

FNS

FRONTIER NURSING SERVICE
Volume 58 Number 4 Spring, 1983
QUARTERLY BULLETIN



Reaching into —



— the Community

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FRONTIER NURSING SERVICE QUARTERLY BULLETIN
US ISSN 0016-2116

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

Subscription Price \$5.00 a Year

Editor's Office, Wendover, Kentucky 41775

VOLUME 58

SPRING, 1983

NUMBER 4

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

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REACHING INTO THE COMMUNITY — CHC

This is the first in a series of articles on the FNS district clinics. It is expected that the articles will appear in every other issue.



Passing through the small community of Big Creek, in Kentucky's Clay County, one may or may not notice a white frame building set back a hundred yards from the main road, with the mountains of the Daniel Boone National Forest rising behind it. It looks like many another white frame house in this part of southeastern Kentucky — but it is much more than that. Where the driveway turns off the main road, there is a sign that reads "Community Health Clinic, FNS." And that is only the beginning of the story.

The Community Health Center at Big Creek is, in a strictly technical sense, one of four district clinics through which the Frontier Nursing Service provides health care throughout the area it serves. In that sense, CHC is orthodox enough. It sees about 24 patients a day. Sometimes there are as many as 35 or 40, and the peak load has been as high as 48. Like the other clinics, CHC provides primary health care, including counseling on health maintenance, and referrals to Mary Breckinridge Hospital for more specialized medical treatment or for nursing care at home.

But there is a special emphasis at CHC — an emphasis indicated by the first word in its name — "community." To a degree unusual even for the community-oriented clinics of FNS, there has grown up around CHC a network of close and cooperative community relationships that make it possible, on the one hand,

for the community to take over health-related projects CHC could not manage on its own and, on the other, for CHC to reach into the community to discover its needs and to initiate programs to meet them.

CHC Project Director Susan Hull and her staff are dedicated to the FNS belief that good health is a natural outgrowth of "general well-being" in the community as a whole, and they feel that that sense of well-being needs to be nourished by providing help beyond those services covered by medical directives.

The approach is at once a reaffirmation of the beliefs of Mary Breckinridge, who created the FNS concepts of rural health care, and a reinterpretation of those principles for contemporary rural society. In essence, it is a conviction that "everything is connected to everything else" — that those who wish to guide, to help, or to heal must deal with the whole organism, not just the individual parts. It is a view that underlies the teachings of ecologists, and of those who practice a "holistic" approach to medical care. This is a very modern point of view, and yet it derives from long-established principles. Actually, the concept is embodied in the much-quoted "object" of the Frontier Nursing Service: "to provide expert social service," as well as "to ameliorate economic conditions inimical to health and growth," and, to that end, "to do any and all other things in any way incident to, or connected with these objects."

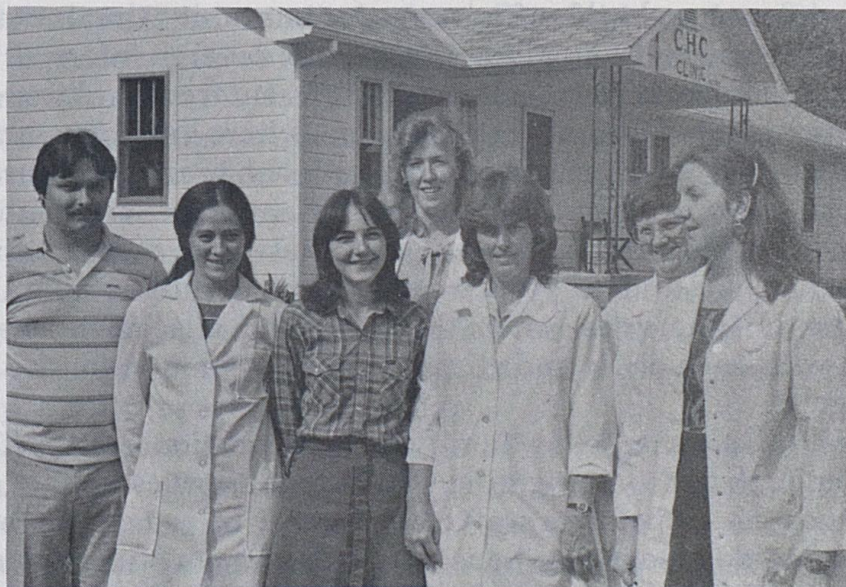
The FNS "object" also speaks of fulfilling its aims in the rural districts "with the help of their own leading citizens." CHC has made a special point of doing just that, and it has done it with great success. A "prime mover" at Big Creek has been the CHC Advisory Committee, a group of dedicated and hard-working members of the community. Its chairman is Al Marcum, who retired some years ago from a career in trucking and a tour of duty as traffic foreman for the State Highway Department in his district.

Mr. Marcum's devotion to the FNS cause, like that of many of his fellow committee members, precedes the establishment of CHC itself. In the years before CHC came into being, FNS operated clinics at Flat Creek, Bob Fork, Red Bird, and Brutus. Mr. Marcum had been on the committee at Red Bird. But in the course of time, FNS came to realize that it could better meet its commitments by consolidating these clinics into a new one. When word of

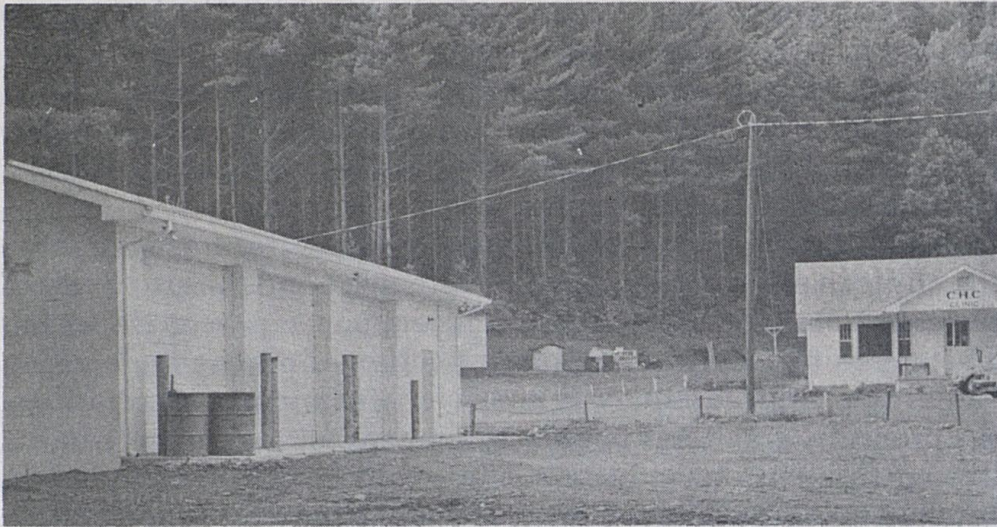
this decision reached the community, a number of its key people decided to form a committee to assist FNS in its plans. Dr. W.B. Rogers Beasley, then director of FNS, asked Mr. Marcum to start looking for a property suitable for a new clinic. Eventually, Mr. Marcum and his staff located the house that would be turned into the Community Health Center.

From the first, the CHC Advisory Committee has supported the clinic in many ways, varying with need and the creativity of the committee members. Much of its support has been financial. The committee holds box dinner auctions and conducts group "singings" to raise money. It has given its support for keeping up the property, and it has bought equipment for the center. Among its contributions have been a new examining table and a new copying machine. The committee bought a metal storage shed for tools, and it plans to blacktop the driveway. Committee members also seek out businesses and individuals in the community who are able to contribute. Mr. Marcum expressed his appreciation of the generous and continuing support that has come from local industry.

Al Marcum feels that the committee owes its success to its spirit of cooperation. "The main things that hold the committee together," he said, "are getting together and studying each



The CHC staff, left to right: Junior Roberts, Alta Couch (a volunteer), Jean Hoskins, FSMFN student Julie Rice (behind), Susie Farmer, Sr. Joan Gripshover, and Project Director Susan Hall. Rose Rokis was unable to be present for the picture.



The new firehouse at Big Creek stands on FNS property close to the Community Health Center. Urgently needed in this wooded region where residential fires have repeatedly caused total destruction, it came into being a unique demonstration of community effort and cooperation. It went into service early this year.

other.” And, he added, “they are all one big family, working for the community.”

Although television and modern roads came to Big Creek some years ago, the community preserves a natural spirit of independence and self-sufficiency. A community that must sustain itself without outside help tends to develop internal “networks” of support. The result is very different from the “tree-like” structure of most formal organizations, where lines of communication branch out from a main stem and each branch may branch again, in order to reach the remotest elements of the organization. In a community like Big Creek, these networks seem to appear spontaneously, and they touch each other and interact like a kind of community nervous system through which all elements keep in touch with each other and stimulate them to action for the common good.

Sue Hull and her fellow family nurse practitioner, Rose Rokis, have enough to do in providing CHC’s basic service. In fact, they also need the support of a staff of five, which includes a secretary, a nurse’s aide, a part-time housekeeper, and a part-time volunteer secretary. Yet, through the networks, Sue and Rose can reach into parts of the community they otherwise could not touch, and they can, in a real sense, bring the community in to CHC.

One of these networks centers around Joy Center, which is run by the Red Bird Missionary Conference; it is directed by a young couple, Tom and Chris Denman. Like the other network systems, Joy Center is not a part of the FNS organization, but it provides CHC with opportunities for reaching the community. A year and a half ago, for example, Susan Hull started a series of aerobic dance classes at CHC. The program was popular and soon outgrew the space available at the clinic. Sue then asked the Denmans if the classes could be held at Joy Center, and classes are now given there three times a week. Joy Center has also become "home" to a series of CPR classes that Sue Hull started at CHC. At present, these classes are given once a year, using certified instructors from the larger center of Manchester, about fifteen miles away.

Susan Hull commented that one value of using Joy Center for activities such as these was that area residents felt free to participate even if they were not clients of CHC. Also, she said, these activities seem to promote the good name of FNS and make the community more aware of, and more appreciative of, its work. Sue also has plans to use Joy Center for a series of classes on preventive health subjects.

A second "network" is a group called the Community Awareness Project. This is made up of concerned citizens from Big Creek and from nearby Bob Fork, Elk Creek, and Flat Creek. The overseeing authority for this group is the United Methodist Church.

The CAP was formed in 1981. Its membership includes, according to its own statement, "ministers, teachers, health care providers, community developers and local citizenry who feel that needs and resources are best assessed through joint cooperation." Soon after its formation, the CAP focused on one of the serious problems confronting small mountain-based communities — the threat of fire. Big Creek lacked a fire department, and everyone felt it urgent to form one.

Fire is a particularly serious threat in a mountainous wooded area like Big Creek. Where no fire fighting resources are available, a fire that once gets started tends to be totally consuming. Local records showed that some twelve residential fires had occurred in the preceding year, and that each of them had resulted in total destruction. Unfortunately, most of these homes belonged to individuals who could not afford the high cost of insurance

premiums. Thus, the occurrence of a residential fire became a major disaster for those involved.

The CAP appointed a special committee, which concluded after due study that the best site for a new firehouse would be on land adjacent to CHC and owned by FNS. FNS was glad to cooperate, making the land available without charge as long as it was used by the Volunteer Fire Department as originally intended. Construction began last year, and the new firehouse went into service early in 1983. Sue Hull herself is a member of the fire department. Interestingly, the members of the fire department are completing CPR training set up through Joy Center — a practical demonstration of the value of these interacting networks.

The Community Awareness Project was initially the creation of Susan Hull. It now has its own organization and meets once a month. One of its recent projects has been the compilation and publication of a special directory of emergency telephone numbers. This listing includes hospitals, poison control centers, social services, churches, county extension offices, and childbirth services. In addition, it provides numbers to call in cases of child abuse or spouse abuse.

Talking to local leaders about the activities in which CHC has become involved, one hears many words like "fellowship," "well-being," and "community spirit." Hearing such words, one finds it increasingly difficult to keep track of who is involved in what. There is a pervading sense that "everyone's in it together." It seems to become increasingly irrelevant, for example, whether a new project was started by, or is being carried on by, CHC, or the Advisory Committee, or Joy Center, or the CAP, or some other group. It seems to be the community as a whole that identifies a need, and the result is that all the networks trigger each other to do something about it. There is, of course no end of needs. One local spokesman has recently pointed out significant health problems in the schools, ranging from poor health habits to lack of adequate food. Sue Hull is now working to get community backing for a program of health education in the schools.

If some of these many activities are not explicitly noted in the FNS statement of objectives, the general intent to provide them most certainly is. What CHC has done is to reexamine the purposes for which FNS was formed and to interpret them for application in the world of the 1980's. In so doing, it has not lost its

touch in its basic work. It serves the health needs of its community. In a time when home visits tend to be replaced by visits to a clinic or a hospital, CHC still strives to visit each prenatal home at least once. There still are home visits for reasons other than pregnancy. Some visits end up dealing with problems above and beyond the purely "medical" — Sue Hull spoke, for example, of a pregnant girl who was having "coping problems," and how she benefited from the friendly counseling of a visiting nurse.

With the decline in home visits has come an increase in the number of visits to the center by doctors from FNS. Yet, although Sue Hull said that "You don't get people to pay for wellness," CHC believes firmly in the FNS tradition that an essential part of health care is the teaching of preventive health measures. Sue thinks that it is easier to do this in the course of home visits, and that the decline in the number of such visits places a new burden on CHC. This, of course, is one of the instincts behind CHC's community outreach. If it can promote a sense of well-being in the community, and particularly if it can reach out through Joy Center, or the Community Awareness Project, or the Advisory Committee, or some other group, it can fulfill, more completely and in a contemporary way, the objectives that Mary Breckinridge defined more than half a century ago. In fact, says Susan Hull, "I really believe that this is what Mary Breckinridge had in mind in the first place."



CHC Advisory Committee members pause for a brief chat after a meeting. Left to right: Georgia Ledford, Glenna Davis, Joe Davis, Al Marcum and Carter Couch.

FNS SCHOOL GRADUATES 93rd CLASS

The Frontier School of Midwifery and Family Nursing, which for 43 years has held a unique and prestigious position of leadership in nursing education, graduated its most recent class — its 93rd — in ceremonies held at Wendover on April 30th. Eleven nurses received diplomas, bringing to 608 the number of nurses who have graduated from the Frontier School since its establishment in 1939.

One graduate was awarded the school's diploma in family nursing; ten received diplomas in family nurse-midwifery. At the time of enrollment, all eleven were already qualified as registered nurses. They came to FSMFN for the intensive special program that, as the school describes it, "is designed to prepare registered nurses to function as family nurse practitioners or family nurse-midwives in primary care agencies, with emphasis on rural health." The family nurse program requires 12 months of study and clinical work; the family nurse-midwifery program requires an additional four months.

The ceremonies began with an invocation by Sister Joan Gripshover, one of the graduates, after which Mildred Minix, of the graduating class, introduced the faculty and students. Sister Valerie Chaplain, District Coordinator for FNS, and Nina Sowiski, FSMFN instructor, followed with remarks of greeting and congratulations. Dean Ruth Coates Beeman then presented the diplomas.

A Diploma in Family Nursing was awarded to:

Sr. Joan Gripshover, of Erlanger, Kentucky, who came to FSMFN with a Diploma in Nursing from Good Samaritan Hospital, Cincinnati, and a Bachelor's Degree in Elected Studies from Thomas Moore College, Covington, Kentucky. Sister Joan plans to practice family nursing in a rural area.

Diplomas in Family Nurse-Midwifery were awarded to:

Ann M. Davis - Garvin, who was born in Denver, Colorado but is most recently from Albion, Michigan. Ann received



Dean Ruth Beeman presents diploma to Michele Heymann as other class members await their turns.

her BSN from the University of Colorado in 1970 and her MS in Parent-Child Nursing from the University of Michigan in 1980. Ann is considering looking for an internship and then returning to Michigan, where she hopes either to work in a midwifery service or to practice with a physician.

Anita Goldman, of New York City, who attended Misericordia School of Nursing and received her BS in Health Administration from the State University of New York in 1976. Anita says, "In July after boards I plan to join my husband, an OB/GYN, in a joint practice in Georgetown, Kentucky."

Jo Ellen Hager, of Spokane, Washington, who received her BSN from Southeastern Louisiana University in 1972 and her MS in Perinatal Nursing from Houston Baptist University in 1982. Jo Ellen says she is looking forward to teaching maternity care to undergraduate nursing students, and next year she would like to begin a midwifery practice.

Michele Heymann, from Stillwater, Oklahoma, who received an AA in Nursing from Riverside City College in January 1976 and a diploma in family nursing from FSMFN in 1982 (she returned this year for the trimester in family nurse-midwifery). Asked about her plans for the future, Michele said "I am currently investigating several pos-

sibilities in family nurse-midwifery, including an internship." She will also continue to work for her BSN through the New York State Regents External Degree Program.

Susan Howie, of Salmon, Idaho, who obtained her ADN from the College of Southern Idaho in 1974 and has done further work toward a BSN in the New York State Regents External Degree Program. Susan's plans include, "returning to my rural town and setting up a combined nurse-midwifery/family nursing practitioner practice, specializing in the 'entire' family and home deliveries, working in collaboration with the one hospital and 5 MD's in town."

Roberta Spaller Kline, of Safford, Arizona, who received an AS from Miami Dade Junior College in 1970 and an AAS from Eastern Arizona College in 1978. Roberta plans to return to a night supervisory position. She is looking forward to an internship or possibly to opening an alternative birth center with a local physician.

Mildred P. Minix, from Salyersville, Kentucky, who graduated from Prestonsburg Community College in 1975 and has an AD. Mildred says, "I am returning to Big Sandy Health Care, Magoffin Clinic, Salyersville, Ky. to practice as a family nurse midwife."

Leonette Orr, of Redlands, California, who received her AA in Nursing from San Bernadino Valley College in 1963. Leonette plans to return to California and is hoping to stay in the San Bernadino/Riverside/Redlands area because she is getting married in July.

Naomi Page, from Nashville, Tennessee, who obtained her diploma in nursing from Mid State Baptist Hospital (Nashville) in 1964 and her BS from Belmont College in 1968. Naomi said, "I plan to return to Nashville after graduation. I will be working at Baptist Hospital in Nashville."

Stephanie Schultz, of Moline, Illinois, who received her diploma from Lutheran Hospital School for Nurses, Moline,

in 1969 and from 1976 to 1981 was instructor and instructor coordinator for the Childbirth Education Association of Northwestern Illinois. Stephanie said of her goals, "I plan to return to Moline and hope to find a physician in the area to work with, doing antepartal, intrapartal and postpartal care and well woman gynecology. Because my children are still young, I may not work full time for a few years. I also hope to begin working on my BSN on a part-time basis."

After presenting the diplomas, Dean Beeman announced that scholarship awards were to be given to the graduating class. Two of the scholarships were for the highest combined clinical and academic grades. The first-place grant in this category was awarded to Stephanie Schultz, while the second-place award was given to Anita Goldman. A second category honored graduates who had shown the greatest improvement in combined clinical and academic grades in the final trimester of the course. The first- and second-place awards in this category went to Ann Davis-Garvin and Susan Howie, respectively.

The presentations were attended by about 100 guests, who came from all parts of the country to be with the graduates. Before the presentations, brunch was served at the Big House.

The Frontier School was founded in 1939 by Mary Breckinridge, when World War II made it impossible to continue to recruit trained nurse-midwives from Great Britain or to send American nurses to England for training. The family nursing program was added in 1970. The combination of these two programs constituted a new and important development in nursing education. In the words of FSMFN, "The joining of the long-established nurse-midwifery program with the new family nurse practitioner program created a unique health care professional — the family nurse-midwife. . . . Although other programs may have both family nursing and nurse-midwifery in the same school, they are not built one upon the other and do not allow nurses to focus on both specialties. The School is also unique in that it is located in a rural area and most of the clinical experiences are in primary care facilities. Other programs may offer some experience in rural areas and/or primary care centers; but few, if any, are permanently based in both."



FNS STUDENT NURSES BRING HEALTH CARE TO PUBLIC SCHOOLS

At left, FNS student nurse Debra Buchanan examines an eighth - grade public school student

A thirteen-year old girl, holding a book in front of her right eye, struggles to read the letters on an eye chart. Gently, the nurse stops her and tells her that her vision is 20/40 — and then she goes on to explain what that means. The nurse adds that in a few years the girl will surely want to apply for a driver's license. She will need to pass the eye exam, so why not see an eye doctor now? The youngster, reassured by the nurse's friendly manner, readily agrees to take the nurse's written recommendation to her parents.

The exchange is familiar enough, but the way it has come about is a bit out of the ordinary. The scene is the gymnasium of a public school, but it is not a public school nurse who is conducting the examination. Instead, it is one of the students from the Frontier School of Midwifery and Family Nursing, who is getting clinical training in the schools of Leslie County. The fact that they are "students," of course, does not mean that they are inexperienced. They are all registered nurses with several years of practical experience. They are, however, learning from these contacts with adolescents some of the practical aspects of dealing with health problems in a rural community.

This screening program ended its third year this April, and for the third year in succession, it has been applauded by students,

school officials, and the FNS students and instructors. Because of its success, it is expected to continue into the future.

The program was started to meet a combination of needs. For several years, the Leslie County school system and the Frontier Nursing Service had discussed ways of using FNS family nurse practitioner students in the school health program, but it was not until January of 1981 that a satisfactory program was worked out. The present program was formally adopted at a meeting on January 13th of that year, which was attended by faculty of the Frontier School of Midwifery and Family Nursing and several members of the Leslie County Board of Education. Chief spokesman for Leslie County was Coach Floyd Hines, who took on the main burden of getting the program implemented in the schools, and has carried it on effectively ever since.

Kentucky state law requires that every student who enters the school system get a physical examination. However, when students come in at an early age, there may be a long interval between the first and subsequent check-ups. School authorities wanted FNS to give screening examinations to detect problems that could have arisen in those long intervals. At the same time, FNS felt that it needed a new way to give practical clinical experience to the students in the family nursing program. Thus, the proposed plan seemed a logical solution to two significant problems. Much, however, depended on just how the program was carried out.

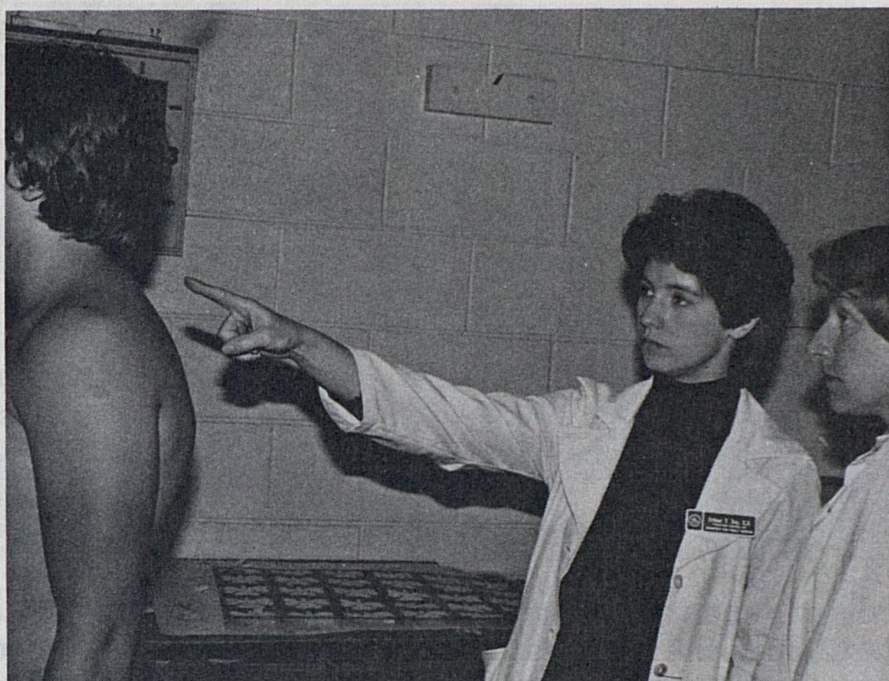
One of the first considerations was to select the right age group. Eventually, it was agreed that the students in the eighth grade would make ideal subjects. In the first place, these students had gone a rather long time without check-ups. Moreover, this is an age group that is undergoing many changes, both physical and psychosocial. It is a time of onsetting puberty, of rapid physical growth, and of many questions that agonize teen-agers as they begin to realize that they are going to be adults.

Another consideration was social and psychological. The eighth grade is the top grade in the Leslie County elementary school system. Arlene Day, the FNS family nurse instructor who coordinated the program this year, gave some of the reasons she felt it was "the perfect group" for screening: As the senior grade in their schools, eighth graders have a certain social status. If there were a higher grade in the same school, they might have to take

some kidding from upperclassmen — for young minds can easily imagine there is a stigma in being picked out for screening. But not only did they escape that problem, they ended up setting an example to the lower grades that made the younger students readier to be screened when their time came. Arlene, who as a native of Leslie County is intimately familiar with its customs and points of view, is quite certain that if the examinations were deferred until the following year, when all the students would be high school freshman, they would be much less successful.

The examination procedure itself sets no earth-shaking precedents. It consists of standard checks of eyes, ears, nose, throat, teeth, blood pressure and pulse, thyroid, spinal development, heart, and lungs, and standard measurements of height and weight. However, the examination leads naturally, in most cases, to counseling sessions that the eighth-graders seem particularly to appreciate. When they come in for their exams, they bring a questionnaire on their health that they have completed beforehand. (No examination is given, incidentally, without parental approval.) The first step in the examination is a shorter questionnaire, in which the students are asked such questions as, "Are you satisfied with the way you are growing?" or "Are you satisfied with your weight?" or "Are you trying to lose weight?" (These are in addition to more specific questions about allergies, diet, dental care, and so on.)

As it turns out, the eighth-graders are very much concerned with some of these questions. Also, they are concerned with the last item on the questionnaire, which asks if they wish to discuss such matters as emotions, getting along with friends, smoking, work, school, and how to cope with worries. Their answers to these questions often lead to friendly and relaxed discussions with the nurse. Arlene Day says that the students keep asking if they are "OK" — if their health, their height and weight, their rate of growth are normal. The nurses soon realized that these teen-agers are unexpectedly well-informed in certain issues of safety. They know they should wear seat belts in their cars; they know the principles of gun safety (since guns remain a significant part of the culture); and, because many of them have had experience in fishing, they know a lot about boat safety. The nurses find they can build on what the students already know to improve their knowledge of safety and preventive health care, and in the



Arlene Day, FNS family nurse instructor, makes a technical point to student nurse Debra Buchanan while examining an elementary school student.

process they find they can do a great deal to assure young minds that they are quite normal and well-adjusted. Arlene feels that this has turned out to be one of the most valuable benefits to come from the screening program.

After three years, there is no doubt that the program is effective. As a rule, it does not reveal any unexpected major health problems, since these tend to surface in any case. However, it does point out many problems with eyesight, dental health, and spinal curvature. This year, 223 students were examined, and five of these were found to have functional scoliosis, while seven more were referred to their doctors for further investigation. Findings were "normal" in 98 of the 223 cases (44%), dental problems appeared in 60, and conditions of overweight were diagnosed in 56. These figures tend to parallel the findings in previous years, although a detailed statistical analysis has not been done. There are no figures, of course, for the emotional benefits obtained from counseling.

Interestingly, the enthusiasm of the schools for the program was not limited to teachers, students, and parents. Arlene pointed out that even the cooks and maintenance men had been "solicit-

ous" — the cooks in seeing that the nurses had coffee and lunch, the maintenance men in taking pains to set up the examination spaces so that they were comfortable and private.

On the FNS side, the participating nurses have had the opportunity to participate in a practical way in community relations, and to learn through direct contact about the findings normally to be expected in screening a group from the general public. They confirmed, incidentally, an observation that has been made in other circumstances — that family ties in the FNS area are unusually strong. The eighth-graders were found to feel remarkably close to their parents. Some of the FNS students expressed "amazement" at the good relationships these children had with their parents.

The program is conducted during the first trimester of the Frontier School program, which is normally scheduled for the months of January through April. Because of snow problems in Leslie County, the two-month screening program is scheduled as late in the trimester as practical. Generally, it is conducted between mid-February and mid-April. Seven schools are visited, with eighth-grade class sizes ranging this year from 23 to 77 — the average is about 40, and about four-fifths of these are actually examined. Arlene Day says that a typical team, which usually consists of an FNS nurse and two of the FNS students, will screen about 10-12 students in one day. This gives time for the counseling sessions that have turned out to be so important to the students.

The records that are generated by these examinations are shared, as appropriate, by the schools and by FNS, so that there is a basis for continuing health care for each student. FNS and the schools respect each other's privacy in this regard.

Each year there has been a summary of the program operation. The opinions of those involved have consistently recommended that the program be continued and, if possible, enhanced. Floyd Hines, who has worked diligently in the schools to get the cooperation of the teachers (who must allow their students to take time off from class), and to obtain parental consent for each student, described the program as "a real good cooperative effort." He added that it had greatly improved the good relations between the community and FNS. There is no doubt that it has been a very substantial success.



Kate Ireland, FNS National Chairman, receives the keys of a new Ford Bronco II from Lincoln Brown, son of Governor and Mrs. John Y. Brown of Kentucky. The Ford Motor Company recently donated the use of the Bronco II to FNS in recognition fo the contribution made by the Service to the people of Kentucky. Pictured with Kate and Lincoln are Mrs. Phyllis George Brown and Mr. Don Baker of the Ford Motor Company.



When Dr. Anne Wasson retired from the Frontier Nursing Service last April, one of her many tributes was a "Dr. Anne doll," which was presented to her at a reception at the Mary Breckinridge Hospital on April 11. Here she shows her amusement and delight in this special gift.

BEYOND THE MOUNTAINS

by Kate Ireland

It's been almost a decade since Helen Browne ("Brownie") visited Frontier Nursing Service friends in California, but now that many of our former couriers and ex-staff have moved to the west and we have found so many new persons interested in our work, Ron Hallman and I felt it was worth while to at least investigate how much interest there would be in organizing some future gatherings. We started our trip with a luncheon with Lisby and David Beresford, the dear friends and companions of Miss Margaret Gage. Their lovely home, left to them by Chela, looks out not only on the Pacific, but also on the mountains — what an inspiring spot! We telephoned many friends in the Los Angeles-Santa Barbara area and then flew down for a 24-hour visit with Board Member Claire Henriques and her mother, Mrs. Joseph Werner. Here we had cocktails with former courier Pogy Gay Thomas (1974), and chatted with others in the La Jolla area. Friday evening, we flew up to San Francisco, and each of us made many phone calls in an effort to update our friends in that area on the Frontier Nursing Service and its work today. I had the pleasure of a wonderful luncheon with Jean Weaver (courier, 1944) and met other potential friends. Altogether we talked with over 150 people and plan to return again next spring.

In mid-April I visited my niece and former courier, Sally Humphrey (1967), in Sewickley, but it seemed strange to have Freddy Holdship, courier (1937) and member of our Board of Governors, away on vacation. Sally and Watts gave a delightful cocktail party for me with many of our Sewickley friends, and I had an opportunity to show them our slides of the nurse practitioners at work, and some of the courier duties. For the ensuing two days, Bets Jones drove me all around Sewickley to visit with many of the friends who were unable to attend the FNS gathering, such as Mrs. William A. Galbraith and Miss Margaret Holdship. Wednesday evening, Alfred Hunt gave me a magnificent dinner and an opportunity to talk about the FNS's work. It had been six years since we'd been to Pittsburgh, and what fun it was to catch up with former couriers such as our chairman, "Stevie" Stevenson Hackett ('30s), Molly Hays Off (1939), and Mary Ellen Hackett Church (1974)! One of our earliest supporters is Miss Helen

Clay Frick, and I had the pleasure of talking with Mr. Walter Cooley, the Secretary of her Foundation. Although I did not address the students at Sewickley Academy, Jim Cavalier, Head of the Senior School and father of courier Carolyn (summer 1982), gave me the opportunity to interview some potential couriers. It was wonderful to return to Pittsburgh, where the FNS has so many faithful friends.

The next week, Ron and I were off to Rochester, and with our crazy spring weather, we ended up by bringing seven inches of snow and held the meeting in a blizzard! We were the guests of Gertrude Chanler, mother of courier Felicity Chanler Young (1968) in Geneseo. Mrs. Chanler graciously transported us to and from our various engagements. The first evening, former courier Lisa Vilas Weismiller (1973) and her husband, Chip, who visited us soon after their marriage, gave us a lovely cocktail party. Goodies were brought by many of our friends, and Selby Brown Ehrlich (courier, 1951) timed her visit to Rochester in order to be with us and to bring her mother. It was fun catching up with Tilly Hunting (courier, 1961), and I was pleased to introduce Ron to Dr. Loretta Ford, who helped Trudy Isaacs during the summer of 1970, when we were creating the School for Family Nurse Practitioners. Dr. Ford is not only the Dean of Nursing at the University of Rochester, but she is also a director of the Security Trust Company, where Ron and I had a visit with Mr. Paul D. Siebert in conjunction with a trust of which we are the recipients. Back to the telephone on Thursday morning to reach our friends who were snowed in, and that evening we addressed the Rochester Chapter of the AOPi Sorority. One of the ladies present was former FNS Social Secretary Bobbie Hunt Bane, whose position used to be supported by the AOPi's during the '50s. We leafed through a scrapbook showing Brownie's presentation to the AOPi's in the early '70s. They loved seeing our slides, and Ron Hallman gave a most fascinating talk on our work.

My annual visit to Philadelphia always heralds the beginning of spring, and this year was no exception. At last, the weather was warm; the fruit trees, dogwoods, and tulips were in full bloom as I arrived to visit and share the FNS with our good friends and donors in the Philadelphia area. Genial Betsy and Bob Gawthrop gave me a lovely luncheon in their West Chester home. The Philadelphia Committee tried a new idea this year, and I felt it was a

tremendous success! They had a cocktail and dinner party at the Radnor Hunt Club on a Sunday evening, and our entertainment was some wonderful and enthusiastic singing by the famous Philadelphia Orpheus Club. One of the leading basses is Betsy and Bob's son, Judge Robert Gawthrop, Jr. What an enjoyable evening! — and I just hope I was able to carry the FNS message to many new friends.

The first Saturday in May found our Director, Dave Hatfield, his wife, Sharon, and Ron in Washington, D.C., at the lovely home of our Honorary National Chairman, Mrs. Jefferson Patterson, for the Washington Committee's annual Derby Day Benefit. Over 300 people attended the gathering to enjoy such regional delicacies as Kentucky ham and beaten biscuits, Trappist cheese, Bourbon candies, mint juleps, and, of course, to learn more about the Frontier Nursing Service. Washington Chairman Ruth Newell and husband Hal hosted a most enjoyable dinner the night before the benefit to introduce the Hatfields to the committee and to the Master of Ceremonies for Derby Day 1983, the Honorable Clarence J. Brown from Ohio. Long-time FNS friends Ralph and Anne Becker graciously provided a brunch in their home on the morning of the big race. Dave and Ron also had the pleasure of visiting with two special friends of FNS, Mrs. John C. Folger and Mrs. Forrest E. Mars III, to discuss our current activities in the mountains. My hat is off to all the Washington committee members for another job well done.

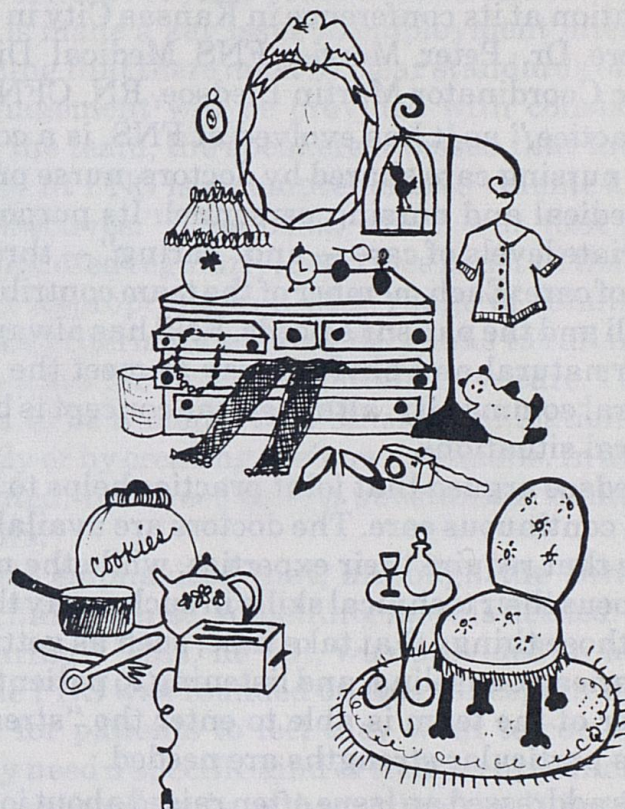
Finally, a special word of thanks to the Development Association of Appalachia of the Appalachian Regional Commission, which supported a fund raising effort for the FNS in Washington on Sunday, May 10. A Washington area singing group named The Capitol Steps performed for the Development Association, which in turn made a contribution to the FNS in appreciation of the entertainment.

FNS SPEAKERS DISCUSS CANCER CARE

Three representatives of the Frontier Nursing Service joined in a presentation entitled "A Demonstration in Cancer Care at the Rural Primary Care Level" on June 12 at the annual meeting of the American Rural Health Association at Lake Tahoe, California. The speakers were Susan Kanvik, MPH, Oncology Project Coordinator; Nancy Fishwick, MSN, FNP; and Dr. James P. Santacroce. They dealt with such issues as the role of the nurse practitioner in

prevention and early detection of cancer, patient education, managing oncology patients in a rural setting, and treatment by primary care providers.

BRIC-A-BRAC KNICKKNACKS CURIOS



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1579 THIRD AVENUE
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JOINT PRACTICE—CARE, CARING, AND TRUST

“Caring” and “trust” — these were the two dominant words in a recent report on the state of joint practice at the Frontier Nursing Service, given to members of the National Rural Primary Care Association at its conference in Kansas City in March. The speakers were Dr. Peter Morris, FNS Medical Director, and Hyden Clinic Coordinator Martin Bledsoe, RN, CFNP.

“Joint practice,” as it has evolved at FNS, is a continuum of medical and nursing care shared by doctors, nurse practitioners, and other medical and nursing personnel. Its purpose is to provide appropriate levels of care — and “caring” — throughout the entire range of care. Each member of the team contributes according to his skill and the patient’s needs. FNS has always seen joint practice as a natural and obvious way to meet the health care needs of a rural community, although the concept is by no means limited to rural situations.

Marty Bledsoe argued that joint practice helps to provide better and more continuous care. The doctors are available for those kinds of care that require their expertise, while the nurse practitioners can focus their technical skills in such a way that they can give time to those things that take time, such as getting detailed medical histories, counseling, and listening to patients’ concerns. Each member of the team is able to enter the “stream of care” whenever his particular strengths are needed.

Dr. Morris addressed an issue often raised about joint practice: How does a team member know what the other team members are doing, and how well they are doing it? He noted in this respect that FNS has a special background. FNS began as, and continues to be, a nursing service, and it has set standards for excellence in nursing. Full-time support of doctors and the availability of hospital facilities came later. In this situation, there has always been a high degree of mutual respect and cooperation among nursing and medical personnel. Thus, questions on individual performance tend to be asked, and answered, in an environment of trust.

Dr. Morris said that the key to successful joint practice is in fact just that — trust. Trust arises naturally, he said, when all the individuals concerned are both competent and caring, and when they all get to know each other and to appreciate each other’s

abilities. At a strictly clinical level, he added, individual performance can always be evaluated by means of chart audits. Trust at a practical level, however, develops naturally in the course of day-to-day personal contact. Dr. Morris stressed that a sincere belief in the concept of joint practice is so central to the work of FNS that it is made a key issue in employment interviews.

Recognizing that there must be clear standards of care, so that patient management will be provided with consistency by all members of the team, the speakers stressed that the underlying basis for care at FNS is a comprehensive volume known as the "Medical Directives." This book, which was first published in 1928 and is updated regularly, describes in detail the medical and nursing care appropriate in a wide range of conditions. It also deals with the criteria for making decisions to call in specialized personnel — a key factor in safe and effective care. The Directives have proved to be a model that other organizations have used, either directly or by creating their own versions. In any case, FNS has distributed, by direct sale, a substantial number of copies over the years.

Dr. Morris emphasized that, although the Directives cover "care" in a clinical sense, something more is needed: "care" in the sense of "caring." This, he felt, was provided in abundance at FNS because FNS was founded on this concept in the first place. He is eager for patients to feel they want to come to FNS, not because they need a specific kind of treatment (which can always be provided, either directly or through referral), but because they know they will be cared for.

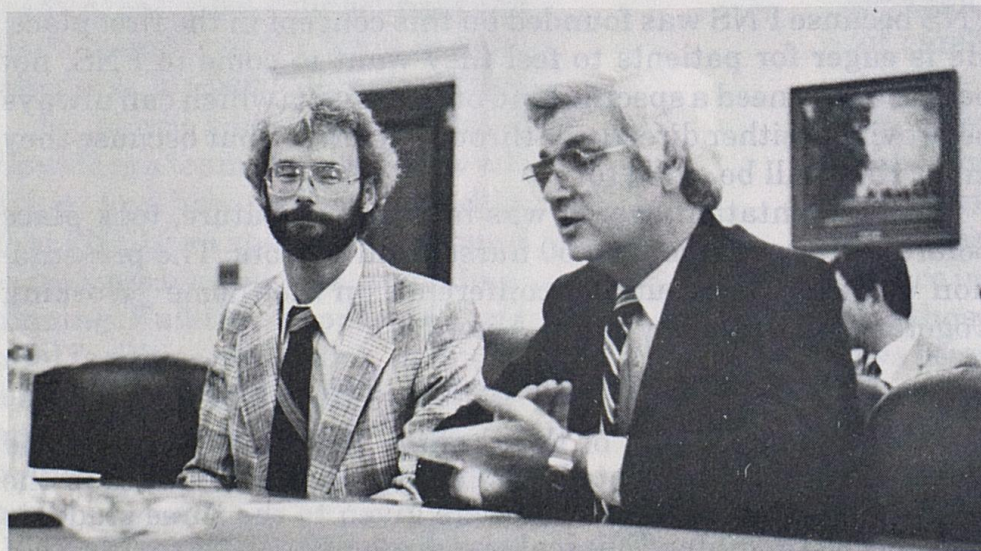
The presentation, which was informal in nature, took place before a group of about 40-50 nurses and doctors. The presentation was part of a four-day conference on the theme "Working Together for a Healthy Rural America."

NURSING STUDENTS RECEIVE AWARDS

Ruth Beeman, Dean of the Frontier School of Nursing and Nurse-Midwifery, presented scholarships to three nurses in the school's program. The awards were given to the three students with the best combined clinical and academic grades for the FN-I segment of the program. First-, second-, and third-place scholarships went to Debra Buchanan, of Crow Agency, Montana; Andrea Aldrovandi, of Cataumet, Massachusetts; and Elizabeth Newton, of Huntington, West Virginia, respectively.



The week of May 8-14 was proclaimed Hospital Week in Hyden, as part of National Hospital Week, which has been observed annually since 1953. Mayor Perle Estridge of Hyden is shown presenting his proclamation to FNS Director David M. Hatfield.



Dr. Peter J. Morris, Medical Director of the Frontier Nursing Service, testified on May 10 before the House Subcommittee on Labor, Health and Human Services, and Education Appropriations on certain issues in pending legislation. Here he is shown with Kentucky Congressman Harold Rogers.

MEMORIAL GIFTS

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

- Mrs. Carolyn Cooper Clark**
Mr. William Reeve Clark
- Mrs. Myrtle Rigby**
Mr. Frank Bean
Mr. Hargis Ison
Dr. Abby Lindsey Marlatt
Mr. Franklin H. Mitchell
Mrs. Rebecca H. Richie
Mrs. Louise P. Sprague
Mrs. Gilbert T. Webster
Mr. Ralph Flynn
- Mr. Frank Anderson**
Mr. and Mrs. Herbert W. Bell
- Mr. Mitchell R. Guthrie**
Mrs. Kathryn W. Guthrie
Mr. Mitchell W. Guthrie
Ann G. Marjenoff
- Mrs. John Wolcott**
Mr. and Mrs. Eric Johnson
- Mary Howard Bruce Parr**
Mrs. Donald M. Culver
- Mrs. Breckinridge A. Day**
Mrs. William A. Enemark
- Miss Peggy G. Elmore**
Mrs. Duane R. McCurdy
Mrs. Albert T. Ernst
Mr. and Mrs. Dwight E. Heffelbower
- Dr. Cornelia B. Walker**
Miss E. Dorothy Booraem
- Marion Wilson**
Mrs. Alanson W. Willcox
- Mrs. William R. Scott, Sr.**
Mr. William R. Scott, Jr.
- Miss Margaret MacLaren**
Mrs. Warren Bjorklund
- Mrs. Edward Harris**
Mrs. David H. Atwater
- Mr. and Mrs. Miles McMillin**
Mr. and Mrs. William A. Rockefeller
- Mr. Godfrey Rockefeller**
Mr. and Mrs. William A. Rockefeller
- Mary Dow Novotney**
Mr. and Mrs. Larry N. Dow
- Mrs. Eugene H. Kipp**
Miss Katharine W. Walker
- Mr. Edward S. Dabney**
Mr. Paul G. Blazer, Jr.
Mr. and Mrs. Eugene F. Hogenauer
- Mr. J.E. Elmore**
Mr. and Mrs. Dwight E. Heffelbower
- Miss Glenda Sue Swartz**
Mr. Frank E. Rhodes
Ruth B. Hartman
Walter E. Hartman
- Mr. Robert S. Walker**
Dr. and Mrs. James B. Holloway, Jr.
- Nannie Napier Dixon**
Venita C. Smith
- Constance Getz**
Mr. and Mrs. Oscar Getz
- Corabelle Rice**
Mrs. Arch L. Riddick
- Mr. L.B. Brashear**
Mr. and Mrs. W.F. Brashear
Hyden Citizens Bank
- Miss Margaret M. Gage**
Miss Agnes Lewis
The Beasley Family
- Verna M. Potter**
Miss E. Binney Hare
Anne A. Wasson, M.D.
Miss Agnes Lewis
Miss Anne Cundle
Miss Helen E. Browne
Mrs. Alice E. Whitman
Mrs. Harold Williams
The Beasley Family
- Catherine R. Massey**
Mr. and Mrs. G. Albert Shoemaker
Mr. and Mrs. B.A. Trimble, Jr.
St. Clair Country Club
Board of Governors
Women's Golf Association,
St. Clair Country Club
Mr. and Mrs. John N. Mager
Mrs. B.C. Benson
Mr. and Mrs. H.L. Lanier, Jr.
Mrs. Walter Seibert
Ms. Nan L. Koerner
Mr. and Mrs. John K. Orndorff
Mrs. William M. Cowles

IN MEMORIAM

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

MISS CAROLINE PIKE
Bolivar, Missouri

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

MR. KENT S. CLOW, JR.
Lake Forest, Illinois
Father of courier Katherine Clow (Mrs. Kenneth M.) Opat

MR. AND MRS. FREDERICK V. GEIER
Cincinnati, Ohio
Cincinnati Committee members

CONSTANCE GETZ
Chicago, Illinois
Courier, '50

MRS. JOSEPH W. JOHNSON
Lookout Mountain, Tennessee
Mother of courier Anna K. Johnson

MRS. MILES McMILLIN
Paul Smiths, New York
Courier, '43 (Elsie Rockefeller)

MRS. WILLIAM A. MORGAN
Washington, D.C.
Former Washington Committee member

MR. JOHN PERRIN
Coconut Grove, Florida
Father of trustee and former courier
Patricia Perrin (Mrs. Robert A.) Lawrence

MRS. VERNA M. POTTER
Port Richey, Florida
Former FNS staff member (see below)

MRS. CHARLES M. RICHARDSON
New York, New York
New York Committee member for many years

MRS. JOHN WOLCOTT
Moorestown, New Jersey
Former Philadelphia Committee member

A REMEMBRANCE: VERNA POTTER

Verna M. Potter, a much-loved member of the FNS staff from 1974 to 1979, died in Florida on March 19. Mrs. Potter came to FNS in June 1974 and for the next two years was Coordinator of District Records, working at Wendover. When Home Health Services operations were centralized in Hyden in June 1976, Mrs. Potter became Home Health Coordinator, remaining in that post through 1977. From 1978 to 1979, she was Coordinator of Wendover and Coordinator of Couriers and Volunteers. Late in 1979, she left FNS to take care of relatives. Mrs. Potter was buried in Wisconsin, her native state.

Death Be Not Proud

*Death be not proud, though some have called thee
Mighty and dreadful, for thou are not so;
For those whom thou think'st thou dost overthrow
Die not, poor Death, nor yet canst thou kill me.
From rest and sleep, which but thy pictures be,
Much pleasure, then from thee much more must flow;
And soonest our best men with thee do go,
Rest of their bones and soul's delivery.
Thou'rt slave to fate, chance, kings, and desperate men,
And dost with poison, war, and sickness dwell;
And poppy or charms can make us sleep as well
And better than thy stroke. Why swell'st thou then?
One short sleep past, we wake eternally,
And Death shall be no more; Death, thou shalt die.*

—John Donne

“SHORT-TIME COURIERS” ENJOY WORKING VACATIONS AT WENDOVER

Eleven students from Georgetown University came to Wendover in March to spend a busy week painting, pulling weeds, washing windows, and doing other useful work, all the while immersing themselves in the culture of Appalachia. They came as part of a special program that the university calls “Spring Break in Appalachia.”

This program has been in operation since 1974. According to Katherine M. Reynolds, of Georgetown, “the primary purpose of the Spring Break in Appalachia program is to introduce among Georgetown University students the cultural and social values of the people in Appalachia in the form of work/learn projects during spring break.” She added, “We seek both to put in hard work for the needy of the area and also to gain an appreciation of the culture and problems of Appalachia.”

A few weeks prior to this visit, two students from Saint Mary’s Student Chapel, a campus ministry group at the University of Michigan, had spent a week at Wendover in a very similar program. These two working visits were only the last in a series which began in the seventies. While they are not formally a part of FNS’ courier program, they have become a valuable adjunct to it, providing both short-term assistance to FNS and learning experience for students.

One of the first groups to participate was known as the Afton-Nineveh group, since it came from towns of those names in upper New York State. Groups from that area, which came to Wendover each year for several years in the late seventies, included high school students, college students and others from their communities. Ages in these groups ranged from 16 to 70. Among the tasks they performed were making curtains and treating the logs in the Big House with linseed oil, in addition to working on the grounds.

The Georgetown group were mostly undergraduates, although two of the students were in their first year of medical school. The two Michigan students were sophomores. These two groups performed a variety of chores. They cleared weeds around the Big House, and between the Garden House and the road. They painted the bathroom at the Upper Shelf. One day, they washed all 117 windows at Wendover. They did a housecleaning job at the

Beech Fork clinic. Also they painted one of the courier bedrooms and cleaned out the Lower Shelf.

In non-working hours, they toured Wendover and the Mary Breckinridge Hospital. Dr. Tim Carey spoke to them on the black lung problem, and the students got to see at least the outside of one of the coal mines. Betty Lester told them the history of the Frontier Nursing Service, and they were shown Mrs. Marvin Patterson's celebrated silent film, "The Forgotten Frontier." There was also a tour of Pine Mountain Settlement School, and there was a performance of local music at Wendover. Indoctrination also included, for some of the visitors, a rubbing acquaintance with the local form of poison ivy — which in the high spirits of their visit they didn't seem to mind too much.

Danna Larson, Coordinator of Couriers at Wendover, feels that these visits are most worth while, and she would welcome other similar groups. She thinks Wendover could accommodate three or four such groups a year, mainly in spring and fall, when there are fewer couriers competing for housing and dining facilities. She spoke of the differences between this short-term program and the regular courier program, which from the first days of the Frontier Nursing Service has been one of its most significant programs:

Whereas regular couriers come to FNS for an average stay of about eight weeks, the short-term visitors are here only for a week. Couriers pay a one-time fee of \$100 and thereafter receive room and board as long as they stay — which, in some cases, may be from several months to a year. The short-term visitors are charged \$10 a day (winter 1982 rates) for room and board. Couriers have a more wide-ranging schedule of work. In addition to work of the kind performed by the short-termers, couriers make the rounds of the clinics to deliver mail and supplies, drive visitors to or from the Blue Grass Airport in Lexington, perform clerical work, and, in some cases, assist medical and nursing staff in those aspects of care they are prepared to handle.

This year's visitors, like those in other years, spoke with enthusiasm of their experience at Wendover. They had a sense of accomplishment in having done useful work for others, and they had found the cultural and social contacts rewarding. Many of them said they hoped to return for another "vacation" (which they felt it was) at Wendover.

FIELD NOTES

February and March treated us to so many mild 70 and 80 degree days that April's "Red Bud Winter" was especially hard to take. Sadly, the azaleas were lost — still, the fruit trees survived. May brought rain and more rain, and, seemingly overnight, the trees burst forth and covered the hills with that vibrant, fresh green so special to spring.

Traditionally, March is "spruce-up" time, and, thanks to Danna Larson and eleven student volunteers from Georgetown University, the Wendover grounds were cleared of winter's refuse and truly beautified. During their week-long stay, this industrious group also helped with projects at the clinics and the hospital. Wendover enjoyed a number of vacation and family-type visits from old and new friends: Mrs. Peter Ketchen and son Breck; Mrs. Irene Dunham, a friend refound (Irene heard Mrs. Breckinridge speak in 1930); Lela Love, on a first return visit since her courier days in 1969; Juan and Nora Cameron and children, Washington Committee members; and Dr. and Mrs. Norcross, Tia Moir's sister, Boston Committee. Historian Cynthia Reed paid us a working visit. She is developing a film strip for The Kentucky Historical Society, centered around the restoration of the Big House.

April too was busy from start to finish. Wendover hosted the Board of Governors' meeting which, much to everyone's delight, coincided with a visit from Miss Agnes Lewis. Eddie J. and Cloma Moore opened their home to the Board for a very special evening honoring Dr. Anne Wasson. On behalf of the Board, National Chairman Kate Ireland presented Dr. Anne with a beautiful, cathedral-style Kentucky quilt. April was filled with many such gatherings, where so many tried to express the love, admiration, and gratitude felt for this very special woman. Each FNS department and clinic provided its personally designed square, which, when joined, became an "FNS Family" remembrance quilt. I have this vision of Dr. Anne, cozy under her Kentucky quilts during the long, cold, New Hampshire winters, warmed by her fond memories of us and the love those quilts carry with them.

Mid-April at Wendover, Marilyn Kieffer, C.N.M., led a three-day marathon (9 A.M. to 9 P.M.) educational seminar focusing on the professional aspects of nurse-midwifery. Dean Ruth Beeman believes "learning should be fun," and she certainly demonstrated that to the large group of FNSers in attendance. The event was received with excitement, high praise, and shouts for more. We saw April out with three major events: The McDowell Cancer Network dinner honoring its new director, Dr. Friedell; our own student graduation, with music provided by couriers Sylvia Platt and Julie Triedman, nurses Carolyn White and Mary Beth Gilbert, and Dr. Hartley Alsgaard, with brunch for over 100 family

and friends served up by a heroic Cassie Mosley; and finally, a luncheon meeting for area faculty of the National Organization of Nurse Practitioners, hosted by Arlene Day, with Betty Lester and Molly Lee on hand to share their FNS experiences.

May carried on in the busy spirit of April. Barbara Post paid us a visit and regaled us with stories of her recent trip abroad. Barb is looking for summer work and plans to teach and/or attend school in the fall. Miss Yashico Baba, a midwife from Japan, came to observe the FNS model of health care delivery and, like most such visitors, left impressed with her experience. May's special events included an evening meeting of the Kentucky Nurses Association, hosted by Mary Weaver; an overnight Open House with Mrs. Edward Arpee, Mrs. John Gaines, Miss Marylynn Hassinger, Mr. and Mrs. Joseph Carter, and Dr. and Mrs. Charles Hagyard in attendance (they enjoyed a special dinner at Wendover and visits throughout the FNS facilities); and the fourth annual Old Timer's dinner (Wendover staff, past and present). The generosity of the Old Timer's group has made possible the furnishings for Mrs. Breckinridge's room and proper framing to preserve her diplomas. This year they have contributed toward the desperately needed repair, upholstering, and slip-covering of the furniture in the Big House living room. Seven students from the University of Kentucky's College of Allied Health Professionals served a four-week clerkship with FNS. Charles Coleman coordinated the numerous activities of this group, which included an overview of FNS services and the opportunity for each student to spend six clinic days with a health professional in his or her field. The group was housed at Haggin.

Our courier family this quarter included Liz Millikin and Kim Wariner, high school seniors from Pottersville, N.J.; Stephen Thomas, Jr., Princeton, N.J.; Molly Mason and Ernst Vanbergeijk, University of Michigan students here on a special work week project; Julie Triedman, anthropology major on leave from Yale University; Steven Augart, Arlington, Mass. high school senior doing his senior independent project; Sylvia Platt, New York City; Debbie Warner, Oberlin, Ohio, a senior nursing student; and Peter Schult, Washington, D.C. Peter has volunteered one year to work in computer systems for FNS. Also with us are Laura Strunk, Moorehead University student doing an internship in the FNS Lab, and Nancy Kupka, also doing her internship with us to complete her Master's in Public Health at the University of Illinois at Chicago.

We welcome eight new members to the FNS family and bid farewell to thirteen. Welcome Peggy Lewis, Respiratory Therapy Technician; Nancy Rice, Home Health Agency Aide; Hershel Roberts, Jr., Secretary, CHC; Nancy France, Purchasing Assistant; Connie Wooton, LPN; Craig Mor-

gan, Staff Accountant; Susan Hubbard, Secretary, Beech Fork; and Marie Maggard, LPN. Farewell and thank you to Dr. Anne Wasson, Mary Lee Fields, Bernadette Hart, Debbie Lovett, Heather Blandau, Lolitta Dunn, Jim Click, Helen Vanover, Agnes Johnson, Kim Maggard, Frances Click, Kathy Adams and Rita Vanover.

— Sharon Hatfield

TRUDY ISAACS RECOVERING

Dr. Gertrude (Trudy) Isaacs, who was Director of the Frontier School of Midwifery and Family Nursing in the seventies, is making an excellent recovery from two misfortunes. Last September she suffered a stroke that caused paralysis of the left side but left her with her speech unaffected and her mind fully alert. While convalescing, she had the further mischance of a fall that resulted in a compression fracture of her lower back.

She reports, however that not only is she improving steadily, but she is planning to come back to her home in Hyden in June. Messages to her can be sent in care of FNS.

ALUMNI NEWS

No, we did not forget the Alumni News. Rather, we are deferring in this issue to the *Alumni Newsletter*, which is going to press at the same time as the *Quarterly Bulletin*. The current issue of the *Newsletter* is being distributed to all alumni, and, since it will contain extensive news of activities and developments of interest to the alumni, we felt we should keep out of its way.

The *Alumni Newsletter* will be published twice each year, while the *Bulletin* will continue to appear quarterly. Future issues of the *Bulletin* will contain alumni news that is not in duplication of the *Newsletter*.

Although the current issue of the *Newsletter* will be sent to all alumni, future issues will be distributed primarily to the members of the Alumni Association. Those wishing further information on joining the Association should write either:

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

or

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

IN BRIEF

FNS Makes NIB List. The Frontier Nursing Service is proud to announce that we have recently become listed with the National Information Bureau in New York. The NIB is an agency which evaluates charitable organizations according to a set of published criteria and makes these evaluations available to the public. The address of the National Information Bureau is 419 Park Avenue, New York, New York 10016.

Medicaid Extended to Birth Services. The Kentucky Medicaid Program has added coverage, effective March 15, 1983, for services provided by alternative birth centers. Included are prenatal visits, delivery, a postpartum examination, and two postnatal visits. Regulations have also been published that would allow a nurse-midwife to bill Medicaid for services covered under the Kentucky Nurse Practice Act. The regulations should be in effect by July 1, 1983.

ANA Announces Conferences. The list of conferences to be held this fall by the American Nurses' Association includes (1) "Nursing Science: Today and Beyond," at the Sheraton Park Place Hotel in Minneapolis, September 22-24, (2) "Nursing Research and Policy Formation: The Case of Prospective Reimbursement," on September 26, immediately following the "Nursing Science" conference at the Sheraton Park Place Hotel in Minneapolis, (3) "The Business of Continuing Education," September 29 - October 2 at the Franklin Plaza Hotel, Philadelphia, and (4) "New Knowledge for Nursing Practice," November 3-6 at the Denver Marriott City Center, Denver. Information can be obtained by calling 800-821-5834 or by writing Marketing, American Nurses' Association, 2420 Pershing Road, Kansas City, Missouri 64108.

National Emergency Care Month. The month of September has been designated National Emergency Care Month. Its announced purpose is "to provide information to the general public on becoming skilled in emergency techniques, and to honor those who practice emergency medical skills." Information is available from Steven L. Arnold, M.D., Director, National Emergency Care Organization, 2080 Century Park E. #1206, Los Angeles, California 90067.

Molly Lee Nominated. Molly Lee, FNS senior nurse-midwife, who has been with FNS since 1955, was recently nominated by the nurse-midwives of the Frontier Nursing Service to be honored at the Kentucky Nurses Association's Nurse Recognition Day Dinner in Louisville. Molly was nominated in order to honor her many years of outstanding service to the people cared for by FNS, and her devotion to teaching the art and science of midwifery to students at the Frontier School of Midwifery and Family Nursing.

Critical Care Nursing Award. The American Association of Critical-Care Nurses has announced establishment of the Stanley Johnson Memorial Award for Creativity in Critical Care Nursing. The award will consist of a \$500 check and a plaque. The deadline for entry is October 1, 1983. Details may be obtained by writing to AACN, Stanley Johnson Memorial Award, One Civic Plaza, Newport Beach, California 92660

FNS Nurses Speak at Berea. Three nurses from the Frontier Nursing Service spoke at Berea College on March 10 as part of a program called "Women's History Week." Their part of the week-long program was unofficially entitled "Midwifery Then and Now." The speakers were Susan Baker, RN, CNM, Midwifery Coordinator; Molly Lee, RN, CNM, Senior Nurse-Midwife; and Deirdre Poe, RN, CFNP, CNM, Nurse Education Coordinator.

National Child Care Week is scheduled this year for the week of September 18-24. This annual observance was established in 1982 to recognize those who provide child care services to families and communities. Suggestions for activities can be obtained from Frankie A. Gibson, Executive Director, Child Care Association of Wichita/Sedgwick County, 155 South Hydraulic, Wichita, Kansas 67211.

FNS Medical Staff Donates MAST Trousers. The Medical Staff of the Frontier Nursing Service recently donated a pair of MAST trousers to the Leslie County Fire and Rescue Service. MAST trousers can save lives in providing auto-transfusion in cases of shock where medical transport time may be prolonged fifteen minutes or more.

"Chautauqua '83: Nursing — a Kaleidoscope of Caring," the eighth annual conference on continuing education of the Colorado Nurses' Association, will be held August 4-10 at the Westin Hotel in Vail, Colorado. Information can be obtained by writing Chautauqua '83, Colorado Nurses' Association, 5453 East Evans Place, Denver, Colorado 80222 (telephone 303-757-7483).

COURIER AND VOLUNTEER NEWS

Cyndi Grever, Summer '81, Columbus, Ohio — "I passed my state boards and have finally become a Real Nurse. Right after graduation in May I started work at the Ohio State University Hospital in the Surgical Intensive Care Unit. The job is fantastic and I look forward to work on most days. I have often thought back on Hyden and remembered the wonderful times I had there. I hope to re-visit the area soon. A special hello to all the August '81 couriers."

Betsy Frazier, Winter '80, Pepper Pike, Ohio — Betsy's mother, Mrs. Montgomery L. Frazier, writes: "Betsy is fine — working and

studying to get teacher's certificate in high school science. Made Olympic Development Team in cycling — will probably race in Texas in March — Coors again in Colorado July 4-17 — cross country skiing — living at home — planning to be married to Bob Youngman, a Ph.D. in solid state physics July 30th. He will be a senior research scientist with Sohio upon return from Oxford, England and a post-doctoral fellowship."

Whitney Pinger, Fall '82, Berkeley, California — "Things are going well for me. I got into Yale (midwifery school) for the fall, so that's a thrill to be sure! School is going fine — graduation in June. I'm working at the Women's Health Center and seeing two midwifery clients — both due in August."

Deb Trefts, Spring '82, Seattle, Washington — "I moved out here to Seattle in late September. It is a nice place, but sure is rainy. Have a view of the Cascades from my apartment, and a block away I can see the Cascades and the Olympics, spectacular sights. The University of Washington is an excellent school — especially for grad students. Taking a lot of environmental econ, marine sciences, calculus for econ and business, admin/business, organizational theory, more law, geography, statistics and ocean policy, so I can make responsible (versus emotional) marine resource management decisions if and when the time comes! Looking forward to the two dry months of summer and some hiking, sailing, and biking."

Phoebe Sussler, Winter '83, New London, Connecticut — "Started the class at Conn. College, hope it improves my writing. I'm looking for a job still; I tried a nursery school but have not heard."

Pat Filer, Summer '82, Brucetown Mills, West Virginia — "'Spot's a girl!' Alexandra Christine Filer — born March 14 at 11:04 AM — 8 lbs. 1 oz., 21" long. It was a long and complicated labor but she was delivered spontaneously by our midwife. She is absolutely beautiful — of course — even at 2 AM! We are all adjusting to our new roles and doing fine."

Bill Reist, Volunteer '79, Dayton, Ohio — "School is going reasonably well. I have been taking a lot of computer courses and may take some added accounting courses in the fall. This will probably push completion of the second B.S. into winter quarter, but will allow for the study of an additional language (computer). Hope the weather has not damaged your plants."

C.W. Hamilton, Summer '79, West Hartford, Connecticut — "Believe it or not, I moved again. I am now in a permanent position as a staff pathologist at St. Francis Hospital in Hartford. It is 700 beds and has a loose affiliation with Univ. of Conn. I have been here two months, and

although I am inundated with work, I am enjoying it. The horse, of course, came with me!"

Sara Brooks, Summer '68, San Francisco, California — "Though I am on vacation now my usual schedule is currently made up of working for/at the VNA of San Francisco and (very) part-time school in health psychology, as well as a couple of exciting community organizations. I think of you often."

Ann Patton, Spring '70, New York, New York — A letter from Ann's mother, Martha McLeod, reports: "Ann's time with the Frontier Nursing Service was a special part of her younger years (she is now thirty and lives and works in Manhattan) and one that we all treasure. Ann is being married in April, although she tells us now that she will keep the maiden name of Patton."

Gail Wilcox, Fall '64, Guilford, Connecticut — Gail's mother writes that "Gail is very well, very happy, and very involved. Right now she is working hard for a Guilford Battered Women's Center and is gradually training for work in counseling (transactional analysis). Gail is happily married to an orthopedic surgeon and has two fine young sons, 10 and 12—all very athletic—taking after their father, who is an Olympic ski team doctor."



A Frontier School nurse practices her suturing techniques on a fellow student. Both are registered nurses enrolled in the FSMFN program, which prepares students for certification as family nurse practitioners, and (for those who continue with the final trimester) as family nurse-midwives as well.

FNS ANNOUNCES 'NEED' CAMPAIGN

At the FNS Annual Meeting, held at the Appalachia Motel in Hyden on Saturday, June 11, 1983, the FNS National Chairman, Miss Kate Ireland, publicly announced the Nursing Education Enrichment Drive. The NEED campaign represents an effort by FNS to raise \$2.5 million by August of 1985 to support the operations of the Frontier School of Midwifery and Family Nursing. Since 1977, the Frontier School has been operating under a grant from the Department of Health and Human Services, Division of Nursing. The provisions of this grant stipulate, however, that the school must become self-supporting by 1985. At present, over \$1 million has been contributed or pledged by the FNS Board of Governors and associates.

Anyone interested in learning more about the NEED campaign should contact the Development Office, Wendover, Kentucky 41775.

STAFF OPPORTUNITIES

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

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

Couriers and Volunteers. This service has ongoing needs for health career students, gardeners, and carpenters, and occasionally for specialists in other areas. For current information, write Danna Larson, Coordinator of Couriers and Volunteers, Frontier Nursing Service, Wendover, Kentucky 41775 (phone 606-231-2317).

URGENT NEEDS

St. Christopher's, the picturesque stone chapel on the hill near the old hospital, is in need of repairs to keep it from deteriorating. We therefore are devoting this section of the *Quarterly Bulletin* to our chapel. Friends of FNS who share our love of this quiet little sanctuary are invited to send their contributions of \$5, \$10, \$25, \$50, or \$100 to help preserve it.

Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

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

C.F.N.P. indicates family nurse practitioners who have passed the national certifying examination

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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 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.

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

Gifts of stock should be sent to:
FRONTIER NURSING SERVICE
Mr. Homer L. Drew, Treasurer
First Security National Bank &
Trust Co.
One First Security Plaza
Lexington, Kentucky 40507

Gifts of money should be made payable to:
FRONTIER NURSING SERVICE
and sent to:
Office of the Director
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Wendover, Kentucky 41775

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FOR YOUR PARTICIPATION



The Frontier Nursing Service
Wendover, Kentucky 41775

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FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas in Kentucky and elsewhere, where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwifery training schools for graduate nurses; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service, to obtain medical, dental and surgical services for those who need them at a price they can afford to pay; to ameliorate economic conditions inimical to health and growth, and to conduct research toward that end; to do any and all other things in any way incident to, or connected with these objects, and, in pursuit of them, to cooperate with individuals and with organizations, whether private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

Articles of Incorporation of the
Frontier Nursing Service, Article III.