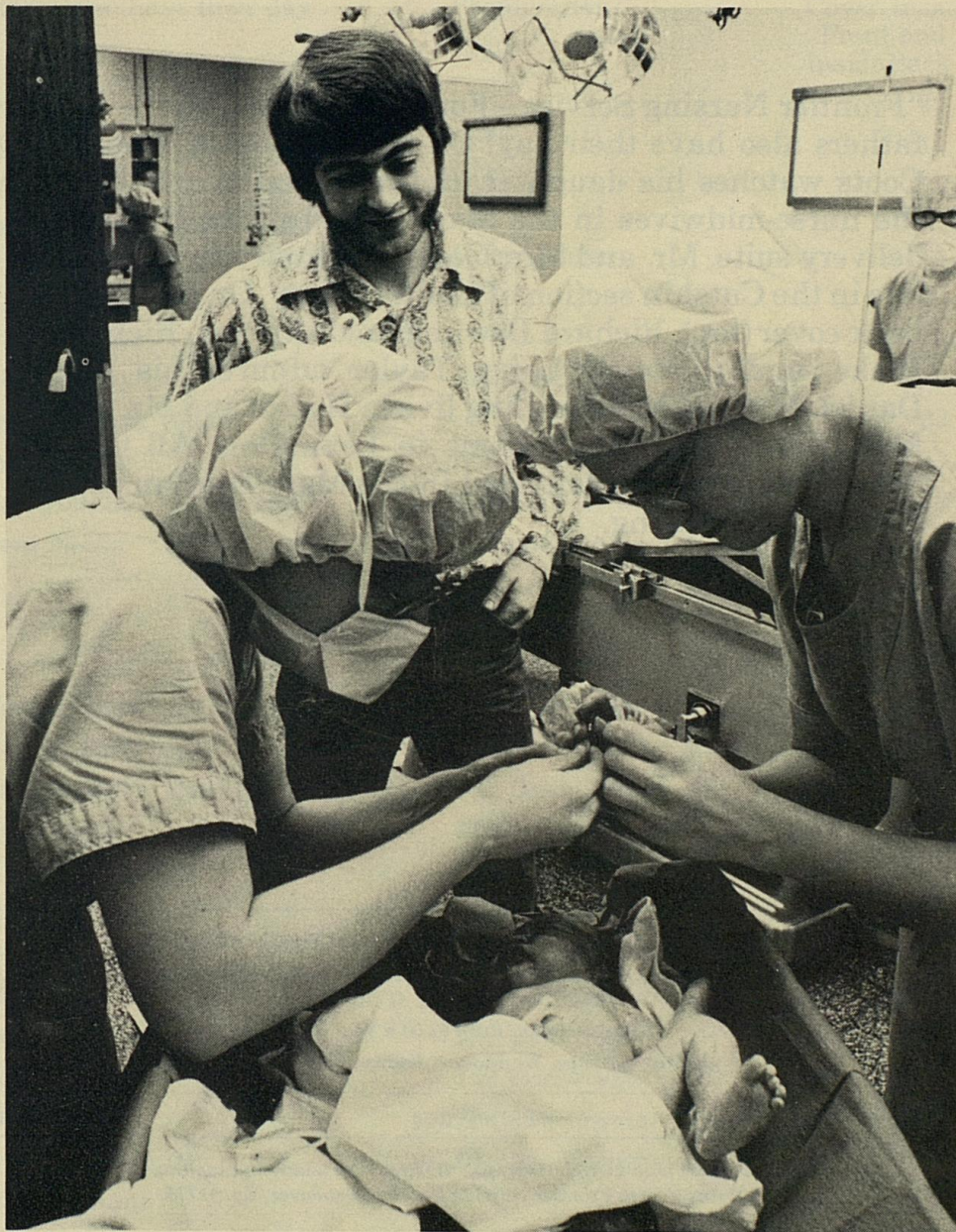


# FRONTIER NURSING SERVICE QUARTERLY BULLETIN

VOLUME 51

SPRING, 1976

NUMBER 4



*Photo by Gabrielle Beasley*

US ISSN 0016-2116

“Frontier Nursing Service—For Mother and Child”—but fathers also have their day! On the front cover, Ronald Coots watches his daughter, Bettina, receive care from the nurse-midwives in the Mary Breckinridge Hospital delivery suite. Mr. and Mrs. Coots and their two children live in the Cutshin section of Leslie County. On the inside back cover (top), Richard Bowling holds his son, Richard Blake, and (bottom), Larry Taylor admires his son, Daniel. Mr. and Mrs. Bowling live in Hyden and Mr. and Mrs. Taylor make their home in Lexington. All three “cover babies” were delivered in the Mary Breckinridge Hospital this spring.

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Published at the end of each quarter by the Frontier Nursing Service, Inc.  
Wendover, Kentucky 41775

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Thank you, Lord,  
For the laughter  
that dried my tears;  
For the love  
that smothers hatred;  
For the compassion  
that conquors cruelty;  
For the patience  
that soothes anger;  
For the endurance  
that defeats surrender;  
For the understanding  
that defies jealousy . . .  
But most of all for courage  
that gives life meaning  
and makes survival worthwhile.

Pamela S. Arnett  
Oneida, Kentucky  
Age 17

## URGENT NEEDS

By Kenneth Palmer, MBA

We express our appreciation to the many generous friends of Frontier Nursing Service who gave donations and gifts during the past year to meet so many of our urgent needs.

As we begin this fiscal year, the Frontier Nursing Service is faced with a projected operational deficit, financial restrictions and an increasing cost of operation due to minimum wage increases in salaries and the increased cost of operating supplies. At the same time as it faces such financial difficulties, the Frontier Nursing Service has many urgent needs that must be met during the fiscal year. These needs include equipment, tools, materials and repairs required by the service for the operation and maintenance of its facilities. There is a special need this year to repair and upgrade the centers and living facilities throughout Frontier Nursing Service. Many of these facilities have not had adequate maintenance. We hope that we will receive sufficient money this year to improve the living and operating conditions at these facilities.

We are striving to reduce costs and increase income in order to reduce the projected operational deficit but we do not have the money for many of the urgent needs we face. We request your financial support through gifts and donations to enable us to provide for the equipment, tools, materials and repairs that are so urgently needed during this year at Frontier Nursing Service.

### WENDOVER

#### Garden House

1. We need to paint all of the offices that have been vacated as well as the hallway—7 rooms (offices) and hallway: Paint and labor—estimated ..... \$ 350.00
2. Lawn mower: (replacement) ..... 130.00

**Big Log House:** Trim needs painting: Material and labor ..... \$ 300.00

### BEECH FORK NURSING CENTER

#### Jessie Preston Draper Memorial

1. Vinyl floor covering for the clinic, waiting room and

- kitchen: material and labor—estimated..... \$ 500.00  
 2. Lawn mower: (center does not have one) ..... 130.00

**BRUTUS NURSING CENTER**  
**Belle Barrett Hughitt Memorial**

1. Center needs exterior painted: material and labor—  
 estimated..... \$ 750.00  
 2. Vinyl floor covering for the kitchen: material and  
 labor—estimated..... 150.00

**FLAT CREEK NURSING CENTER**  
**Caroline Butler Atwood Memorial**

All Urgent Needs of the Center have been met by the donor

**RED BIRD NURSING CENTER**  
**Clara Ford**

- Porch—replace rotten foundation, flooring, screen and  
 roof—estimated..... \$1,500.00

**WOLF CREEK NURSING CENTER**  
**Margaret Durbin Harper Memorial**

1. Barn: metal roof: badly rusted and needs painting,  
 material and labor—estimated ..... \$ 200.00  
 2. Heating system: (boiler replaced) materials and  
 installation—estimated ..... 2,500.00  
 3. Fire extinguisher: ABC Extinguisher..... 38.00

**BETTY LESTER CLINIC**

1. Fire extinguisher:..... \$ 38.00

**MARGARET VOORHIES HAGGIN QUARTERS**  
**FOR NURSES**

1. Conversion to Electric Heat—to replace worn-out  
 coal furnace—estimated cost .....\$3,000-5,000  
 2. Paint bathroom on first floor: Paint and Labor—  
 estimated..... 40.00

**MARDI COTTAGE**

1. Creosote portions of the outside of the building:



Creosote and labor—estimated .....	\$ 240.00
2. Paint the front and back porch: Paint and labor— estimated.....	90.00
3. Paint the overhang on the building: Paint and labor—estimated.....	80.00
4. Screens on the basement windows: estimated.....	100.00
5. Repair and paint gutters: paint and labor—estimated	200.00
6. Fire extinguisher .....	38.00

**BARN APARTMENTS**  
**“Aunt Hattie’s Barn”**

1. Barn tin roof needs painting: paint and labor— estimated.....	\$ 750.00
2. Fire extinguishers: 2 @ \$38.00 each .....	76.00

**JOY HOUSE**  
**Helen Newberry Joy**

1. Chimneys need cleaning and repair: Materials and labor—estimated.....	\$ 100.00
2. Window shutters need repair and painting: Material and labor—estimated .....	180.00
3. Gutters need cleaning, repair and painting: Material and labor—estimated .....	150.00
4. Creosote and oil the outside of the building: Creosote, oil, material and labor—estimated .....	525.00
5. Steps and hand rails need to be replaced: material and labor—estimated .....	100.00
6. Porches need painting: paint and labor—estimated	90.00
7. Back porch wood work needs to be replaced: material and labor—estimated .....	200.00

**BOLTON HOUSE**  
**Gift of Frances P. Bolton**

1. Gutters need to be repaired or replaced: materials and labor—estimated.....	\$ 250.00
2. Septic tank needs cleaning: labor—estimated.....	75.00
3. Wooden fence is completely rotten and must be replaced and painted: material and labor—estimated	300.00

- kitchen: material and labor—estimated..... \$ 500.00  
 2. Lawn mower: (center does not have one) ..... 130.00

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**Belle Barrett Hughitt Memorial**

1. Center needs exterior painted: material and labor—  
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4. Creosote and oil the outside of the building: Creosote, oil, material and labor—estimated .....	525.00
5. Steps and hand rails need to be replaced: material and labor—estimated .....	100.00
6. Porches need painting: paint and labor—estimated	90.00
7. Back porch wood work needs to be replaced: material and labor—estimated .....	200.00

**BOLTON HOUSE**

**Gift of Frances P. Bolton**

1. Gutters need to be repaired or replaced: materials and labor—estimated.....	\$ 250.00
2. Septic tank needs cleaning: labor—estimated.....	75.00
3. Wooden fence is completely rotten and must be replaced and painted: material and labor—estimated	300.00

### SCOTT HOUSE

- |   |           |
|---|-----------|
| 1. Paint the outside of the building: paint and labor—estimated.....        | \$ 250.00 |
| 2. Gutters need repair and painting: material and labor—estimated.....      | 80.00     |
| 3. Floors are badly worn and need carpeting: carpet and labor—quoted.....   | 780.00    |
| 4. Stove vent fan needs to be installed: materials and labor—estimated..... | 120.00    |

### DUPLEX APARTMENTS

- |   |           |
|---|-----------|
| 1. Overhang and window facing need painting: paint and labor—estimated .....                                    | \$ 150.00 |
| 2. Gutters need to be repaired and painted: material and labor—estimated.....                                   | 150.00    |
| 3. Steps need to be built and painted: material and labor—estimated.....  | 150.00    |
| 4. Fire extinguishers: 2 @ \$38.00 each .....   | 76.00     |
| 5. Re-roofing dormers, replacing gutters and miscellaneous carpentry repairs: material and labor—estimated..... | 250.00    |

### FNS GROUNDS IN HYDEN

- |   |           |
|---|-----------|
| 1. Wooden steps between the Barn Apartments and the Joy House need to be torn down and replaced: material and labor—estimated .....                                 | \$ 300.00 |
| 2. Hand rails need to be constructed along the steps between the Barn Apartments and Joy House and along the road past Joy House: material and labor—estimated..... | 200.00    |
| 3. Two pump houses need to be torn down: labor estimated.....   | 140.00    |
| 4. Wooden water tank must be torn down: labor—estimated.....  | 50.00     |
| 5. Incinerator needs repair: material and labor—estimated.....  | 70.00     |
| 6. Concrete water tank used for fire protection needs a cover constructed for the opening: material and labor—estimated.....  | 50.00     |
| 7. Parking areas at Bolton House, Chapel, Haggin  |           |

Quarters, Mardi Cottage, Barn Apartments, Morton-Gill Building and Betty's Box need to be improved: material and labor—estimated ..... 500.00

**MARY BRECKINRIDGE HOSPITAL**

**Outpatient Department**

Thinwall Partitions: these partitions are needed to divide a large room in the clinic treatment area into 6 examination rooms. Partitions and labor ..... \$4,800.00

**Central Supply**

Instrument Cabinet— Needed for the storage of surgical instruments ..... \$1,000.00

**Laboratory**

1. Centrifuge: Model HN-S (IEC 3472)—Needed for the increased test volume in the laboratory ..... \$ 650.00
2. Refrigerator: Large upright model—Needed for the storage of reagents, media and diagnostic kits in the laboratory ..... 400.00
3. Filing Cabinet: 4 drawer—legal size ..... 134.95

**Radiology**

Film Storage Shelves: Material and labor—estimated \$ 70.00

**Operating Room**

Gas Evacuation System (Ventilation for Anesthesia Equipment) ..... \$ 150.00

**Pharmacy**

Uni-Cart—Unit dose medication delivery system ..... \$ 500.00

**Purchasing**

1. Visible File: Needed to maintain the inventory control system ..... \$ 340.00
2. Adding Machine: Needed by the supply clerk for adding purchase orders and controlling inventory . 250.00

**Business Office**

Adding Machine: Needed by the inpatient posting clerk for computation of daily charges ..... \$ 250.00

**Dietary**

Portable Food Warmer Lamp (2 @ \$90.00): Needed on the cafeteria service line to keep bread, French Fries, and other food items warm ..... \$ 180.00

**Housekeeping**

1. Carpet Cleaner Machine: Needed to clean carpets in the FNS facilities in Hyden ..... \$ 70.00
2. Small Scrubber and Buffer: Needed for the stairway landings in the hospital ..... 75.00

**Maintenance**

1. Motorized 10 inch table saw with 2 extensions and floor stand ..... \$ 270.00
2. Lawn Mower ..... 130.00
3. Large Circuit Breakers: 2 @ \$1,200 each—purchase one for replacement and one for emergencies. .... 2,400.00
4. Fire Extinguishers—ABC Extinguishers: 5 @ \$38.00 each ..... 190.00
5. 7 inch Circular saw ..... 50.00
6. Variable Speed Sabre Saw ..... 40.00
7. Belt Sander ..... 70.00
8. Wheelbarrow—Load Capacity 6 cubic feet ..... 65.00
9. Garden Tools:
  - Post Hole Digger ..... 11.94
  - Bow Rake ..... 5.44
  - Lawn Rake ..... 5.44
  - Hoe ..... 4.94
  - Lopping Shears ..... 6.94
  - Pruning Shears ..... 5.94
  - Shovel ..... 6.94

**PREPARED**

Meeting the Highland roadman walking home, I asked him why he had packed up so early. 'Ach, I'm chust going home to change my wet clothes,' he explained. 'But it's not raining yet, Dugald,' I pointed out. 'No,' he replied, 'but it will be before I get home.' —*P. A. Macnab, Ayrshire.*

—*The Countryman*, Spring 1976. Edited by Crispin Gill, Burford, Oxfordshire, England.

Annual subscriptions for American readers  
\$7.50 checks on their own banks.

## ONEIDA — DAY ONE

By Verna M. Potter

The mountainsides were beautiful with redbud, cherry, apple, dogwood and other spring blossoms glorifying the lovely morning of Monday, April 5, 1976. It was early enough that some of the mountain fog, silvering beneath the promised sun, and river mist gathering over the wide river reaches, lightly veiled some of the valleys. The drive between Wendover and Oneida was so beautiful an awakening of a spring morning that it made me wonder what an awakening in heaven must be if God engineered such beauty for man on earth.

Down Wendover Road, along the Middle Fork of the Kentucky River; past the young people shooting baskets on the outdoor court before classes; over the Middle Fork bridge and on into Hyden (parking spaces available along the main street only because of the early hour), through Hyden and past Mary Breckinridge Hospital settling comfortably against Old Hospital Hill, and on to the access road to the Daniel Boone Parkway. Ten cents toll at the beginning and ten cents toll at Route 66 pay for a quick trip which includes unending colorful pictures every inch of the way.

Off the "Boone" and onto Route 66, north for fourteen miles along the course of the Red Bird River and the tiny village of Oneida appears where the Red Bird River and Goose Creek join to form the South Fork of the Kentucky River.

Skip Spell and Cindy Sherwood (the nurses), Carol Reed, the Clinic Secretary, and Kizzie (pronounced Kissie) Hensley who "keeps the place up" had arrived before me. Some of the neighbors were there to join Pastor George Bausum and the clinic staff in a prayer of dedication and to ask God's blessing on the staff and all who made the Center possible.

Skip 'n Cindy (pronounced together like ham 'n eggs) had worked closely with the Oneida community and the Committee long enough to recognize the enthusiasm and the hard work invested in the Clinic project. Carol lives up the Red Bird River a piece and enters into the philosophy of the F.N.S. subscribed to by Skip 'n Cindy and fits into the organization pattern as if she's had a drink some time or the other from the Middle Fork.

The people of Oneida Community drifted in and out of the freshly painted, polished, and equipped Clinic all day, some to

“take the tour” through the rooms and some to “see the nurse”. As in the beginning of any new venture, a few supplies hadn’t been delivered. The process of working out practical and time-saving routines, from the arrival of a patient to the finishing of the records and forms, had been worked out in theory, but in actual practice the usual accommodations to space and efficiency had to be considered.

Some time during the middle of the day (not one of us was watching a clock, but things slowed down), the whole staff gathered in the large and pleasant waiting room and ate a lunch which included some cold fried chicken Opal Morgan had sent along from Wendover with me.

At 5:30, I left Skip ’n Cindy ’n Carol still busy at their desks finishing reports and records. Ruth Blevins and Susan Hoeffel had invited me to have dinner with them and spend the night at Brutus District, not as far from Oneida as Wendover, since I planned to spend the next day at the new Clinic. Kizzie lives about three miles up the road to Brutus and planned to walk home to Little Bullskin, but, instead, rode with me to within sight of her home.

It was a long day for all of us, but a happy and satisfying one. Oneida Nursing Center, a new concept and adaptation of the Districts and Centers existing in the Frontier Nursing Service system, has been opened to serve the people of the surrounding area. The emphasis has been placed on ambulatory care, the people getting to the Clinic. Real emergencies will be seen outside the Clinic but the main effort will be to provide as complete a health care center as possible for the community.

---

### THE BABY-SITTER

“Dear,” said the voice on the telephone when the young mother answered, “this is Mom. I’m calling to find out if Dad and I could leave your children with you and Dave tonight. We’ve been invited out for the evening.”

*Modern Maturity*, Dec.-Jan. 1975-75



## **Fifty-First Annual Meeting Frontier Nursing Service, Incorporated**

The fifty-first annual meeting of Frontier Nursing Service was held at Spindletop Hall in Lexington, Kentucky, on May 26, 1976. The Blue Grass Committee, under the chairmanship of Mrs. Stanley D. Petter, Jr., and Mrs. James B. Holloway, Jr., assisted by Mrs. John H. Kerr and Mrs. Carter Stanfill, had planned a delicious luncheon, attended by some one hundred forty Trustees, members, friends and members of the Board of Governors.

The Invocation was given by the Rev. Charles Lawrence, and the National Chairman, Miss Kate Ireland, presided at the business meeting following the luncheon. Mrs. John M. Prewitt presented the minutes of the last meeting which were approved as read. Mr. Homer L. Drew presented the Treasurer's Report of income and disbursement for an eleven month period and announced that the Auditors were working with the Controller to prepare the year-end financial statement and the budget for the current fiscal year. The Treasurer's Report and changes in the Articles of Incorporation, to provide three year terms for the members of the Board of Governors, were approved by the members present.

Mrs. William M. Street of Louisville, Kentucky, was elected a new member of the Board of Governors and the following were elected as new Trustees of the Service: Dr. John Breckinridge, Denver, Colorado; Mrs. John E. Dawson, Dover, Massachusetts; Mrs. Robert S. Gawthrop, West Chester, Pennsylvania; Mrs. Gus Griffin, Louisville, Kentucky; Mr. Joseph C. Graves, Jr., Lexington, Kentucky; Mrs. James B. Holloway, Jr., Lexington, Kentucky; Mrs. E. Felix Kloman, Washington, D.C.; Mrs. Stanley D. Petter, Jr., Lexington, Kentucky; Lady Ramsbotham, Washington, D.C. (Honorary); Mrs. James N. Rawleigh, Jr., Harrods Creek, Kentucky; and Mrs. James W. Stites, Jr., Louisville, Kentucky.

Miss Ireland spoke of the philosophy of Frontier Nursing Service and some of the problems confronting the Service today, and the difficulty of making ends meet. She expressed gratitude to all the friends who continue to support the work and introduced the members of the Board of Governors present.

Mr. John Kerr reported that in the tradition of other Frontier

Nursing Service City Committees, such as Boston with its Christmas Preview, Philadelphia with its Chinese Auction, New York with its Bargain Box, the Blue Grass Committee had joined with the Keeneland Pony Club to sponsor the Post-Time Horse Show to be held in Lexington August 12-15, 1976, for the benefit of Frontier Nursing Service. The Post-Time Horse Show is an "A" show on the mid-west circuit and it will take place on the grounds of the new Fasig-Tipton Sales Company on the Newtown Pike. It is expected that the show will attract between four and five hundred horses and will include, for the first time, "breeding classes". This means that if a Thoroughbred breeder has a good looking weanling, yearling or mare, it can be shown "in hand" which gives the breeder an added chance to show his breeding stock to the public. Mr. Kerr introduced the Blue Grass chairmen, Mrs. Petter and Mrs. Holloway, and Mr. Robert Brewer, Chairman of the Post-Time Horse Show, and asked for help from interested people in seeking class, program and trophy sponsors. Everyone was cordially invited to attend the Show in August.

On behalf of the Board of Governors, Miss Ireland presented Miss Browne with a lovely pin as an expression of gratitude for her work with FNS. The Director, Dr. W. B. Rogers Beasley, began his report saying how much he appreciated the honor and privilege of being the director of Frontier Nursing Service. He introduced staff present at the meeting and announced the appointment of Miss Evelyn Peck as Associate Director of the Service. Miss Peck, who attended the meeting, will begin work in July. Dr. Beasley discussed the highlights of the past year and spoke of some of the plans for the coming months, including a Primary Care Workshop to be held in late July at which Secretary Dawson of the Department of Human Resources will be the keynote speaker. Dr. Beasley introduced the members of the FNS Advisory Committee who were present and offered grateful thanks for all the help given him by the Board, the Trustees and friends who continue their financial support of the Service and their interest in our program.

Miss Ireland closed the meeting with thanks to the Mary Breckinridge Hospital Auxilliary for their hard work and to the Blue Grass Committee for a most successful meeting.

## In Memoriam

MR. CHARLES B. BOLTON  
Cleveland, Ohio  
Died in March, 1976

MR. EDGAR L. LOVETT  
Hyden, Kentucky  
Died in January, 1976

MRS. BODLEY BOOKER, SR.  
Harrods Creek, Kentucky  
Died in January, 1976

MRS. CAREY PRATT McCORD  
Glendale, Ohio  
Died in December, 1975

MRS. J. WARNER FOLEY  
Berlin, Maryland  
Died in November, 1975

MR. HASTY W. RIDDLE  
Louisville, Kentucky  
Died in March, 1976

MISS HATTIE HEMSCHEMEYER  
Bethlehem, Connecticut  
Died in March, 1976

MRS. JAMES O. ROBERTS, SR.  
Frankfort, Kentucky  
Died in March, 1976

MR. HENRY B. JOY, JR.  
Grosse Pointe Farms, Michigan  
Died in March, 1976

MR. WILLIAM C. ROBINSON  
Sewickley, Pennsylvania  
Died in February, 1976

Many hospital directors in Kentucky will be ever grateful for the knowledge and wisdom shared with them by **Hasty W. Riddle** during his years of distinguished service as executive vice president of the Kentucky Hospital Association. His response to calls for help was always courteous and kind.

The untimely death of **Edgar L. Lovett** was a shock to the Hyden community. He was a friend to all as Postmaster, and as a resident of the Wendover community.

**Mrs. Bodley Booker, Sr.** was the mother of our old courier, Florence Booker Rawleigh, who is now chairman of our Louisville committee. She supported the FNS over a long span of years and we are grateful for the memorial gifts sent to us by her many friends. **Mrs. Carey Pratt McCord** was a member of our Cincinnati committee and visited us on several occasions with her friend, the late Mrs. Roger K. Rogan, with whom she shared a lively interest in our work.

**Mrs. James O. Roberts** was an early member of the Blue Grass committee and maintained an active interest for over forty-five years. **Mrs. J. Warner Foley** took pleasure in helping us fill

some of our Urgent Needs for many years, and was a generous supporter for over thirty years.

The nurse-midwifery profession lost one of its most courageous members when **Hattie Hemschmeyer** died in March of this year. She was the executive director of the first school of nurse-midwifery in the United States, started by Maternity Center Association in 1932. Miss Hemschmeyer served her profession as the first president of the American College of Nurse-Midwives in 1955. We will miss her wise counsel and the generous support she gave FNS.

Three distinguished citizens who died recently were members of families with long-standing ties with the FNS. We send much sympathy to the relatives of **Mr. Charles B. Bolton, Mr. Henry B. Joy, Jr., and Mr. William C. Robinson.**

Our gratitude goes to the many friends who have asked that donations in memory of a beloved family member be sent to the FNS. Our thanks also goes to the many donors who have sent their gifts to:

Frontier Nursing Service  
Wendover, Kentucky 41775

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The King of love my Shepherd is,  
Whose goodness faileth never;  
I nothing lack if I am his  
And he is mine for ever.

Perverse and foolish oft I strayed,  
But yet in love he sought me,  
And on his shoulder gently laid,  
And home, rejoicing, brought me.

In death's dark vale I feel no ill  
With thee, dear Lord, beside me;  
Thy rod and staff my comfort still,  
Thy Cross before to guide me.

## INTERNSHIP ASSESSMENT

Or

### HOW TO SUCCEED ON THE DISTRICT

By Laura Pilotto, R.N., FNP

[Editor's Note: Laura Pilotto is an Italian citizen who has been in the United States for some years. She received her basic nursing education at Indiana Central University and completed the Family Nurse Practitioner program at Indiana University shortly before coming to FNS for an internship. Laura's parents live in the section of northeastern Italy devastated by the recent earthquake. After several days, she learned that they were unharmed but their home was virtually destroyed. Laura left for Italy in late May, to spend her vacation with her family, but plans to return to FNS and the Beech Fork Center in late June.]

In scanning the pages of any nursing magazine, one is immediately aware that the field of nursing has become highly competitive. Hospitals, institutions and medical centers all over the country are trying to outdo each other in depicting nursing as the most interesting, the most rewarding, the ultimate challenge of your life. One sees bright, young, attractive nurses in their spotless white uniforms, little, immaculately starched caps properly perched on their heads, defying all laws of gravity. You wonder: Are they the real nurses or just models photographed in one of Chanel's or Dior's "high couturier" salons? Where are the other ones?—Those a little bit plump, with hair flying all over, that no hairspray in the world will subdue; those with spotted uniforms, with shoes scuffed by siderails, carts, beds and old age; those with runs in their support hose, with tired but motherly smiles.

Those young nurses are smiling at you from the shining pages of the journal, inviting you to join them in their hospital where you will be able to utilize all those great ideals learned in nursing school: Direct patient care, a one to one ratio; the doctor always there, receptive to your suggestions; team conferences, patient and family teaching, highly skilled nursing care, all are just waiting for you to step in and take charge.

Sounds wonderful, doesn't it?

But what about all the other people—the vast, silent majority of those not sick enough to be in a sparkling hospital but still sick enough to need some help in managing their diabetes or their hypertension, in coping with their arthritis or their heart disease?

And what about all the children with perpetual runny noses and coughs, with recurrent otitis or tonsillitis, with the occasional bellyache and vomiting; those who are wearing faded hand-me-downs, playing in the dirty streets or creek beds, all too often left to themselves to cope with an adult world? And all the tired, depressed mothers carrying another pregnancy, trying desperately to make ends meet, always too short of money to see a doctor for their own problems? All these people, too, need and have the right to benefit from our expertise, our care and concern. But most of all they have the right to be helped in sorting out their little crises, in coping with their everyday problems and preventing them from becoming unmanageable.

The emphasis on dealing with potential problems, on assessing, managing and preventing, constitutes the bulk of our work here. Certainly we seldom fight terrible diseases in semisterile, plastic or stainless environments, surrounded by space-age monster machines. Seldom do we perform death defying acts such as occur every day in any ICU-CCU in the country. No, we don't make headlines or even the nursing journal ads when we travel for hours in ancient, rattling jeeps along dusty and bumpy roads to see a patient who is old, blind and incoherent.

We don't always dispense wonder drugs. Our mainstays consist of ASA, cough syrups, "water pills" and black salve. And yet I would not trade this kind of work for anything else, no matter how prestigious. The four months (sometimes it feels like four years) that I have spent as a member of the FNS team are but a little time, hardly sufficient to evaluate adequately or even dispassionately the pros and cons of the system. Its uniqueness, too, prevents me from comparing it to other primary care institutions. However, I will attempt to discuss some of the advantages and disadvantages of this system as I, personally, see them, based only on my direct experience.

Probably the greatest aspect of this type of care delivery is the kind of contact we establish with the patient. More often than not, our encounters with him extend beyond a mere professional relationship into one that is more personal and informal so that in the clinic and in the home we have a chance of really getting to know the patient and his family. We see how they interact with each other and then we are able to spot potential troubles and offer suggestions in order to prevent serious complications.

In this age of psychotherapeutic awareness, we can readily appreciate the fact that many of the complaints we are called to treat have a psychosomatic base. The socioeconomic status of the patient and his family plays an important part in diagnosing the etiology of a problem, whether it be a simple case of intestinal parasites or a more complex ulcer attack. By caring for the whole family, from the old senile grandmother to the babbling great-grandchild, we are able to plan a course of treatment that can be individualized for the sick one and, at the same time, take into consideration the life style, the beliefs, and the needs of the whole household. Also, and this is most important, we can provide the continuity of care by making follow-up visits as often as needed. Then we become not only *their nurse* but also *their friend*. In this capacity we have ample opportunity to practice preventive and maintenance care.

Not too long ago I stopped by a home just to "look things up". It was only my third visit there but I readily sensed the warm, friendly atmosphere surrounding me. I was no longer an outsider, but more like an old family acquaintance. Everybody was open and talkative. Soon the elderly parents approached me with the difficulty they were having in coping with a problem of a son. They did not want, nor did they expect, a ready-made magical cure. They took my visit as a chance to share their worries and ask suggestions from somebody who was impartial and not condemning. Then, almost unobtrusively, another son came to ask me about the medication prescribed for him. Again, it was not an antidote he was looking for but just some counseling and reassurance. Next, a daughter began to pour out her fears about her pregnancy. Two previous pregnancies had ended in stillbirths. It was an hour and a half before I finally left the house, and even though I never did open my black bag and use my magical instruments, I felt that much had been accomplished that day and that the foundations for greater development had been planted.

This close relationship with a family allows us, in many instances, to lessen the all-too-often traumatic experience of being hospitalized. This is particularly true of patients followed at home who, because of a new complication or a sudden worsening, must be hospitalized. Due to the close ties between district and hospital and the atmosphere of team work between us and the physicians,

we are able to make a smooth transition between home care, hospital care, and then back again to home care. The patients never get lost in the paper shuffle (we might, but not them!). They never become confused by sudden changes in medications or upset by unexpected procedures.

Closely related to the concept of total family care is our involvement with the whole community. Because our Clinic and our home is located in the middle of the community, and because of our "open door" policy—anybody is seen any time—we rapidly become a part of it. We discover who's who. We have a chance to become involved in public affairs. We share their concerns. We are welcome in their churches and their schools. Although a teaching institution, FNS is not considered as such by our community, but is more like the old "horse and buggy" doctor who, having cared for several generations, was regarded as a respected and beloved member of the community.

Another very appealing facet of this type of care delivery is the flexibility of our working schedule. Except for the pre-established Clinic hours, the rest of the time can be planned according to priorities so that an emergency call never causes a significant disruption. There never is that pressure so typical of our society to get the task accomplished in a specified time. If someone needs us for two hours instead of one as planned, it can be easily accommodated. And this is very much appreciated even here in a community where the modern "rat race" is not felt as acutely as elsewhere.

This flexibility gives us a chance to try out methods of care, perhaps a little unorthodox or not so "kosher", but often times effective. This opportunity of "doing your own thing" occasionally creates excellent learning experiences. I will never forget the time the two of us decided to inquire a little further into the case of a family which seemed to be continuously plagued by scabies and lice in spite of the innumerable times the proper medication had been given. We found that it was practically impossible for the mother to carry home enough water to bathe all eight children, let alone to wash all their clothing to get rid of the parasites. Moreover, the medicines were too costly and, therefore, used very sparingly so that there was never enough of it completely to eliminate the "varmints". So one bright morning we piled eight children (two at a time) in our own tub and scrubbed them from



head to toe and then covered them, again from head to toe, with scabicide. For their hair, instead of the expensive preparation sold by the pharmacy, we used an old but proven remedy—vinegar. True, the place afterwards did look like it had been hit by a tornado, but the results were most rewarding.

Although our Clinic is located several miles away from the hospital, I have never yet felt the frustration of my previous job of not being able to provide for a patient's need because of the unavailability of a doctor on the premises. Our book of Medical Directives—our yellow bible—provides the solution to most of our daily problems. As far as the need for a doctor for consultation is concerned, he is as close as the telephone. Here, truly, he is not the awesome "deus ex machina" in front of whom you snap to attention. Rather, he is the Marcus Welby who quietly listens to your problems, considers your suggestions and patiently explains the intricacies of the human body. This familiarity, not without respect, with our physicians, coupled with their constant availability, is indeed one of the major assets of FNS.

Finally, for all those of us who are ecology oriented, there is another bonus. This is the close contact with Mother Nature—with trees, plants and wildlife—even snakes—; the opportunity to breathe fresh air (maybe with a touch of coal fumes in it). In short, the chance is always at hand to get away from it all—people and papers—to restore your befuddled mind and aching body in the peace and quiet of the woods.

Of course, nothing in this world is quite perfect, so even FNS has some drawbacks. To begin with, the above-mentioned chance "to get away from it all" sometimes appears to be only a chimera, a mirage in the desert. Living in the Clinic equals being on active duty twenty four hours out of twenty four. Seldom are you able to spend your day off (if you can manage to schedule one) doing just what you set out to do—plain loafing around, without being interrupted by telephone calls, (you never know—it may be a personal friend calling) haunted by your secretary waving an incomplete Encounter Form, or by a mother knocking at your door. No good hiding under the bed. She holds a smiling, (until you touch him) healthy baby who has had a runny nose and maybe a touch of fever for the last five days. The mother who can't understand—because you're standing right there—that you are "off" that day. After all, Dr. Welby and Dr. Gannon are always

working, so why can't you? Of course, you can always jump in your car—but after a while this creates a drain on your already unstable finances.

The major drawback is perhaps the colossal, ever-increasing amount of paper work that we are required to do. I realize that we have no choice but to bow down to the almighty, omniscient, two-headed god of KMC and Medicare, but still there are lots of small ways—which I won't discuss here—to cut down the paper tiger to a tolerable dimension. Did I hear a cheer for that?

Next comes what is foremost in the minds of our beloved administrators. That is, the collection of monies. Somehow or other in nursing school, we were never taught the ancient art of making people cheerfully pay for our services. So while the image of the "white angel of mercy" was painfully instilled into our brains, we never had to give a second thought to whether or how our care was rewarded pecuniarily. So now we find ourselves in the rather uncomfortable—why is that?—position of having to ask our patients to add some cash to the praises bestowed on us. If the bill collecting operation cannot be entirely removed from us, which is particularly true here in the Districts, then we nurses and our secretaries, too, should be give a short course on psychological monetary warfare; that is, on how gently and painlessly to extract a few cents out of our grateful patients. At this point, it would pay—pun intended—to mount a massive campaign in order to rally the community behind FNS. After all, our product is not only superior, in quality and in quantity to brand X, but also less expensive. Indeed, what we mostly need now is the community support. The present lack of it is partially our own fault, since for ages we have emulated the government in assuming a paternalistic attitude toward the people to the point that most of them believe that everything here is for free. It's time, then, that we begin to urge people to participate actively in their own health care. We are not a branch of the welfare department. The Oneida project proves that this can be accomplished. It is to be understood, though, that under no circumstances should one be denied care because of lack of money.

Finally, a few words about this new undefinable creature, the Family Nurse Practitioner. First of all, we have to let the community know that they are a different type of nurse with a different level of skill, trained to give a more diversified type of

care. An FNP is not just another nurse, and is not a doctor, and this should be explained. Secondly, we need better and more equipment in the Districts in order to perform all those skills for which we were so painstakingly trained. The latitude of our care is, at times, restricted by a set of directives that do not seem to take into consideration our full potential. Take, for example, the case of a spry, feisty, little old lady seen at home by one of us for a fractured femur. One of the daughters called a couple of days ago to report that there was something wrong with her mother. Upon arrival the nurse quickly recognized in the patient all the signs and symptoms of congestive heart failure, and the need promptly to institute care. First the nurse had to drive to another house to call a doctor who would give the expected orders: IM Lasix stat, and then Oretic, p.o. It was just by sheer luck that she still had in her bag an ampule of Lasix that the pharmacist had forgotten to confiscate some time ago, under the pretext that it was not covered in the directives. This episode points out the absurdity of the situation we find ourselves in at times, when we are expected to carry out a plan of care but we are not allowed to have the tools to do it.

At this point, I would like to make a brief critique of my four months as an FNP intern. I have enjoyed my work tremendously and I would recommend this experience to any one genuinely interested in primary nursing care in rural areas. There are, however, a few suggestions I would like to make to better the internship.

First of all, it should be a little more structured, especially in the very beginning when the intern really needs some kind of orientation, not only to keep her sanity under the deluge of paperwork, but also to get to know the medical and nursing staff at the hospital (with whom she will have frequent contacts), and her future District in particular. This, I feel, would be best accomplished if the intern were allowed to spend about five hours a day in the hospital during the first week, while residing out in the District.

The second week would be dedicated exclusively to district work. This would allow the newcomer to spend at least two weeks with the nurse she is to replace. I feel this is the minimum requirement. I had three days—no more, no less—in which to learn literally everything, including how to drive a jeep. I have

never felt so brainwashed in my whole life. It was as though everybody was trying to make a new bionic woman out of me.

The above-mentioned structuring, though, should allow for some flexibility so that different areas of emphasis could be planned for each individual intern.

It was great that our instructor spent at least a day each week with us in the District, either during Clinics or for home visits. This provided a good opportunity to exchange ideas, discuss care plans, get insights into local customs, etc. The weekly seminars should be practically eliminated. Although the ones we had proved to be excellent chances to vent our frustrations, cry on each others shoulders or to plan a revolution, the seminars were seldom a learning experience. Instead, the instructor could have a bimonthly case presentation and discussion which would, I feel, be valuable to all interns.

The U.K. lectures were for the most part very interesting and informative and should be kept in the curriculum.

A word about evaluations, which are always a necessary evil. A new form should be created (O my Lord, not *another* form!) which would apply only to interns, for they are supposed to perform at a level clearly different from that of the students. Indeed, I was downright insulted when I saw my midterm evaluation. According to it, I rated as an average, or maybe slightly above average, FN I student. I felt that if it truly represented my performance level, I had better pack up and go back to school. Incidentally, I did not have time to create this new form—District work sort of kept me busy—but I have added an appendix to this paper to help the instructor get started on the right track.

In conclusion, this has been a truly exciting experience, always full of challenges and of unexpected moments of sadness, joy, or frustration; feeling like the savior of mankind one moment and the greatest fool on earth the next, and always, each day, with a new lesson to learn about nursing and life in general.

(See Evaluation Chart, Page 23)

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**GUIDE TO EMPLOYEE PERFORMANCE APPRAISAL  
PERFORMANCE DEGREES**

Performance Factors	Far Exceeds Job Requirements	Exceeds Job Requirements	Meets Job Requirements	Needs Some Improvement	Does Not Meet Minimum Requirements
QUALITY	Leaps tall buildings with a single bound	Must take running start to leap over tall buildings	Can only leap over a short building or medium with no spires	Crashes into buildings when attempting to jump over them	Cannot recognize buildings at all, let alone jump
TIMELINESS	Is faster than a speeding bullet	Is as fast as a speeding bullet	Not quite as fast as a speeding bullet	Would you believe a slow bullet?	Wounds self when attempting to shoot gun
INITIATIVE	Is stronger than a locomotive	Is stronger than a bull elephant	Is stronger than a bull	Shoots the bull	Smells like a bull
ADAPTABILITY	Walks on water consistently	Walks on water in emergencies	Washes with water	Drinks water	Passes water in emergencies
COMMUNICATION	Talks with God	Talks with the angels	Talks to himself	Argues with himself	Loses those arguments

## AMERICAN NURSES' ASSOCIATION HONORS HELEN E. BROWNE

On June 9, 1976, at the biennial convention of the American Nurses' Association in Atlantic City, Helen E. Browne received ANA's Honorary Recognition Award. Honorary recognition is one of the highest honors the American Nurses' Association can accord. It is given only to persons who have rendered distinguished service or valuable assistance to the nursing profession, and whose contributions and/or accomplishments are of national or international significance to nursing.

At the awards banquet Brownie was escorted to the platform by Miss Evelyn Peck, third vice president. The president of ANA, Miss Rosamond Gabrielson, presented Brownie with a framed citation and a lovely medallion and a representative of the Kentucky State Nurses' Association was on hand with a beautiful sheaf of red roses—which survived the trip back to Wendover!

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### RESCUING A DOG

Toddy the border terrier was trapped in a rabbit burrow in a deep narrow ravine. He was found by my 74-year-old husband, and rescued after two hours' digging by our sturdy neighbour, Hugh. I asked my husband how he had located the dog. 'I called from the left bank of the ravine, and was answered by barks apparently from the right bank. But when I called from the right bank, the barks came from the left. I thought, "He is underground, which explains the lack of precision of direction, and one of these series of barks is real, one is an echo." I climbed up a bank again, calling as I went, and tried to memorise the strength of the barks. This time when I returned to the opposite banks, it was at once obvious that I was now hearing an echo. I returned to the right bank and marked the spot where he was buried.'—*Eleanor Quin, Roxburghshire*

—*The Countryman*, Autumn 1975, Edited by Crispin Gill.  
Burford, Oxfordshire, England.

## OLD COURIER NEWS

**From Melora Coggeshall, Windsor, Vermont**

**—March 1976**

I am secretary to the Director of the Windsor House Craft Center which is opening on May 8 with a retail shop for the best of Vermont's crafts. In September, classes and workshops will open here. The Center is located in Windsor House, a lovely old colonial inn that was scheduled for demolition in 1971 but was saved in a last minute effort by the townspeople.

We love Vermont—it's so beautiful. We have an apartment over the flower shop in Windsor—no real "view", but it's light and cozy and we've made it homey—a nice place to come back to each day.

Our wedding seems a long time ago but it was wonderful—all candlelight and Christmas greens and white dresses and my sister playing her flute and happiness.

. . . . .

**From Alison Bray, London, England**

**—April 1976**

I want to make another attempt to see my American friends and, if possible, do the same "tour" that I had planned for last year. I shall try to get a flight in early October and hope to go first to the Caldwells and then perhaps on to Wendover before going to Agnes. I won't have much time, as I don't like to be away for long just now, but I hope to catch a glimpse of you all.

I was at home for Easter and saw Cynthia (Alison's niece, old courier Cynthia Bray) several times. Her brother is getting married at the end of May but I don't think there is any date yet for her own wedding.

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**From Lisa Greene, Geneva, New York**

**—May 1976**

My plans for the summer have changed. I didn't get the nurses aide job at the camp for diabetic boys because the lady who did it last year (an R.N.) decided to go back. So, there I was, on April 27,

without a job. I wrote to all the hospitals and the nursing home where I used to work and I found out yesterday that the nursing home has a place open. So I guess I'll be working there this summer and, hopefully, through December. I've applied to a program to study for a semester (January to June) in Seville, Spain. I'm really excited about that. Seville is in southern Spain, where it's almost always sunny and warm—just what I like best! Then, hopefully, the following fall I'll be going to nursing school. I'm thinking about the University of North Carolina, Boston College or Boston University.

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**From Posy Lincoln Short, Gambier, Ohio**

**—May 1976**

The children are studying tornadoes at school and, in fact, now have tornado drills. They imagine it to be a great lark to go up in the air, like Dorothy, to the Land of Oz.

. . . . .

**From Sally Hamby, Bronxville, New York**

**—May 1976**

I read with envy in the FNS Bulletin that Linda Dodds came back for a second stay as a courier. That must have been fun. I'd love to do that some time. My current plans are indefinite as I was, unfortunately, not accepted for medical school. Naturally, I'm disappointed, but feel there's nothing I can do since my grades, etc., were very good and the rejection was due to the fact that at most schools there were 5,000-8,000 applicants for 100-150 places, and the fact that medical schools don't like to accept people over the age of 25 and I am 25. I'm thinking of doing something with music and reapplying if the competition dies down any in the near future. I'm still working in the hospital, and have fifteen piano students. They all played in a recital I had for them at the end of February. They played well and I was so pleased with them. New York is fairly beautiful this time of year—the lilacs and wisteria are out, azaleas too—but I'll bet Kentucky is gorgeous. I still want to get down some spring.

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**From Leigh Powell—in Scotland with her niece  
and Sally Steeves—May 1976**

We are staying at a campsite on the beach beyond Feadon—very windy and rainy last night but sunny today. We had five lovely, warm, sunny days in England but the minute we hit the Scottish border, rain, rain, rain! Picked up Janie in Edinburgh and went up the east coast to Aberdeen, then west to Balmoral, then Inverness and Lairg (where it was sunny), and across the north to Laxford and Lochinver. On Monday, we take the ferry to Stornoway from Ullapool. The Snow Goose (the camper) is fine but gas is 80 p.!

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**From Lindsay Poole, Cape Elizabeth, Maine  
—May 1976**

You'll be pleased to learn that I have been promoted from courier to medical student, as I had always hoped. I'll be going to the University of Vermont Medical School and may someday do some training in Hyden, if it's possible. I have great lasting impressions of FNS and would like to support it in the future in whatever way I can best do that.

. . . . .

**From Susan Quinby, Milton, Massachusetts  
—May 1976**

I am presently working at the Massachusetts General Hospital and will be attending Boston University Nursing School in September. It is often that I think about my great two months last fall as a courier and can only dream that I perhaps might return to work with my R.N. in a few years.

. . . . .

**From Ann Procter, Washington, D.C.  
—May 1976**

I have received the literature Ellen sent and thank you very much. I have not yet made my debut on the FNS lecture circuit, but

look forward to speaking to some groups soon. I wish you could be here for the Washington benefit (in June)—it looks to be lots of fun.

. . . . .

Four old couriers, and one former staff nurse-midwife, are active members of the Frontier Nursing Service Board of Governors and it was good to have all of them—Kitty Macdonald Ernst, Freddy Holdship, Kate Ireland, Mardi Bemis Perry and Jane Leigh Powell—with us at Wendover for the April meeting of the Board.

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We are pleased that two “old couriers”, Linda Dodds and Phoebe Westwood, who have now completed their junior year in schools of nursing, will return to the FNS this summer to participate in the program FNS offers to senior nursing students.

. . . . .

All of the old couriers who were with FNS in the horseback days will be saddened to learn of the death this spring of our old friend and neighbor, **Henry Hoskins**, who took care of the horses and the barn at Wendover for so many years, and will join us in extending our sincere sympathy to Henry’s family.

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A college professor passed a restaurant and saw a sign for “Lam Stew.” He entered the restaurant and told the owner about the error.

The next time the professor passed the eatery he looked for the sign. This time it read: “Clamb Chowder.”

—*Modern Maturity*, Oct.-Nov., 1966

## COMMUNITY PROJECTS

Presented by Family Nurse Students

During the spring trimester, the students in Family Nursing IA in the Frontier School of Midwifery and Family Nursing chose one phase of health to present to a segment of the community. We are grateful to the students for the excellent work they have done and for sharing these projects with the Quarterly Bulletin. Space does not permit us to reprint the papers in their entirety but we feel our readers will be interested in a summary of some of the projects.

Barbara French elected to demonstrate to a local second grade class basic facts relevant to the cause and spread of disease by "germs"—to demonstrate the various types of germs, harmful as well as beneficial; to demonstrate simple disease prevention; and to create in the student the desire to improve personal health habits. That the children participated enthusiastically, and learned, was illustrated by the reports the youngsters wrote at the end of the class, one of which we quote:

"I saw a worm through the microscope. The 'good guys' keep you well. We learned to keep your body clean. We learned to eat good vegetables. We learned what is good vegetables and get enough sleep and eat good food like bread and cereals, milk and fruit and meat and eggs."

Rita Miller went to the W. B. Muncy Elementary School to demonstrate a physical examination to a first grade class, to show the children the diagnostic equipment and allow them to handle the instruments, to demonstrate the basics of the exam in relation to health maintenance, in the hope of allaying fear of being examined by a doctor or nurse as well as to demonstrate the importance of regular check-ups and to stimulate a desire for health maintenance. Rita had been somewhat concerned that there would be lack of participation by the six and seven year old students, but the children became very involved and showed an intense interest in every phase of the discussion.

The Junior Girl Scout group in Hyden asked Sister Barbara Brilliant to speak to them on the topic of rescue breathing. The object of the program was to aid the Scouts to become aware of the principles and techniques of rescue breathing so that each girl would be able to analyze situations when it would be needed, would be able to understand the basic physiology involved and to

determine and demonstrate the different methods used and gain beginning skills. The group felt that it was most beneficial to have Resucianne available to practice on and Barbara enjoyed noting that after only fifteen or twenty minutes of practice, beginning skills surfaced. The quick review questions were answered one hundred percent by the Scouts.

Sister Elizabeth Sweeney spoke on "Accident Prevention for Toddlers and Preschoolers" to the mothers of children at the KIP Day Care Program in Hyden. Her purpose was to identify the main causes of death by accident, relate the hazards to safety that exist in the home and examine ways of neutralizing the dangers and to demonstrate simple measures of first aid to avoid greater injury in case of household accidents.

Sister Kathryn Gates attended a meeting of the Brownie Troop at the W. B. Muncy Elementary School to talk with twenty first, second and third grade girls about "Pop and Garbage". Kathryn had prepared a large poster of a country scene and had scattered over the countryside dozens of "pop" cans, stuck to the poster with scotch tape. She explained how the cans got there—thrown from car windows, left at picnic sites, dropped along any place where people walked, or left on a pile behind a house. A clean-up campaign was described and each child was asked to pick up three or four cans. The youngsters were most appreciative of the difference the "clean-up" made in the picture and were quick to discuss how they could do the same around their homes and school.

During class discussions, Kathy Dean had become aware of the fact that a great proportion of health problems, medical and environmental, were preventable, especially in the adolescent years. When Mr. Hoskins, the 8th grade teacher at the Hyden Elementary School, requested someone to talk to his health class, Kathy went to the class to assess their interests and current focus of study. The students were studying the skeletal system so Kathy divided her presentation into two segments: a presentation of health problems in the adolescent years and a display of x-rays showing fractures and bone healing. The goal of the project was to help the student to recognize his ability to control his own health and to identify health practices he could change or begin for himself.

In an effort to assist the teachers of the W. B. Muncy School to

teach personal hygiene, to provide added resource and reference material for the teachers, to provide a perpetual method of learning that would be fun and challenging to the students and to provide a method of measuring learning for the teacher in the area of personal hygiene, Jennie Sholly presented a programmed instruction entitled "Looking Good" as her community project. To accompany her presentation, Jenny prepared an imaginative and attractive programmed instruction booklet on personal hygiene for the elementary school student.

Lillian Link and Sister Valerie Chaplain pooled their resources and talents to present a program on "The Role and Function of the Family Nurse" to the Leslie County Parent-Teacher Association, to aid the local community to become more aware of the Family Nurse, to promote utilization of the services provided by the Family Nurse, and to develop, in the community, a greater awareness of the Family Nurse training program offered by Frontier Nursing Service. The two nurses introduced themselves to their audience and gave a brief resume of their background and experience as registered nurses. They explored the audience's participation in health care at the Mary Breckinridge Hospital and gave an introduction to the concept of the Family Nurse. They diagrammed and explained the method of health care delivered at the hospital utilizing the Family Nurse, including the family relationship to the Registered Nurse, the Family Nurse and the physician.

The family nurse students enjoyed their community projects and appreciated the cooperation and response they received from the various groups with whom they worked. The family nurses were asked to evaluate their own philosophy of family nursing and we would like to quote one response:

"The Family Nurse is:

A complex, vital and flexible personality, working as a liaison

from person to people,  
from problem to solutions,  
from questions to answers.

She is a product of knowledge and experience,  
of practice beyond education,  
of skill beyond learning,  
of compassion beyond skill,

Building on concepts learned and experienced by others.

She is a hand to hold, an ear to listen,  
tears to sympathize, a mother to scold,  
a child to learn, a teacher to instruct,  
a remedy to ease the pain, and a smile  
to make the pain a little easier.

When no one else will care,

She is there.

“This is still my evaluation of the family nurse role, reinforced by the experiences of the past few months. The skills are improved, the knowledge increased, the role expanded, but the same nurse is there.”

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### COOK AND BOTTLE WASHER?

An item from the minute book of Hinton Parva school, Dorset, which is being restored and equipped to serve as a village hall, is worth quoting. At a meeting of the school managers in 1895, it was proposed that the following advertisement should be placed in the *Schoolmistress*: ‘Wanted; Certificated Mistress for small Country School; single; one looked for who is able and willing to play a small organ, and train a choir; salary £60 per annum.’ Whereupon a member suggested: ‘Why not ask for one who would wash the surplices, mop out the Church, ring the bell, and dig a grave at a pinch?’ —*Robert Wilson, Swindon.*

—*The Countryman*, Winter 1976/76. Edited by Crispin Gill.  
Burford, Oxfordshire, England.

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If it's true the world's getting smaller, why do they keep raising  
the price of postage?

—*Modern Maturity*, Dec.-Jan. 1975-76

## ONEIDA NURSING CENTER

In the Winter issue of the *Quarterly Bulletin*, the Director reported that a new nursing center would soon be opened at Oneida, Kentucky, and elsewhere in this *Bulletin*, Verna Potter tells the story of the opening day. We are very pleased with the first two months of operation at Oneida and think that our readers will be interested in the formal agreement entered into by Frontier Nursing Service, the Oneida Nursing Center Committee and the Oneida Baptist Institute:

"The Frontier Nursing Service, Oneida Baptist Institute, and the Oneida Nursing Center Committee are pleased with the establishment, management, and progress of the Oneida Nursing Center. Our basic objective is to insure the continuing progress of the Center in ministering to the medical needs of the Oneida Community on a self-supporting basis.

"The purpose of this written agreement is to protect the Frontier Nursing Service, the Oneida Nursing Center Committee, and the Oneida Baptist Institute from misunderstanding and/or misconceptions effected by change in leadership of any of the organizations involved.

"(1) The Oneida Nursing Center Committee is responsible for the planning and implementation of fund-raising activities to support and maintain the Nursing Center.

"(2) The Oneida Nursing Center Committee will work with the Frontier Nursing Service concerning policies affecting the Oneida Nursing Center, especially those with regard to costs and charges, hours and general services.

"(3) The Oneida Nursing Center Committee has raised money to equip the Oneida Center with equipment and supplies, including the initial supply of drugs, to assist the Center in becoming self-supporting from the beginning. The Oneida Nursing Center Committee agrees that all durable equipment purchased with monies raised by the Committee is donated to the Frontier Nursing Service and will remain the sole property of the Frontier Nursing Service so long as the FNS desires to maintain its medical services in Oneida. If the FNS ceases staffing the Oneida Clinic, the FNS promises to donate the equipment to the Oneida Nursing Center Committee.

"(4) The Oneida Nursing Center Committee will meet regularly, with the Oneida FNS Project Director and the Director of the Frontier Nursing Service, Wendover, serving as ex-officio members, to review and help solve any problems encountered as respects the Oneida Clinic activities.

"(5) The Frontier Nursing Service will staff the Oneida Nursing Center primarily with Nurse Practitioners. Furthermore, the Frontier Nursing Service will staff the Oneida Nursing Center with a pharmacist, dentist, and medical doctor as soon as each such staff position is

practically possible for the FNS, and will add such other staff as may be needed and practically feasible.

“(6) The Frontier Nursing Service is to staff and operate the Oneida Nursing Center under accepted medical procedures, fully responsible for all actions of a medical nature, fully responsible for the hiring and paying of staff, and will, in turn, receive the total income for medical services rendered.

“(7) The Oneida Baptist Institute, by action of its Board in May, 1976, promises the Oneida Nursing Center Committee and the Frontier Nursing Service full use of a single building on the old Oneida Hospital property—said building being that traditionally known as the “Nurses Home”—said building to be so used for the Oneida Nursing Center so long as the FNS staffs the Clinic and the Oneida Community, through the Nursing Committee, extends active support. Should FNS withdraw its staffing or the Oneida Nursing Committee its support, the Oneida Baptist Institute will use the building known as the “Nurses Home” for its own purposes for the Oneida Baptist Institute retains full legal ownership of the building.

“(8) This agreement is morally binding on all the parties thereto, and can only be changed or amended by mutual consent.”

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### FOR REFERENCE ONLY

In the public library a man with his new card questioned the pretty librarian. “Do you mean to say,” he asked, “that with this card I may take out any book I want?”

“Yes,” she answered.

“And may I take out record albums, too?”

“Yes, you may.”

“May I take you out?” he asked.

Drawing herself up to her full height, she replied, “The librarians, sir, are for reference only.”

—*Modern Maturity*, April-May, 1966



## OLD STAFF NEWS

Edited by Eileen H. Morgan

### From Peggy Kemner in Walker, Kentucky

—Winter, 1975-76

Christmas caroling was fun. Eight young people from the community joined our Lend-A-Hand family on Sunday night to go in two different teams to carol on Stinking Creek for two hours. It was bitterly cold and took lots of hot chocolate to make even a warm impression. Christmas Eve found the family going from house to house in the Flat Lick area, mainly to our patients. The night was ideal, warm enough to be pleasant but cold enough to make us bundle up and look the part. We were tired and hoarse after three hours.

I fitted in two days of nursing classes at UK into my January schedule and Melody and I were awakened on the 19th of January by an earthquake experience.

February ended in a rash of forest fires and most of us at Lend-A-Hand saw the month go out on some mountain side on the fire line.

. . . . .

### From Rexanne Willingham in Albuquerque, New Mexico

—Winter, 1976

Here is a brief description of the Playas Clinic with which I am involved:

“ . . . The Playas Clinic uses telehealth, an effective system of health care which provides two-way communications technology links between physicians and skilled non-physician clinical personnel. This team of physicians and Physician Extenders (physician's assistants and nurse practitioners) are physically separated from each other at different locations. But, through the use of interactive (two-way) television, radio, and telephone, as well as very specific, precise operating procedures, the physicians are able closely to supervise and maintain direct contact with the Physician Extenders and the patient. . . ”

The TV system is a rather exciting and practical way of extending medical care.

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**From Elizabeth Dickey in Jemez Springs, New Mexico**  
—January, 1976

All is well in the enchanted land except that it is an exceptionally mild and dry winter. I'd much prefer the ton of snow we had last year.

Shirley Collins is here now. It surely is nice to have company in the business. We are busy and growing rapidly. Plans to include a dental clinic one day per week are nearly complete.

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**From Margie Newton in Lexington, Kentucky**  
—January, 1976

We are starting second semester and are busy here in Health Service. Things are going well.

I am starting into graduate school today working towards a Masters Degree part time. I am hoping to get into the College of Nursing's NP program if and when it is programmed.

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**From Sylvia Hostetler's mother in Allensville,  
Pennsylvania—January, 1976**

Sylvia is serving as a midwife and is nursing in a clinic in Paraguay. Her address is: Casilla de Correo 166, Col. Luz. Y. Espranzo, Asuncion, Paraguay, South America.

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**From Suzanne Johnson in Effie, Minnesota**  
—January, 1976

I am taking a leave to go to Columbia, South America, for a six-weeks' volunteer position. My job here has been interesting but it leaves me aching for more challenge. I just received word today that I will go to the Emergency Room on my return in February.

My trip to Hyden last year was so wonderful. I was pleased to see everyone and always think so much of the area. The new hospital is great.

. . . . .

**From Celia Oseasohn in Montreal, Quebec, Canada**

**—January, 1976**

The three children and Bob's folks were here for the Holidays and it was fun. We have had lots of snow and cold weather.

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**From Margaret Bartel in Meade, Kansas**

**—January, 1976**

I am working as a public health nurse in western Kansas in a county of only 2,500 people. I find plenty to keep busy, since the population is quite young with many children. My work includes immunizations, well-child health assessments, all the school work, family planning, B/P clinics, cancer screening clinics, health programs, teaching prepared childbirth classes, etc. Quite a variety!

Kansas is finally realizing that CNM's exist. The KSNA is now seeking to determine if there is a need for CNM's and, if so, will start on legislation. Area childbirth educators are pushing for CNM's.

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**From Martha Burk and Peggy Wieser in Atlanta, Georgia**

**—January, 1976**

Christmas in the city was quite different from the good old days in the Kentucky hills.

We are finally getting settled in Atlanta and enjoying our jobs. Liz Sharp is really great to work with and, of course, the best midwife in the service is an FNS graduate from the early Sixties!

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**From Judy Friend in Edmonton, Alberta, Canada**

**—January, 1976**

I have so many pleasant memories of FNS and taking my midwifery was one of the best things I ever did. I am very happy with my job here teaching the Advanced Practical Obstetrics program.

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**From Sister Kathryn O'Meara in Ganado, Arizona**  
**—February, 1976**

The work in the clinic and the school is going well. I am slowly getting acquainted with the people of this particular area. Some Public Health work is also included in the position. I have been able to get out to some of the patients in their homes a few at a time.

The record system is in the midst of a change "a la Verna Potter".

. . . . .

**From Jo Hanson in Shiprock, New Mexico**  
**—February, 1976**

Sally Rinehart and I are both here doing midwifery and one day of pediatrics each week. It is different.

The good news is that Sally's Boards finally came and she passed with flying colors.

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**From Barbara Dunphy in Rockland, Maine**  
**—March, 1976**

I have investigated several openings in the New England area, but I find most are funded by grants. Grant funds today are too unreliable and I do not wish to be looking for a new position every three to five years. I may have to leave the New England area to find what I want, which is to provide service in some rural area where there is need.

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**From Eve Chetwynd in Emberton, Nr. Olney, Bucks.,**  
**England—March, 1976**

I received Gabrielle's delightful desk diary at Christmas. How enterprising of her to set herself up as Toad of Toad Hall!

I am feeling very fit and I am free of the hip pain which was bedevilling me when I was at Hyden. I have done a few private nursing jobs. Just now I am very busy working on a household survey in the new city of Milton Keynes. I find this very interesting. There is no doubt that such a major shift of population

creates a lot of problems. The present economic climate slows up the programme so that the people who have moved are frustrated by the shortage of shops, public transport and recreational facilities.

I saw Sue Cross in the autumn. She loves her little cottage and enjoys her job at Swindon.

I am considering a visit to the States in September.

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### **From Valda Raine in Raleigh, North Carolina**

**—March, 1976**

I completed the University course in two years, May, 1975. I then stayed in Halifax until December working part-time at a city hospital on a busy GYN floor. I look forward to moving to Alaska shortly to take up a rural public health position utilizing midwifery and family nursing.

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### **From Peggy Emrey in Montara, California**

**—March, 1976**

My current position is Director of the Nurse-Midwifery Service at San Francisco General Hospital. We hope to begin a refresher program and, ultimately, a basic midwifery program within the next two years to meet the increasing demand for nurse-midwives in California, now that we have legislation permitting us to practice here.

We are also developing a series of options and alternatives to the traditional maternity care, but within the hospital setting to meet our increasing consumer demands for more individualized, humanized birth experiences. The program is very well received both by staff and by patients.

My new home address is: 1175 Harte Street, P.O. Box 257, Montara, California 94037. I just moved this past fall in order to have more space for my kennel. I am breeding and showing Pembroke Welsh Corgis and German Shepherds, in addition to keeping a few baby goats at the moment.

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**From Nora Kelly in Wareham, Dorset, England****—March, 1976**

What a lovely surprise the FNS calendar was to us, especially as the pictures were all of the early days of the Service—possibly the only exception is that of the new hospital. They have made a great impression on my various friends in and around Wareham.

The film which Joan Fenton showed is still talked about a great deal and many people have asked after my 'little American friend in the red suit'!

We are both very well and enjoying life. In June we are going to Norway for three weeks. We plan to take the car and sail from Newcastle to Christiansand. We then shall drive up to the Arctic Circle and beyond, so that we can enjoy the Midnight Sun. We have been to Norway before but never so far north.

We were pleased to see Madge Tait, the Mickles and Margaret Watson in the summer and lately I met Jack Caldwell and his wife, so we keep in touch with the FNS.

. . . . .

**From Mary Woodmansey Costello in Stevensville,****Montana—March, 1976**

The last addition to our family is a lovely redhead. (See **Babies.**) She is loved by all.

Pat is now ten years old and has just taken up skiing this year and loves it. Jane is eight years old, a great horsewoman and can ride any horse on the ranch. Fred is a busy three-year-old; he loves ropes, horses, cows and has been a great joy to us all.

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**From Sheila Wright in New Market, Dacco, Bangladesh****—March, 1976**

Since coming to Bangladesh I've opened and run a small clinic with two Bengali helpers. I began by seeing all women and children, but eventually cut it down to only antenatals and associated illnesses of pregnancy and children under about fourteen. I say 'about' because ages are very indefinite out here.

Within the next few months we hope to begin our new programme which will be to provide health care for a specific area

with a population of about 100,000 people. We will have a health centre with 25 beds for admissions and the main emphasis will be preventive medicine. Our job will be to train local people wherever possible actually to do the work. We are working in a government programme in as much as they have to approve what we do and we will be contributing to the country's health care services as planned by the government. As we will have several outstation clinics around the area with a referral system, I will probably still get opportunities to practice as a nurse practitioner for some time until we've trained local staff.

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**From Elaine Douglas in Oneonta, New York**

**—April, 1976**

I was delighted to receive the Spring and Autumn 1975 copies of the Bulletin. I sat right down and read them both through to get all the news. It had been just ages since I'd heard any news and it is my fault for not letting you know I was home.

I served in an outpatient clinic of one of our hospitals until September last year and then came home for six months' furlough. It has been a happy time at home. I was due to leave March 14, but the flu struck me down and I was unable to go, so my visa ran out. The mission is in the process of getting this extended or renewed so I could be off within the next three weeks. As to where I'll be stationed when I return, I don't know. Possibly, I will be going to language school to study Amharic, as the languages in Eritrea were different.

I am glad Brownie will be staying on as Director Emeritus. And it is wonderful that FNS has Dr. Beasley as Director as he has contributed so much in other years and is so knowledgeable of all that goes on there. I would love to visit FNS again, especially to see the new hospital.

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**From Harriet Jordon Palmer, Los Altos, California**

**—April, 1976**

I'm enjoying the Bicentennial Year with a couple of weeks here in D.C. and colonial Virginia (also here to work—ASPO's annual

convention). It's a great time to be back east. I'm planning to see my brother in Alaska this summer.

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**From Mary Jo Clark, Princeton, New Jersey**

**—April, 1976**

I'm coasting across the Pacific in a 747, on the way to a week of vacation and then a week of work in Hawaii. Obviously, I'm going because of the work—a meeting of the Graduate Record Examinations Board—but, since duty calls, another week on the beach sounded like a good item.

The last three months have been hectic trying to write up the results of our study of doctoral programs in chemistry, history and psychology, and getting our various advisory committees to approve the conclusions we've drawn. We're not through yet but we finally finished a draft of the whole thing so, at least, I'll come back to revisions rather than raw data.

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**From Kathie Elliott in South Windham, Maine**

**—May, 1976**

I will be back with my old agency, Community Health Services, and have a job as supervisor in one of their branch offices. It looks like a rather exciting job.

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**From Dorothy Hennings in Richfield, Minnesota**

**—May, 1976**

I was pleased to see Brownie's name in the last *American Journal of Nursing* and to learn that the ANA will present her with its Honorary Recognition Award at its June convention.

When any mention of FNS comes up in the nursing journals, I always brag to my co-workers that I used to work there!

I'm in a University program now in Community Health. It's exciting because most of the things I'm learning I'll be able to use.

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### From Sue Warner in Edgewater, Colorado

—May, 1976

When is Mary Breckinridge Day? Mom, Dad and I are thinking about a trip East in the fall and would like to plan to be in Kentucky then. There is a possibility that Eve Chetwynd will meet us there if things work out for her.

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### From Judi Floyd in Houston, Texas

—May 1976

I am back in nursing after these past two years off. There aren't any openings at present in any of the neighborhood health clinics, or any other opportunities to work as a nurse practitioner, so I'm going to be working at the Medical Center, at Texas Children's Hospital, in the special care nurseries—a night relief between the intensive nursery and the intermediate care nursery. I'll start orientation Monday—four week orientation. It should be challenging and I'm looking forward to having my mind stimulated again and growing professionally. It will be a new and different experience for me, but I hope eventually to be back in community health.

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### Babies

Born to Mr. and Mrs. Marvin Costello (**Mary Woodmansey**) of Stevensville, Montana, a daughter, Libby Anne, on February 18, 1976, weight 8 pounds, 7 ounces. (See **Letters**.)

Our hearty congratulations to the proud parents.

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### LOVE

She (gushingly): "Will you love me when I'm old?"

He: "Love you? I shall idolize you. I shall worship the ground under you little feet. I shall—Say, you aren't going to look like your mother, are you?"

—*Modern Maturity*, June-July 1965

## BEYOND THE MOUNTAINS

### St. Louis

The last week of March found four FNSers travelling to attend the annual convention of the American College of Nurse-Midwives. Our Director, Dr. W. B. Rogers Beasley, who is an honorary member of the College, was an invited banquet speaker. Phyllis Long, our regional representative and board member, was very busy attending committee meetings. Connie Folk represented the FNS student body and Helen Browne filled in for Joan Fenton who had put an FNS exhibit together and was unable to go to St. Louis at the last minute.

### Berea, Kentucky

On April 1, Brownie had the good fortune to address the students of Berea College on the occasion of Woman's Day at their spring convocation. There was a good attendance and an obvious expression of interest from the group. In the evening, Brownie was invited to attend the annual Awards banquet of Mortar Board. It was a very enjoyable occasion.

### Maryville, Tennessee

On April 12, Agnes Lewis had invited Brownie to speak and show the film, *CHERISH THE CHILDREN*, at the New Providence Presbyterian Church of Maryville. Mrs. Gordon Harold introduced Brownie and the assistant minister, Mr. Glen Bayes, operated the projector. Agnes had done well in spreading the word as nearly one hundred people attended and many were ready with questions about the FNS.

### Los Angeles

On April 14, Agnes Lewis and Brownie flew to the west coast for a visit to our beloved Trustee, Miss Margaret Gage. She was a wonderful hostess and had arranged trips each day they were there so they could see both the coast and the mountains. After a lovely Easter weekend, Brownie flew to Monterey for a quick visit to our old staff member, Ann Nims Nixon.

### **Santa Fe**

On April 23, Agnes and Brownie flew to Santa Fe for a visit with General and Mrs. Mordaunt Elrington (old staff Peggy Brown). Peggy was a wonderful guide and showed them some of her favorite spots. Agnes and Brownie had planned a weekend visit so that Peggy's husband, Bill, could steal time away from his busy schedule at St. Johns College and give them the pleasure of his company. They had a real English tea with our old staff member, Cherry Evans, in her attractive little house, and she was kind enough to drive them to the Albuquerque airport at the end of the visit.

### **Chicago**

On arrival at O'Hare Airport, Agnes and Brownie were met by Mr. and Mrs. Edward Arpee (old courier Katherine Trowbridge). They had a visit with Agnes before she took the plane to Knoxville, then took Brownie to their Lake Forest home for an overnight visit. Katherine took Brownie to visit Mrs. David Dangler, a former Chicago committee chairman, and a Trustee of FNS.

### **Providence**

On April 27, the Arpees put Brownie on the plane for Boston where she was the guest of Mr. and Mrs. Arthur Perry (old courier and FNS Board member Mardi Bemis). The following day Mardi and Brownie went to Providence where Mrs. Francis Stone had invited FNS friends for coffee in her lovely home. Brownie brought them up-to-date on FNS news. After a delicious lunch as guests of Mrs. Stone at the Hunt Club, they visited Miss Helen C. Robertson who has been a friend of FNS for many years.

### **Boston**

The FNS Boston Committee held their annual meeting at the home of Mrs. Robert A. Lawrence (old courier Patsy Perrin) on April 29. There was an excellent attendance at the meeting which was ably conducted by the chairman, Mrs. John E. Dawson. Various committee reports were given and it appeared that plans were well under way for the annual Christmas Preview which will be held at the Chestnut Hill Country Club, opening on the evening of November 8. At the close of the meeting, Brownie spoke of the

latest happenings in FNS and the members viewed their own copy of the film, *CHERISH THE CHILDREN*.

Mrs. Burgess P. Standley, Chairman of the FNS Development Committee, took Brownie for lunch so they might talk over plans for fund raising. Brownie then left for New York and a short visit with Jane Leigh Powell (old courier and FNS Board member).

### **Philadelphia**

On May 1, Brownie arrived in Philadelphia where she was the guest of Mr. and Mrs. J. Gibson McIlvain II in Devon. Mrs. Robert Gawthrop, Chairman of the Philadelphia Committee, and her hard-working committee members had invited friends to a "Spring Fling" at "Appleford", a lovely house and garden in Bryn Mawr.

FNS National Chairman, Miss Kate Ireland, had come from Kentucky for the occasion. A good group gathered in time to see the donkey races which had been arranged by our old courier, Mrs. Francis A. Lewis III (Amy Chapin). After the races Kate Ireland spoke of the importance of the FNS friends who have helped support the work over the years, and Brownie spoke briefly of the work in the field. Everyone enjoyed walking around the house and gardens before partaking of the delicious buffet supper served by the committee members. The group then gathered outside the house for the surprise auction which was ably managed by Mr. John Harkins and his team of helpers.

The FNS is fortunate in having friends in so many part of the country, and many thanks go to those who are so generous in offering hospitality to those of us who travel to various cities.

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In early May Miss Kate Ireland and Dr. Rogers Beasley attended the annual meeting of the Affiliates of the Appalachian Fund which was held in Berea.

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## SUMMER PLANS

By W. B. Rogers Beasley, M. D.

Following some of the announcements which were made at the Annual Meeting in Lexington, it seem appropriate to describe a few of the areas of our most intense activities for this summer in the mountains. Part of these activities relate to budget and part relate to program and the two are pretty well intertwined.

For the first time in our fifty-one years of life, the FNS has been able to let our patients know what are the charges for the services, whether the patient is seen in the hospital, on district or in clinic. A new encounter form is in use which has enabled Charles Thornbury, our controller, to computerize a bill for each patient at the end of each month. May of this year was the first month that the bills were sent out. We are enormously pleased that we are now able to let people know promptly what are the charges. We feel this is an important step forward in our relationship to the community and to the balancing of the budget. A great deal of activity is following as the members of the business office staff help individuals understand the itemized statements.

For several years Medicare has paid for skilled nursing services in the home for patients who are homebound. This is a natural part of our nursing service but the administration of this program needs to be separated from the daily activities of our family nurses on the district. Centralizing the home health services is a change within the organization which should both increase the efficiency of our home nursing services and increase the revenue. When the coordinator, secretaries, nurses and aides for the Home Health Agency are put into a single office suite at the old hospital, this will enable us to identify the costing of home health services as distinct from the rest of the nursing services.

A third area of great activity concerns the licensing of a primary care center. The Kentucky Certificate of Need and Licensure Board has established a method for such licensure. We have applied for a FNS Primary Care Center which will have nine extensions. These extensions, which we have always called our nursing outposts, have never been licensed because they existed before licensure became appropriate. As the Primary Care Center and its nine extensions become licensed, this should, ultimately, enable third party payment for the services which our family

nurses and nurse-midwives are providing on district. The review process is fairly detailed and will be carried out by the State Review Board in June.

Related to this is a plan for a conference on primary care which is planned for July 23, 24, and 25, at Wendover. This conference should address the needs for primary care, the necessary manpower, records, linkages, payment systems and administrative management. We are pleased that Secretary C. Leslie Dawson, Secretary of the Department for Human Resources for the Commonwealth, will be the keynote speaker.

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### EASY DOES IT

My father grew a large variety of vegetables on his allotment, almost invariably with great success. Once a neighbouring gardener friend asked him why he always sowed his lettuce seed in a patch in the very centre of one strip. 'For two reasons,' said my father: 'One, so that I can see the footprints of any sly beggar who walks across the garden to pinch seedlings. Two, it stops the slugs and snails!' His friend inquired why. 'Well you see,' replied my father, 'They've got to leave the grass verge and walk over all that loose soil before they get to the plants. And they go so slowly, they only get a little way before they realise it's nearly morning and time to be getting back!' —Anthony Wooton, *Buckinghamshire*.

—*The Countryman*, Spring 1976. Edited by Crispin Gill.  
Burford, Oxfordshire, England.

## FIELD NOTES

Edited By  
Peggy G. Elmore

The Frontier Nursing Service is pleased to announce the appointment of Miss Evelyn M. Peck to the position of Associate Director and Director of Nursing. Miss Peck is a graduate of St. Luke's Hospital School of Nursing, New York City, and of Teacher's College, Colombia, where she obtained her bachelors and masters degrees. Miss Peck will join the staff in early July and will bring with her a wealth of experience in the fields of nursing service and education and in administration. Miss Peck is active in the American Nurses' Association and has been a member of our National Nursing Council for a number of years. She has visited FNS several times this spring and, during her last visit, purchased a double-wide mobile home which will be placed in the Joy House pasture near Betty Lester's mobile home. Evelyn's mother will accompany her to Hyden.

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The FNS medical staff will be augmented in June by the addition of Dr. Jack Ende who has completed a residency in internal medicine at the University of Chicago. Dr. Ende's wife will be joining him in Hyden in July and we look forward to welcoming them both to the staff and the community.

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Our physicians are most grateful to the medical students who have spent varying lengths of time at the Mary Breckinridge Hospital this spring. Jeffrey Bailer and Thomas Willkie were senior students at the University of Cincinnati; Gail English and Nels Leininger came to us from Ohio State University; and Sharon Parnes is a senior at Brown University.

The senior nursing students have been equally useful members of the health care team. Virginia Paraskeva and Paula Dahlen of the University of North Dakota divided their time between the Wendover and Brutus Districts and the Mary Breckinridge Hospital. Maureen Mahoney, Rush-Presbyterian-St. Luke's,

Chicago, has been assigned to the Wendover District during her seven weeks with FNS. Nina Redgrave came from Boston University for a field period and we are delighted to report that she enjoyed her experiences on the Flat Creek District so much that she decided to stay on the staff. Nina is presently working at the Mary Breckinridge Hospital and living at the Flat Creek Center.

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We welcome to the FNS nursing staff five other nurses who joined us this spring. Nancy Bledsoe, whose husband, Marty, is head nurse in the outpatient department, works in the Maternity Department and their young daughter (an FNS baby) is a frequent guest as she is passed from the parent going on duty to the parent going home! Margaret Hamblin worked with us as an aide last summer and has returned as a staff nurse following her graduation from Midway Junior College. Margaret's home is in Krypton, Kentucky. Sandra Graves, Hanover, New Hampshire, is a Keuka College graduate, and Marion Newswanger came to Hyden after receiving her B.S. from Eastern Mennonite College in Harrisonburg, Virginia. Jane Rittal, a native of Circle, Montana, is on furlough from the New Guinea mission field.

Peggy Irving, a nursing student at Eastern Kentucky University, was a volunteer aide at the Mary Breckinridge Hospital last summer and has come back faithfully every other Sunday for volunteer work in the emergency room. She has just returned to spend her summer vacation with FNS, this time on the maternity ward.

Several of our nurses, nurse-midwives and family nurses will be leaving us in early June to try their capable hands at other endeavors. Our best wishes and grateful thanks go with Phyllis Long, Marilyn Prevatt, Clara Jefferis, Mary Malone, Margaret Lever, Margaret Morgan, Aleta Freeland, Linda Somers and many of the students. We hope to see you back again some day.

. . . . .

Wendover was the scene of another wedding in April when Laurie Johnston, a staff nurse at the Mary Breckinridge Hospital, was married to John Snead in a lovely outdoor ceremony. Some



fifty family members and friends were present for the wedding and the reception in the Big House.

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Linda Rice and Mary Kathryn Chappell spent two days in Kingsport, Tennessee, this spring, at the IBM offices, learning additional ways in which to utilize the Mag-Card typewriter which has proved so useful to pharmacy personnel.

. . . . .

As various areas in the Morton-Gill Quarters (the old Hospital) were completed, additional staff moved their offices from the new hospital and from Wendover. Charles Thornbury, Mary Combs, Alice Morgan, Ann Browning, Mary Rose Hoskins, Juanita Mitchell, Alta Browning, Donna Murphy and the Hyden District staff moved in as their offices were completed, to join the first occupants, Dr. Beasley and Linda Rice, and Nancy Williams and all of her files will be moving over shortly. The apartments on the second floor, and the bedrooms on the third, are also ready for occupancy.

The Leslie County Comprehensive Care Center (Mental Health) is now occupying a suite of offices on the third floor of the Mary Breckinridge Hospital.

. . . . .

Her many friends among the old couriers and old staff will be interested to know that Nancy Dammann has opened a bookshop in Hyden. We venture to predict that Nancy's Nook, the shop with the red door in the center of Hyden, will be a successful and popular addition to the community.

. . . . .

For many years Mrs. Ilene Angel has been secretary to our Treasurer, Mr. Homer L. Drew, in Lexington where she devoted much time and energy to FNS affairs. Ilene resigned her position in April to move to Texas. We shall miss our association with her and wish her the best of luck in the future.

. . . . .

The couriers who have been with us in the late spring seem to have spent much of their time "on the road" during their two months at Wendover, adding calls at the new Oneida Center to the twice-weekly "rounds" of the outposts, transporting patients and guests. We thank Anne Sebestyen, Weston, Massachusetts, Louisa Ann Hackett, Washington, D.C., and Margaret Batson of Snyder, New York, and the Duke University School of Nursing, for their competent and cheerful help.

. . . . .

The FNS Board of Governors held its spring meeting at Hyden and Wendover in early April, with nineteen of the twenty-one members present. The Board accepted, with much regret, the resignation of Mrs. J. Gibson McIlvain II and elected, to fill vacancies, Mr. Joseph C. Donnelly of Medfield, Massachusetts, Mr. Edward A. Mattingly of Hyden, Kentucky, and Mr. Wade Mountz of Louisville, Kentucky. The Board will meet again in the mountains in the autumn of this year.

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We are always pleased to entertain members of our hard working city committees at Wendover so we were delighted when the Chairman of the Philadelphia Committee, Mrs. Robert Gawthrop, and Mrs. Ernest R. von Starck could come to spend a night with us in May. Our new Board member, Mr. Joseph C. Donnelly, spent a crowded twenty-four hours in the mountains before attending his first Board meeting. Mrs. Mildred Strickler of Berea, who is designing two banners which will be presented to Washington Cathedral in memory of Mrs. Breckinridge, brought The Rev. Canon Jeffrey Cave of the Cathedral staff and her son, Howard, a medical student at the University of Louisville, for a brief visit to FNS. We were surprised and delighted to have a visit from old staff members Jane Furnas and Peggie Foster and from Carolyn Coleman who came down with three friends from the Chicago VNA. Old courier Martha (Nancy) Cross Bradberry of Sheridan, Montana, spent several days with us in April and it was fun to show her all the changes that had taken place since she was a junior courier in the thirties.

Our professional guests have included Dr. Roberta Rivera of the Institute of Scientific Research in Mexico, Mrs. Aina, a nurse-midwife from Nigeria, Dr. Abdullah Cholil from Indonesia, Drs. Gwen Gentile and Donald W. Helbig from the Department of Obstetrics at Kings County Hospital in Brooklyn, and nurse-midwife Betty Bear and two friends from the faculty at the University of Kentucky.

We are deeply grateful to the ear, nose and throat specialists from the University of Cincinnati who returned to Hyden this spring for another successful clinic.

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Many of our friends have seen, and enjoyed, the film about the FNS program entitled *CHERISH THE CHILDREN*. We have learned that there are fifteen copies in English and five in Spanish for free loan purposes. Anyone interested should contact Ms. Betty Lovell at 404-526-5847 or write the National Medical Audio-Visual Center Materials Utilization Branch of the National Public Health Library, Station K, Atlanta, Georgia 30324.

. . . . .

To All Nurse-Midwives: If any of you have old copies of the American College of Nurse-Midwives Bulletin, Joan Fenton would be most grateful if you would send them to her for the FSM & FN Library. Joan can be addressed at Wendover, Kentucky 41775.

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### TASTY DISH

Jack, the local character, had spent a long, happy night drinking. He invited a friend home for supper, and when they were seated round the table eating fish and chips the friend noticed Jack's black labrador watching him intensely. 'What's the matter with her?' he asked Jack. 'Oh, take no notice,' came the reply; 'you are eating off her plate.' —*Jennifer Porteous, South Humberside.*

—*The Countryman*, Spring 1976. Edited by Crispin Gill  
Burford, Oxfordshire, England.

### A CERTAIN CURE FOR CATARRH

Take half a pot of honey, fill the other half with cider vinegar; dissolve in a bowl of warm water and stir. Place in a bottle and add one honeypotful of boiled water to the mixture and shake up. Take one tablespoonful of the above mixture as a *gargle* (most important) and swallow. Can be taken three to five times a day. Will cure catarrh; dramatically reduce colds; remove the coughing up of phlegm, and help those who are public speaker and singers. Doctors are not interested in this cure because there is no money in the prescription, but after sixty years as a victim, I have been cured ten years. —*A Burford Correspondent*.

—*The Countryman*, Spring, 1976. Edited by Crispin Gill, Burford, Oxfordshire, England.

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### READERS' MOTORING TALES—143

One sunny August day we stopped opposite a passing place on the single-track road through Strath Oykell, on the borders of Sutherland and Ross-shire, to let a touring car go by. On the gravel of the passing place we had seen a broken fan-belt but, as we began to move on, it occurred to us that the fan-belt had changed its shape and position. We walked back to investigate and found an 18-in. adder sunning itself, the lovely scale pattern and dark-brown zig-zag strip down the back very clear, even at our respectful distance of 6 ft.—*Peter S. Leask*, Ross-shire

—*The Countryman*, Summer 1969. Edited by Crispin Gill Burford Oxfordshire, England.

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

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\*There is no national certification for family nurses at the present time but all those nurses and nurse-midwives whose names are preceded by \* have completed post-graduate education in family nursing.



## FORM OF BEQUEST

For the convenience of those who wish to remember the Frontier Nursing Service in their wills, this form of bequest is suggested:

"I hereby give, devise and bequeath the sum of ..... dollars (or property properly described) to the Frontier Nursing Service, a corporation organized under the laws of the State of Kentucky."

### HOW ENDOWMENT GIFTS MAY BE MADE

The following are some of the ways of making gifts to the Endowment Funds of the Frontier Nursing Service:

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or the principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

. . . .

The principal of the gifts will carry the donor's name unless other instructions are given. The income will be used for the work of the Service in the manner judged best by its Trustees.



## FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

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

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### DIRECTIONS FOR SHIPPING

We are constantly asked where to send gifts of layettes, toys, clothing, books, etc. These should always be addressed to the FRONTIER NURSING SERVICE and sent either by parcel post or United Parcel Service to Hyden, Leslie County, Kentucky 41749.

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Gifts of stock should be sent to

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Lexington, Kentucky 40507

Gifts of money should be made  
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*Photos by Gabrielle Beasley*

