

FNS

FRONTIER NURSING SERVICE

Volume 56

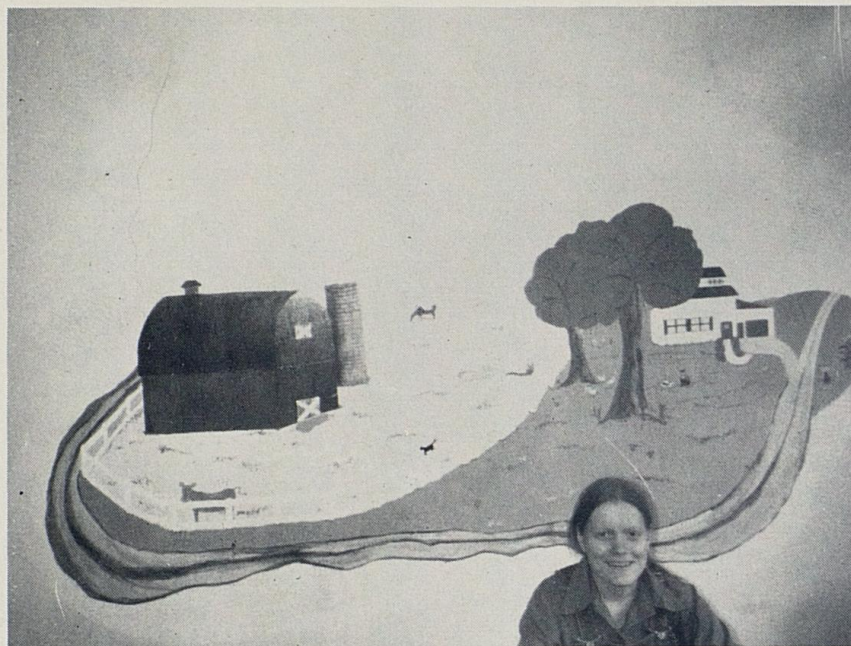
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QUARTERLY BULLETIN



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Couriers Cindy Asplin and Christina Bugbee have been hard at work painting this wall mural for courier coordinator, Danna Larson, pictured above. Christina also sketched the scene on the front cover. The house, located on Camp Creek, was originally built by Jesse Morgan in the early nineteenth century.

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EDUCATION AND SERVICE: THE LESLIE COUNTY HEALTH CAREERS PROGRAM

by Becky Beardshaw

The Health Careers Program at the Leslie County Vocational School is an excellent example of community cooperation. The program gives interested students an opportunity to explore health care professions and get a practical taste of the field at an early age. At the same time, the students provide useful services to the people of Hyden and, more specifically, to the Frontier Nursing Service.

The program is open to any eleventh and twelfth graders who wish to join, and this year there are thirty-six students enrolled. (For the first time since the program began five years ago, three of the students are male.) They spend half of the school day at the high school, following the standard curriculum, and half at the Vocational School, under the supervision of Mrs. Betty Huff, coordinator of the program.

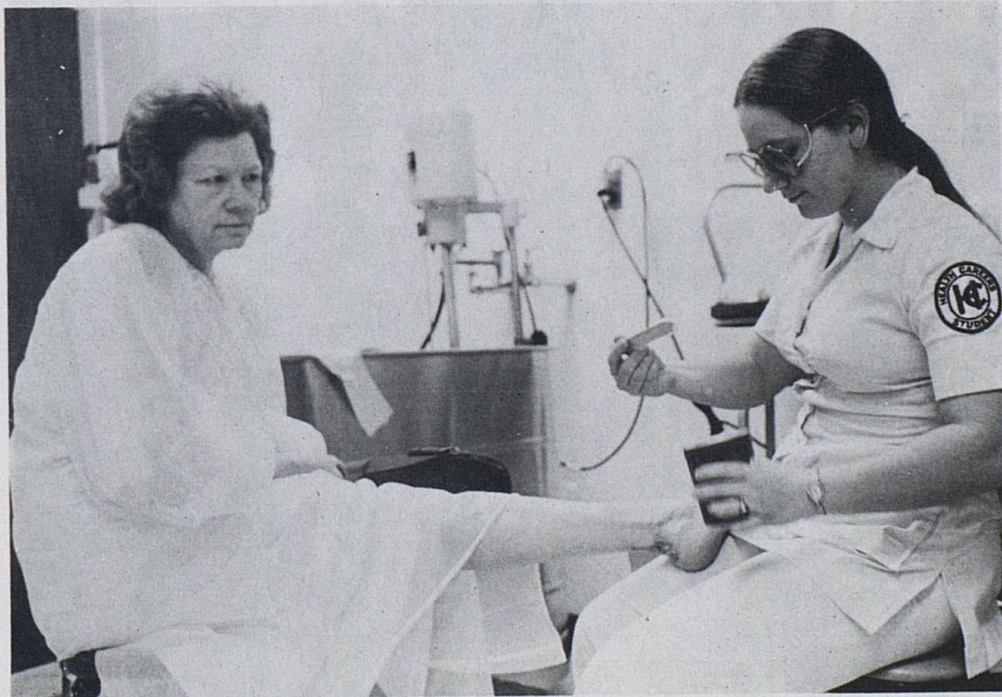
The Health Careers room is large and sunny and, like the program itself, seems to be a blend of classroom and practical learning ground. Hospital beds and rubber dummies line one side of the room, while more traditional desks and a blackboard fill the other. Here, students learn the procedures of a Nurse's Aide and study basic sciences, including elementary Chemistry, Anatomy and Physiology. They are also given exposure to the various careers that exist within the health field and the training required for each.

A great deal of learning takes place outside of the classroom. One day a week, they work either at the Mary Breckinridge Hospital, the Leslie County Health Department or at Hope House, the center for mentally and physically handicapped adults. In the hospital, their work covers many different departments ranging from the Med-Surg floor to Medical Records. They rotate from place to place, so that by the end of the year they have gained experience in a variety of areas.

The students participate in many other community activities — often filling a little-noticed yet very necessary role. At the FNS Ear, Nose and Throat Clinic which took place during the fall, the Health Careers Students spent long hours at the hospital, doing everything from transporting patients to and fro to checking vital

signs in ENT patients and caring for non-ENT patients. Led by County 4-H Agent, Russell Kenefick, they are currently carrying out vision screening in area grade schools. They recruit students to give blood in County Blood Drives, as well as donating themselves, and this fall they had the chance to experience the medical world from the other side — by acting as the “victims” for the hospital’s disaster drill! Probably their most valuable service takes place on snow days when school is not in session and transportation is difficult for everyone. When it is possible, they volunteer their time at the hospital, helping out anywhere they are needed. Their volunteer hours mount up and, at the end of the year, the student who has completed the most hours receives an award.

There are currently five girls enrolled in the second year of the program, which is new this year. Like the first year of the program, half of their day is spent at the high school and half under the auspices of the Vocational School. These students, however, spend all their Health Careers’ time working in a specific area: physiotherapy, dietary department, the lab, the



Sharritta Coots in Physical Therapy

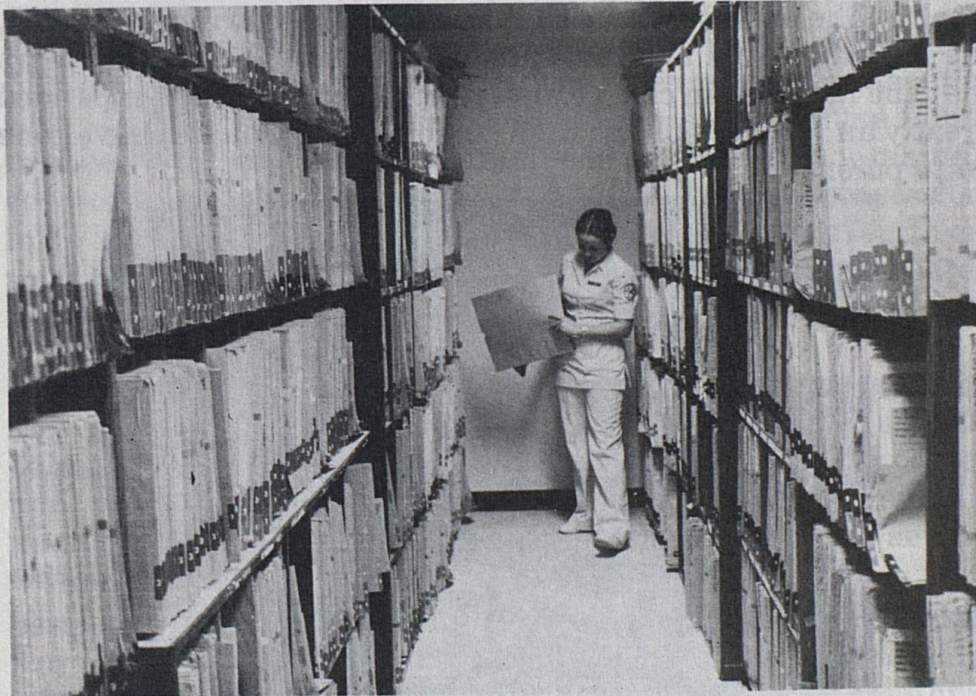
sterile supply room or Hope House. These students gain practical experience in their area and of working life within the field of health care. They also play an integral part within their department. For Kathy Farmer, in sterile supply, a typical shift includes operating the autoclave, packing instruments, filling orders, answering the telephone and observing surgery. It gives her an opportunity to become familiar with medical instruments and procedures. She is also a great help to the staff; in the words of her supervisor: "We couldn't do without her."



Carol Collins, James Sizemore, Gwynn Nantz, and Health Careers' Coordinator, Betty Huff



James Sizemore with a young patient in the Primary Care Clinic



Sandy Begley filing in X-ray

After completing the first year of the program, students receive the qualification of Nurse's Aide; after the second, they become certified as Aides in the department in which they worked. Because of their wide range of abilities, students go on to use their experience and qualifications in many different ways. For some, it provides an excellent basis as they become wives and mothers. Others go on to work as Nurse's Aides. Others pursue further training: many attend the L. P. N. program at Hazard Community College. A recent graduate, Robin Holbrook, studies medicine at the University of Kentucky. Currently there are two Health Careers' graduates employed at the Mary Breckinridge Hospital as L. P. N.'s and six as Nurse's Aides.

Betty Huff — teacher and coordinator of the program, career advisor and role model for all her students — has had a varied background and a long connection with FNS. She has worked as a RN in a small hospital, as a public health nurse, a home health nurse, a pediatric home health nurse and a psychiatric nurse. She is a founder-member of the FNS Local Advisory Committee and serves on the advisory committee of the FNS Home Health Agency. She is also a member of the Leslie County Board of Health. She openly admits that because of her own background, the program tends to stress careers in nursing. In the four years that she has been in charge, however, the program has expanded greatly and so have the kinds of careers that graduates have gone on to pursue.



Angie Westerfield in Pharmacy

RESPIRATORY CARE PROJECT

by Diana Fortney and Becky Beardshaw

The Respiratory Care Project — a new service for people with lung problems — opened December 1, 1980, at the Old Hospital. The program is funded by a grant from the Department of Health and Human Services, subcontracted through the Appalachian Regional Hospital in Hazard. Dr. Tim Carey is serving as Medical Director, and Diana Fortney, a Respiratory Therapist from Leslie County, is the Program Coordinator. Ms. Fortney comes to FNS from the Appalachian Regional Hospital in Hazard and has directed respiratory care projects both there and in Whitesburg, Kentucky.

For the most part, lung problems are chronic, which means that they can never be completely cured. However, with a comprehensive program of health care and education, it is possible to control and alleviate many of the symptoms of lung disease and learn how to live with the least possible discomfort. This program is designed to teach each patient to understand his condition completely and to introduce self-help techniques which will help him in all activities of daily living.

After a patient has a physical examination and the physician fills out a plan of care, the patient is enrolled for education sessions. When enrolled, the patient is advised to bring a family member with him to each session since a great deal of the material covered will apply directly to his home life. There are five sessions in all: the first three take place on consecutive days, the fourth one week later and the fifth one month later. They last approximately one hour and are broken down as follows:

Session One: The patient receives instruction in basic anatomy and physiology and is taught general health measures for pulmonary patients. These include fluid intake, control or prevention of pulmonary infection, cessation of smoking and diet instruction. He is also encouraged to increase physical activity within the guidelines set by his physician.

Session Two: After the reinforcement and evaluation of the skills learned in the first session, this hour focuses on breathing retraining. The patient is taught diaphragmatic breathing, pursed-lip breathing and prolonged exhalation.

Session Three: Patients are given instruction on their medications and the proper use of their home therapy equipment. Bronchodilator therapy and chest physiotherapy is given where applicable.

Sessions Four and Five consist of review of the self-care measures learned in the first three meetings, and reinforcement and evaluation of the patient. The patient also receives a home visit by Ms. Fortney or a Home Health Nurse between the fourth and fifth sessions. This is to give insight into any problems in the home environment that would hinder his progress. The patient will have follow-up checks approximately every three months after he completes the program.

Every patient will receive a workbook designed at his own level. It will reinforce his self-care skills and will contain his individual needs: his medication sheet, physician's phone number, literature that is applicable to his situation, such as, anti-smoking pamphlets.

The program is designed to improve the patient's activities of daily living in a practical way, not merely to improve his knowledge. If patients can learn to dress themselves, walk, do simple chores with a minimum of difficulty, this will in itself improve their mental attitude and ability to cope with progressive lung disease.



Diana Fortney

MEMORIES OF MARY BRECKINRIDGE AND THE BIG HOUSE

by Georgia Ledford

[Editor's Note: Georgia Ledford has been actively involved in FNS committee work for many years, following in the footsteps of her parents who were charter members of the Flat Creek Committee. Currently she serves as a member of the local Advisory Committee and the committee at Community Health Center. The upcoming restoration of the Big House prompted her to write this article expressing her feelings about Mrs. Breckinridge and her home.]

In those early days of the Frontier Nursing Service, members of the local advisory committees were, shall we say, privileged people. We weren't quite as structured as we are today nor did we have the need to be. If you were fortunate enough to be in these groups, you had "The Invitation" on occasions to come to the Big House for lunch. I, for one, felt as if I was entering a king's palace: tables set with flawless linens, glistening glassware, and sparkling dishes and the warmth of the crackling fire were the event to happen in winter. Having lived in a log house almost all of my young years, I could appreciate the sturdy and peaceful building that was home to that great and beautiful lady, Mary Breckinridge.

On these occasions, Mrs. Breckinridge would be the first to greet you at the door and extend to you the handshake that said "we are friends together for a worthy cause." Ofttimes that handshake was accompanied by the hearty laughter that fairly shook the rafters when she was happy. Sometimes the sadness also showed in her whole being as she expressed concern for families in need, a concern that was always in her thoughts.

There are eons of memories and stories; however, for now, I shall say the restoration of the Big House at Wendover would surely meet with her approval were she still with us. Her ideas were so instilled in all of us here in our Kentucky mountains that we want to further her cause more than ever. You cannot go to Wendover even yet and not feel that lasting warmth and determination she left us and this land. She is so dearly loved.

BEING A COURIER . . . FOUR ACCOUNTS OF A COURIER'S DAILY ACTIVITIES

by Cindy Asplin, Molly Beaver, Joan Davis, and Nancy Kocer

The Tennessee Walker of yesteryear has been replaced by the Dodge Colt of today, yet the life of a courier remains somewhat unchanged.

For four senior nursing students from the upper Midwest, the so-called dirt "roads" might well have been horse trails. Riding the bucking Colt (the bucking having nothing to do with our lack of experience with stick shifts and clutch coordination) back into the hollows, we soon discovered that a sense of adventure and a sense of humor are a must if one is to survive as a courier. Under the fearless leadership of Danna Larson, we blazed our trail each day and kept the following records of our experiences.

Joan Davis

Today I might have tended the hospital gift shop or worked as a nurse's aide on the medical-surgical floor. Time flies by so fast and our activities are so varied that it is difficult to keep the memory from becoming a blur.

I enjoy minding the hospital gift shop, meeting and talking with hospital employees and the local people. Feeling somewhat obviously foreign due to my mid-western drawl, I spend a lot of time watching, listening, and learning. The weather is always a popular topic of conversation among the older crowd, and there are always one or two children being chased across the floor by their mothers. Never a dull moment in the stream of traffic going to and fro in the lobby.

The traffic pace quickens on the medical-surgical floor as the doctors and nurses scurry about meeting the patients' needs. After working in a 1000-bed hospital this summer, it was quite a switch to work at Mary Breckinridge Hospital with such a variety of cases in a total of forty beds. Being accustomed to a battalion of support staff as close as a phone call, I was amazed at the scope of the nurses' activities. The experience proved to be valuable — nurses really can function as an independent entity. Unfortunately, the nurses are doing double duty due to a shortage of staff. That's when we were called in. We did our best to help out in any

way we could, even if it did mean working midnight to 8:00 a.m. occasionally!

Unfortunately, like most experiences, I realize I will not fully recognize the value of this one until time passes and I have had an opportunity to reflect back on it.

Nancy Kocer

Today Liz McKendry (courier from New Hampshire) and I went on short rounds to the district nursing centers at Pine Mountain and Beech Fork. After breakfast, we drove to the hospital to pick up the supplies and mail for the clinics. Our first stop was the Pharmacy where we found only two boxes waiting for us. Next we went to Sterile Supply where we picked up four bottles of water, to the Lab for a small envelope for Pine Mountain, and to Purchasing which needed several boxes delivered to the clinics. Our last stop was the mailroom, and, by 10:00 a.m., we were on our way.

The drive to Beech Fork is a beautiful one up long, winding roads which creep back into the mountains. The clinic itself, with the old stable still standing, makes you believe, at least for a moment, that you're still living in the days of the nurses on horseback. The sound of hammering as men build the new clinic soon brings you back to reality. After delivering the supplies to the nurses, Ellen Hartung and Laura Pilotto, we continued on toward Pine Mountain.

The road to the Pine Mountain Clinic winds through some of the most beautiful countryside anywhere. It seems as though changing times have not left their mark on the clinic — nestled into the hillside, it is surrounded by tall trees whose tops seem, literally, to vanish into a layer of mist. After a few exchanges with Nurse Kim Beck-Wooton, Liz and I turned around and started the hour-long drive back to Hyden.

Lunch at the hospital was very good today — chicken and dumplings, one of my favorites. Liz and I parted after eating — she went to work in the Education Department and I was assigned to x-ray. Dr. Brandon, the radiologist from Pikeville, Ky., flies his helicopter to a small landing pad outside Hyden where couriers often pick him up. Today it was my turn, and by the time we got back to the hospital, a number of patients were waiting in the corridor. I spent the rest of the afternoon in a dark closet

developing x-rays — an easy and enjoyable task. By 3:30, I was ready to go home.

Barbara Post offered me a ride to Wendover (courier cars are always in short supply so the logistics of traveling must be carefully planned). On the way, we stopped for a cherry coke at Campbell's Drug Store, a favorite place of the couriers. The drive to Wendover was uneventful — we only had to pull over and stop once for one of the coal trucks that usually dominate the roads.

Evenings at Wendover are special. At supper, everyone shares the day's events along with "Pass the salt", "Pass the beans", and "Pass the milk, too, please." After eating, we congregate around the fire in the sitting room of the Garden House, where we watch TV, read a book, or just sit and talk. As practical jokes have become quite common lately, we always check our rooms before going to bed.

As I lay in bed and think back on the day's activities, I find myself not feeling tired, but feeling glad for the chance I've had to learn a new way of life here in the mountains and to also learn more about myself.



Couriers Ruth Pershing, Joan Davis, Molly Beaver and Cindy Asplin

Molly Beaver

Odd jobs at Wendover were assigned to me today. We tore down an old chicken coop — a very good way to let off steam as well as become experienced with a hammer and crowbar. The coop didn't take long to tear down, but taking the nails out of the boards took forever! I also spent time typing some of Sister Adeline's letters to Mrs. Breckinridge. Sister Adeline was a very supportive friend to Mrs. Breckinridge, and her letters need to be typed before they're too old to read.

This afternoon, Nina Redman (a fellow courier) and I visited Mallie and Ray Pennington. What an experience — it took us 2½ hours to get there and only 30 minutes to get home! First, we took the wrong turn onto Route 80. Next, we missed the turn onto Route 169 — that was easy to miss since there's no sign. Then we missed our next two "signs" to turn: a lumber company and a "smallish" bridge. We were shooting 100% — missed every turn possible. Finally, a man sent us in the right direction. The trouble was well worth it as we really enjoyed our visit. Mallie and Ray were really nice and showed us some beautiful quilts.

Tonight was great as we shared our story at supper. Living at Wendover can be very special because you can get close to new friends. We couriers feel like a family now. However, everybody says Nina and I can never go anywhere together again — but that's okay. Nina went to the store tonight and she's not back yet. She's probably in Tennessee by now!

Cindy Asplin

I assisted as a nurse's aide in the Oneida Clinic today. My jobs varied from taking temperatures, pulses, and blood pressures to lab work, filing, and cleaning thermometers. The day was busy and went by very fast. I enjoyed the work very much and it was truly an eye-opener to see the flow of patients in a clinic run by two nurse practitioners, two secretaries, a pharmacist, a nursing assistant, and one housekeeper. Everyone had to work together as a team and I made the most of the chance to join in with them. In looking back, what I enjoyed most at Oneida was the contact I had with patients, their families, and the staff. The Kentucky people have been very friendly and helpful to me — a stranger. I love the soft Southern accent and the use of words such as "you all" and "honey". I have felt very welcome and at home.

After a good day at Oneida, I journeyed back to Wendover for a "umm-um good" supper. Needless to say, couriers are very susceptible to weight gain, especially this one! Later in the evening, a group of us visited Cecil Morgan's home and we had a good time as Cecil played some of his famous mountain music for us. It was a good time for foot-stomping and singing along. Cecil's family is very talented in many mountain crafts and his home is filled with bright quilts and beautiful handmade furniture. If I had time enough to spend here, I'd love to take banjo, quilting, and carpentry lessons! I have met so many special people here and I'm going to miss them all when I leave. I'm very thankful for the time I've had here and for the many new friends I've made.

After the exciting day we have all just experienced, we appreciate not having to feed and groom the horses, but rather just to park the car and head to the Big House for a delicious Wendover dinner. Of course, company for dinner is not uncommon, and we cherish the opportunity to meet someone we have or have not been introduced to. Everyone is always so friendly and all are eager to exchange tales of their experiences with us.

The tales we carry with us back to the Midwest will include our experiences with the southeastern Kentucky mountains and their people — their culture, lifestyle, and generosity. Folklore says that once you have drunk from the Middle Fork of the Kentucky River, you will return. That sounds promising to us as we hope to return some day to Wendover.

Our congratulations to the new officers of the Local Advisory Committee, who were elected at the December 1980 meeting. They are Alden Gay, Chairman; Jean Elam, Vice-Chairman; and Nancy Dammann, Secretary. We also extend our sincere appreciation to Bill Pollard, Alden Gay, and Betty Jean Roberts for their service as officers during 1980. Throughout its five-year existence, the Committee has fulfilled the extremely important role of serving as the liason group between FNS and its patients. The qualifications of the newly-elected officers insure the continuation of the Committee's tradition of fine leadership.

CLINICAL EXPERIENCE IN MOUND BAYOU, MISSISSIPPI

by Marianne Towler and Karen Kudia

The Delta Health Center in Mound Bayou, Mississippi, primarily serves the indigent population of a five county area of the Delta. Within the past year, an affiliation was formed between this center's very active midwifery service and the FSMFN. Eager for a respite from schooling and a varied experience, the two of us applied and were accepted for a family nurse internship there. Arriving in the heat of September, we were almost immediately overwhelmed by the differences between family nurse practice at FNS and that at Mound Bayou. Only as we worked more and more extensively in the clinic did we begin to see the similarities.

We worked mostly with two excellent family nurse practitioner preceptors, but gradually consulted with a number of the medical and physician assistant staff as well. Our day began making hospital rounds at the Mound Bayou Community Hospital — visiting patients and writing orders. By 9:30 a.m., we were at the Health Clinic where we remained for the rest of the day. The clinic, which provides a free daily bus service to patients, was always busy.

In a community with diverse health and social needs, opportunities for learning are many. We saw adults with problems ranging from hypertension and cancer to sore throats; we also worked with children, pregnant and delivering mothers, and home health patients. Of particular interest were the health needs specific to the predominately black population served by Mound Bayou, for instance, sickle cell anemia or other inherited blood dyscrasias. Mississippi law allowed us to learn to practice more independently than here, so we gained more experience in such tasks as writing our own prescriptions, learning to write hospital orders and summaries, and deciding which of many protocols to use with a particular person with PID (pelvic inflammatory disease) or hypertension. Since the clinic is trying to reduce costs, we learned to rely more on clinical judgement than on laboratory data in many instances. We also worked closely with dietitians, physicians assistants, and in-hospital staff, with whom our experience here is more limited. We had time to study to increase

our knowledge in specific areas of interest. We made many friends and learned that similarities among people far outweigh differences and that sunsets over miles of cotton fields have a very special beauty. And we reaffirmed what we were taught here — that the essence of giving care is the caring and as one gives “care”, the energy given out is returned in increasing self-confidence and self-awareness.

As we come back here our feeling is renewed that the ties between Hyden and Mound Bayou need to be strong as both places can learn much from each other. The students who travel between the two places can gain a wealth from both experiences.



Mound Bayou midwife with newborn. Courtesy of Karen Kudia.

ALUMNAE NEWS

Del Rose Eisenmenger, St. Paul, Minnesota—

“Really enjoyed my *Quarterly Bulletin*. We are busy here — I think we’ve almost doubled deliveries since I started in June. I delivered a baby with a diaphragmatic hernia. That was scary, but he is doing fair following surgery. Something always happens to keep you on your toes. Snow is falling. I’m looking forward to skiing, sledding (of course sledding — in memory of ‘Hospital Hill’ on cafeteria trays) and snowmobiling. So far it has been warm — not even zero yet. Missing y’all.”

.

Dianne and Amy Lytle, Reading, Pennsylvania—

“Best wishes to all FNS and FSMFN staff and faculty!”

.

Karen Kern, Chatsworth, California—

“I accepted the midwifery job at LA County/USC Medical Center. Rhea Liimaa works here and Rayna is also here doing a three month internship. It will be like FNS West! Hope all is well.”

.

Catherine Carr, Ashland, Oregon—

“I worked Dec. 24, 25 and 26th — five babies — I felt like Ms. Claus. No snow, no skiing here, but is nice to run in shorts. A friend and I are training for the Pear Blossom Run in April — 13 miles. Candy Vanderbeck and Sue Keilman (Seattle, WA) will open a satellite clinic with the PHD and are looking for another CNM — you might pass the word along. Saw Corrine Dunn at a Nurse Practitioner meeting. Dr. Anne would be proud of all the things she is doing. My new address is 1743 Homes Ave., Ashland, OR, phone 482-9332 — feel free to pass out both if anyone is coming my way. Ellen Prueher and husband Bill are in Jordan — not the place I’d be anxious to live now even if the Queen is from the USA. Greetings to all.”

Frank and Michelle Bouche**Box 259, Fort Defiance, AZ 86504—**

“We are all doing well. The sun shines nearly every day. Cold nights but warm days. Work looks slim for me (Frank), but I do have a couple of possibilities. . . . We miss the Upper Shelf.”

. . . .

Larry Novotney, Bemidji, Minnesota—

“I hope this letter finds everyone in good spirits and health. I am doing fine — much better than last Christmas. I am living with Mary’s parents while I am attending school up here. I have seen Del Rose while I have been up here (and) since she receives the Leslie County paper, I have been somewhat familiar with the happenings in Kentucky. I will make it down there either in early March or in May when I finish school. Everyone have a Merry Christmas and a prosperous 1981.”

FSMFN GRADUATES

On December 19, 1980, graduation ceremonies for the Frontier School of Midwifery and Family Nursing were held at St. Christopher’s Chapel. Ten students graduated: six in the combined Midwifery-Family Nurse Practitioner Program, two in the Midwifery Program, and two in the Family Nurse Practitioner Program. They are, respectively, Martha Groggel, Deborah Jones, Lucia Osiecki, Janet Buchanan, Kathleen Isacc, L. Rae Cottrell, Betsy MacMillan, Barbara Evans, Elaine Waters, and Kathryn Heimerdinger.

Deborah Jones, Lucia Osiecki, and Elaine Waters have remained with FNS — Debbie is at Community Health Center, Lucia is at Oneida, and Elaine is on the faculty. Janet and Kathleen stayed in Kentucky while Martha has gone to New Mexico, Rae to Oregon, and Kathryn to Massachusetts. Barbara has returned to her mission in Pakistan. Best wishes to the class of December 1980!

STAFF NEWS

Sister Bert Naegele, Vicksburg, Mississippi—

“I spent my Christmas days in Houston. I couldn’t cope with six nights off in a row. Our Christmas/New Year census has been high. My delivery number is almost 225! I continue to enjoy this role. My best wishes to friends at FNS.”

.

Joanne Rizzo, Denver, Colorado—

“I hope all is well at FNS, and that you have a great year ahead! I saw Mossy at the last practitioner conference in Vail, Colorado — it was great to relive tales of FNS. I’m still working in a rural family clinic (strongly migrant population in the summer) as a practitioner — my knowledge I gained at FNS surely comes in handy.”

.

Frank Lepreau, M.D., Adamsville, Rhode Island—

“We are well and very busy. The family with the exception of the 29-year-old boy was here for Thanksgiving and I thought of you walking over the Hill for the festivity at Wendover. . . . I remember with pleasure getting through those woods with Mollie Lee. I am currently Chief of Surgery at this 500-bed hospital. Go over to Brown once a week to have a session with the medical students in Surgery.”

.

Judi Gibson Chase, Sidney, Illinois—

“We enjoy being back in the Midwest. Hope to visit Kentucky sometime. I will be working as a clinical instructor after the holidays at the local JC.”

.

Charlotte Wittekind, Norwood, Ohio—

“Greetings for the holidays. Hope your year has been good and fruitful. We have had our usual round of activities with their ups and downs. I had another great visit to Guatemala in April — even made it down to the Coast for a dip in the Pacific at Champerico —

in addition to my usual stops in Guatemala City, Xela, Palestina, and several days in Huehuetenango. . . . We had a very busy summer at the farm — the weather was unusually good (for our area), the harvest was plentiful, and the blackberries were abundant. . . . Now we're grooming the cross-country ski trails. They were great last winter — even though the snow was less than the previous years.”

.

Marcia McDonald, Cobb, California—

“I'm really enjoying clinic work: doing both FNP and CNM. Luke is a regular little person — learning new words every day. Kel will be asked to coach high school football next year. He followed the Leslie County Eagles' season closely this year. We miss you all. Love/greetings to all.”

.

Carol Read Andersen, Carson City, Nevada—

“Most of you know I spent a precious four months with Linda Kilheffer in Bangladesh. She's doing such an incredible job there — using mostly family nursing skills and Dr. Wasson's organizing skills to build and enlarge the clinic she designed and was completed when she returned in early '79. She then put a filing, charting system into effect — somewhat like Barb French's Cutshin cards and Dr. Gilbert's from the Bogra Hospital. . . . She has a small pharmacy of drugs she picks up from UNICEF or bargains for in the marketplaces or mixes herself. She trains pharmacy aides and clinic help herself and oversees the building of cabinets and tables and sees over 50-75 patients daily. . . . She has tremendous responsibilities and tasks are endless — but her fellowship with God grows dearer, and she seems to hold up. . . . I returned and replaced Jean Barker at Buckhorn until Sr. Peggy arrived — Buckhorn's such a warm, friendly place to be and work — and then I came back to Nevada to marry my cowboy love of eight years. We've settled in Carson City now and are fixing up a little house his mother has rented out for 30 years. We keep the horses on his Uncle's home ranch only ½ mile from here so I can walk up the street and take a ride. . . . Since I started this letter, I received the most beautiful gift from the friends and staff at Wooton, Buckhorn, and FNS. I just don't know what to say except

how much it means to me to have a Kentucky quilt — a permanent part of such a growing, large, and wonderful time in my life now symbolized in that quilt — a permanent and bright, cheery part of my home. I thank you!”

.

Elsie (Maier) Wilson, Florida—

“We had a lovely wedding — a beautiful day and so many people came to wish us well. Barb French came and brought some Kentucky holly for the altar. Phyllis Long and Barb Long came too. . . . I am going to continue work at the Free Clinic. There is such a need for maternity care for the indigent down here.”

.

Kathy and Paul Kelly O'dell, Springfield, Ohio—

“Charlie is going to be 5 in January — he thinks that’s much more exciting than Christmas. He has decided to start spelling his name Charley — so you see he is developing a strong mind of his own. He takes violin lessons and likes to play most of the time. He is going to a Montesorri nursery school, which he loves, and is glad to have sidewalks to ride his bike on. Meg is going to be 2 in February. She goes to school with Charlie and also loves it — even though, of course, she thinks everything is ‘MINE’. I think she developed the ability to speak clearly at an early age because she loves to argue so much. She has one of those “I was born at home” T-shirts (which she wears as her undershirt because the obstetricians here are so against home birth) and she likes to point to her round tummy and say, ‘I was born at home’. . . . Paul also goes to the Montesorri school and is an aide in Meg’s class and teaches music . . . he likes that very well. In the afternoon, he fixes pianos — which he also likes very well. And he plays the organ at a church. It keeps him very busy so I’m supposed to do all the household things myself which I realize millions of women have done for centuries, but still even the idea is exhausting to me We miss FNS a lot because of all the fine people and togetherness

— but we like Ohio very well I like working at Maternal Health here pretty well. We usually do two 24 hour calls and two 8 hour office days week. We use IV's, monitors, etc., on everyone — but I consider it a mission field and seek small changes gradually. A birthing room will officially open January 1. There is wonderful continuing education. I have attended/caught 100 babies and am beginning to feel like I actually may have something to add to the profession We think of you all often and hope that the changes that are always happening there are going well.”



Charlie and Meg Kelly O'Dell

GREETINGS FROM ODETTE PRUNET FOULON

[Editor's Note: Mme. Foulon received a fellowship to study at FNS from 1946 to 1948. As a young French nurse during World War II, she worked through the German occupation in the French nursing service organized by Mary Breckinridge when she was a member of the American Committee for Devastated France after World War I. She studied rural district nursing and public health, as well as midwifery, while a student here. Mme. Foulon and her husband visited FNS in November, and she recently sent this open letter to all her friends to be printed here.]

For years I did not think I could ever have a chance for a visit to the Frontier Nursing Service once again in my life. And then this happened last fall.

My husband, professor in the University of Rennes, France, was given the opportunity of being accepted as a visiting professor in an educational exchange program at the University of Michigan in Ann Arbor. So, with him, I returned to the United States and our four-month sojourn was an enjoyable event in every way.

I was very happy seeing again many of my FNS friends of the old times: Ginny Frederik Bowling, Ruth Alexander Ingerson, Doris Reid, Mrs. Dorothy Breckinridge and "Little Julia", now a nice young mother of a happy child, Julie. I also enjoyed seeing Mrs. Kate Breckinridge Prewitt and her family, and two friends of my early hours in the United States in 1946 — Faye McCready and Hazel McCormick, in Winchester, Kentucky. All were as lovely persons as ever.

Faye and Hazel were so kind as to invite us to share the Thanksgiving holidays, a celebration which American people love so much (and so do we). Moreover, to please us, they made arrangements for a visit to the F.N.S.

So on Friday, November 28, the weather being fairly good (just a little snowy), Faye drove us through Berea, then on the new highway up to Hyden. There we were very pleased to meet the only two nurses I still knew: Betty Lester and Evelyn Mottram. They led us around the Mary Breckinridge Hospital, which impressed us very much. We could admire the splendid and busy Medical and Health Center, where every department, well-equipped, answers the needs of the population. It interested me tremendously to hear about all the work of FNS which is always expanding its program. We were honoured and glad to be introduced to Mrs. Elaine

Pendleton, the Director, who is at the head of this huge organization and in charge of its outstanding work which requires so many abilities. The staff includes many busy and capable people involved in all aspects of FNS activity — medical or administrative. We had time to make a quick tour of the old places I knew: the midwives' quarter, the old Hospital, the Barn, Joy House, and the beautiful Hyden Chapel with its inspiring St. Christopher's window, a nice place for everyone for prayer.

At noon we were invited by Elaine Pendleton to have lunch at Wendover. Evelyn, knowing the new road, drove us over the bridge — since we have no more to ford the river on horseback — and on up the road. It was nice, at the long dogtrot table, to meet a young staff whose welcome was so warm. We walked through the Big House, stopping for a moment in Mrs. Breckinridge's room to recollect the memories brought back to me by this visit.

We saw the new, big clinic at Beech Fork (unfortunately, the nurses were away in the district), and ended the day by seeing a film of the work done in the early years of FNS. Already it was time to leave and drive back to Winchester.

But I go keeping in my heart a favorite place for the FNS, which, with Mrs. Breckinridge and her staff, gave me so much joy and happiness along with the experience of working with the wonderful service.

Good luck to the new and young generations who carry on the work so wonderfully and faithfully. And our gratitude goes out in fullest measure to you, dear friends, who welcomed us so nicely and did so much for us in Michigan, Maryland, West Virginia, and Kentucky. We shall always remember our visit to the United States and FNS as the highlight of 1980.

COURIER NEWS**Nan Sersig (Courier '69) Cleveland Heights, Ohio—**

"1980 — nursing intermingled with travel. Found nursing part-time allows enough income and not yet a victim of 'job burnout'. Spring — hiking in Virginia. Final steps of southern half of AT and near hypothermia and new intolerance to cold. Summer — softball and LPB. Fall — disappointment of once again voting for the liberal loser. All in all, year of growing and increased comfort with me. As my season card says: 'Happiness — it is useless to seek elsewhere than in this warmth of human relations.' St. Exupery. Wishing you happiness this season and thru the year."

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Hope Mustoe (Courier '80) Cambridge, Massachusetts—

"Happy New Year! I just got some pictures back of when I was in Kentucky — they made me very homesick. I do think of you all so often and about what a wonderful several weeks I had there at Wendover. It was one of the happiest times ever! Right now I'm at home in Virginia — it just snowed so the mountains are beautiful. I hope that all of you had a wonderful Christmas and may this next year be such a warm, happy one. Especially at this time of year, I wanted to thank you for all of the kindness you gave while I was at Wendover. Best wishes always!"

.

Lynn McFarlan (Courier '74) Middletown, Connecticut—

"Every year I say I hope to get back to visit soon. Well, now I am on the East coast so the chances are better. I'm at Wesleyan University getting my MA in literature and hopefully will be teaching again next year."

.

Jean Black Pate (Courier '69, '70)**Edgartown, Massachusetts—**

"Hope everything is fine. Willie is in first grade now and wants his two front teeth for X-mas. Peter is going to pre-school and enjoys it. I am busy babysitting for five extra children a week."

Brian is on his own as an auto mechanic. I miss the mountains with snow on them, and, of course, everyone there.”

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Melissa Morris Charest (Courier '71)

York, South Carolina—

“I certainly think of Wendover and FNS at Christmas because of the Christmas (1971) I spent there.”

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Cornelia Hamilton, M.D. (Courier '67)

Durham, North Carolina—

“I had better hurry up and try to make a trip to Wendover since next July I am moving yet again. This time it will be to Rochester, N.Y., to study cytopathology at the University Hospital. I think Rochester will be a more exciting city than Durham. It will also be closer to home.”

.

Lindsay Poole (Courier '74) Burlington, Vermont—

“ I was a courier in spring of '74 and there received the inspiration to head toward medical school. I am now a third year student at UVM med school, planning to go into OB/GYN and love working with patients. . . . My quilt that Tempi (of Dan and Tempi fame) made me serves as a warm reminder of my very enjoyable Wendover days.”

.

Kate Fulton Sparrow (Courier '71) West Dover, Vermont—

“I am working as a physical therapist at the Brattleboro Memorial Hospital in Brattleboro, Vt., and I just adore my work. My husband of 2 years runs the ski patrol at Mt. Snow ski area, and we thrive in our country colonial (1823) home in the hills of Vt. Were I not rather entrenched where I am, I would probably try offering my services to you in beautiful Appalachia Kentucky. I do hope to get down to visit sometime when possible; I'm sure I'd be awestruck at the changes that have evolved since my memorable experience at Wendover in the spring of '71. My thoughts and wishes are with you all for a happy and prosperous '81.”

Cynthia Bray Spink (Courier '75)**Yorkshire, United Kingdom—**

“James Edward is growing all the time and was one on the 7th of November. He looks more like John every day. I am, however, working part-time at home for John (plumbing and electrical) but hope to go to the office after Christmas, depending, of course, on James as to whether he's got over the wrecking stage. . . . John and I are doing a marathon trip round Canada next May — I only wish that it was Hyden!”

.

Betty Pratt Booth (courier '31) Norwich, Vermont—

“I came down as a courier in 1931 — never will I forget it. . . . My daughter, Laura Day Yeomans, came down as a courier in '67. She has been married a year last October 6 and is expecting a babe January 6. . . . I read your *Bulletin* from cover to cover.”

PHILADELPHIA COMMITTEE — LAS VEGAS EAST II

Our friends around Philadelphia held a second benefit of chance — with play money — for an evening of fun, excitement, and the hope of “cashing in” for a prize. The end result was another generous contribution to FNS. Mrs. Edythe Balsley, treasurer, forwarded their check in the amount of \$2700.00.

The November 1 party was an excellent warm-up for the Holiday Season and another success for then Chairman Mrs. Betsy Gawthrop, who led the cheers for her successor, Mrs. Annette von Starck, the present Chairman.

A TRIBUTE TO MOLLY LEE

by the Class of 1980

As a part of the December 1980 graduation ceremonies, Molly Lee, senior midwife at FNS, received the following tribute from the graduating students. At that time, she was also presented with eight carnations in a bouquet — four pink and four blue — representing the babies she helped the eight students deliver. The class requested that we reprint their tribute and we are very happy to oblige.

As our class leaves FNS for various places in this world, we know we will forget the painful growing and stretching we went through to achieve our goal, and we hope that we will remember how each one of our instructors gave us something of themselves to make us good practitioners and midwives.

Each one has given a lot, but tonight we would like to single out one person for a special tribute. She has probably given more of herself and her life than anyone else because she arrived here from Great Britain in 1955 and has been involved with training students for almost that entire time.

Molly, we have a lot to thank you for . . . so does FNS and so do the many students whose lives you have touched. How many of us have been soothed by a cup of tea after an exhausting delivery? And we all go away remembering the vital fact that you instilled within us — that the art of nursing is first in our profession as practitioners or midwives. We hope we will never forget that.

You **made** us think when our brains wanted to go into slow gear and you challenged us to understand mechanisms when we wanted to quit.

Molly, we won't forget your saddle bags and the homemade paper bags you taught us to make out of newspaper as we leave here and begin our own fight against modern technology. Your step by step instructions will carry us through when we are on our own. One student recently wrote that as she was delivering a baby overseas, she could still hear Molly's voice echoing in her ear, guiding her

through each step. What a comfort that will be to all of us. We will remember your love of nature, birds, and flowers, and your walks in the woods. As you taught us to deliver babies of the babies **you** delivered, it became clear to us that the people of these mountains love you.

And we love you, too. So the class of December 1980 would like to pay a special tribute to you and recognize you not only as the Senior Midwife at FNS, but one who has won our deepest respect and love.



Courtesy of Karen Kudia

The following letter appeared in the "Letters to the Editor" column of a recent issue of the *Herald-Voice*, the weekly newspaper in Hazard, Kentucky. Sister Dorothy Dalton, nurse-midwife, and Sylvia Gregory, FNS midwifery student, were the attendants at the birth of Kay Guinane's son, Kevin Cunningham, on June 13, 1980.

"Dear Editor,

Your paper featured an article in the Nov. 6 edition about the high number of births at Hazard Appalachian Regional Hospital, stating that ARH needed to recruit another doctor to help deliver all these babies.

I'd like to suggest an alternative solution to this problem. Certified nurse midwives are specially trained nurse practitioners who can deliver babies under normal circumstances without requiring the presence of a doctor. A doctor is on call if needed. Midwives can also take care of prenatal visits.

By hiring midwives, a hospital can make maximum use of a doctor's time, save money, and take advantage of the special help a midwife can give. This system also benefits the mothers, helping to make delivery a more joyful and less clinical experience.

ARH already uses a similar system in its pediatric clinic. The doctor only sees a baby that is sick or has a special problem. The nurse practitioner can do the rest. I am very satisfied with the care my baby boy has gotten there.

I was also pleased with the care I received from midwives at Frontier Nursing Service in Hyden, who delivered my baby. I know of several other women from the Hazard area who have had their babies in Hyden so that they could benefit from the services of midwives.

Frontier Nursing Service also trains midwives, but not many hospitals are willing to hire them. Maybe the doctors are afraid of the competition. But here, where there is a shortage of doctors, there is no good reason not to take advantage of this most modern and effective resource.

Kay Guinane
Fisty, Ky."

NEW YEAR'S BABY

The first baby born at MBH in the new year was Jeremy MacWillard Napier, son of DeAnna and Willard Napier of Osborne Fork in Leslie County. Jeremy, weighing 6 lbs. 10 oz., was delivered at 6:45 a.m. on January 1, 1981. Susie Baker and Sister Paula Smith were the attending midwives.

DeAnna is an ex-FNS staff member; she has worked in the district nursing centers and the hospital for the past five years. Our congratulations to the Napier family!



Courtesy of *Leslie County News*' photographer, Phyllis Wells

IN MEMORIAM

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

MRS. SCOTT DUDLEY BRECKINRIDGE, SR.
Alexandria, Virginia
former Washington Committee Member

MRS. WILLIAM F. MACFEE
New York, New York
New York Committee Member

MRS. DOUGLAS PARRISH
Paris, Kentucky

DONNIE T. SMITH

MR. ARBIT WHITAKER
Hyden, Kentucky

Mrs. Douglas Parrish, mother of ex-couriers and current Blue Grass Committee members, Laura Lee Parrish and Elizabeth Parrish Kenan; Mr. Donnie T. Smith, brother of staff member, "Skip" Spell; and Mr. Arbit Whitaker, son of staff member, Angie Whitaker, have recently passed away. We wish to express our deepest sympathy to their families and friends.

MRS. DORIS BRIGGS HAVERSTICK
Jamestown, RI

We acknowledge with deep regret the death of Mrs. Doris Briggs Haverstick, a former courier (1936) and mother of ex-courier Laura Haverstick. To this family, we extend our sincere sympathy.

MRS. JESSE M. LEWIS
Somerset, Kentucky

MRS. GEORGE HENDERSON
Cumberland, Maryland

MR. LENNOX L. ALLEN
Louisville, Kentucky

We acknowledge our appreciation and personal gratitude to these 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.

*Ten thousand times ten thousand
In sparkling raiment bright,
The armies of the ransomed saints
Throng up the steps of light:
'Tis finished! all is finished,
Their fight with death and sin:
Fling open wide the golden gates,
And let the victors in.*

*What rush of alleluias
Fills all the earth and sky!
What ringing of a thousand harps
Bespeaks the triumph nigh!
O day for which creation
And all its tribes were made!
O joy, for all its former woes
A thousand-fold repaid!*

J. B. Dykes, 1875

MEMORIAL GIFTS

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

Mary C. Walker

Mrs. Margaret Larsen
Ms. Myrtle M. McPhail

Mrs. Douglas Parrish

Miss Kate Ireland
Mr. and Mrs. Job D. Turner, Jr.

Mr. Fred Valerious

Mr. and Mrs. James F. Pendleton

Donnie T. Smith

Staff of Frontier Nursing Service

Mr. Marcus H. Muncy

Mr. and Mrs. Stanley W. Krimson

Mrs. Mary Virginia Griffith Opstad

Mr. Donald O. Opstad

Mrs. Hallie Eversole Maggard

Mrs. Homer A. Biggerstaff

Mr. Lawrence Sizemore

Mr. and Mrs. Eddie J. Moore

Mr. Lennox L. Allen

Mr. and Mrs. Clinton W. Kelly III

Mr. Dee Smith

Mr. and Mrs. James F. Pendleton

Mr. Gilbert W. Humphrey

Mr. and Mrs. Clinton W. Kelly III

Mrs. Ethel M. Whitaker

Mr. and Mrs. Horace W. Mason

Mrs. Albert B. Carter

Mr. and Mrs. Clinton W. Kelly III

Miss Peggy G. Elmore

Mrs. Hugo H. Gregory, Jr.
Miss Beulah E. Miller
Mr. and Mrs. Clinton W. Kelly III
Miss Carolyn A. Banghart
Miss Gabrielle Beasley
Dr. Carol E. Crowe-Carraco

Mrs. William F. MacFee

Miss Josephine R. Neglia

Mr. Emmitt Elam

Mrs. Emmit Elam

Mrs. Gertrude B. Breckinridge

Mrs. Carter Stanfill
Mrs. Dudley Kneass
Mrs. Edward B. Hodge
Mrs. Henry Breckinridge
Mr. and Mrs. Paul B. Russell
Mrs. Jefferson Patterson

Mr. W. Roy Sizemore

Mr. and Mrs. Henry R. Heyburn

Mr. Frank "Oley" Maggard

Mr. John Paul Howard
Mr. and Mrs. Eddie J. Moore

HOME VISITS BY FNS NURSES

by Lynn Lady

The Frontier Nursing Service, like Leslie County and most of the country, has changed and modernized over the past fifty-five years. Traveling through creek beds on horseback has given way to driving cars on modern highways; delivering babies at home has become a practice of the past as most babies are now delivered in the modern facilities of the Mary Breckinridge Hospital. MBH even boasts a new birthing room! Yes, times have changed, but people always have a tendency to look back on "the good, old days". To many FNS staff people, as well as their patients, the "good, old days" are remembered with nostalgia, and today is often judged by yesterday's standards. Indeed, the FNS Oral History Project is filled with people reminiscing about the old FNS and how they feel about the new. The following excerpts are just a few examples dealing with the home visits that were the foundation of the early FNS. A look at these should provide the reader not only with historical facts, but also with some insight into the difficulty faced by today's nurses as they confront the reputations of the nurses of the past.

Miss Betty Lester, one of the first FNS nurse-midwives, came from England in 1928 and made her home in Leslie County. Today she is a well-loved member of the community. Her oral history interview is fascinating, and the following excerpt contains her comments about the early days of home-visiting.

. . . we did a lot more visiting in those days. We knew every house on every creek. We would stop and we wouldn't just go rush in and rush out again. It would be about a twenty minutes to half an hour visit every time because . . . well, we just got to know people, and they wouldn't like it and we wouldn't like if we just got up and left in about two minutes. So we visited all the houses, and we had to keep very careful records of everything we did. And we had to go home in the afternoon and write up our records, and think where we were going the next day, and make up our minds where we hadn't been and where we had to go.

Miss Lester also recalled attending home births in her interview:

From the time we went, if (the mother) was in the . . . even in the very first stage of labor, we never left her. Well, one reason was . . . you couldn't take your horse and go back and forth, and forth and back. There's another time we had to think of our horses.

Glenda and Joe Davis live in Clay County not far from the old Red Bird Nursing Center. They have both been involved with FNS for many years, serving in the past as members of the Red Bird Committee and, now, as members of the Community Health Center Committee. Mrs. Davis recalled her own experience with an FNS home delivery with pleasure, and, in the following excerpt from her tape, she discussed the care she received from her nurse-midwife, Miss Minnie Geyer, in 1948:

. . . And then she came to the home for ten days every morning. She gave me a bath, the baby a bath. Well, you know, . . . for ten days, you have all this good care. And now they get you . . . it's altogether different. . . . And then for a whole month, she came once a week, you know, to make a check on me to see that everything was going all right.



Home visit to newborn late in the 1950s

Mrs. Davis remembers the home visits with nostalgia and believes the ending of home visits by district nurses requires some adjustment by their patients:

. . . our citizens were used to those days, you know, when the nurse came riding by and she would come in and have a home visit and she'd eat lunch with them and they stayed

. . .

Molly Lee, Senior Nurse-Midwife at the Mary Breckinridge Hospital, has worked for FNS since the fifties and watched its many changes. Having served as a district nurse in the days of home-visiting, she understands the merits of that system, but she also knows its impracticalities for today. In the following excerpt, Molly Lee describes some of her activities when she was a district nurse at Beech Fork:

We had clinics every evening and some mornings . . . I think there were something like two a week, and one nurse would hold one morning clinic that day, and then the next one would hold another day in the week. Our great emphasis, really, was on home visiting. And these creek clinics were only to help people who couldn't get all the way out into Hyden, or in to us at Beech Fork. . . . They were mostly medical clinics. . . . There was a lot of home visit follow-up. Well, for instance, we had a radius of three miles, and if people were delivered at home inside of three miles, you had to visit them every day for ten days We did general nursing. We did anything that came around. . . . We were encouraged to be able to drop in and visit people as you were passing up, and you tried to organize your day so that you went in the same direction, and saw people in that direction, and were not going in a hundred different ways in one day. . . . Some of our medicine was done on the road. You could take a blood pressure on the road if you so felt inclined — if you met somebody that you knew you wouldn't catch again.

Mr. Alden Gay grew up in Clay County near the Brutus Center and has been actively interested in FNS for many years. He is a past Chairman of the Brutus Committee and presently a member of the Oneida Committee. He is also an ex-officio member of the Board of Governors as the current Chairman of the FNS Local Advisory Committee. In his interview, Mr. Gay recorded his feelings about the role of the FNS nurse in his community as well as his memories of home-visiting by district nurses.

I remember . . . (two nurses) would visit our home just to see (if) we needed any medical care, whether we did or not . . . This wasn't a case of annual visit — this was probably close to a monthly visit . . . (The nurses) were offered coffee and food. In most cases they would . . . eat with the people. If it was between meals, of course, they would decline and go on (and) visit another home. This was a constant visiting by the nurses daily. The nurses were also available 24 hours a day. . . . I think that not only myself but everybody was impressed by the devotion to duty of the nurses in our community. Not only did they take care of the mother and the newborn, they also took care of the elderly people if they needed it and they were always available to assist people in needs . . . medical needs especially. And they were constantly cautioning people to better foods, better health care — preventative medicine, if you will, is what they were really out trying to do. . . . this went on for several years until the lifestyle of the people began to change to some extent. Then the center, over a period of years, made a drastic change from strictly taking care of the mother and the child in the home to where they set up on a clinic-type basis, where people go to the clinic actually for medical care . . .



Anne Cundle on a home visit. *Lilly Review*, 1961.



A modern-day Home Health Visit

Diane Wilson, Coordinator of the FNS Home Health Agency, also remembers the home visits of district nurses. In 1971, she gave birth to her son, David, at the old Hyden Hospital and was visited in her home for six weeks by the district nurse at Beech Fork. Diane appreciated this extended care at the time, but, as a healthy mother, felt it was probably unnecessary. Today Diane's chief concern is that the FNS tradition of home visiting continues — for all home-bound patients requiring that type of care.

The discontinuing of home visits by district nurses was made necessary by a variety of reasons. As transportation improved, it became easier for patients to reach the clinics or hospital for care. Consequently, clinics became busier and district nurses had less and less time to devote to home visits. As patient loads increased, nurses had to regulate their hours. Inflation made extensive home visiting financially unfeasible — few patients today could afford to pay the fees charged for a home visit for treatment of a cold or sore throat. Finally, the regulations governing third party reimbursement for home care through Medicare, Medicaid, and insurance made the formation of a Home Health Agency separate from the district nursing centers a necessity. The massive paperwork alone required by reimbursement procedures caused home visits to become impractical for district nurses.

Home-visiting, however, is carried on by the Home Health Agency. Established as a separate entity in 1976, the staff of Home Health visits any homebound patient needing skilled care from a registered nurse or a nurse's aide under professional nursing supervision. The nurse's care can be given only under the orders of a physician. For this reason, Home Health employees cannot treat a whole family when they visit one patient as the district nurses did in "the good, old days". The Home Health Agency serves approximately 7200 patients annually. Each nurse is on a tight schedule, making 3-4 home visits daily and driving 200-300 miles weekly. Admittedly, times were nice when district nurses spent a lot of time in homes caring for the sick and providing preventative health care. What is important, however, is that Home Health provides home care to those who really need it. These nurses are doing a fantastic job while working under many restraints and well-deserve the admiration often reserved for the district nurses. Fifty years from now, people may record in oral histories their memories of those "good, old days" when the nurses of Home Health made their visits.

A HANGING — JUST FOR FUN

The FNS Education Committee planning members — Mr. Ed Mattingly, Mr. W. Fred Brashear, Mr. Paul Hensley, Mr. Jack Maggard, and Mr. Eddie J. Moore — are sponsoring a production by Roadside Theater entitled “The Second Hanging of Red Fox” as a benefit for nursing education. Roadside Theater is a part of Appalshop, the non-profit media organization located in Whitesburg, Kentucky. The play itself depicts events leading to the hanging of M. B. “Doc” Taylor, a preacher and doctor who traveled the Kentucky-Virginia border in the late 19th century. The story is an authentic portrayal of a segment of the history of the Appalachian coalfields. On March 28, the hospital cafeteria will serve as the playhouse, with a reception held before the presentation.

For the past few years this committee has sponsored a Coal and Business Dinner, but decided to expand their annual benefit at the suggestion of Mr. Mattingly. The Committee invites anyone wishing to sponsor this project with them to please contact:

Mr. W. F. Brashear
FNS Education Committee
Box 1390
Hyden Citizens Bank
Hyden, Kentucky 41749

The 56th Annual Meeting of the Frontier Nursing Service, Inc., will be held this year in Hyden, Kentucky at the Leslie County Richard M. Nixon Recreation Center. Luncheon will commence at 12:30 p.m. Morning and afternoon visits will be arranged to a district nursing center, the Mary Breckinridge Hospital, and the Big House at Wendover. We are hoping for a large turnout to come see us here in the mountains.

URGENT NEEDS

- For the new Beech Fork Clinic building \$2750.00
 - Vacumn cleaner and carpet scrubber
 - Electric typewriter
 - Doptone
 - Paneling
 - Infant scales
 - Examining tables
 - For Haggin Quarters
 - Full-size refrigerator 695.00
 - For Wendover, mowing and plowing garden space 1839.26
 - 16 HP Murray Ground Engage Tractor
 - Sleeve Hitch
 - Mower Deck
 - Cultivator
- The small tractor with mowing and plowing attachments will allow the nightwatchman to help with chores other than mowing during the summer and make it possible to keep a kitchen garden at Wendover.
- For Hyden and Wendover
 - Tree Trimming..... \$ 600.00

STAFF OPPORTUNITIES

Physicians —

Family Practice

Nurses —

Certified Nurse Midwives

RNs

Couriers and Volunteers —

Senior nursing students

Gardeners

CHRISTMAS AT FNS

by Becky Beardshaw

Packages of Christmas gifts had been arriving from donors throughout the fall, but when Mary K. Chapell, Donor Secretary, took me up to the attic of the Garden House in early December, I was astonished at the quantity of boxes that had collected and the magnificence of their contents. Heaps of toys lay next to rows of delightful handmade clothes, embroidered babies' garments and wraps, knitted sweaters, boggins, and mittens. Everything was labeled and laid out according to sex and size. In the midst of it all was a mound of empty cartons and a table with wrapping paper, scissors, and tape.

This was to be the location of a great deal of pre-Christmas activity. Here, presents were sorted and wrapped for the Christmas parties at the district clinics and for Hope House, the activity center for mentally and physically handicapped adults. Along with their requests for the Christmas parties, many district nurses sent lists of needy families, including the sizes of the parents and children. Each family was sent a box in which we packed an outfit for each person, an assortment of boggins and mittens, and usually a toy for each child. There seemed to be more names than ever this year, and with the rampant inflation that is affecting us all, we felt sure that these gifts would be especially appreciated.

Christmas activities abounded during the month of December. The Beech Fork Clinic held the earliest party on December 13th. It was organized by Danna Larson, Coordinator of Couriers and Volunteers, who, helped by courier Kathy Lomatoski, spent many evenings baking dozens of cookies, planning games, and collecting the necessary materials for them. On the day of the party, they entertained about forty children, aged six months to 15 years, with games ranging from bean bag throws to "pin the ornament on the Christmas Tree." Volunteer Bill Chamberlain played Santa Claus and each child received a gift of clothes or a toy.

For the Oneida Clinic, this year's Christmas party was the first ever and, according to Project Director Erica Goodman, it was a smashing success. It was held in the form of an "open house" with plenty of cookies (baked by the staff and couriers), candy canes, and Santa Claus on hand throughout the afternoon. At one point they had a crush of 35 children during the space of an hour.

The Community Health Center party attracted 63 children on the Monday before Christmas. They served oranges and apples as well as hot chocolate and cookies, all of which had been donated by grocery stores in nearby Manchester, Kentucky. The presents that Santa Claus gave out consisted of stuffed toys made by the Clay County Homemakers' Group. The party was organized and carried out by the CHC staff with the help of several committee members who baked cookies and a clinic neighbor, Jaley Farmer, who came to help serve and clean up.

This year, Hope House held their Christmas party at Wendover for the first time. It was organized by courier Kathy Lomatoski, who had worked at the center one day a week during her 2-month stay here. The living room of the Big House seemed especially cozy and cheerful as 13 Hope House clients sang carols, danced, and enjoyed cake, cookies, and punch around the tree.

A bake sale was held in early December to raise money for the employees' children's Christmas party. Rev. Walter Campbell, the Baptist minister in Hyden, played Santa Claus and the highlight of the party was two elf pinatas made by courier Sally Rogers.

These Christmas parties, part of the FNS tradition for so long, would not be possible without the many people, both here and far away, who gave us their support. Many thanks to everyone who made the 1980 Christmas season a success.

FIELD NOTES

The winter months have seen the arrival of many new FNS staff members. Sue Lazar, ANP, is a welcome addition to our FSMFN faculty. The hospital has gained two FNP's — Steve Leiner in the emergency room and Nancy Fishwick in the Primary Care Center. Sister Agnes Johnson, Ann Elizabeth Chronister, Patty Shivy and Theresa Napier have joined the staff as RN's. Dave Shultz is the new anesthetist at MBH and accounting has a new chief accountant, George Wyatt. Steven Sallengs has joined the staff at Oneida as their pharmacist. We extend our heartiest welcome to all the new employees!

A new class in the Frontier School of Midwifery and Family Nursing began the first of January. The ten new students are Fatemeh Dehnoo, Pamela Flory, Carol Haggerty, Kathleen Haverfield, Michelle Heymann, Donna Marsella, Roberta Moore, Mary Ellen O'Brien, Belinda Pendleton, and Lois Joy Schroeder. Their orientation activities included a tea and dinner at Wendover on January 7. The evening was hosted by the Education Department and a good time was had by all as everyone got acquainted.

The beginning of the new year saw the usual "changing of the guard" in the Courier and Volunteer ranks. With us for the month of January were four bright and cheery souls from South Dakota: Cindy Asplin, Molly Beaver, Joan Davis, and Nancy Kocer. Also, Liz McKendry and Nancy Elwell from New Hampshire and Massachusetts, Christina Bugbee from Vermont, and Nina Redman from California added greatly to the happy bunch. John Murphy, volunteer January '80, was a very welcome visitor at the start of the month, keeping our spirits up as we dealt with frozen water pipes and icy roads. Ruth Pershing of New York has joined us as an Oral History volunteer until late spring and Mary Warrington of Cincinnati has helped fill the void created by the departure of our friends from South Dakota. We are again expecting four volunteers from the University of Michigan at Ann Arbor to come volunteer for a week during their spring break and we are looking forward to the return of a group of six from Afton-Nineveh during the week after Easter.

Courier projects have covered a wide range of activities, including working with the county ambulance, assisting in the Social Service Department, cataloguing in the MBH Library, tearing down an old chicken house, helping with the changeover to a new form in Medical Records, and "boxing and packaging" the Big House as we prepare for the restoration work this spring. Our couriers and volunteers have also been helping with Girl Scouts and tutoring in the elementary school in Hyden.

As always, Christmas Eve at Wendover was special this year. Although there were only a handful of us at Wendover, Christmas Eve was celebrated with much warmth and Christmas spirit. We numbered nearly twenty for dinner and after exchanging gifts by the fire in the living room of the Big House, we headed up a slightly slick Hospital Hill to the Chapel for Lessons and Carols. This year marked the twentieth anniversary of the completion of St. Christopher's Chapel and enough hearty souls braved the weather to fill the church with readings and songs, with Martin Hendricks accompanying on the organ.

Guests are necessarily few during bad weather, but we were lucky enough to share a full evening of reminiscences and fun with Dr. William den Dulk (Medical Director from '51-'53), his wife, Lee; his daughter, Leanne, and her husband, John DeVries, along with their three children: John, Jr., Fred, and Jennifer. The staff of the Oneida Clinic and their families, some of whom were coming to Wendover for the first time, were dinner guests at Wendover in January and the staff of the Primary Care Clinic had a dinner meeting here the first of February. We also hosted the Ministerial Association for its February meeting and hope to have our District Nurses to dinner soon — if snow doesn't postpone the evening a second time!

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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.

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:

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Gifts of money should be made payable to

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MORNING PRAYER

Ever patient Lord God who, unsleeping, hast held the universe in existence and my life in Thy hand this night, hold me in Thy hand this day and cause me to drop down into Thy keeping both myself and all those responsibilities which Thou hast assigned me. Remind me this day that I did not choose Thee, but that Thou didst choose me and that Thou art fitting me for that for which Thou hast chosen me.

Make me remember at all times this day that each interruption is a messenger from Thee, and that which Satan would have me call a plague of interruptions is a visitation of angels. Make me see in every problem its proper opportunity.

Let patience with others reflect Thy patience with me. Let Love for each one be the Spirit's response in me to Thy love for me and them. Let my joy in Thy goodness bring joy to others. Let Thy peace remain in me no matter what is said or done to me this day.

Let long suffering be my restraint today when I am disappointed, betrayed, or crossed. Make me gentle today, remembering that all human beings are as easily hurt as I am myself. Make me good, O Lord, so that all those near me will also be good.

Let me not for one moment today distrust Thee, but let me depend upon Thee for what Thou cans't do with me as well as with other impossible people I encounter. Take away from me this day the desire for glory, but let me not fail to defend the oppressed.

Control me, O Master, for I cannot control myself. Fill me.

—Contributed by Carol Read Andersen



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