation. Everyone has been honest and helped him "talk it through." He has not been left to bear it all alone. Just now, it would require too much effort to carry on a lively conversation. It is enough that his wife and children can be with him in the same room, and for that he is deeply grateful.

On Hyden's main street, a nurse from the FNS Home Health Agency is greeted affectionately by a young woman. After a few pleasantries, she says, "I can never forget how much you did for us when Dad was sick." There are a few tears. It has been six months since the funeral, but both women are moved by their memories. The nurse has become a close and trusted ally, and for the rest of her life she will be loved as one of the family.

These are not scenes from a television serial, concocted to draw willing tears from the sentimental. Scenes like these are constantly repeated, varying in detail of course, as patients, families, and FNS staff face, and deal with, the problems of terminal illness.

In recent years, the nation has gradually become aware of what is being called the "hospice" movement, which is an effort to find better ways of dealing with incurable disease. Many questions are raised as to what a hospice really is, what it is like to participate in one, and what can be expected from hospice care in the future. In an attempt to answer some of these questions, the *Quarterly Bulletin* has prepared a series of three articles dealing



with various aspects of the subject. The first follows immediately, and the other two will appear later.

FNS is not a hospice in any formal (i.e., licensable) sense, nor does it wish to be at this time. Yet, without ever thinking of itself as a hospice, it has for years been providing care much like that offered by "formal" hospices. This is to be expected. FNS has always been dedicated to *caring*, whatever that required. It understood from the start that if it were to serve the health needs of a rural community, it would have to reach into homes and provide "continuity" of care. These are essential elements in "hospice care," and they were in place long before the hospice movement reached this country.

As interest in hospices gathered force, FNS re-examined its own position. It concluded that it could strengthen its "hospice-like" approach to terminal care in certain ways, but that it could be most effective in the long run by building on the structure that it had erected over half a century.

The first article in the series deals with the basic concepts of hospice care. The second discusses the ways in which FNS has approached this issue — what FNS provides, the kinds of problems that patients and families can expect, and how they are helped to deal with them. The final article reviews current legislation, its practical effects on hospice care in general, and how FNS is responding.

### WHAT IS A HOSPICE?

Even in a violent, nuclear, age, there is nothing that so chills the soul as a diagnosis of cancer. It seems as though a sentence has been passed, not only on the victim but on his family and friends as well, dooming them to an ordeal of suffering and fear and threatening to press them beyond the limits of endurance.

True, medical science is increasingly successful in curing, or at least arresting, many occurrences of cancer, if the disease is caught early enough. Unhappily, there remain many cases in which treatment will fail. What then? Is the patient necessarily trapped, as so many fear, in ever-tightening bonds of suffering, while those who care about him look on in helpless anguish?

It need not be that way.



In the last decade, the American public has become increasingly aware of a new approach to the care of terminal illness, known as "hospice." The immediate appeal of a hospice is its promise to eliminate much of the physical pain and emotional distress that go with terminal illness. This effort goes far beyond the relief of physical pain. It responds to religious and cultural needs. It deals with the family as well as the patient. It helps those involved to come to terms with their feelings. Basically, it takes its strength from a decent, caring, human concern for human beings in distress, and works to ensure that they can live to the end with dignity, self-respect, and as much peace of mind and body as can be achieved. Unexpectedly, this approach has also been found to be less costly than traditional care.

One of the main objectives of most hospices is to treat the patient in his home, as much as possible. The intent is to give him the comfort of being in a familiar setting, supported by his family. It allows him greater opportunity to live as active and normal a life as he can. Most patients wish strongly for this. A paper presented by Dr. S.A. Lack at a Conference on Death and Dying in 1976 carried a title that expressed that feeling very well: *I Want to Die While I Am Still Alive*. And J. Craven and F.S. Wald, in a 1975 article in the *American Journal of Nursing*, commented: "We have, unfortunately, too often lost sight of the patient; a patient is not merely a collection of symptoms, but a human being and a member of a family." The effectiveness of the hospice concept lies in its recognition of these deeply felt needs and its success in finding ways to meet them.

Although the hospice movement is considered to have begun in Ireland about a hundred years ago, it is most commonly associated with the work of a British nurse and physician, Cicely Saunders, who founded St. Christopher's Hospice in London in 1968. (Dr. Saunders, incidentally, visited Hyden in 1978, and some of her impressions of the FNS approach to hospice care are discussed in the final article of this sequence, which gives attention to the history of the hospice movement and to the prospects for its continued growth in America.)

Formal hospices began to appear in the United States in the mid-70's. The Frontier Nursing Service recently concluded a study to determine what FNS should do to provide hospice care,



and it found that FNS has actually been providing hospice-type care for many years without ever calling it by the name "hospice."

Actually, the term "hospice" is not well defined, although attempts are being made to give it a definition for legal and administrative purposes. That may not be easy, since the word has been in dictionaries for many years and is in the common domain. It is interesting to see how it was used before the "hospice movement" began to attract attention. In the 1944 edition of *Webster's Collegiate Dictionary*, for example, "hospice" is defined as "an inn for travelers, especially one kept by a religious order." The term is traced to two related Latin words, *hospitium*, meaning "hospitality," and *hospes*, meaning "guest." The latter word, interestingly, also gives rise to our contemporary word "hospital." Today, as the word "hospice" takes on new meaning, many find comfort in its traditional connotation of "shelter."

Hospices are commonly associated with cancer, and in fact, a number of hospices limit themselves to cancer patients. However, the hospice concept applies to *any* kind of terminal illness, including certain incurable cardiac and respiratory diseases. At FNS, where care is based on need rather than on a technical definition, hospice-type care is available in any situation where it is felt to be appropriate.

What, then, *is* hospice care? Bypassing formal definitions, the principal characteristics of hospice care are these:

*Keeping the patient comfortable.* In most "formal" hospices, a hospice patient is one whose life expectancy is not more than six months. No cure being foreseeable, treatment is concentrated on "care, not cure," as it is often expressed. The patient's comfort becomes paramount. This includes his psychological well-being and his ability to deal with his own mortality. Typically, the hospice approach calls for giving pain medication *before* pain sets in, when pain is much easier to control.

*Extending care to family, as well as patient.* Formal documents speak of "regarding patient/family as the 'unit of care'." The hospice approach recognizes the tremendous burdens that fall on a family when a loved one becomes incurably ill. Special efforts are made to comfort the family, to answer their questions, and to prepare them to serve a useful and satisfying part in helping the patient through the final stage of his life, and also to help family members deal with their own needs and emotions.



*Developing a "team" of persons who can care for a wide variety of needs.* The nucleus of such a team may be doctors, nurses, and other medical personnel, but its membership also includes the family, clergymen, social workers, and volunteers who can assist in such non-medical necessities as help with transportation, cooking, and so on. In formal literature, the word "interdisciplinary" is often used to describe this wide-ranging concept of care. Interestingly, the family becomes both an object of care and a provider of care; its participation in its own care is distinctly therapeutic.

*Continuity of support.* It is a basic belief that help should be within call at any hour of any day. Since many terminal patients are cared for at home as long as possible, the family must expect to deal, sooner or later, with an emergency of some kind. It can be crucially reassuring to the family to know that they will never be left to cope alone with an emergency that occurs "after hours." Moreover — a point that must be understood to appreciate the significance of the hospice approach — care does not end with the death of the patient. The hospice keeps in touch with the family for a period of months — even up to a year — after the funeral, doing what it can to help those left behind to adjust to their changed way of living.

Hospice-type care does not require all the latest medical advances. Such care, in one form or another, has always been possible. The growth of the hospice movement, however, reflects a change in public attitude in recent years. The key is willingness to accept the terminality of an illness, so that, after a certain point, emphasis can shift from curing to helping the patient to live his last months as fully as possible.

For some, it is difficult to acknowledge that anyone ever reaches a "point of no return." We live in a country that honors "never say die" determination in its most literal application. Also, the medical profession has always dedicated itself to *saving* people, and that tradition can make it difficult for some medical staff to admit failure to achieve a cure. Some people worry that a person who expects to die may give up without "a good try" or that he may miss a miraculous cure that may be on the way. Others hold for religious reasons that suffering is "good for the soul," or that whatever a person must endure is, in any case, "God's will." Some persons argue that one can never be abso-



lutely, positively, certain that an illness is irreversible, and others simply cannot face the issue. This last problem, in fact, appears to be common, affecting not only the patient and his family, but medical staff as well. The "coldness" with which doctors and nurses are sometimes charged, in fact, may really be a mask for the doctor's (or nurse's) fear of being unable to keep emotions in control.

But there seems to be a new feeling, moving gradually over the country, that death is an essential part of life. Instead of blindly refusing to accept death — a position one can hardly maintain forever — perhaps one should regard it, so to speak, as the ultimate fulfilment of life. Dr. Elisabeth Kubler-Ross, who is well known for identifying "the five stages" in the acceptance of death, has written a book entitled *Death: The Final Stage of Growth*. It is a provocative title.

Philosophy aside, the fact is that most people who deal with terminal illness eventually are overwhelmed by the question, "Why go on?" It can be faith-shattering to encounter the reality of a patient who is beyond cure, yet is maintained through an elaborate system of tubes attached to various parts of the body, while he hiccups, and vomits, and moans pitifully as hospital staff try to deal, by direct physical intervention, with the constipation that so often accompanies the use of medication at this stage.

"Letting go" is part of life. For most people, it becomes a matter not of whether to "let go," but when. One "lets go" of a child when he is old enough to get to school by himself, or to leave home and "strike out on his own." In the case of terminal illness, one may reach the point of letting go by many routes — philosophical, humanitarian, religious, or other. Whatever, most people *do* reach it eventually. In the hospice concept, the argument for letting go at the right time is, essentially, respect for the rights and needs of the individual.

Curiously, the various efforts being made to establish formal rules for hospices tend to define the "letting go" point in a manner that excludes many patients unnecessarily from coverage. Proposed Medicare regulations, for example, require that the patient (1) acknowledge that his illness is terminal, (2) understand that his life expectancy is not more than six months, and (3) waive Medicare reimbursement for any further "curative" treatment. At



FNS, no such restrictions apply, since FNS is not a formal hospice. FNS is dedicated to meeting *need*, however that may be defined.

The hospice concept has been widely praised by those who understand its significance. However, it is important to understand that "hospice" is neither a place nor an organization, but a concept. The fact is, there are several kinds of hospices. Some are organizations that operate out of an established hospital. Some are independent ("stand-alone"), with "residential" facilities given over solely to hospice care. Some are not formally defined as hospices at all, yet do give hospice-like care. What FNS is doing — and has done for many years — is to provide the continuous, concerned, interdisciplinary care to patients and families that is characteristic of hospice care, including, as appropriate, the services of ministers, social workers, and others. Care is — and has always been — available at any hour.

This is all part of the FNS tradition.

*(To be continued in the next issue.)*

### ALUMNI NEWS

As happens twice a year, the *Alumni Newsletter* is going to press concurrently with the *Quarterly Bulletin*. The *Newsletter*, as usual, is full of news of alumni and of news of activities and developments of interest to alumni. The *Bulletin* supports its sister publication and wishes it well, and accordingly we yield "first rights" to alumni news to the *Newsletter*. As we have previously pointed out, the *Bulletin* is published four times a year, the *Newsletter* twice, so that, at least twice a year, we will have the opportunity to publish alumni news that is not in duplication of the *Newsletter*.

Those wishing to receive the *Alumni Newsletter* should write to either:

Alice Whitman, Registrar  
Frontier School of Midwifery and Family Nursing  
Hyden, Kentucky 41749

or

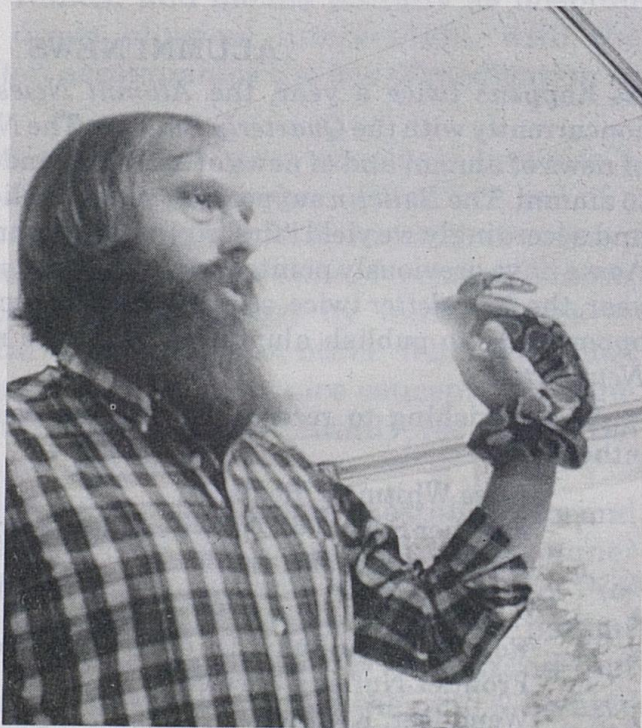
Ronald G. Hallman, Director of Development  
Frontier Nursing Service  
Wendover, Kentucky 41775





On November 12, four Japanese nurses came to Hyden to visit FNS and learn about its program. Here they are shown with Dean Ruth Beeman in front of the Frontier School of Midwifery and Family Nursing, with Haggin Quarters in the background.

The subject of a "grand rounds" at Mary Breckinridge Hospital in August was "Poisonous Varmints," but this snake proved friendly enough. He is held by Dell Sasser, biologist and zoologist from Lee's Junior College, who told his hearers "all about snakes."





**PAT CAMPBELL****RECEIVES****KNA NURSING AWARD**

Pat Campbell, RN, oncology nurse for the Frontier Nursing Service, received one of several awards given to Kentucky nurses this year by the Kentucky Nurses' Association. Pat's "Kentucky Nurse of the Year" award, in the Medical/Surgical division, was presented at a banquet at KNA's 77th Annual Conference, which was held at the Hyatt Regency Hotel in Lexington on October 20. Brenda Nichols, president of KNA's Medical/Surgical Council, made the presentation. This honor is granted each year to a nurse for special accomplishment in her chosen branch of nursing. It recognizes Pat for her devotion and effectiveness in the care of oncology (cancer) patients at the Frontier Nursing Service.

Pat has been a key member of the oncology project at FNS since 1979. At first, this work was handled under subcontract to the Ephraim McDowell Cancer Network. A year later, the project was moved to the control of FNS under a special three-year Oncology Rural Demonstration Grant from the National Cancer Institute. When that program ended, the oncology nurse function was incorporated directly into the FNS organization.

Pat is a native of West Virginia. She is from a locale that, she says, is much like Hyden. Pat has lived in Kentucky since 1954, much of it in the western part of the state. She graduated from Kentucky Baptist Hospital School of Nursing in 1959, and she has also attended Spalding College, in Louisville. For twelve years before coming to Hyden she was staff nurse and supervisor at the Ohio County Hospital.



Pat moved to Hyden with her family in 1975, when her husband, Walter, was called to the ministry of the Hyden Baptist Church. She started with FNS in January of 1976, working initially in maternity.

Pat has been very active in professional activities. She is a member of the Leslie County Board of Health, the Oncology Nursing Association, and the American Cancer Society. She is also chairman of the nursing professional education committee for the Kentucky division of ACS. Her KNA activities include the presidency and vice presidency of KNA's District 12, which covers Leslie, Perry, and Knott Counties, and she is currently secretary and treasurer of that organization.

KNA also presented several other annual awards on the same occasion. The Nurse of the Year award went this year to Charlotte Denny, of the Eastern Kentucky University faculty, whom many will know for her work on the collective bargaining unit of the Appalachian Regional Hospital in Hazard. A third award was given to Ruth Craddock for nursing research.

### **SOUTH AFRICAN NURSES VISIT FNS**

The Frontier Nursing Service, which has seen many of its graduates go to far parts of the earth to work in rural health care, found its wide-ranging concerns reciprocated in a warm and meaningful way in early October. A group of fifteen nurses and nurse educators from the Republic of South Africa spent two days at FNS, participating in a special program intended to establish communication and provide for sharing technical information on rural health care.

The visitors were here as part of a tour of United States health organizations that was sponsored by the Citizen Ambassador Program of People to People International. This program began in 1956 as a result of the efforts of President Dwight D. Eisenhower who, on September 11 of that year, invited a group of well-known American business leaders to confer at the White House with the intent of creating an organization dedicated to pursuing world peace through international contact. Mr. Eisenhower felt that the cause of world peace could be aided by the private efforts of individuals throughout the world to communicate in a friendly and respectful manner, exchanging views and information on matters of mutual interest. Six United States presidents have served as Honorary Chairman of People to People International, and that organization has established a number of international programs in support of its goals. The Citizen Ambassador Program, which planned the visit in October, sponsors delegations of American business, scientific, medical, legal, and other professionals to meet and exchange ideas with their counterparts from overseas.





The visitors relax at Wendover

The delegation was led by Professor Charlotte Searle, Ph.D., RN, and head of the Department of Nursing Science at the University of South Africa. The group stayed at Wendover. During their visit, they participated in presentations at the Mary Breckinridge Hospital and Wendover, they toured the Frontier School of Midwifery and Family Nursing and the clinics at Beech Fork and Big Creek (CHC), and they also looked in on other activities and met many of the FNS staff. They concluded their visit with a luncheon at Red Bird. The visit evidently succeeded in its purpose. The participants from both the tour group and FNS commented frequently on the value of the contacts and the warmth of the personal associations they had made.

### Statement of Ownership

Statement of the Ownership, Management, and Circulation of

#### FRONTIER NURSING SERVICE QUARTERLY BULLETIN

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(1) That the names and addresses of the publisher, editor, managing editor and business manager are:

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(2) That the owner is: Frontier Nursing Service, Inc., Wendover, Kentucky 41775 (a non-profit organization). Officers of the corporation are: Miss Kate Ireland, National Chairman, Wendover, Kentucky 41775; Dr. Patience H. White, Washington, D.C. and Dr. Stuart Graves, Jr., Louisville, Kentucky, Vice-Chairmen; Mr. Homer L. Drew, Treasurer, 1 First Security Plaza, Lexington, Kentucky 40507; Mrs. John M. Prewitt, Box 385, Mt. Sterling, Kentucky 40353, Secretary.

(3) That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages or other securities are: None.

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Mr. David M. Hatfield, Editor



## MEMORIAL GIFTS

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

**Mrs. William A. Morgan**

Mrs. Shouse Lewis

**Mr. Russell Miller**

Mrs. Alice Whitman

**Barbara B. Daly**

Mrs. Ethel R. Burke

Miss Ann Dramann

**Miss Margaret Gage**

Miss Margaret C. Love

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Mr. and Mrs. McKinley Bowling

Ms. Ruth E. Williams

Mr. and Mrs. Billy B. Hardin

Ms. Shella Manley

Mr. and Mrs. Bill Morgan and Tina

Mrs. Chester Smoot

Mrs. Carl P. Juliano

Miss Agnes Lewis

Dr. and Mrs. Arnold B. Combs

Mr. and Mrs. Dennis B. Dixon

**Mrs. Walter S. Lenk**

Mrs. David P. Earle, Jr.

**Dwayne Scott Rose**

Miss Kate Ireland

**Connie Bishop**

Miss Kate Ireland

**Mr. Kenyon C. Bolton**

Miss Kate Ireland

**Mrs. James Fuller**

Miss Kate Ireland

**Miss Marion S. Ross**

Lois Harris Kroll

Mrs. Shouse Lewis

**Mr. A.B. Comstock**

Mr. and Mrs. Henry R. Heyburn

**Florence E. Lanham, RN**

Mrs. Arch L. Riddick

**Mr. Vern Caley**

Mr. and Mrs. Elmer S. Goheen

**Mrs. Joshua B. Richmond**

FNS Boston Committee

**Miss Marguerite T. Woolley**

Mrs. Shouse Lewis



## IN MEMORIAM

We wish to acknowledge our appreciation and personal gratitude to those friends who have, by including FNS in their wills, made a continuing affirmation 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.

MRS. E.S. JENNINGS

Pipe Creek, Texas

MRS. CHARLES N. KAVANAUGH

Lexington, Kentucky

MRS. WILLIAM A. MORGAN

Washington, D.C.

MRS. WILLIAM L. PIERCE, JR.

Englewood, New Jersey

MRS. CHARLES M. RICHARDSON

New York, New York

These friends have departed this life in recent months. We wish in this manner to express our gratitude for their interest in our work, and our sympathy to their families.

MRS. JAMES A. BERESFORD

Bloomfield Hills, Michigan

Long-time friend and benefactor  
of the Frontier Nursing Service

MR. ALBERT B. COMSTOCK

Louisville, Kentucky

Honorary Trustee and Former Trustee  
and Member of the Board of Governors  
of the Frontier Nursing Service

MRS. CATHERINE CIRVES ONAN

Satellite Beach, Florida

Alumna of Frontier Graduate School  
of Midwifery and former staff member

MRS. JOSHUA B. RICHMOND

Dover, Massachusetts

Boston Committee member



MS. PATTERSON TIDRICK  
Denver, Colorado  
Courier, '34 (Laurette Patterson Robeson)

DR. GRAHAM T. WEBSTER  
Chardon, Ohio  
Husband of former courier  
Martha Bole ('38)

### FNS LOSES TWO LONG-TIME FRIENDS

The Frontier Nursing Service is saddened by the loss of two of its closest friends:

*Mrs. James A. Beresford*, a true friend of FNS since 1928, died in Bloomfield Hills, Michigan, in mid-October. One of the first to appreciate what Mary Breckinridge set out to do, she made a substantial contribution to FNS in 1928 and continued throughout her life to support its work. Her great generosity and loyal concern spanned a period of fifty-five years, a truly remarkable record.

*Mr. Albert B. Comstock* served on the Executive Committee of the Frontier Nursing Service (which later became the Board of Governors) from 1942 to 1971. He was then made a trustee, and he remained an Honorary Trustee until his death last August 6. Mr. Comstock gave many loyal hours of service to FNS, guiding both Mrs. Breckinridge and Helen Browne. The Executive Committee and the Board of Governors had frequent occasion to seek and benefit from his wise counsel.

FNS is deeply grateful for its long-time association with these loyal friends and expresses its sorrow at losing them.

### URGENT NEEDS

No one is more helpless, or more vulnerable, in an automobile accident than a baby in its mother's lap. Out of its ongoing concern for saving lives, FNS has been making infant restraint seats available to Leslie County parents in a trial program that has run for the last year. We are greatly encouraged by the results and now wish to expand the program. We have been using seats suitable for infants from the time they first leave the hospital until they are 12 months old. These seats cost us about \$30, but we can use many more than we can afford to buy.

Friends of FNS who would like to participate in this effort to keep our babies safe are invited to contribute the cost of one or more seats. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.



## OF SNAKES AND COMPUTERS, COURIERS AND MOUNTAINS — The Saga of a Modern-Day Volunteer

by Peter Schult

Some snakes are just too trusting. This particular black snake lives under a rock near the apple tree overhanging the driveway leading to the Big House, just opposite the Barn. All summer she'd been peacefully living the good life — eating mice and insects, sunning herself on the wall along the driveway. Today, though, a warm August afternoon, Wendover had guests at the Big House, some of whom didn't like snakes. I had been airing out my tent, and was putting it into its bag, when I realized that a procession of visitors would be wending its way past our snake any minute. So, in the spirit of St. Francis, I walked real close to the happy, satiated black snake. No response. I shouted. Nothing. I got a tent pole and clanged it several times right in front of her nose. I was gracefully ignored; she backed up perhaps half an inch. Hearing the visitors coming, I softly prodded her with the tip of the pole, and after seven or eight jabs, she *finally* decided to find a more tranquil rock, leaving with the dignity of a duchess exiting a McDonald's.

Since March, when I came down to Kentucky to volunteer my skills as a computer programmer to FNS, I've been running into situations I hadn't met on Maryland's Eastern Shore. It began like this: An old college friend of mine and I had gotten together for the Fourth of July holiday. While updating each other on the past five months' events, I mentioned some dissatisfaction with my daily routine at work — quite interesting but somewhat repetitive. My friend had been a courier at FNS while we were still at Wesleyan University, and suggested that I might donate some time down in Hyden. I would meet lots of dedicated and unique people, be living in a quiet, rural environment, and the work would be novel, exposing me to different sorts of computing tasks. "Think of it as professional development!" So I wrote, and FNS wrote, and I found myself being driven on a chilly, dark night in March between steep hillsides over an unpaved road to Wendover. I was being put up in the Big House temporarily, until a room opened up, and when I saw that two story log cabin, I knew I'd chosen a good place to come to.

I've been working on a number of projects at the hospital. Perhaps the most challenging has been the "translation" of a set of computer programs written for the American College of Surgeons to implement a Tumor Registry. Different computers "speak" different languages, and the original programs were not in one we had a computer for. So, I rewrote each line of the 22 programs in the set so that they would "run" on our Apple II microcomputer. I also wrote a few small programs for the Apple to help the women in Medical Records get some of their paperwork chores done a bit faster.



Back in September, I taught a three-evening mini-course on computer basics — what they are, how they work, how to buy one. The last came in handy these past few weeks as Fiscal Services prepared to buy a microcomputer to speed up the budgeting process, and to help with accounting. There have been some complications, so we may not get one this year, but I've learned an immense amount about the technical side of business microcomputers. That must certainly count as "professional development"!

However, I don't think, ten years from now, when I'm recommending to someone that they come to Hyden to work as a courier or volunteer, that I'll be remembering the work. Instead I'll be remembering the people and the scenery. The job I have brings me into very little contact with Leslie County natives. Still, those I meet working in the business office, or other parts of the hospital, show a deep sense of humor and a capacity for hard work. I'll miss many of them when I leave in December.

The individuals who may be clearest in my memory later will be some of the couriers who have worked and lived out at Wendover while I was here: a Boston high school student who was reading Xenophon in the original Classical Greek, a woman who had been living in Nepal shortly before coming to FNS and had stories of "trekking" between villages and pictures of beautifully colored banners, a group of Georgetown University students who came down for ten days, got bad cases of poison ivy, and played hearts till two in the morning several nights running. Some couriers were musical, playing guitar, fiddle, or harmonica. Some, like myself, were runners, braving the dust and the coal trucks in pursuit of mileage. Night owls and earlybirds, talkative and reserved, tall and short — I've met a remarkable group of people among those who came as couriers this year.

Being quite introverted myself, I think I've been most deeply touched by the beauty of the mountains here. The first view I had of Leslie County by daylight was of the mountain across the river, seen through a window on the second floor of the Big House. During the past eight months, I've watched that mountain daily, watching it change from a fog-buried, bleak hill to an immense burst of spring green-gold, to the world's largest head of broccoli, to a deep heap of burning rust and verdigris. The sliding and changing of the colors and visual textures has been a constant pleasure.

But the most vivid image I'll take back to Maryland with me arrived at the summit of another mountain. This year, on June 25th, there was a partial lunar eclipse due very early in the morning. So I went with a group of couriers, nurses, and friends to the top of Tower Mountain, out near the Beech Fork Clinic, to watch the sun set, to camp out, and to rise early to see the eclipse. The sunset was pretty, and we stayed up very





Couriers picnic at Wendover. Author Peter Schult is seated on the bench at far left.

late, talking and listening to a taped reading of Tolkien's *The Hobbit* while watching the stars. So late, in fact, that when my watch's digital alarm beeped at us to wake up and see the eclipse, only two of us woke. I managed to get one eye open, glanced at the moon, decided that my astronomical calendar was wrong, and fell fathoms deep back to sleep. (Another Hyden observer later told me she had seen the eclipse, so maybe the calendar was right after all.)

The next morning, we were roused by the rising sun, and we lurched out of our sleeping bags. The view from the peak then is impossible to describe well, and even the photographs taken don't really capture it. Imagine yourself on a rocky, sandy island surrounded by a sea of the purest, whitest, stillest milk ever dreamed. Around you, all the way to the horizon, rise other islands. But these come in an infinite variety of greens — from a sparkling emerald to a dark dragon's scale green, all lit or thrown into shadow by an enormous orange sun. The only sound here is the crunch of gravel beneath your boots, the only movement the slow spread of your breath-fog and your shivering.

I came down the mountain later that morning, meditating on the irony that money couldn't buy what I had gained by volunteering to work here: the acquaintance and friendship of many people, each individually well worth knowing, and scenes of beauty beyond my gifts to describe. I am *very* glad that I came to Kentucky to work here at the Frontier Nursing Service.



## COURIER NEWS

**Cynthia Bray (Mrs. John Spink), '75, Leeds, England** — "I do so enjoy getting the Bulletin news — it certainly takes me back to one of the best two months I have ever had — especially when people I remember are written about in it. I gave up nursing over here when I got married and I now run a heating business with my husband. No doubt one day I will go back to hospital life but I am enjoying the challenge and of course the change."

**Jill Anderson, '81, Williamstown, Massachusetts** — "It seemed weird to not be heading down to the FNS again this summer. I still don't have many places to compare it to but I still have found my greatest enjoyment working at the MBH. I've been working at our local 180 bed hospital over the summer as a GN. (I heard from the boards and passed last week!) I'll be entering the Peace Corps in about two weeks and heading to the Central African Republic and my official title will be 'lay midwife trainer.' I'll be working with three to four other Peace Corps nurses in association with nurse-midwives, teaching lay-midwives in the rural villages."

**Kathy Lomatoski, '80, Cambridge, Massachusetts** — "I have only recently returned from spending the summer in Nova Scotia. It was wonderful, relaxing, and warm. I am back in Boston (Cambridge) now, teaching at an alternative school, and writing as much as I can. I am also taking a literature course at Harvard, and spending lots of time outdoors in this wonderful fall weather."

**Steven Augert, '83, Arlington, Massachusetts** — "I got a copy of the Quarterly Bulletin, and it was interesting to read about some of the same things that I took part in, and to see how things are 'officially' described. On June 3 I graduated from high school, and I'll be entering Harvard in the fall. I have the option of entering as a sophomore, but I'm not sure whether it's wise to take that option. My dulcimer playing is going well; I found out that there's a big folk music community in the Boston area."

**Nan Sersig, '69, Lakewood, Ohio** and Ted Erwin joyfully announce the birth of their baby, Kate Sersig Erwin, on August 6, 1983 — 8 lbs., 8 oz.

**Beth Ruekberg, '80, Stanfordville, New York** — "I hope all is going well. I think of the time spent at FNS and recall what a wonderful and rewarding experience I had there. It has had a positive impact on my life. This past year I taught sixth and seventh grade social studies and math as well as coaching boys' soccer, girls' volleyball, and girls' lacrosse. I will continue this year but hope to attend graduate school for education next year."



**Wendy Wood, '66, New York, New York** called recently with news of herself and her sister, **Phoebe (Wood) Davis, '66**. Wendy has been working with Shearson-American Express off and on since 1970 but planned to start work with Moseley-Hallgarten in November. She reports that Phoebe is very happily married to Jimmy Davis, an editor for the *Philadelphia Enquirer* for over nine years. She has been very successful with her Framers Do-It-Yourself stores, with two in Philadelphia, two in New York, and one in Washington. She also reports that her mother, **Edie Verbeck Wood**, who was a courier in 1940, is very happy.

**Peter Marshall, '79, Minneapolis, Minnesota** — "I now live in Minneapolis, MN, having moved here this summer to begin my residency in family medicine. As you might expect this is keeping me fairly busy, but it's sure fun for the most part. I wasn't too busy however to attend Ethyl Starck's wedding held outdoors in the Kentucky-like hills of western Wisconsin. It's nice to have an FNS friend up here. But it is going to be sad this Thanksgiving. I'm afraid I'll have to miss Molly's adventurous romp through the woods to a warm and wonderful Wendover Thanksgiving for the first time in five years."

**Doug Smith, '83, Arcosanti, Cordes Junction, Arizona** — "I'm here living in a Tee Pee and loving the sunshine — working hard."

**Lydia Allen Kitfield, '65, Wiscasset, Maine** had an 8 lb. 9-1/2 oz. baby boy, Asa Wesley Kitfield, in September at the Wiscasset Birthing Center, according to a recent letter from **Tina Guy, RN, CNM**, who graduated from FNS in 1978. Tina reports that Lydia, now an RN, is administrator of the birth center and that her husband, Dr. Ed. Kitfield, a family physician, is its medical director. The birth was attended by Tina, Ed, and the Kitfields' five other children.

#### FIELD NOTES

Fortunately, the concern of many that the dry summer would produce a drab autumn proved quite groundless. The hills that surround us were ablaze with color and still are beautiful, though fading now, and the leaves are beginning to drop.

As always, fall brought numerous school groups on field trips. In August, all the way from Duquesne University in Pittsburgh, Pennsylvania came Rural Health Care Instructor Marie Hanson and eight nursing students; and in September, from the University of Kentucky School of Nursing, eight students and their teacher, Tanda Hughes. We have come to look forward to our yearly visit from Mr. Jack Payne's health class from Lee's Jr. College, Jackson, Kentucky. All the students toured the hospital and school and viewed our FNS films, and those with more time made clinic visits and enjoyed lunch and history with Betty



Lester. It's always a pleasure to receive these student groups. Their interest is keen, and their enthusiastic response to our work reminds us that we are special.

- In addition to student guests, we enjoyed a special visit from New York Committee member Mrs. William F. Ray, and later in the month, also from the NYC Committee, we welcomed Open House guests Mrs. Robert Haggerty, Mrs. Frank Eberhart, and Miss Bonnie Lee Bond. Also with us for that Open House: Blue Grass Committee member Mrs. Ben Roach of Lexington. In spite of a heavy schedule, which included a complete tour of FNS facilities, film viewing, and visits with key staff, there was time for fun at the Mary Breckinridge Festival, where Mrs. Roach and Mrs. Haggerty were pressed into service as judges at the beauty contest • Those attending the September Board of Governors' meeting were blessed with lovely weather, and the staff enjoyed the opportunity to work and visit with our board members. It was especially nice to see Dr. Anne Wasson, who came for a visit and left as a newly elected member of the Board of Governors. (You didn't really expect to retire from FNS, did you, Dr. Anne?)

- Also in September, Dean Ruth Beeman's visiting guest faculty, Andra Schreier, CNM, MPH, and Phyllis Long, CNM, MSN, provided our FNS students with an intensive and rewarding two-week learning experience. Ms. Schreier, former colleague of Ruth Beeman, is in private practice and serves as consultant to the Bureau of Maternal and Child Health for the Arizona Department of Health Services. Ms. Long, no stranger to FNS, has been student (graduated, class of '65), staff, and faculty. Phyllis, who has most recently taught at St. Louis University, focused on the management of the patient during labor and delivery. Student comments of "excellent teachers!" and "wonderful role models!" spoke to their very positive response. All sessions were videotaped and thus are a valuable resource for future use.

On the first weekend in October, the Mary Breckinridge Festival drew large crowds, who gave every appearance of thoroughly enjoying the wide variety of activities. There was something for everyone. FNS staff worked hard and then enjoyed the fun. Ron Hallman was a great success as master of ceremonies for the parade, which, of course, was led by a uniformed Molly Lee on horseback. Danna Larson and the couriers took second prize with their marvelous float — an elephant which proclaimed "Remember Your Health." Our four clinics jointly sponsored a traditional music concert at the Nixon Center, which helped make opening night quite special.

- October continued September's special emphasis on education, with a visit from thirty Berea students and their health instructor, Mary Lou Pross • On October 7, twenty-eight professionals attended an FNS-



sponsored continuing education program on Chronic Obstructive Pulmonary Disease. Such programs help RN's, LPN's, and ARNP's acquire the necessary contact hours the Kentucky Board of Nursing requires to maintain a licensed status. Instruction was provided by FNS staffers Diana Fortney, respiratory therapist; Steve Leiner, CFNP; and Dr. James Santacroce. Also teaching was Robin Dennison, RN, from Huntington, West Virginia.

- Fifteen South African nurses visited FNS to learn about our history, programs, and approach to rural health care. The experience was mutually beneficial, as the visitors shared their knowledge and experience in rural nursing, as well as other technical information. These special guests were sponsored by the People to People project, whose broad purpose is to promote world peace through the bilateral exchange of ideas and information
- Mid-October, Pamela Brooks, program officer for the New York Community Trust, arrived for an on-site visit. Ms. Brooks toured the Respiratory Therapy Department and expressed interest in learning more about the Community Awareness Project and Joy Center; both are related to CHC.

- October's last event was a well-attended Open House. Nancy and Bill Turpin, from Charlotte, N.C., included our Open House in their vacation. When the Turpins lived in Washington, Nancy was active with the Washington Committee. Barbara and Orville Roberts and their friend Katherine Davis drove down from Milwaukee. Barbara and Katherine are Daughters of Colonial Wars, and as FNS is that organization's national project, they were interested in a first hand visit. "Jolly" and Charles Steffens, Jr., from Glastonbury, Connecticut, are old friends of FNS. This was a homecoming for Jolly, who served as a courier in 1945 and continues to serve as a member of the Hartford Committee. Mrs. Kimble M. Johnson (Ina) joined us from Louisville. Ina was elected a Trustee at the June '83 session.

In addition to routine courier duties, these busy months have kept our courier family fully occupied transporting and entertaining guests and assisting the Wendover staff to assure our visitors' needs were met. In early August, when Trudy Isaacs lost her night helper, couriers stepped in to provide coverage from 5 PM to 7:30 AM, Monday through Friday. As Ruth Beeman finds herself short-handed at the school, a courier now provides daily assistance. I'm proud to introduce these hard-working, dedicated young people:

- Steve Leuty, courier in 1982, has returned to do his senior project in Leslie County. Steve is a senior at Kalamazoo College, Michigan. His major is history, with an emphasis on American studies
- Alex Dykema is a high school senior at St. Paul's School in Concord, New Hampshire. Alex is interested in elementary education and will spend part of his time



working at the Hyden Elementary School as a teacher's aide • Holly Peterson graduated from Kalamazoo College last spring with a degree in health science. She hopes to attend medical school in the fall.

• Nancy Garber is a 1982 graduate of Grinnell College, with a major in classics. She spent last year working as a nursing assistant at the University of Minnesota Hospitals, and is interested in public health • Julie Cristol is a Brown University graduate with a major in fine arts and biology. She is interested in becoming a nurse-midwife • Amy McCulloch graduated from Noble and Greenough High School last spring. Amy is taking a year off before entering college next fall • Jeremy Foster graduated from Choate Rosemary Hall High School last spring and, like Amy, plans on college next year.

We welcome nine additions to the FNS family: Barbara Morrison, Barbara Higgins, and Dorothy Ivey, RN's; Joan Hoskins and Carolyn Begley, nurse assistants; Laura Sandlin, respiratory therapy technician; Erma Wenger, laboratory technician; and Barbara Donaghy and Bernadette Hart, CNM's.

Farewell and best wishes to Mary Beth Gilbert, Sarah France, Dorothy Morgan, Martha Hayes, Susan Kanvik, Susan Baker, Peggy Sizemore, and Laurel Erzinger.

— Sharon Hatfield

#### NEWS OF FORMER STAFF

**Barbara (Yeich) Edwards** — “I want to thank you for your help in making our trip to FNS — Hyden and Wendover — a very pleasant, not to be forgotten homecoming for me — and an introduction to a new world for my friend and daughters. They all got the ‘feel of FNS’ — a very special feel of caring people. Summer is over for me and I’m back at school. For the first time in 20 years we have no children in the public school system and I am the only one left. Even Dick is ‘graduated.’ He a retired a year ago after 30 years in education.”

**Mary La Motte Slusher, Pineville, Kentucky** — “I saw Betty Lester and several others from FNS at Red Bird’s new high school dedication on Labor Day weekend. . . . Our daughter, Dr. Ernestine M. (she likes to call herself “Tina”) Slusher has this month begun practicing pediatrics with Drs. Steve Davis and Jerry Taylor at Pikeville, Kentucky. Her twin brother, Capt. Ernest “Tim” Slusher, who has been stationed for almost four years now at Keesler Air Force Base in Biloxi, Mississippi (and was in Japan for two years) was married there in September to Sherri Bullard. They live in Ocean Springs, MS. Their eighteen months younger sister, Ida Louise Slusher, is now a degree nurse, working in Labor Hall, at UK’s Medical Center, after having served for two years as a Baptist



Missionary Journeyman, teaching nursing in the Gaza Baptist Hospital. My husband, Ernest C. Slusher, has been in Bell County Schools administration and runs our farm. I retired as a school secretary some years ago. I worked as a secretary and in the post office at Wendover with Mrs. Mary Breckinridge and Eileen Morgan; and with Agnes Lewis in 1952 until my marriage in 1954."

**Barbara Post** visited Hyden in May after a trip to China. (We apologize for not having taking due note of it in the last issue.) The Far Eastern part of her trip started in Hong Kong, and her itinerary included Canton, Guilin, Chungking, a ferry trip on the Yangtze River, Wuhan, Xian, Beijing, Jinan, Nanking, Shanghai, Hangchou, and other places with musical names. She returned to the United States via Hong Kong.

#### IN BRIEF

**Major Conventions Scheduled:** The American Cancer Society will hold its Fourth National Conference on Human Values and Cancer in New York City, March 15-17. *Information:* Diane J. Fink, MD, American Cancer Society, 777 Third Avenue, New York, N.Y. 10017 • The Association of Certified Nurse-Midwives will gather for its 29th Annual Meeting at the Marriott Hotel, Philadelphia, May 13-18. *Information:* ACNM Headquarters, 1522 K St., NW, Suite 1120, Washington, D.C. 20005 • The American Nurses' Association has scheduled its 1984 convention for New Orleans, June 22-28. *Information:* Marketing, American Nurses' Association, 2420 Pershing Road, Kansas City, Mo. 64108, or (by phone) 800-821-5834.

**Jean Tolk, Veteran Nurse, Is 90.** Jean Tolk, who was Leslie County's first public health nurse in the days before FNS came into being, recently celebrated her 90th birthday in Barbourville, Kentucky, where she now lives. Miss Tolk worked in Hyden in 1918, later in Buckhorn, and then spent the years from 1925 until the early 1970's working at Dry Hill, also in Leslie County. More than 50 friends helped her celebrate her birthday, including one of her first patients, who had had an appendix problem in the days when the only way Miss Tolk could bring help to Hyden was by boat.

**International Managers Visit FNS.** A group of professionals in various fields, and representing ten African, Eastern, and Near Eastern countries, visited Hyden on October 11 as part of a program conducted by the International Training Division of the U.S. Department of Agriculture. The group came to this country to participate in an 8-week Integrated Rural Development course. They spent the period October 9-15 in Eastern Kentucky. The program is designed to improve knowledge and understanding.



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### STAFF OPPORTUNITIES

Because text for the *Bulletin* must go to the printer several weeks before publication, it is not possible for any issue to contain an up-to-date list of job opportunities. Instead, we list types of positions that are most likely to be available and invite anyone qualified and interested to write for current information.

**FNS Staff.** Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, family practice physicians, laboratory technicians, X-ray technicians, and others. For current information, write Darrell Moore, Director of Personnel, Mary Breckinridge Hospital, Hyden, Kentucky 41749 (phone 606-672-2901).

**Couriers and Volunteers.** This service has ongoing needs for health career students, gardeners, and carpenters, and occasionally for specialists in other areas. For current information, write Danna Larson, Coordinator of Couriers and Volunteers, Frontier Nursing Service, Wenderover, Kentucky 41775 (phone 606-672-2317).

### FNS WALL CALENDARS FOR SALE

New 1984 wall calendars, illustrated with photographs of the Frontier Nursing Service and its activities, are now for sale. Calendars can be obtained, for \$2.50 each, from the Office of the Director, Frontier Nursing Service, Mary Breckinridge Hospital, Hyden, Kentucky 41749



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Its motto:

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

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas in Kentucky and elsewhere, where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwifery training schools for graduate nurses; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service, to obtain medical, dental and surgical services for those who need them at a price they can afford to pay; to ameliorate economic conditions inimical to health and growth, and to conduct research toward 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  
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