

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

FIFTY-FIFTH ANNUAL REPORT

VOLUME 56

SUMMER, 1980

NUMBER 1



US ISSN 0016-2116

Front Cover: Riley Clay Baker, whose baptism was the first celebrated at St. Christopher's Chapel. See "The Baker Baby" by Betty Lester.

Photo by Gabrielle Beasley

FRONTIER NURSING SERVICE QUARTERLY BULLETIN
US ISSN 0016-2116

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FIFTY-FIFTH ANNUAL REPORT
of the
FRONTIER NURSING SERVICE, Incorporated
for the Fiscal Year
May 1, 1979 to April 30, 1980

PREFACE

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

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

I.

FISCAL REPORT

The figures that follow are taken from the Balance Sheet, the Exhibits and Schedules of the Audit for the fiscal year which ended April 30, 1980.

Citizens Bank Square
Lexington, Kentucky 40507

606/254-3328

Board of Governors
Frontier Nursing Service, Inc.
Hyden, Kentucky

We have examined the balance sheets of Frontier Nursing Service, Inc. as of April 30, 1980 and 1979, and the related statements of revenues and expenses, changes in fund balances and changes in financial position for the years then ended. Our examinations were made in accordance with generally accepted auditing standards and, accordingly, included such tests of the accounting records and such other auditing procedures as we considered necessary in the circumstances.

In our opinion, the financial statements referred to above present fairly the financial position of Frontier Nursing Service, Inc. at April 30, 1980 and 1979, and the results of its operations and changes in its financial position for the years then ended, in conformity with generally accepted accounting principles applied on a consistent basis.

Ernst & Whinney

Lexington, Kentucky
August 13, 1980

BALANCE SHEETS

FRONTIER NURSING SERVICE, INC.

	April 30	
	1980	1979
<u>UNRESTRICTED FUNDS</u>		
CURRENT ASSETS		
Cash and short term investments	\$ 272,008	\$ 343,938
Accounts receivable:		
Patients	1,323,655	964,364
Other	107,668	9,449
	<u>1,431,323</u>	<u>973,813</u>
Less allowance for uncollectible accounts	730,570	565,100
	<u>700,753</u>	<u>408,713</u>
Due from Medicaid--estimated--Note B	-0-	87,599
Inventories--Note A	95,192	116,663
Prepaid expenses	42,330	26,476
TOTAL CURRENT ASSETS	<u>1,110,283</u>	<u>983,389</u>
PROPERTY, PLANT, AND EQUIPMENT--Note A		
Land	103,945	104,994
Buildings	2,341,051	2,334,677
Equipment	<u>2,178,501</u>	<u>2,101,941</u>
	4,623,497	4,541,612
Less allowance for depreciation	<u>1,479,335</u>	<u>1,321,435</u>
	<u>3,144,162</u>	<u>3,220,177</u>
BOARD-DESIGNATED FUNDS--Notes A and D		
Consolidated Investment Fund		
Cash	1,690	2,159
Investments	<u>1,808,197</u>	<u>1,590,608</u>
	1,809,887	1,592,767
Less endowment fund investments (restricted)	<u>199,919</u>	<u>194,328</u>
	<u>1,609,968</u>	<u>1,398,439</u>
	<u>\$5,864,413</u>	<u>\$5,602,005</u>
<u>RESTRICTED FUNDS</u>		
Endowments--Notes A and D		
Cash	\$ 15,472	\$ 265
Student loan receivable	45,651	-0-
Investments	504,314	502,314
Investments included in Consolidated Investment Fund	<u>199,919</u>	<u>194,328</u>
	<u>\$ 765,356</u>	<u>\$ 696,907</u>

Certain 1979 amounts have been reclassified to conform to 1980 classifications

See notes to financial statements

	April 30	
	1980	1979
<u>UNRESTRICTED FUNDS</u>		
CURRENT LIABILITIES		
Accounts payable	\$ 175,382	\$ 123,307
Accrued salaries and payroll taxes	121,913	108,338
Accrued vacation expense	108,062	102,041
Unexpended portion of special purpose funds	123,663	80,835
Other current liabilities	-0-	128,782
Payable to third party programs--Note B	98,178	-0-
Current portion of long-term debt--Note E	21,695	19,402
TOTAL CURRENT LIABILITIES	<u>648,893</u>	<u>562,705</u>
LONG-TERM DEBT less current portion--Note E	59,115	72,000
FUND BALANCE	5,156,405	4,967,300
	<u>\$5,864,413</u>	<u>\$5,602,005</u>
<u>RESTRICTED FUNDS</u>		
Fund Balance		
Permanent	\$ 665,356	\$ 596,907
Term	100,000	100,000
	<u>\$ 765,356</u>	<u>\$ 696,907</u>

STATEMENTS OF REVENUES AND EXPENSES

FRONTIER NURSING SERVICE, INC.

	Year Ended April 30	
	1980	1979
PATIENT SERVICE REVENUE		
Mary Breckinridge Hospital:		
Inpatient services	\$1,979,532	\$1,729,279
Outpatient services	443,493	327,846
Primary care center	757,554	731,403
Primary care extensions	347,053	228,879
Home health	356,476	218,188
	<u>3,884,108</u>	<u>3,235,595</u>
Less contractual allowances, charity, and bad debts	1,000,438	888,481
NET PATIENT SERVICE REVENUE	<u>2,883,670</u>	<u>2,347,114</u>
OTHER OPERATING REVENUE	800,622	813,294
TOTAL OPERATING REVENUE	<u>3,684,292</u>	<u>3,160,408</u>
OPERATING EXPENSES	<u>4,506,968</u>	<u>4,230,665</u>
LOSS FROM OPERATIONS	(822,676)	(1,070,257)
NONOPERATING REVENUE		
Unrestricted donations:		
Deposited into Consolidated Fund	129,936	98,692
Retained for use in operations	383,036	307,570
Unrestricted income from endowment and other funds	30,525	25,367
Investment income from Board-designated funds	140,828	136,270
Gain (loss) from sale of investments--Board- designated funds	72,532	(412)
Other nonoperating revenue	87,009	49,950
	<u>843,866</u>	<u>617,437</u>
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES BEFORE FOLLOWING ITEM	21,190	(452,820)
Revenue from donated services resulting from waiver of refund for services in the fiscal year ended April 30, 1979--Note F	120,135	-0-
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	<u>\$ 141,325</u>	<u>\$ (452,820)</u>

Certain 1979 amounts have been reclassified to conform to 1980 classifications.

See notes to financial statements

STATEMENTS OF CHANGES IN FUND BALANCES

FRONTIER NURSING SERVICE, INC.

Years Ended April 30, 1980 and 1979

	Unrestricted Funds	<u>Endowment Funds</u>	
		<u>Permanent</u>	<u>Term</u>
Balances at April 30, 1978	\$ 5,385,994	\$ 493,510	\$100,000
Excess of expenses over revenues for the year ended April 30, 1979	(452,820)		
Restricted contribution used for purchase of equipment	34,126		
Contributions restricted for specific purpose (additions to endowment)		670	
Restricted revenue earned by endowments held in consolidated fund		371	
Gain on sale of investments		102,356	
	<hr/>	<hr/>	<hr/>
BALANCES AT APRIL 30, 1979	4,967,300	596,907	100,000
Excess of revenues over expenses for the year ended April 30, 1980	141,325		
Restricted contributions used for purchase of equipment	47,780		
Restricted contributions used for revolving financial aid fund		60,343	
Contributions restricted for specific purpose (additions to endowment)		1,230	
Restricted revenue earned by endowments held in Consolidated Fund		4,361	
Gain on sale of investments		2,515	
	<hr/>	<hr/>	<hr/>
BALANCES AT APRIL 30, 1980	<u>\$ 5,156,405</u>	<u>\$ 665,356</u>	<u>\$100,000</u>

See notes to financial statements

STATEMENTS OF CHANGES IN FINANCIAL POSITION

FRONTIER NURSING SERVICE, INC.

	Year Ended April 30	
	1980	1979
SOURCE OF FUNDS		
Loss from operations	\$ (822,676)	\$ (1,070,257)
Provision for depreciation (which did not require funds)	203,079	191,119
FUNDS REQUIRED FOR OPERATIONS	<u>(619,597)</u>	<u>(879,138)</u>
Nonoperating revenue	843,866	617,437
Revenue from donated services resulting from waiver of refund for services in the fiscal year ended April 30, 1979	120,135	-0-
	<u>344,404</u>	<u>(261,701)</u>
Disposals of property and equipment	2,727	-0-
Decrease in Board-Designated funds	-0-	31,918
Contributions restricted for purchase of equipment	47,779	34,126
Increase in long-term debt	-0-	70,705
	<u>394,910</u>	<u>(124,952)</u>
APPLICATION OF FUNDS		
Additions to property and equipment	129,790	100,205
Increase in Board-Designated funds	211,529	-0-
Decrease in long-term debt	12,885	-0-
	<u>354,204</u>	<u>100,205</u>
INCREASE (DECREASE) IN WORKING CAPITAL	<u>\$ 40,706</u>	<u>\$ (225,157)</u>
CHANGES IN COMPONENTS OF WORKING CAPITAL		
Increase (decrease) in current assets:		
Cash and short term investments	\$ (71,930)	\$ 28,591
Accounts receivable - net of allowance	292,040	47,987
Due from Medicaid	(87,599)	(197,401)
Inventories	(21,471)	(2,398)
Prepaid expenses	15,854	7,648
	<u>126,894</u>	<u>(115,573)</u>
Increase (decrease) in current liabilities:		
Accounts payable	52,075	(1,149)
Accrued salaries and payroll taxes	13,575	17,913
Accrued vacation expense	6,021	10,258
Unexpended portion of special purpose funds	42,828	26,507
Other current liabilities	(128,782)	37,954
Payable to third party programs	98,178	-0-
Current portion of long-term debt	2,293	18,101
	<u>86,188</u>	<u>109,584</u>
INCREASE (DECREASE) IN WORKING CAPITAL	<u>\$ 40,706</u>	<u>\$ (225,157)</u>

See notes to financial statements

NOTES TO FINANCIAL STATEMENTS

FRONTIER NURSING SERVICE, INC.

April 30, 1980 and 1979

NOTE A--SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

Patient Service Revenues: Patient service revenues are reported on an accrual basis in the period in which services are provided, at established rates regardless of whether collection in full is expected. Contractual allowances, charity, and bad debts are reported as deductions from patient service revenue on an accrual basis.

Unrestricted Donations and Grants: Donations and grants which are not restricted by donors are reported as nonoperating revenue.

Investments: Investments are stated in the financial statements at cost or, if donated, at fair market value at the date of donation. Investment income is accounted for on the cash basis which is not significantly different from the accrual method. Gain or (loss) from sale of investments is the difference between proceeds received and the carrying value of the investment sold. Unrealized gains or losses are not reflected in the accompanying financial statements.

Board-Designated Funds: The Board of Governors has designated the Consolidated Investment Fund for accumulating funds for such operating and general purposes as they may determine. During the years ended April 30, 1980 and 1979, the Service transferred \$-0- and \$225,000, respectively, from the Consolidated Investment Fund to meet operating expenses.

The Board of Governors has designated that unrestricted donations and income from the principal portion of the Consolidated Investment Fund be used to subsidize care for indigent patients unless such funds are specifically designated by the Board for other uses.

Restricted Funds: Restricted funds represent endowments, the principal or corpus of which cannot be expended. Income from such endowments is available for operating purposes and is credited to revenue when earned in accordance with donor's instructions.

At April 30, 1980, endowment funds included a term endowment consisting of a \$100,000 unsecured note receivable due December 31, 1988 which is reflected at a zero market value.--See Note D.

Frontier Nursing Service, Inc. is also income beneficiary of certain trust funds (aggregate market value at April 30, 1980 and 1979--approximately \$391,557 and \$334,025, respectively) which are not administered or controlled by the Service. Accordingly, such funds are not reflected in the balance sheets at April 30, 1980 and 1979.

Resources restricted by donors for additions to property are recorded as increases to the unrestricted fund balance when expended for the purposes intended. Resources restricted by donors for specific operating purposes are credited to other operating revenues when expended for the purposes intended.

NOTES TO FINANCIAL STATEMENTS--CONTINUED

FRONTIER NURSING SERVICE, INC.

April 30, 1980 and 1979

NOTE A--SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES--CONTINUED

Inventories: Inventories are stated at cost (first-in, first-out method) which is not in excess of market.

Property and Equipment: Property and equipment is stated at cost, or fair market value at date of donation for items donated to the Service. Depreciation has been computed on the straight-line method over the estimated useful lives generally as follows:

Buildings (including components)	- 10 to 40 years
Equipment	- 5 to 15 years
Vehicles	- 3 years

NOTE B--MEDICARE AND MEDICAID PROGRAMS

The Service participates in the Medicare and Medicaid programs (including Primary Care) for eligible services. Under cost reimbursement formulas for Medicare and Medicaid in effect for the years ended April 30, 1980 and 1979, eligible program costs for the Hospital and Primary Care Center are in excess of customary charges for service, and reimbursement, therefore, is limited to the lesser of cost or customary charges. During the year ended April 30, 1979, Home Health Agency reimbursements were similarly limited. The Service has recorded estimated amounts payable to the Programs through April 30, 1980; however, the Programs' administrative procedures preclude a final determination of amounts due until after the Service's cost reports are audited or otherwise reviewed and settled upon. Audits or reviews of the cost reports have been substantially completed through the year ended April 30, 1979, and adequate provision has been made for the results thereof.

From May 11, 1973 to February 9, 1975, the Hyden Hospital was terminated as a provider of services under the federal Medicare and state Medicaid programs. The Service has been retroactively reinstated as a provider of services under these programs for that period. During the year ended April 30, 1979, the Service received final settlement (approximately \$128,000) from the Medicare program. Settlement under the state Medicaid program (approximately \$165,000) was pending at April 30, 1979. During the year ended April 30, 1980, the Service received final settlement from the Medicaid program. The difference (approximately \$18,000) between the final settlement and the amount previously estimated is reflected in the 1980 financial statements.

NOTE C--RETIREMENT PLAN

Frontier Nursing Service, Inc. has a retirement plan for regular full-time employees with 1,000 hours of continuous service who are twenty-five years of age or more. The policy of the Service is to fund pension costs accrued. Past service liability is being funded over a period of 20 years. Total retirement plan expense for the years ended April 30, 1980 and 1979 was \$56,277 and \$47,280, respectively.

NOTES TO FINANCIAL STATEMENTS--CONTINUED

FRONTIER NURSING SERVICE, INC.

April 30, 1980 and 1979

NOTE D--INVESTMENTS

The carrying value and approximate market value at April 30, 1980 and 1979 are summarized as follows:

	1980		1979	
	Carrying Value	Market	Carrying Value	Market
Investments recorded in:				
Board-designated funds:				
Consolidated Investment Fund:				
U. S. Government obligations	\$ 358,207	\$ 356,372	\$ 53,256	\$ 52,397
Corporate bonds	736,950	490,181	736,950	669,281
Common stocks	613,040	995,707	700,402	1,228,675
Other-term endowment	100,000	-0-	100,000	-0-
	<u>\$1,808,197</u>	<u>\$1,842,260</u>	<u>\$1,590,608</u>	<u>\$1,950,353</u>
Endowment funds:				
Corporate bonds	\$ 85,028	\$ 49,751	\$ 85,028	\$ 60,339
Common stocks	89,236	91,153	89,236	88,909
Investments in common trust funds	330,050	340,163	328,050	349,565
	<u>\$ 504,314</u>	<u>\$ 481,067</u>	<u>\$ 502,314</u>	<u>\$ 498,813</u>

NOTE E--LONG-TERM DEBT

Long-term debt consists of the following:

	April 30	
	1980	1979
6% unsecured promissory note to an individual, principal is payable in annual installments of \$18,000 through April, 1984; interest is payable in semi-annual installments through April, 1984	\$ 72,000	\$ 90,000
5.75% installment note to IBM; payable in monthly installments of \$108 through January, 1980; collateralized by equipment costing \$7,200	-0-	1,402
Non-interest bearing unsecured installment note to DHEW; payable in two installments--\$3,358 due 6/30/80 and \$4,952 due 6/30/81.	8,810	-0-
	<u>80,810</u>	<u>91,402</u>
Less: Current Portion	<u>21,695</u>	<u>19,402</u>
TOTAL LONG-TERM PORTION	<u>\$ 59,115</u>	<u>\$ 72,000</u>

NOTES TO FINANCIAL STATEMENTS--CONTINUED

FRONTIER NURSING SERVICE, INC.

April 30, 1980 and 1979

NOTE F--REVENUE FROM DONATED SERVICES

Revenue representing the value of donated services for salary expenses of professionals provided by National Health Services Corps (NHSC) has been recorded, in 1980, based upon the expectation of receiving a waiver for refunding the value of such services to NHSC. In prior years, it was not possible to determine, in advance, that a waiver would be received. As a result of recording revenue based upon the expectation of receiving the waiver, revenue recorded in 1980 consist of the following:

Revenue resulting from waiver received during the year ended April 30, 1980 for services rendered in previous year	\$120,135
Revenue recorded in 1980 for services rendered in 1980 (reported as other operating revenue)	<u>178,642</u>
	<u>\$298,777</u>

FRONTIER NURSING SERVICE, INCORPORATED CONTRIBUTIONS PLACED IN TRUST

May 1, 1979 to April 30, 1980

In previous Annual Reports it has been our custom to list all contributions placed in trust since 1925. To make this section of our Annual Report more manageable to compile, and in our effort to keep printing costs down, we are listing previous trust funds which have had additions and new contributions which were placed in trust during this fiscal year.

Frontier School of Midwifery and Family Nursing

Mrs. Paul B. Crapsey Legacy in memory

of her son, Timothy

The Friends Fund

Branham Fund

Kate Ireland Fund

Anne Steele Wilson Memorial

Bolton Foundation

Ann Allen Danson Memorial Fund

Elizabeth Canby Bradford duPont Memorial

Lucie Wilshire Graham Memorial

Wilson Neel Memorial Baby's Crib

William Waller Carson Fund in honor of

Katherine Breckinridge Carson Breckinridge

Thomas G. Spencer Legacy

Louise H. Parsons Legacy

Grace Merrill Magee Legacy

Winifred Dole Mann Legacy

Katharine A. Robb Legacy

FRONTIER NURSING SERVICE, INCORPORATED
LEXINGTON, KENTUCKY
STATEMENT OF DONATIONS AND SUBSCRIPTIONS PAID
MAY 1, 1979 TO APRIL 30, 1980

SUMMARY

	Contributions	Benefits and Bargain Box	Total
Baltimore Committee	\$ 1,029	\$	\$ 1,029
Boston Committee	20,588	7,000	27,588
Chicago Committee	12,064		12,064
Cincinnati Committee	4,285		4,285
Cleveland Committee	75,338		75,338
*Daughters of Colonial Wars	5,677		5,677
Detroit Committee	12,979		12,979
Hartford Committee	1,420		1,420
**Kentucky:			
Blue Grass Committee	40,704	1,800	42,504
Louisville Committee	22,643		22,643
Miscellaneous State	53,591		53,591
Minneapolis Committee	2,096		2,096
New York Committee	99,081	5,433	104,514
Philadelphia Committee	17,720	3,767	21,487
Pittsburgh Committee	58,988		58,988
Princeton Committee	969		969
Providence Committee	544		544
Rochester Committee	2,208		2,208
Washington, D.C. Committee	19,330	5,000	24,330
Miscellaneous	73,772		73,772
TOTALS	<u>\$525,026</u>	<u>\$23,000</u>	<u>\$548,026</u>
Total Contributions Above			
Restricted			\$165,138
Unrestricted			359,888
			<u>\$525,026</u>
 *Donations from various state chapters.			
**Total for Kentucky:	<u>\$116,938</u>	1,800	<u>\$118,738</u>

II.
REPORT OF OPERATIONS

Comparative Analysis of Service Provided
In the Two Fiscal Years, 1979 and 1980

1.
HOSPITAL

	1979	1980
ADMISSIONS		
Medical-Surgical, Obstetrics, & Pediatrics	2,064	1,955
Newborn	330	319
TOTAL ADMISSIONS	<u>2,394</u>	<u>2,274</u>
DEATHS		
Institutional (over 48 hours)	20	17
Institutional (under 48 hours)	13	11
Non-Institutional (ER or OPD)	11	11
TOTAL DEATHS	<u>44</u>	<u>39</u>
PATIENT DAYS		
All Patients (except newborn)	9,111	8,488
Percent of Occupancy	62%	58%
Newborn	1,382	1,343
Percent of Occupancy	38%	36.7%
TOTAL PATIENT DAYS	<u>10,493</u>	<u>9,831</u>
AVERAGE DAILY CENSUS		
All Patients (except newborn)	25	23.2
Newborn	3.8	3.7
AVERAGE LENGTH OF STAY		
All Patients (except newborn)	4.4	4.3
Newborn	4.2	4.2
OPERATIONS		
Major	213	166
Minor	185	234
ENT	31	102
TOTAL OPERATIONS	<u>429</u>	<u>502</u>
ANESTHESIA	429	502

X-RAY EXAMINATIONS		
Inpatient Procedures	1,653	1,641
Outpatient Procedures	4,515	5,003
TOTAL	6,168	6,664
EKGs		
Inpatient	851	846
Outpatient	585	717
TOTAL	1,436	1,563
LABORATORY		
Inpatient	17,848	19,507
Outpatient	25,238	27,761
Referred in from District	11,136	16,096
Referred out to Lexington	5,821	7,173
TOTAL	60,043	70,537
TOTAL PATIENTS SEEN IN THE PRIMARY CARE CENTER (OUTPATIENT DEPARTMENT)		
Average Primary Care Center Visits Per Day	30,557	27,764
117.1		103.6
*EMERGENCY ROOM VISITS	7,139	5,939
Total Patients Admitted to Hospital From Emergency Room	766	678
DENTISTRY		
Inpatient	16	9
Outpatient	2,956	2,268
TOTAL	2,972	2,885
PHYSICAL THERAPY		
Outpatients	624	
Treatments Given	934	1,120
Inpatients	479	
Treatments Given	756	944
Home Health Patients	13	
Treatments Given	15	52
TOTAL PATIENTS	1,116	
TOTAL TREATMENTS	1,705	2,116
RESPIRATORY THERAPY TREATMENTS		
Inpatient Treatments	N/A	6,368
Outpatient Treatments	N/A	1,478
TOTAL R.T. TREATMENTS	N/A	7,846

PRESCRIPTIONS FILLED 67,205 66,428

**2.
WOOTON DENTAL CLINIC**

Inpatient N/A N/A
 Outpatient N/A 667

*Includes Weekends and Holidays

**3.
DISTRICT NURSING**

	1979			1980		
	District	HHA	Total	District	HHA	Total
Patients Attended	10,326	100	10,426	10,863	174	11,037
Children and Babies	3,504	6	3,510	3,743	5	3,748
Families Attended	3,409	95	3,504	3,936	158	4,094
TOTAL VISITS	18,493	5,298	23,791	22,893	7,016	29,909

**4.
MIDWIFERY
Registered Cases**

	1979	1980
Women Attended in Childbirth	337	323
Live Births	325	318
Twin Deliveries	5	2
Miscarriages	13	7
Stillbirths	4	0
Delivered by Physician	43	35
New Cases Admitted	374	359
Maternal Deaths	0	0

Emergency Cases

Emergency Deliveries	31	25
Live Births	6	5
Twin Deliveries	0	0
Emergency Miscarriages	22	20
Maternal Deaths	0	0

**III.
FIFTY-FIVE YEAR TOTALS**

1979	1980	
Patients registered from the beginning	69,809	71,599
Children (including babies under 1 year)	41,704	42,651

Adults	28,105	28,948
Maternity Cases (registered) delivered	18,535	18,858
Maternal Deaths: 11 (9 puerperal, 2 cardiac)		
53,510	55,465	
Number of Days of Occupancy in FNS Hospital	412,932	421,420

*For 51 years and 6 months. The FNS Hospital in Hyden was opened in the fiscal year 1928-29 and operated only six months in that year.

KATE IRELAND, National Chairman
 HOMER L. DREW, Treasurer
 ELAINE M. PENDLETON, R.N., C.N.M., Director

To All FNS Staff and Employees:

The auditors have approved our books for the fiscal year 1979-1980 and for the first time in thirteen years, we have stayed within our budget. We have held the annual budget increase to 6.5%, compared to the 1978-1979 rate of 9% and the national average of 12.8%.

All of this is due to your hard work to cut spending, get more done with fewer people, and hold the line against a staggering rate of inflation while continuing to offer quality care to our patients. You and Dr. Beasley are to be congratulated for the tremendous effort and stunning success these figures reflect.

I thank each and everyone of you.

Mrs. Elaine M. Pendleton, R.N., B.S., C.N.M., M.A.
 Director

THE FIFTY-FIFTH ANNUAL MEETING

The Annual Meeting of Trustees, members and friends of the FNS was held at Spindletop Hall near Lexington, Kentucky, on June 6, 1980. The meeting was called to order by the national chairman, Miss Kate Ireland, and Rev. Geoffrey Ashworth gave the invocation. A pleasant luncheon which was arranged by Mrs. Betty Kenan, co-chairman, and the members of the Blue Grass Committee, preceded the business meeting.

Following the luncheon, Miss Ireland introduced several special guests and then presented the speaker, Dr. Grady Stumbo, Secretary of Human Resources for the state of Kentucky and Trustee of the FNS. Dr. Stumbo brought greetings and best wishes from Governor and Mrs. John Y. Brown, Jr., and spoke about the role of his department. His philosophy of health care includes "a commitment to the kind of programs that FNS has had for fifty-five years". Dr. Stumbo expressed his strong belief in the future growth of home health care in Kentucky and used the FNS Home Health Agency as a model of health care to home bound patients.

The treasurer, Mr. Homer L. Drew, introduced a resolution expressing the appreciation of everyone associated with Frontier Nursing Service to Mr. Henry Heyburn for his dedication in serving on the Board of Governors as legal advisor and one who supports the goals and philosophies of the FNS. Mr. Heyburn retired from the Board of Governors and the resolution was made a part of the minutes of the meeting as a small token of our appreciation. Also, Mr. Heyburn was elected an honorary member to the Board of Governors.

The members of the Board of Governors whose terms had expired were re-elected. They are: Mr. W. F. Brashear, Hyden, Kentucky; Mr. C. V. Cooper, Hazard, Kentucky; Miss Fredericka Holdship, Sewickley, Pennsylvania; Mrs. Clinton W. Kelly, III, Reston, Virginia; and Mr. John H. Kerr, Jr., Lexington, Kentucky.

Elected to the Board were two long-standing friends of the FNS: Mr. James Mosley, Hyden, Kentucky and Mr. Kenneth J. Tuggle, Louisville, Kentucky.

Nine people who have given distinguished service as Trustees were elected as Honorary Trustees: Miss Sarah Gibson Blanding, Newtown, Pennsylvania; Mr. Kenyon Castle Bolton, Cleveland, Ohio; Mr. A. B. Comstock, Louisville, Kentucky; Mr. John

Sherman Cooper, Washington, D.C.; Mrs. Cleveland Marcum, Lexington, Kentucky; Mrs. Langdon Marvin, New York, New York; Mrs. Elinor M. Moore, Lexington, Kentucky; Hon. Thruston B. Morton, Louisville, Kentucky; and Mr. Arnold Whitridge, New York, New York.

Five people who have been active with various aspects of the FNS were elected as Trustees. They are: Dr. Tim Lee Carter, Washington, D.C.; Mr. Jack Maggard, Hyden, Kentucky; Mrs. Henry Meigs, Frankfort, Kentucky; Mrs. Hal H. Newell, Potomac, Maryland; and Miss Margaret Watkins, Detroit, Michigan.

General Joe L. Hamilton, National Commander of the Order of Kentucky Colonels, presented a check to the FNS in the amount of \$5,000. General Hamilton said that the Colonels base the awarding of their grants on need and on the programs which an institution such as Frontier Nursing Service provides. The Colonels is an organization made up of members who live not only in Kentucky, but in all parts of the United States and many countries overseas. We are fortunate, and appreciative, to receive their support.

Dr. Lydia DeSantis, director of the Frontier School of Midwifery and Family Nursing (FSMFN), spoke about the work that was then underway to improve the school's curriculum and to stabilize the FSMFN through a reassessment of current activities and future needs, and adequate clinical facilities and faculty members. (A complete report by Dr. DeSantis was included in the last issue of the *Quarterly Bulletin*.)

Miss Ireland expressed a special thank-you to each member of the Women's Auxiliary of the Mary Breckinridge Hospital for her faithful and important work. In addition to running the gift shop, these volunteers also assist with special clinics and raise money to fill many of the requests for urgent needs.

Miss Ireland then announced the fourth Director of the Frontier Nursing Service, Mrs. Elaine Pendleton, who came to us from a long career and wide experience at the Downstate Medical Center in New York. Mrs. Pendleton was chosen as Dr. Beasley's successor when his commitment as Director ended in May.

The national chairman closed the meeting with thanks and appreciation to the Blue Grass Committee for planning and making arrangements for the meeting.

THE HOME HEALTH AGENCY

by Anne Standley and Rachel Buff

The original orientation of the Frontier Nursing Service involved a unique concern for home health. Nurse midwives rode out into the districts for births, emergency calls and for routine checks on patient families, each nurse being responsible for the overall health of specific families. A number of visits to the homes of the families had to be made regularly to check infants and preschoolers, clinics were held twice annually at the schools, while adults were encouraged to come to the district clinics for routine care. In making her 'rounds', a nurse often paid a social call on patients she was not visiting for medical reasons. Thus, even before its time, the concept of a family nurse practitioner was fulfilled: nurse involvement in the family, care of its health through education, maintenance and prevention, and 'cure' in specific instances such as childbirth or illness.

The home visits offered by the FNS provided a way of reaching out to an area with limited access to health care. Today, the Home Health Agency carries on this tradition, and, in changing with the times, exemplifies new elements of the FNS.

Home Health, as the term is now used, began at each of the district clinics in 1966 in response to the Medicaid/Medicare law. Government regulations stipulated that no nurse could go into a home to treat a patient prior to an examination by a doctor who issues a Plan of Treatment in which the patient's illness is diagnosed and treatment prescribed. Home Health was established as an effort to compensate for the limitations this law imposed on a nurse's ability to provide care — in any particular home as it arose. She could no longer stop in to give grandfather his medicine, for example, and treat anyone who happened to be there and need attention as well. The new law reduced the spontaneity and the scope of the nurse's visit to the home.

In 1975 the Home Health Agency moved from the district nursing centers to the old hospital in Hyden and was consolidated into one department to reduce paperwork and expedite funding from Medicaid and Medicare. Because Hospital Hill was an inconvenient location from which to transport durable medical equipment such as wheelchairs and hospital beds, Home Health

was transplanted to Scott House adjacent to the Mary Breckinridge Hospital in the spring of 1980.

In the last ten months, Home Health has increased its caseload 31%, from 490 visits a month to 724. The department has transformed its deficit into a profit. Much of the credit for this turnabout goes to Diane Wilson, as department head of the Home Health Agency (HHA). Diane has worked to expand the sources of referrals of Home Health patients. HHA now learns of possible patients not only through patients it already serves, but from the MBH morning report of inpatients, from the county doctor, from neighbors of present patients, and from the district clinics. The department has seven nurses and three aides. The aides assist the nurses and each one lives and works in one of the districts. In this way, Home Health continues to operate out of the districts on a limited basis.

Besides actual nursing care, the HHA services include the medical and social services of the MBH social worker, the loan of durable medical equipment, and education about maintenance and preventative health care. Social Services helps with financial planning, with finding government programs which fund health care, and with the counselling of patients and their families when emotional and psychological tension are involved. Durable medical equipment includes such items as hospital beds, walkers, bedside comodes, oxygen and oxygen therapy.

One of the most important elements of Home Health is the education of a patient about his condition, treatment of it, and protection from ailments such as diabetes. The education of patients is severely limited by state and federal Medicaid/Medicare programs as Medicare plans allow only two months for re-educating patients about new ways of living and coping with their conditions. Thus, a fifty-year-old diabetic is allowed only two months to completely alter many old habits. As most FNS patients are funded by Medicaid/Medicare, many of the limitations of FNS Home Health are implicit in the structure of Medicaid/Medicare programs.

Medicare does not fund medication or treatment of terminal diseases. In the case of cancer, for example, radiotherapy and chemotherapy are not provided for. In addition, Medicare also does not fund "unskilled" nursing, that is, the basic maintenance and monitoring of patients. These boundaries to the care the nurse may provide present a challenge to the FNS Home Health staff

who must help the patient center on the necessary treatment of ailments and worry about financial needs imposed by care as a secondary problem.

Further drawbacks of Medicaid/Medicare involve the tendency of federal programs to compete with and often offset one another. A rise in the amount of Social Security benefits received by a family will push them beyond a Medicaid/Medicare income limit, rendering the family ineligible for comprehensive Medicaid/Medicare plans. This means that Medicaid/Medicare dues can compete with the immediate needs of a family for food, clothing and shelter. To receive care beyond Medicare Plan A (which includes only hospitalization costs), families must pay \$8.40 a month. Therefore, eligibility for Medicare Plan B (which provides broader coverage) can be detrimental to the monthly livelihood of a family. Traditionally, FNS has offered an alternative for patients who have financial difficulties, whether or not the patient receives Medicaid/Medicare coverage. The discount system, by which needy patients are granted total or partial aid, makes necessary care available to every patient.

Despite its dramatic increase in monthly visits, Home Health would like to double its caseload. The department hopes to set up an outreach program to increase public awareness of the existence of Home Health and of all the medical, social and financial services of the FNS which stand behind it.



MBH BIRTHING ROOM

by Susan Albritton Worley, C.N.M.

In accordance with the philosophy of the Department of Nurse-Midwifery and the FSMFN, we believe that: Every man is a unique creation of God. As such, each man has the right to self-direction or freedom of choice. Each man has the capacity for change and is accountable for his own behavior. Our belief is expressed in the philosophy of the American College of Nurse-Midwives, adopted April 22, 1972, as follows: "Every child-bearing family has a right to a safe, satisfying maternity experience with respect to human dignity and worth." We believe that by creating a birthing room within the hospital setting, we will be able to offer an alternative which will provide for a home-like environment within the structure of the present medical setting. We also believe that by establishing this birthing room, we will be adding to the learning experience offered to our nurse-midwifery students, thereby enhancing their preparation for functioning in varied settings after completion of their educational program at the FNS. The room will enhance family bonding in the immediate postpartum phase and provide a family centered birthing experience for our patients and their families.

The mother may have one other consistent support person besides her primary one (husband, friend, mother) with her in the birthing room. We advise the mother to decide on her support person(s) during the last trimester of her pregnancy and welcome these people to accompany the mother on clinic visits and childbirth education classes.

This is a family centered experience and, if the mother wants her other children to be present, this will be allowed if they will abide by our plan and agree to follow the advice and direction of the Nurse-Midwife. We feel there must be a support person with each child during this time to help the child accept and understand what is happening to his mother. We recommend that the child visit the mother during active labor rather than trying to be contained the entire time in the birthing room. At the time of delivery, the child and support person will be advised by the midwife on how best to aid the mother and share in this experience. The child may hold and visit with the new sibling and the family may remain together.

In order for this to be an enjoyable learning experience, we recommend that the decision not be made lightly, but with much discussion between the parents and the midwife. The child is welcome to attend clinic visits with the mother and the midwives will help the parents prepare the child for this experience. The child needs to maintain the option of being present or leaving during labor and delivery and the parents need to remain open to their child's decision.

The visiting hours for the birthing room are the same as in the rest of the maternity department (2-4 and 6-8 p.m.) This rule does not apply to the two support people or the children involved with the mother.

Within the structure of her routine clinic visits, the woman will be offered this option for delivery. If she chooses this experience, and meets the criteria for such, she will be advised on a course of preparation which will enhance this experience. She will be offered the prepared childbirth classes when they are available and during her clinic visits, she will be taught techniques of relaxation and breathing exercises which will help her through labor and delivery. She will be advised on helpful reading material.

In the last month before the birthing is due to take place, she will be asked to bring her support person with her for a tour of the birthing room and the maternity department. During this time, we will ask her to formulate a plan with the midwife. The birthing room policies and the criteria for transfer will also be discussed. The patient must agree to rely on the judgment of the Nurse-Midwife, and if consulted, the Doctor.

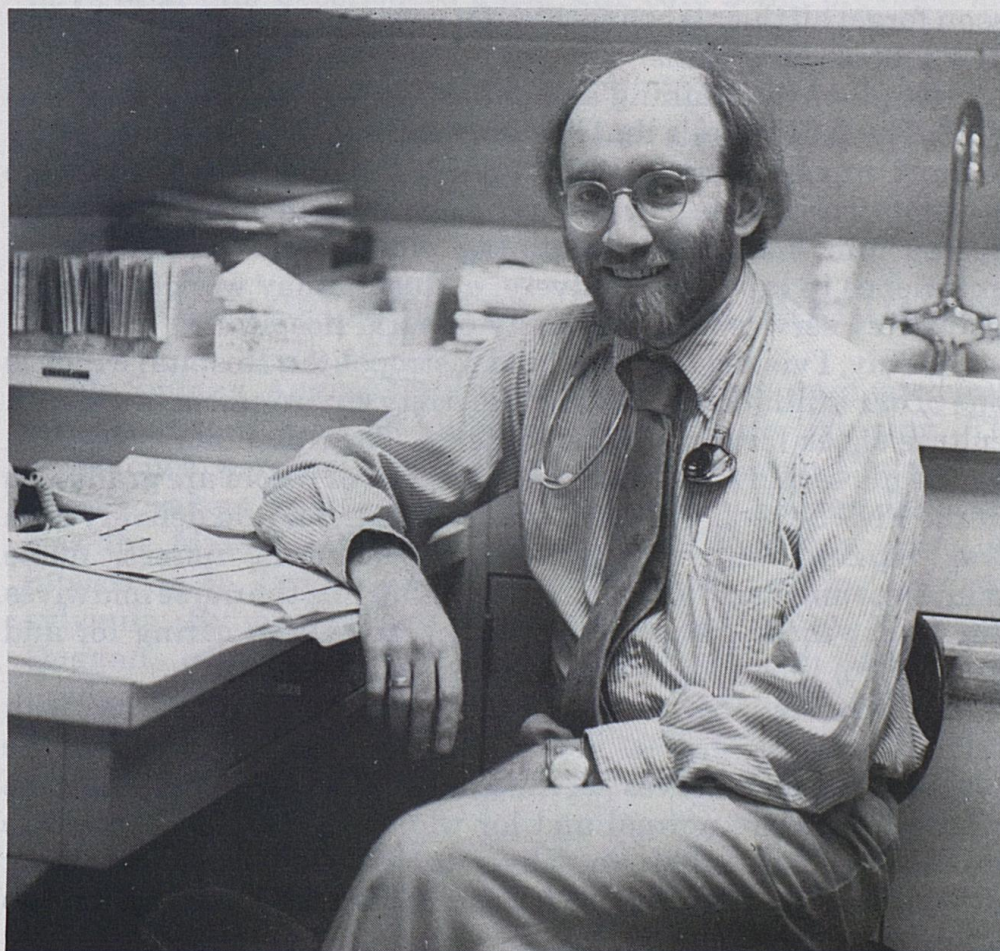
Criers of the Storm

by Battle Alexander Beasley

*The first advance
were the old bullfrogs chorusing
Echoed down and up the river
— creeks or hollers
As an ocean roaring
The crickets broke
In waves upon the summer
Evenings that slowly soak
Away into the sultry night.
And heat lightning
Fills the sky with shadows
Turning the mountains bright
— Like lightning bugs, in hoards upon the hills —
Till the rolling thunder
Brings its threatened relief
and leaves, no longer muggy
The mountain morn
cleanly cool. In shady meadow
neath leafy roof
The nightengales trill
Their song of borning dawn.*

TIM CAREY, M.D.: NEW MEDICAL DIRECTOR

When Dr. Don Palmer left this summer to resume private practice in Alabama, Tim Carey was named Medical Director in Dr. Palmer's place. Dr. Carey comes to us not for the first time — he had his first experience here as a medical student in April of 1975. After graduating from the University of Vermont, Burlington, Dr. Carey went to the Pacific Medical Center in San Francisco where he did his internship and residency from 1977 to 1979. He returned to Hyden in August 1979, to come on staff at the hospital. He has been a past president of the Pacific Medical Center local of the Physicians National Housestaff Association and has worked closely here with our black lung patients.



THE BIRTH OF A NURSE MIDWIFE

by Anne Richter, C.N.M.

Birth is a time of joy and hope. These feelings can be felt surging through the halls of the School at FNS as the new graduating class of nurse midwives emerges. As with all births, the birth of a nurse midwife comes about only after great preparation and labor, a preparation which includes classes, study and examinations.

Stress and non-stress tests throughout the gestation assure us of healthy growth and development. Labor for some is more difficult than for others. Individual attention and counselling is given to each unique delivery and we are all proud of the graduates and happy to share in their joy. We know that they will soon forget all their labor as they put new energies into developing new professional skills.

Not all of the training and clinical experience is done here at FNS. The faculty feels that it is important to have an opportunity to work in varied settings throughout the program. Each of the students works in nearby county health departments for prenatal, postpartum and family planning clinics and for additional experience in labor and delivery, a student may work in a nurse midwifery service in a university or rural hospital.

In July, I visited the Cleveland Metropolitan Hospital which is one of our affiliations. Moving into a city environment is a bit of a culture shock for some of the students. The transition is assisted by the nurse midwives working there, two of whom are graduates of the FNS School. The day I visited, the labor and delivery area was buzzing with medical students, interns, nurses, nurse midwives and doctors. In the middle of all this the nurse midwives single out those mothers whom they have been caring for and settle them into a quiet room.

My favorite labor room had a wall size mural of the sea with tall sun-bleached grasses blowing in the breeze. The peace of the blue sky and calm waves pervades the room. Many of the mothers whose labors are normal and for whom delivery is expected to proceed without problems deliver their babies in this room. It provides a nice atmosphere for the mother and father to get to know their new baby.

The Cleveland Metropolitan Hospital is a referral center for high risk patients, so our students have the opportunity to observe many procedures and treatments they had studied. For those patients whose prenatal course or labor has not been entirely normal, the students learn to manage the case with a physician. This experience helps the students to broaden their vision as to the scope of nurse midwifery.

Throughout my stay the nurse midwives demonstrated their commitment to education. They are excited about sharing their experience, expertise and joy in caring for the needs of the mothers and fathers whom they serve. We are indeed fortunate that our students have the opportunity to participate in this program: it is not just the fifteen labor and deliveries that a student may manage, but the experience of working with an effective and supportive group of nurse midwives in a complex hospital. They have seen and experienced good, safe care being provided and meeting the varied needs of the child-bearing family.

THE FSMFN CELEBRATES ANOTHER GRADUATION

On Sunday, August 17th, another six students graduated from the Frontier School of Midwifery and Family Nursing. The ceremonies were held at the Hyden Presbyterian Church and guest speakers included Anne Richter and Dr. Wasson. Ron Hart was the Master of Ceremonies. Margaret Hill, now doing an internship in Tennessee; Marsena Howard, working in Pennsylvania; Sylvia Gregory, employed in Lexington; Sr. Peggy Duggan, working at the Buckhorn Clinic; and Karen Kern graduated as Family Nurse Midwives. Marcia McDonald who had already received her FNP from another program, graduated as a Nurse Midwife. She is now working in California.

THE AFFILIATION AT MOUND BAYOU

by Sr. Paula Smith, C.N.M.

June 29, 1980, my safari to Mound Bayou, Mississippi, started in the wee hours of the morning from Hyden, Kentucky, with the purpose of launching into a new affiliation. The challenge and adventure of it all was exciting. The journey from the lush green hills of Kentucky to the flat delta of Mississippi proved that travel from and to parts of rural America is not our technological strong point. However, one has to admit the tedium of long journeys is readily compensated for by the courtesy and hospitality of people along the way.

Despite the report that Ann Hamel and Lydia DeSantis had given us in April, I really had no idea what was ahead. My bus stopped across the street from the community hospital. Ms. Geraldine Fletcher was the nurse midwife on duty and was free to introduce me to my hostess/landlady. The gracious lady made me very much at home and after a brief chat I fell into bed exhausted from the heat of 101° and 18 hours of travel.

My experience was very satisfying. I rotated 12 hours on and 12 hours off with the nurse midwives sharing the routine of the service. The unit is very busy and well organized. During my first week I was able to get ten deliveries. This practical experience was enhanced by the nurse midwives on duty, each of whom helped me to enjoy every moment at Mound Bayou.

I was particularly struck by the fact that all the nurse midwives are good clinical teachers. The ease with which each one supervised or taught was significant to me. My purpose of being there was two-fold, to assess a Nurse Midwifery Service for affiliation of future FNS students and to obtain for my own professional needs a number of normal deliveries to develop and maintain my own skills. Each member of the staff said how much they looked forward to the arrival of our students. They felt it would be as much of a challenge for them as it would be a learning experience for the students.

The second week two students arrived down to commence their affiliation. The inconvenience of the heat and isolation soon became insignificant as the excitement of being there took precedence.

In the first 24 hours of their arrival two sets of undiagnosed twins were delivered. Then a lull of a day enabled them to become oriented to a whole new world, a new people and a new culture.

While the students became adjusted to the intrapartal experience in the hospital, I took the opportunity to visit the Prenatal Clinic in the Health Clinic. About a mile from the hospital a busy clinic caters to the overall health needs of the community. This too is a wealth of learning for the nurse-midwives anxious to develop their diagnostic, management and nursing educational skills. It is a very busy clinic.

The second week during my stay at the Health Clinic showed me the wide range of possibilities for additional experience. The opportunity to work in a different organization with doctors so readily available can give a whole different perspective to the learner. Teaching postpartum patients the care of the newborn is another aspect of learning the student can make efforts to do. Again the initiative and enthusiasm of each student will determine the degree of practical utilization the potential Mound Bayou offers as a Nurse Midwifery Service.

I hope that the future students from FNS can have as positive an experience as I had under the aegis of Patricia White and her marvelous staff. Knowing what they want to learn and clearly defining their objectives will enhance their experience at Mound Bayou.

The staff there was particularly sensitive to the issues of social and cultural adjustments. I know the future will hold years of happy experience in midwifery between both agencies; we have so much to share with each other. A kind of sacredness fills the midwife with the wonder and mystery of life — new life. This mystery of birth and the technology of the process are balanced by good experience as nurse midwives.

Nurse midwives interested in short or long term overseas assignments in developing countries should consider sending resumes to Joel Montague, Manager, Middle East and Francophone Programs, Management Sciences For Health, 141 Tremont Street, Boston, MA 02111. Management Sciences For Health is a non-profit international health organization actively involved in a variety of projects associated with the managerial aspects of primary care and rural health services in the developing world.

THE PREVENTION AND EARLY INTERCEPTION OF DENTAL DISEASE

by Aubrey R. Hopkins, D.M.D.

It is important to understand that dental disease is largely a function of personal neglect. The fact is that our teeth and gums are extremely vulnerable to injury and we must protect them on a daily basis. Caring for our mouths is, in principal, fairly simple. Put into practice, it is one of the more frustrating problems in health care delivery. Most dental disease is preventable, and, for the rest, the earlier the problem is recognized, the more conservative and uncomplicated the treatment and management will be.

Somehow, someday, we will be able to accept dental disease as largely our own individual responsibility. We must have faith in the toothbrush, floss, fluoride and early treatment. Even though there are mass quantities of literature on prevention, I'm going to add to it a general summation that might help a few people — especially some 'real little people'.

First, all teeth are important, all baby teeth, all big teeth. Baby, or primary, teeth are important to a child's well being, for eating and feeling well. Back baby teeth maintain space on supporting bone for adult teeth, if and only if, they don't have decay in between. They also help the new teeth come up in proper sequence, and in the proper location in the dental arch. For these and other reasons, suffice it to say that keeping baby teeth healthy and in your child's mouth until they are ready to come out and go under a pillow is a good idea.

A child's dental care at home must be followed closely by his parents until he is of school age or older, and can satisfactorily demonstrate that he can brush his own teeth effectively. Your child should be receiving dietary fluoride every day in appropriate amounts — not enough will hurt as much as having too much. As soon as a child gets his teeth, he should be introduced to a daily ritual of tooth cleaning after a meal and especially before bed.

A young child should not sleep with a bottle of pop or anything else that will cause tooth decay. Try water, or at least unsweetened natural juices. Introduce your child to a dentist early on. Get him used to having his teeth looked at. A child should start receiving periodic polishing and topical fluoride applications as early as

possible. Preventative care can go a long way in establishing good habits and discouraging the occurrence of painful and difficult dental problems.

The dental health of your children must, in the greatest part, rest with you, the parent. Clean your child's teeth, watch his diet, make sure he gets proper dietary fluoride and give your dentist a chance to help — early, before problems get out of hand. We can help and we want to!



STUDENT NEWS

Sr. Yvonne de Turenne, St. Rose Mission, Lesotho

“Glad to hear that things are going smoothly for you at FNS. There seem to have been so many changes and I was really shocked to hear of Peggy’s sudden death. Wendover will really seem different. We are extremely busy here and one can get plenty of experience — a lot more than one does at home. But am a bit burdened now since my two co-workers are home in the States. Trying to do all the administration plus clinical is more than a challenge. There is always so much to do and sometimes I can barely do the day’s duties. Can’t tell you how grateful I am for my training at FNS. It has certainly prepared me well and it’s made such a difference coming back this time with it. . . . In May, **Marian Barrett** was here with me for a few weeks, working in our clinic here and seeing some other local health situations and worked one afternoon with the doctor at our parent hospital in our district. She was a courier at Wendover while I was there, later Coordinator of Couriers and now is pursuing studies towards M.D. and is leaning heavily towards rural medicine. Everyone loved her and she fitted in so well and it was really nice having her.”

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Ruth Lokey, Madison, Tennessee

“I’ve been up to my ears learning an entirely different aspect of Public Health. My head is spinning with grants, budgets, protocols, standards — and I definitely miss patients. I create situations where I get out with the PHNs in the clinics to keep my expertise up.”

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Dianne Lytle, Reading, Pennsylvania

“I can’t believe how fast time has been going by this summer! Already a month since I was down to take Boards. We are settling in very well and I plan to stay on here as staff after my internship ends in two weeks. It’s a very nice private practice, but with a municipal caseload as well, so our total deliveries (with three midwives) is nearly equal to FNS’s. We offer our private patients a choice of birth settings — hospital, home or birth center, so there must always be two midwives on call. . . . Say hi to everyone for me — anybody coming this way should stop to see me.”

Del Rose Eisenminger, St. Paul, Minnesota

"I've been working as a staff midwife at St. Paul Ramsey Hospital for the past two months now, joining three other CNMs in their various city-wide clinics. Our population is a melting pot — Spanish-American, indigent, Laotian, up to the self-help, well-educated, well-to-do — you never know what's next. I'm especially enjoying the Spanish speaking population — a chance to practice my second language. The opportunity to be in a teaching hospital is also nice. Almost every day I'm at some type of inservice: grand rounds, journal club, case presentations, etc. Yesterday I was surprised to learn that I was to present a case — in 20 minutes! I appreciated the practice Dr. Gilbert gave us in doing presentations in class. It did go pretty smoothly. . . . Larry (Novotney) will be moving to Bemidji (Wisconsin) in a couple of weeks, starting his classes and coaching at the university there before much longer. He's enjoying his summer of reffing ball games and relaxation but sounds ready to start this new position. It was fun to talk Kentucky again!"

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Elsie Maier, Pinellas Park, Florida

"Greetings from Brazil. Phyllis Long and I flew into Manaus on a tributary river of the Amazon (Rio Negro). Went on into the interior — Bon Vista for the first workshop (CE units) sponsored by OCEAN, Inc.: 'Assessment and care of the pregnant woman and infant.' Had twelve missionaries, including Barbara Long. It was so good to see her again. Most of these girls work in isolated Indian tribes against many obstacles. This week we have been in Sao Paulo, ultra modern city of 12 million people. Have twenty students in this workshop. Everything is available. . . . Then on to Paraguay for the last workshop. We come home at the end of July."

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Rayna Yatsko, Mt. Vernon, Washington

"The birth center experience has been good. The clients are from all over. They have numerous questions and I can answer them so that's good. I've had four deliveries; we average one a day. It's nice to work with Susan Willis, too."

Ann Shaw, Brooklyn, New York

"Started working at Montefiore North Central Bronx Hospital about six weeks ago. There are twelve midwives on the service and 3,000 deliveries a year. The job is strenuous, nerve wracking and challenging — just about the right recipe to keep me engrossed. The patients by and large are a joy; a wonderful mixture of cultures and nationalities. . . . **Catherine Carr** stopped by last week on her way out west. Looks happy and in good shape."

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Catherine Carr, Medford, Oregon

"Trip to Oregon fine and I love it here. Started work today and start taking call next week. I like the practice, people, area, etc. I have a house in a nice neighborhood with lots of room so I expect visitors!"

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Susan Berry, Harlingen, Texas

"Can't wait to get out of this constant, infernal heat. It hasn't been as hot here as in Dallas but it's still impossible to be outside at all. Work has been hard lately — no slack for the summer. I guess mostly I need a vacation."

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Mrs. Susan Willis, Laconner, Washington

"Have been addicted to backpacking and hiking and spend most days off doing that as there are many places close here. We've been able to ignore Mt. St. Helens, but I have to say that each time it has erupted we were camping out in the wilds far away and still heard the booms and our tent shook. . . . Aaron and Jim are happy about being here. . . . It's a whole new world for us. The Birth Center is a fine place, and very much suited to my likes and FNS philosophy."

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Glenda McChesney-Clark, Brisbane, Australia

"I wish to thank you and all your staff for your part in my study program in the United States of America. I found the visit to the Frontier Nursing Service one of the highlights of my whole programme. My good wishes for the continued progress and prosperity in your nursing services at Hyden."

**Carolyn Saltenberger, Africa Inland Mission,
Nairobi, Kenya, '57**

"I have a class of seven students doing nurse-midwifery. . . a practical course, but we give a fairly good amount of theory. This week they are doing their first deliveries and I've been up at all hours. We have about 120 babies per month here, so to do sixty should take us about two weeks and I think we'll make it. Only have 18 more to do. . . . We do symphysiotomies here, since 1967. The women prefer it to having a cesarean — it is more normal and usually means they can deliver the next baby without any problems. It fits better into their cultural ideas. We have very few complications, even in cases that have been neglected before they were brought to us."

Linda Kilheffer, Khanjunpur Mission, Bangladesh

"Medicine is quite a bit different than in America as I'm sure you know. **Carol Read** was here to visit and work with me for three months — March to June. It was so nice to have her. Such a help to have someone around who thinks like, talks like and acts like you do. I miss her. Tell Dr. Wasson I said hello. Carol thinks she would like our clinic. I sure could use a doctor, especially one like her, but I won't tempt her as I understand she's got quite a responsibility at FNS. I think of her fondly and appreciate so much all she taught me. . . . The outreach of FNS is really something else. The training I received there has prepared me well for the things I need to face from day to day and has proven invaluable. I will always remember FNS."



THE BAKER BABY

by Betty Lester

On Sunday, August 24th, St. Christopher's Chapel celebrated its first baptism. Riley Clay Baker, born May 9, 1980, son of Peter Hamilton Baker and Susan Blaisdell Baker, graduate of the FSMFN and on staff at the Mary Breckinridge Hospital, was baptised by his grandfather, Rev. Richard H. Baker of Trinity Memorial Church in Warren, Pennsylvania. The godparents were Raichard Baker, Riley's uncle, who was unable to be present, and Deidre Poe, an FNS Family Nurse Midwife who was present at Riley's premature birth at the University of Kentucky Medical Center in Lexington. Riley was baptized with water from the River Jordan, brought from the Holy Land by his grandfather.

SMALL BABY BOOM AT FNS

Cindell Morrison (old student) and Chris Hallwell had a baby girl named Emma Lee. They live in Tuba City, Arizona, where Chris has a practice in pediatrics.

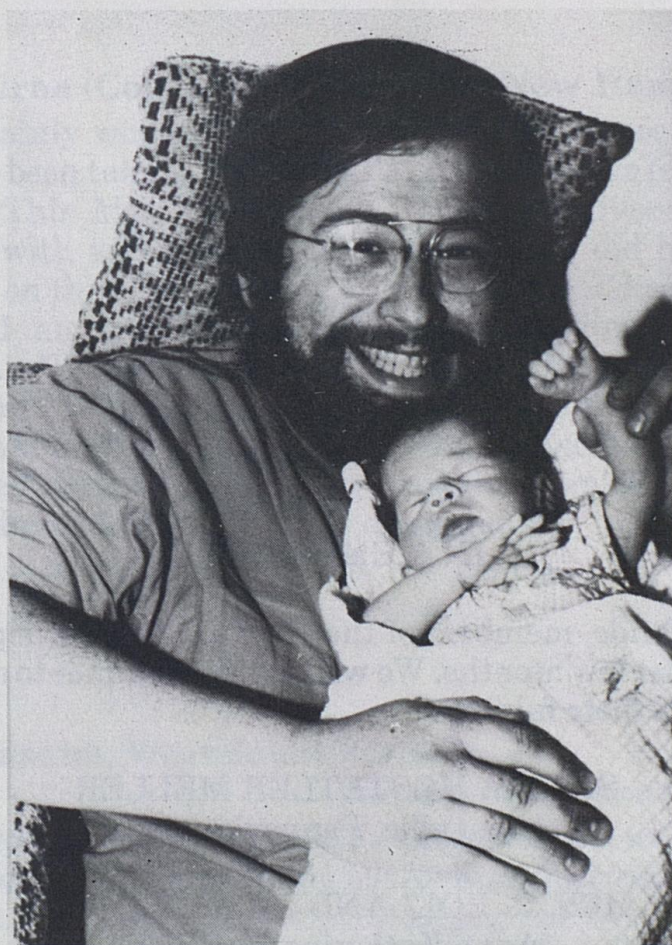
David Coursin and Laura Knowles Coursin (old student) had a baby girl named Melia Coursin. They live in Philadelphia, Pennsylvania.

Born to Fred and Mary K. Brashear, a grandson, Joel Colin Brashear, on June 24, 1980. The parents are William Frederick and Rhonda (Engle) Brashear.

Born to James and Mary Mosley, both a grandson and a granddaughter. Jeffrey Christopher Mosley on August 16, 1980, to Jeff and Sharon (Howard) Mosley; and Mary G. Maggard on April 10, 1980, to Cova and Carmen (Mosley) Maggard.

Jim Click, physical therapist, and Frances Click, home health nurse had their first child, Kendra Beth, on June 24th — missing Jim's birthday by only three days.

Joe Levine and Lillian Link had a baby girl, July 14th, named Madelyn Link-Levine. Lillian writes: "Dearest Friends, To start, we had a wonderful birth experience. . . We used natural childbirth and had a short labor of seven hours. Just when I was about to ask for medication it was time to push, so I didn't need it. Joe was a wonderful coach and the doctor and staff very low key. Madelyn was born at 9:14 on a Monday morning. (What a way to start the week!) Her Apgars were 9 & 9 and her birth weight was 5 lbs. 7 oz. . . . Joe is fine — continuing his work at the public health department until he can negotiate for an office in the medical center where I work. I will return to work September 2nd and will be on solo (MD via phone) until the end of October when our new doctor arrives. . . . Thanks to those who sent cards and letters — we really appreciate it. Special love to all, Lillian, Joe & Madelyn."



Daddy and Madelyn

OLD STAFF NEWS

Susan Frode Pesce (ex-staff)

"In 1969 I worked as a nurse at the hospital and have such good memories. I am married now and am a Family Nurse Practitioner at University of California, San Diego."

.

Lucille Knechtly, 'en route' (ex-staff)

"Will be seeing famed Passion Play at Aberamnergau on my natal day. That and visiting Switzerland (Knechtly roots are there) are two lifelong dreams."

IN MEMORIAM

These friends, members of the FNS staff, have departed this life in the past few months. We wish in this manner to express our sympathy to their families.

SYLVIA HOSTETLER MELLER
Allensville, Pennsylvania

MRS. R. ROLLAND ARMSTRONG
(Anne Katherine Ratcliff)
Roswell, New Mexico

OLD COURIER NEWS

Holly Cheever (Courier, '71) Cortland, New York

"I've had a busy spring graduating from Cornell Vet School, marrying Dean Sommer (a lawyer I have known for a couple of years — I've kept my original name), moving to Cortland, and starting my first vet job. I do 60% cow and 40% small animal work, and love the experiences I have been having — though not the hours. Dean continues to work for Prisoners' Legal Services in Ithaca, doing litigation for inmates in maximum security prisons."

.

Mary Beirne (Courier '76) Hanover, New Hampshire

"I certainly would like to return to FNS and see the changes that have been taking place. But I'm sure the warm feeling of FNS remains. This May I graduated from the University of Pennsylvania with a B.S. in Nursing. FNS really did have a prime influence on that decision — a mighty big one, I'd say. . . . At the moment I am working on a Cardiac Stepdown floor at the Dartmouth-Hitchcock Medical Center in Hanover, New Hampshire. I really do enjoy the work and the area is beautiful. A needed change from Philadelphia (which I still love). So, I will find myself here for a year or two, maybe more. What are all my other Spring '76 courier friends doing now?"

.

Ceil Oseasohn, Westmount, Canada, (mother of ex-courier, Nancy)

"We have just returned from Jerusalem where we attended our son's wedding. It was a simple but lovely affair held outdoors on top of Mt. Scopus at sunset overlooking the Old City. Michael married a girl from Finland. . . . Nancy just finished the bar exam."

Lydia Mueller (Courier '76) Novelty, Ohio

"It is good to hear about FNS and all its new developments. Ten couriers in one month! That's an exciting change! I always thought that the volunteer corps should be larger because there is plenty of work to be done, and plenty of people would welcome the opportunity to work at FNS. . . . My plans: 1) Katharine Gibbs in NYC for eight months, 2) work for a year or so, 3) grad school (maybe CWRU-Nursing), 4) . . . ? Classes start the 23rd and an orientation meeting on the 10th so I leave home this Sunday. . . . Hope all goes well in Wendover this year!"

On opposite page — Robert Melton, Wooton, rebottoming the dining room chairs at Wendover. Mr. Melton learned from his father, Robert Melton, who had last helped bottom these same chairs nearly fifteen years ago and longer ago than that had done some of the original work on the chairs.



URGENT NEEDS

For the Birthing Room at MBH:

birthing tray \$100.00

For the new Beech Fork Clinic building:

2 examining tables with storage \$631.00 each
 1 OB daptone 392.00
 3 exam stools 52.00 each
 1 dressing/emergency cart 66.75
 3 needle holders 15.50 each
 4 suture scissors 16.83 each
 1 baby scale with measuring table 85.10

For children waiting for a clinic visit or hospitalized:

Books and toys for ages 1 through 12.

For the Primary Care Clinic:

small refrigerator for meds 100.00

For Dentistry:

small sterilizer 200.00

We have recently received word that funds for our matching grant from the Kentucky Heritage Commission have come in! We must raise a total of \$46,800 and with \$32,074.95 already in, we only have \$14,725.05 to go. Thank you for your support thus far — we have now only a short way to go.

MEMORIAL GIFTS

Mr. Walter Merritt Agard

Mr. and Mrs. Joseph C. Carter

Dr. Martha A. O'Daniel Rinsland

Oklahoma Society Daughters of
Colonial Wars

Dr. Lewis Martin and wife,

Laura Emma King

Mrs. Amy M. Hunt

Gail Patrick Velde

Mr. C. V. Cooper, Jr.

Mrs. Dorothy Kirby

Hazard Insurance Agency

Mrs. Senah Reynolds Robinson

Mr. C. Kelly Reynolds

Mr. George St. John Perrott

Mrs. Alanson W. Willcox

Mr. Wilburn Witt

Mrs. Wanda F. Hill

Mrs. Gertrude E. Hastings

Mr. Harold M. Hastings

Mr. Bob Heinenweber

Susan Frode Pesce, F.N.P.

Georgia Combs

Mrs. Joanne L. Collins

Mr. Thomas O. Helm

Mrs. Frank R. Myers

Dr. William C. Eaton

Mrs. Frank R. Myers

Cecile Haywald

Mrs. Elaine M. Pendleton

Ethel Palmer Morgan

Mrs. Alan W. Carrick

Mrs. John Robinson

Mr. and Mrs. Sewell C. Williams

Miss Peggy G. Elmore

Miss Alison J. Bray

Miss Margaret I. Willson

Mrs. C. Wayne Elsea

National Society, Daughters of
Colonial Wars, Inc.

Mrs. Acton W. Barnes

Mrs. James E. Davis, Jr.

Mrs. J. Gibson McIlvain, II

Miss Sally E. Steeves

Miss Anne Cundle

Miss Laura L. Ellis

Miss Barbara Wriston

Mrs. Norman W. Bane

Miss Mary Nell Harper

Miss Janice R. Noren

Mrs. Richard Bean

Mr. and Mrs. John M. Prewitt

Mrs. Henry Kroll

Mrs. Katherine Ratcliff Armstrong

Rev. R. Rolland Armstrong

The Hon. John B. Breckinridge

Mr. and Mrs. John M. Prewitt

Mr. N. H. Stone

Mr. and Mrs. John M. Prewitt

IN MEMORIAM

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.

MISS JEAN BROWN
Phoenix, Arizona

MRS. WILLIAM MCDONALD
Kansas City, Kansas

This friend, a Trustee and former New York Committee member, has departed this life in the past few months. We wish in this manner to express our sympathy to her family.

MRS. SEYMOUR N. SIEGEL
(Frances L.)
Carefree, Arizona

Our dear friend, Trustee, supportive counsellor and legal advisor for many, many years, **Judge Augustus E. Cornett**, passed away last month. We wish to express our deepest sympathy to his family and friends.

*God hath not promised
skies always blue,
Flower-strewn pathways
all our lives through;
God hath not promised
sun without rain,
Joy without sorrow,
peace without pain;
But God hath promised
strength for the day,
Rest for the labor,
light for the way;
Grace for the trials,
help from above,
Unfailing sympathy
undying love.*

—Author Unknown

ONEIDA HORSE SHOW

This year's annual Horse Show at the Oneida Clinic had resounding success. A total of \$2,924 was brought in at the gate, \$152.50 was made in the raffle of a quilt, and contributions amounted to \$1,052. Minus the expenses for the Horse Show total proceeds amounted to \$2,615. The profits were split between the FNS Oneida Clinic and the Volunteer Fire Department, with each receiving \$1,307.50.



*Mrs. Ica Roberts, Treasurer of the Oneida Committee, and
Mr. Orville Burns, Fire Chief.*

BENEFIT FOR THE BIG HOUSE

There was not much time put into advertising and the day dawned hot and humid, but a small crowd gathered anyway at George Wooton's farm to enjoy home cooked food and music provided by the Coal Country Grass Band who donated their services free of charge. Mrs. Cassie Mosley, who works at Wendover, was instrumental in organizing the whole affair and added to everyone's enjoyment by joining in the singing. Camp Creek was well represented by Mr. Cecil Morgan. A total of \$182 was made for the restoration of the Big House.

THE WASHINGTON COMMITTEE BENEFIT

Amidst flowers and mountain music reminiscent of an Appalachian spring, the Washington Committee of the Frontier Nursing Service held its annual party at the Washington Club on Wednesday, April 23, from six-thirty to eight-thirty. Wine and cheese were served and music was provided by the Locust Hill String Band.

Guests of honor for this springtime occasion were the Honorable Paul G. Rogers, former representative from Florida and Spring Valley resident, and Miss Kate Ireland, chairman, Board of Governors of the Frontier Nursing Service, Wendover, Kentucky. Mrs. Jefferson Patterson, Honorary National Chairman, and the nine members of the Kentucky Congressional Delegation served as patrons of the event.

The Washington Committee is headed by Mrs. Ralph E. Becker, the benefit chairman was Mrs. Hal H. Newell, her co-chair was Mrs. Roemer McPhee. The Committee has proudly presented the FNS with a check of \$4,000 from the benefit.

From Mrs. Clinton Kelly, member, Board of
Governors and Washington Committee.

THE DUCK'S TALE

by Tina Thuermer Hall

I was sitting on the porch with Uncle D., old Rufe at our feet with his paws in the air and his big, fat, white, hairy belly exposed shamelessly to the world, not to mention his tongue lollygagging about from one side of his chops to the other, when two of Louly Begley's ducks swam up the river and landed almost at our feet. If that's not an invitation to Rufe on a hot, slow day I don't know what is, and he was off after them like the horses out of the gate at Keeneland. There was nothing I could do except watch, until suddenly I realized that here was no wily creature of the woods skillfully evading the admittedly mountain-bred but gone-to-seed hound dog; this was strictly domestic duck versus domestic dog and Rufe's never-ceasing lust for food had driven him to such heights that I realized with horror he was about to win the first chase of his life. I rocketed out of my chair, shocking Uncle D. from his customary afternoon snooze, and was down on Rufe ready to prise his jaws apart just as I heard the duck's neck snap. I would have said "Oh, _____!" but I respected Uncle D.'s former feelings about such language from women so I contented myself with an angry growl at Rufe, who immediately assumed his dead blowfish position and looked up at me seductively, having lost all interest in the duck. I looked around for the poor martyr's mate and saw him swimming sentry back and forth along our bank, honking desolately to himself.

"She died in a worthy cause!" I yelled down to him, hoping this noble lie would ease his grief but, seemingly untouched, he continued his noisy vigil as I came back up to Uncle D. with the duck dangling in my hand.

"Uncle D.," I said as I stood in front of him with the duck, "I cannot tell a lie."

Uncle D. looked at me with that wise, all-knowing look of his, opened his mouth, and snapped it shut.

"Uncle D., I'll bet you thought your great-great was going to tell you she went a-hunting and got a duck for your supper. I can just see you salivate! Now don't start thinking about supper, just concentrate. We're in big trouble. Rufe here killed one of Louly Begley's ducks and I'm scared to call her and tell her."

Uncle D. looked at me again but this time his look said clearly

that even if he could talk he was damned if he was going to call about Louly Begley's darned duck and he told us *years ago* that that darned dog was nothing but a trouble maker and a walking garbage can to boot.

Well, I could see that I was not going to get any help in that direction so I went into the house and called the Begleys.

"Louly? Is that Louly?"

"Yup, sure is. Is that you, Eugeney?"

"It sure is." There was silence for a moment while I pondered how to break it to her.

"Oh, Louly, you know those two ducks of yours that always go wandering?"

"Yup, what about 'em?"

"Well, Louly, I hate to tell you this, but Rufe just killed one of them." I sucked in my breath and scrunched up my face — I feel that these things help distract one from pain.

"Oh Lordy!" wailed Louly at the other end of the fragile line, with no doubt half the operators in Leslie County listening in. "Oh Lordy! Oh Lordy! My ducks, my baby ducks that I raised up as iffen they was my children! Oh Lordy, Eugeney, you ain't tellin' me that mean sway-backed mongrel of yourn done them in?"

"Just one of them, Louly, just one of them!" I begged.

"Which one? *Which one?*" The suspense at the other end of the line was tangible. I heard one of the operators breathing heavily with the tension.

I wondered wildly which duck had most significance for her. "The female, Louly, but it was very quick, she felt —"

"Oh Lordy!" came the shriek across the wires. "She was the best breeder in the bunch and her hatchin' reglar every year, oh Lord, I don't hardly believe it!"

"I don't hardly believe it myself," I muttered. "Look, Louly, I'm really sorry. I'll pay you for her, and I'll bring the other one back. I can't tell you how sorry I am."

"Well," there were audible sniffings and honks at the other end of the line, "I suppose it ain't your fault but I'd take it real kindly, Eugeney, iffen you would come back with Caesar. Although," another loud series of snorts, "I don't hardly reckon how he'll live without Marie Anternet gone like she is, he's real pertikler who he sets with. Oh Lordy!"

I assured Louly I'd be up with His Majesty as soon as possible,

and glared at Rufus as I slammed back out of the house. Uncle D. gave me another one of his stares as I hunkered down next to him and explained the situation.

"So you see, since I can't leave you alone with Rufe here, we're just going to have to get in the car with that duck and take him back to Louly's place."

Well, I could tell Uncle D. was not in the least bit pleased about that. Earlier that morning I had taken him in for his six month physical, and walking up and down our 32 steps in front of the house had worn him out. He did not look amenable to the prospect at all, so I thought I'd leave him in his chair until I caught the duck and then get him into the car.

I rolled my mind's eye — I was obviously in for a tough afternoon with a recalcitrant duck, dog and uncle to deal with. The first problem was how to get Daffy, still squonking mournfully in the river, into some kind of box or bag. I found a canvas sack in the toolshed, dragged Rufe into the house and told him to settle down and then stood next to Uncle D.'s chair, pondering the problem.

"What do you do when you're trying to catch a duck, Uncle D.?" I peered into his eyes but there was, seemingly, no help to be had there. I sighed and went down to the bank of the river and started clucking at the duck, who honked contemptuously, and swam further out into the water. I went back up the bank and got a bag of bread, which I left on Uncle D.'s lap after taking out a couple of slices.

"Here, you hold this, Uncle D."

I dribbled some crumbs on the edge of the water. "Hey, Jack Quack! There's a delicious, nutritious piece of Wonder Bread waiting for you here! Come to Aunt Eugenie, love, come and get it!"

Caesar just waited till the bread floated out to him and then gobbled it down greedily. He did look hungry, so I tried putting some bread down on the bank, but he wouldn't come near it. Whoever said ducks were dumb? I decided, reluctantly, that it was time to drag out the canoe. Everyone in my family knows that I'm no good with a boat, but I couldn't see any way out of it. I just had to get that darned duck back to Louly. Even now, she was probably standing next to her trailer, wringing her hands as she waited for her beloved baby.

"Dadgummit!" I shrieked as I slid the canoe over my foot.

"Sorry, Uncle D." I finally got the floating silver sausage into the water and stepped gingerly in, doing the whole balancing circus act with my arms, trying to hold onto the nearest branch and still get the oars and the bag into the darned thing. I managed at last, seated tentatively in the middle of the boat, rocking back and forth every time I shifted my weight in the slightest.

Well, the minute I stopped to look around I realized that I had drifted downriver, so I hurriedly but gently dipped my paddle in and started trying to get back towards where I thought I should be. It wasn't as hard as I'd thought it would be, and I was paddling merrily along like Hiawatha when, turning to look for the duck, I propelled myself smoothly into the bank and found myself shooting over the edge of the canoe, which, of course upset it. When I came up I saw the paddle drifting down the river, so I had to swim after that and, shrieking invectives, I finally dragged the whole shebang back up the bank and took stock.

"Better than 'Gilligan's Island', isn't it, Uncle D.?" I yelled to my audience.

I became seriously depressed. My tennis shoes were sloshing water and I was steaming mad. I looked up the bank to where Uncle D. was sitting and felt real anger when I realized that the duck was head first into the bag of bread on Uncle D.'s lap, his tail switching around as he tried to get into the plastic Wonderland before him. Uncle D.'s expression was something to behold!

I crept up the bank, sounding like the Monster from the Marsh as I slopped around in my wet sneakers, and managed to get Daffy, breadbag and all, honking loudly, into the bag.

"Uncle D.?" I asked. "You alright?" I gave the bag a vicious shake and bent over him. He glared at me and made the noise that he usually reserves for creamed corn.

"Uncle D.! Shame on you! Now did we catch the duck? And didn't you do most of it? Well?" The glare continued unabated until I leaned over and kissed his seamy old cheek.

"There! You love being kissed by nubile, soggy young women, don't you?" There was a gleam in his eye as I sloshed away up the hill and put the duck bag in the car.

I changed and then went to get Uncle D. Once you get him pulled up out of his chair, he's pretty mobile, so a lot of grunting and groaning later, we got ourselves headed up the long stair to the car. Unfortunately, at that moment the duck got out of the bag

and started flying around in the car, so I patted Uncle D. and told him to keep climbing while I raced up to the car and dove in to try and get the duck back into the bag. Needless to say, he dumped on the steering wheel and the tape deck and by the time I got him back into the bag and had the car cleaned up, I expected to see Uncle D. cresting the hill like the marines at Iwo Jima. Well, I looked over the hill down to the house and there he was, shuffling along his way round the house to his comfortable seat on the porch. He was darned if he was going to climb those stairs again today!

Well, it was a difficult half hour, but I finally got Uncle D. coaxed out of his chair again, up the hill and into the car. I got Louly back her duck to the accompaniment of much crooning and clucking, gave her a donation towards what she tearfully referred to as "Anternet II", and with Uncle D. making his creamed corn snorts all the way home I drove back and got us settled on the porch. Unchastened, Rufe lay on his back with his big, fat, white, hairy belly shamelessly exposed to the world.

Mama and Papa got home shortly thereafter and found us all fast asleep in the afternoon sun.

The new, expanded, second edition of the

FRIENDS OF FNS COOKBOOK

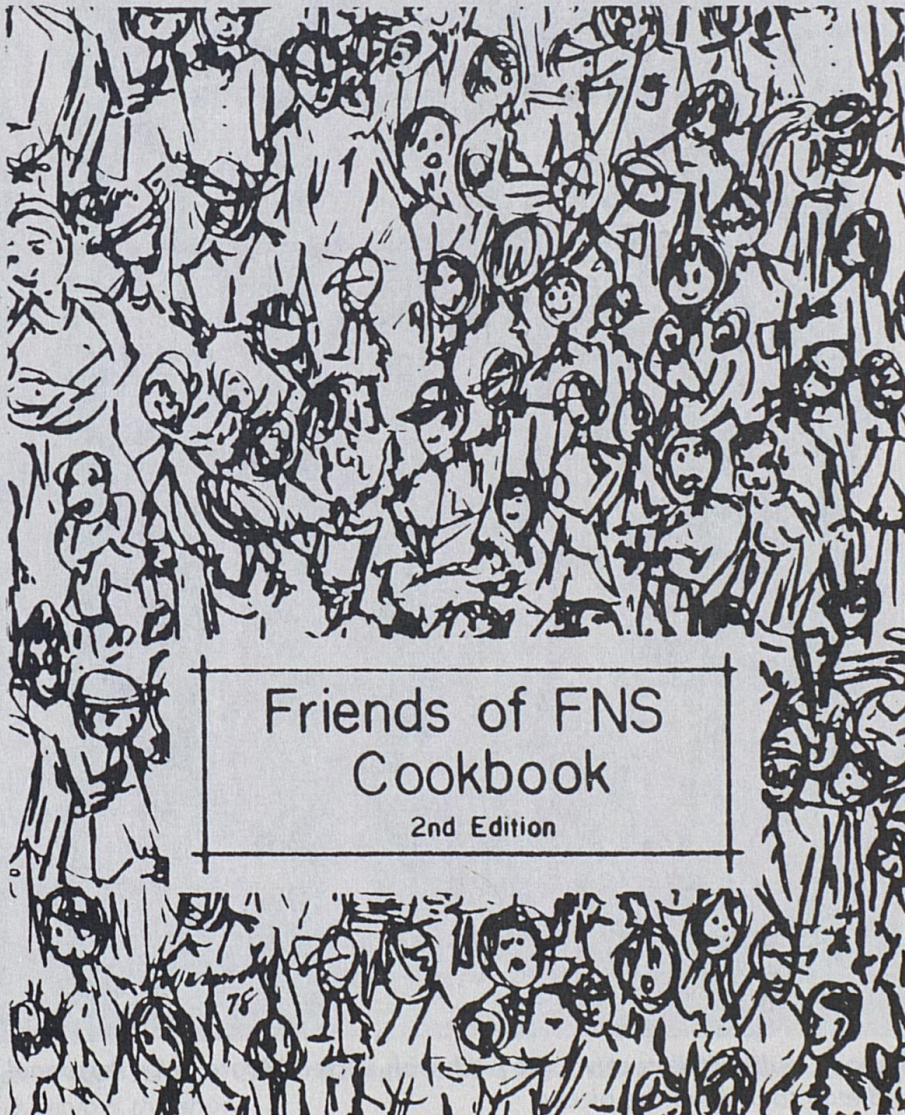
is on sale.

There are over 300 recipes, new illustrations.
Send for copies now — do your Christmas shopping early.

\$3.50 if purchased at the hospital.

\$4.50 on mail orders.

Write to: Office of the Director
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Hyden, KY 41749



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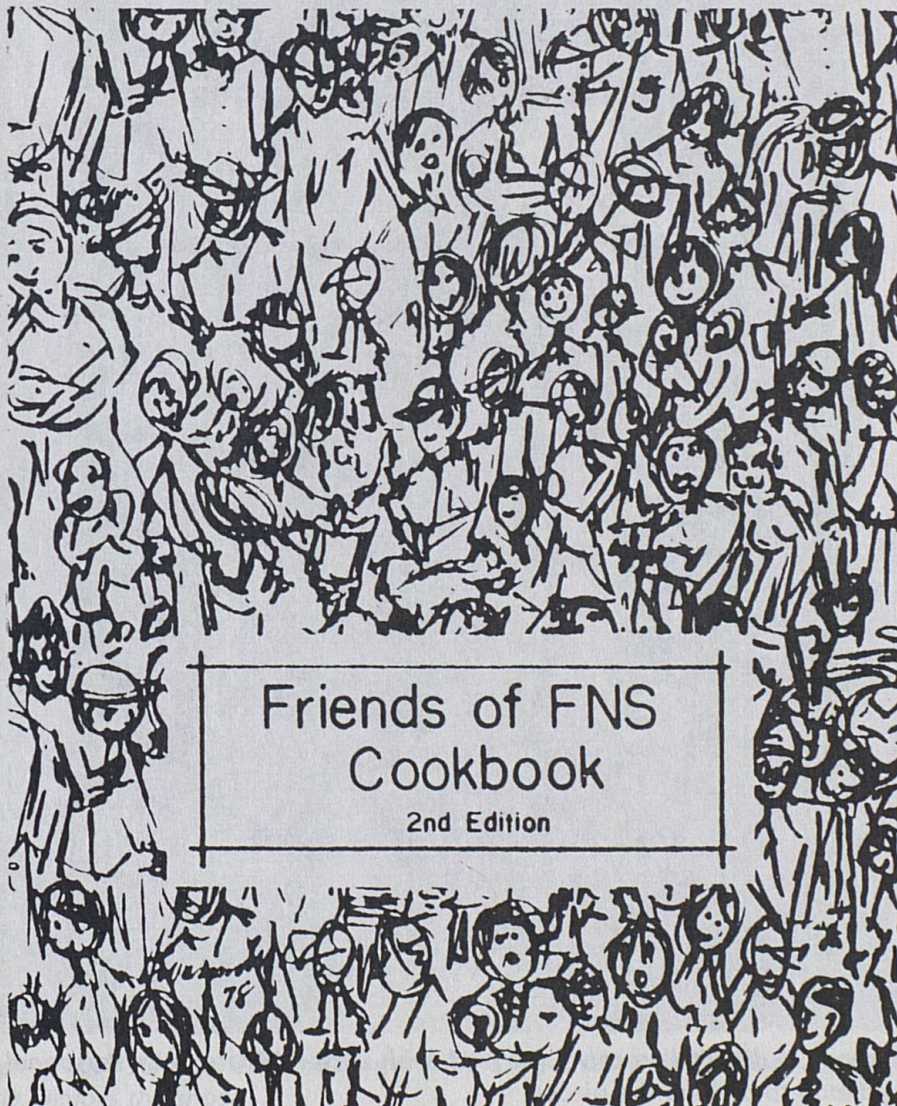
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FIELD NOTES

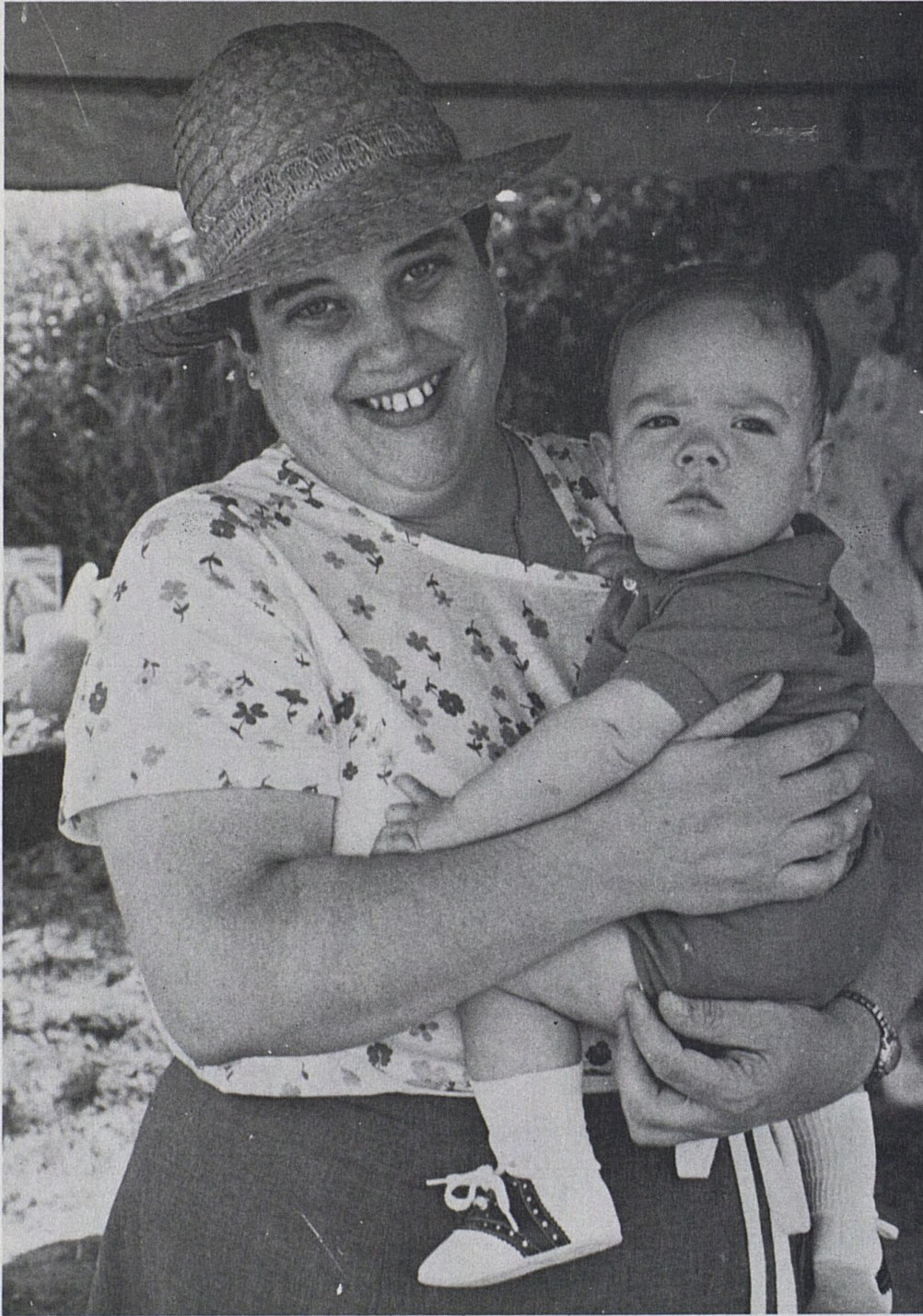
The first annual FNS Employees Picnic was held on Saturday afternoon, June 21st, under clear skies. Food was provided by the MBH staff and some pot luck dishes were brought as well. Many attended for the fun and the games and the range in age extended to four generations.



Left: Wayne Goulet, PNP, receives the pitch with Darrell Moore (left), Personnel, and Jim Pendleton to pick up the pieces.



Right: Peggy Hacker, Clinic Manager for the PCC, takes aim while Dr. Anne Wasson, M.D., enjoys the show.



Sharon Koser, "Mossie", FNP and Project Director at the Wooton Clinic, with William Engles, IV, son of Donna Engels, former pharmacist at Oneida.



John Campbell, Maintenance, Alonzo Howard, retired maintenance and Rufus Morgan enjoying the shade.

Ira Combs and his wife Mary from Accounting visit with Miss Ruth Blevins, FNM.



It was a long, hot summer with record temperatures for a record length of time. And it was one of the fastest summers, too. No sooner had we celebrated the Fourth of July, it seemed, and we were coming around the corner into August and down the final stretch.

The number of Couriers and Volunteers reached a record high of ten! Beth Ruekberg, daughter of old Volunteer Nancy Harmon (50's), from Churchville, New York, was here all summer to help with the garden and anything else that came her way. Our second full time volunteer gardener was no less exuberant than our first and Elizabeth Sidamon-Eristoff, niece of Nano Eristoff, tilled, hoed, and weeded until our plot of land looked like an ornamental garden it was so well tended. Stacy Payne from Butte, Montana; Sylvia Whitman of Cedarhurst, New York; Mary Tartala from Newtown Square, Pennsylvania; Christine Gaydorus of Afton, New York; and Stewart Babbott of Morristown, New Jersey, filled in for staff on vacation in many and various parts of the hospital. Anne Standley of Medfield, Massachusetts, and Rachel Buff of Scarsdale, New York, helped keep the Oral History Project afloat along with regular work in the garden and transportation of visitors.

Jane Monthie of Milwaukee, Wisconsin, came at the end of July to bring the grand total to ten; and two weeks later, Hope Mustoe of Covington, Virginia, and Hannah Felton of Princeton, New Jersey, came to fill in for all those who had served so well and whose time had come to an end.

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Sally Steeves, ex-Courier '71, helped all summer on setting up the Oncology Project in preparation for the arrival of Alice Basch who is now running the project.

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Kate Ireland was awarded honorary membership in the Kentucky Home Health Association, Inc. in recognition of "distinguished services contributed in the promotion of health in the Commonwealth of Kentucky."

Mary Ann Quarles Hawkes came for a few days to visit on her way to doing a project on prisons in Colorado. Patricia White and Geraldine Fletcher from Mound Bayou came to see us as part of initiating our affiliation with them. **Peter Marshall** (Courier '79) stopped in during his travels for the Appalachian Student Health Coalition this summer. **Callie Post** (Courier '78) came for a visit as did **Eden Bermingham** ('79) and **Jenny Sulger** ('79). **Nancy Albertson** (Oral History '79) came back for six weeks to help out at Wendover and with the Couriers and Volunteers. The FNS District Nurses held a two day workshop at Wendover at the beginning of August. And **Carol Crowe-Carracco** came for a few days to continue work on the biography of Mrs. Breckinridge.

Other visitors included Mrs. Betty Rockefeller and Dr. and Mrs. John Wyon.

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New staff include Dr. Frederick Zerzary, OB-GYN; Lisa Ratico, R.N. and Dick Ratico, E.M.T.; Alice Basch, R.N., M.A. in Oncology; and Dr. Jerry and Martha Groggel have returned.



Bertha Feltner, daughter of Covey Feltner, Dietary.

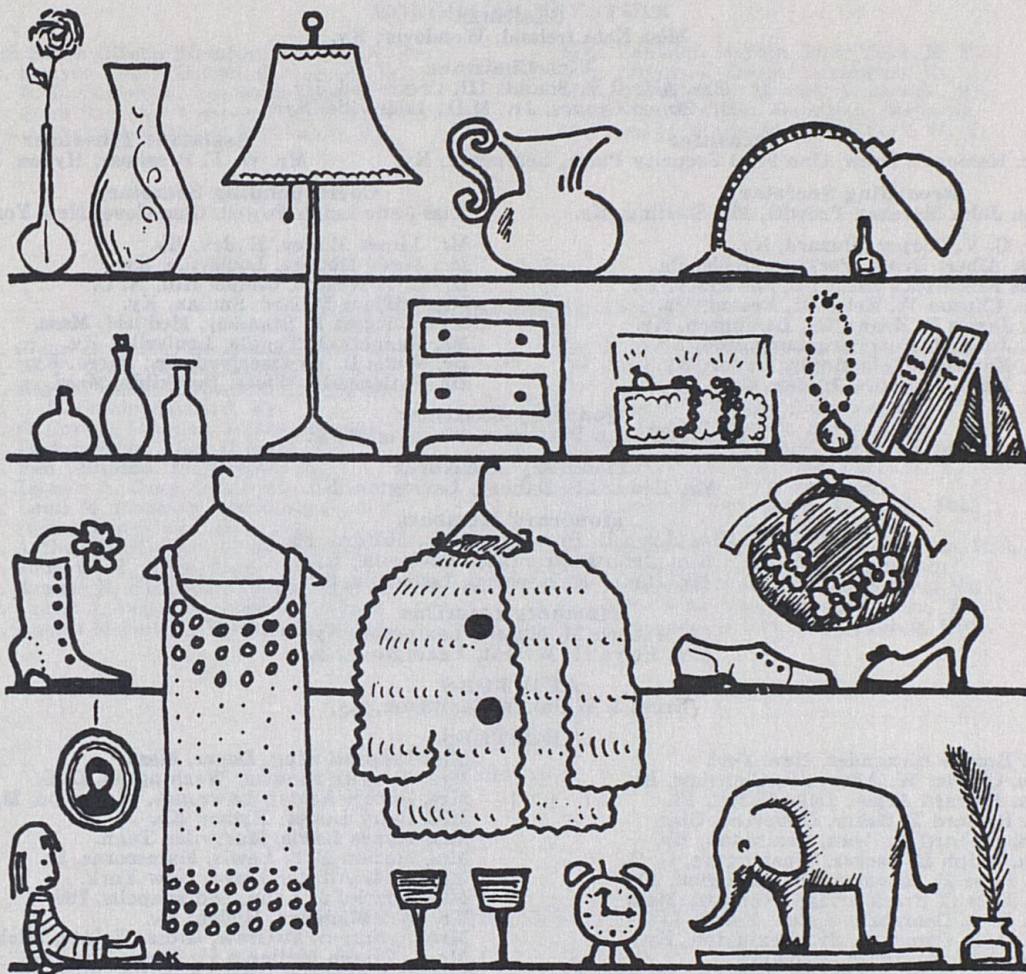


From the left: Molly Lee, Nora Lee, Bill Reist, Mary Castleberry, Jim Click, Frances and Kendra Beth Click, Edith Thurber, Dr. Yvonne Imbleau, Barbara Post, Lynn Lady, Becky Beardshaw, Bahaia Hassan, and Danna Larson. Dinner at Wendover in honor of Nora Lee who came to visit for the month of September. This was the first time Miss Lee had returned to Hyden since a serious jeep accident in the summer of 1965 in which she and Molly were injured.



FNS employees of the month from left to right: Ann Browning, Business Office for June; Lillie Campbell, Housekeeping for August; Mary Rose Hoskins, Business Office for March; Annie Sizemore, Housekeeping for May; Millicent Bell, Lab for April; and Covey Feltner, Dietary for July. These people were voted winners by their fellow employees for the special care they show on the job.

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

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Coordinator of Couriers and Volunteers:
Barbara Post, B.A., M.A.

Donor Secretary: Ruth O. Morgan

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Pharmacy: Joe R. Lewis, R.Ph.

Laboratory: Sr. Pat Skowronski,
M.T., (ASCP)

Social Work: Ray Harmon, M.S.W.

X-ray: Susan Swartz, R.T.

Physical Therapy: James Click, L.P.T.

Medical Records: Betty Helen Couch, A.R.T.

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Housekeeping: Lillie Campbell

Purchasing: Nannie Hornsby

Maintenance: John C. Campbell

Frontier Nursing Service, Hyden, Ky.
606 672-2901

Frontier Nursing Service, Wendover, Ky.
606 672-2317

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C.N.M., C.F.N.P., Project Director
Laura Pilotto, R.N., G.N.M., F.N.
Community Health Center (Big Creek)
Successor to
The Carolina Butler Atwood Memorial Nursing
Center (Flat Creek); The Clara Ford Nursing
Center (Red Bird); The Betty Lester Clinic
(Bob Fork)
Gail Alexander, R.N., A.A., F.N.P., Project
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Oneida Center

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Pine Mountain Center

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District Records: Nancy Williams

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F.N. indicates nurses who have completed post-graduate education in Family Nursing
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Physicians —

Family Practice

Pediatrics

Nurses —

Certified Nurse Midwives

Couriers and Volunteers —

to work on gardening

Oral History Project

Senior nursing students



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

Gifts of money should be made
payable to

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

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.

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

Gifts of money should be made payable to
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Wendover, Kentucky 41775



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