

# ENS

FRONTIER NURSING SERVICE

VOLUME 63

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QUARTERLY BULLETIN





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### COVER:

Julie Dawn Maggard in her special posture chair. (see article **Julie**, page 1)

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## Julie

“Julie chases Roger  
all around the house  
Julie will squeal  
if she finds a mouse”

Just about every weekday morning - if your errand happens to take you down the rear hall of the Mary Breckinridge Hospital and past the Physical Therapy Department - you are apt to hear a woman's voice singing nonsense verse to the tune of a familiar nursery rhyme. Her singing is accompanied by a delighted child's joyful laughter. Being possessed of a curious nature, I decided to check out these unusual sounds and besides, it was obvious that someone was having a very good time at 8:30 in the morning and this in itself deserved investigation.

I'm sure you've noticed that every once in a while - always when we least expect it - life presents us with an experience that changes us. I had one of those moments the day I opened the door, stepped into the Physical Therapy Department and met **Julie!**

Julie is a five year old enchantress who instantly captivates anyone within radius of her wonderfully inviting smiles. Really - its true - you have to see it to believe it. Now I'm one of the regular FNSers who have discovered that an early morning Julie smile is a great way to start the day.

Julie Dawn Maggard was born July 21, 1982 at the Mary Breckinridge Hospital. Julie has cerebral palsy, which means she has impaired muscular power and coordination. Since April, 1987 Julie has been working, almost every week day, with MBH Physical Therapist Evangeline Z. Goss. According to Mrs. Goss, when Julie first came to her she had many involuntary motions and was unable to control her head and neck movements. Also, Julie had some movements which Mrs. Goss describes as “unwanted movements”. For example, when Julie turned her head to one side, the arm on that side extended straight out from her body. Her legs flexed and extended at the same time, preventing any creeping or climbing movements not to mention the placing of one leg in front of the other to allow walking. Her elbows locked in extension and neither Julie nor anyone helping her could release or bend them. Julie could grasp an item, but then



could not release it. She could not roll over from her tummy to her back or from her back to her tummy. Julie was unable to sit unsupported, could not feed herself and had some difficulty swallowing. Although Julie is a very animated child and makes many sounds, she could not talk and was unable to let anyone know when she needed to be toileted.

It's been almost a year since Julie began therapy with Mrs. Goss and everyone agrees she has made excellent progress. Everyone also agrees that Julie's progress has, in great part, been due to the efforts of a dedicated team of caring people. Primary team members are Mrs. Goss, Julie's therapist; Mrs. Eva Maggard, her mother; Roger (age 15) and Danny Lyn (age 12), Julie's very special brothers; and, Julie herself. Each has made their own unique contribution to this special success story.



Physical Therapist Evangeline Goss teaches brothers Roger and Danny Lyn and her mom, Eva Maggard, how to assist Julie with her exercises.

Mrs. Goss ("Vangie") brings to her clients a very high level of skill that comes from both academic credentials and invaluable experience gained in over 35 years as a therapist. In addition, she brings something more . . . a little harder to define. Blessed with a high degree of imagination and creativity, Mrs. Goss often comes up with some very unique ways to help her patients "get" where she knows they need to "go".



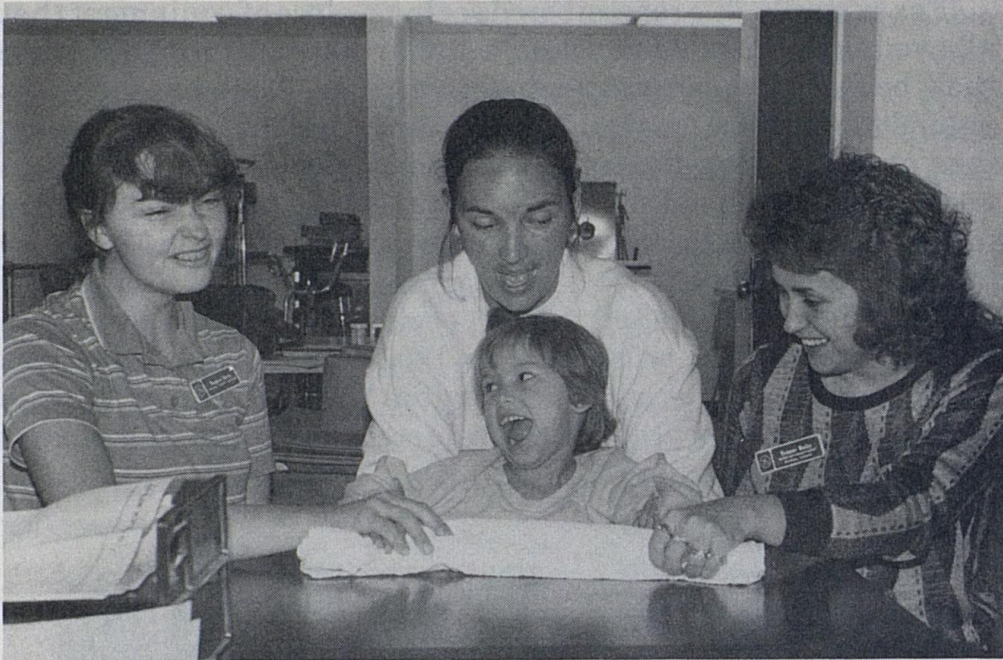
For example, she remembered seeing a piece of equipment that allowed the user to lie down on a trolley-like platform and place their bent legs on a bar attached to springs. As the user pushes against the springs, the trunk moves away and the legs straighten thus strengthening the legs in their capacity to both straighten and release and bend. Following Mrs. Goss's instructions, FNS maintenance men built an adult model and later, when Mrs. Goss felt Julie could benefit from one, the engineer father of a courier made Julie's "aeroplane" to her specifications. Julie thinks its great fun and can perform 135 to 180 push-aways - sometimes giggling as Mrs. Goss sings her original "poetry" and sometimes to music from the local country music station. Mrs. Goss is clearly the preferred entertainer.



Julie rides her "aeroplane" with a little help from mom and Mrs. Goss.

On my frequent visits to PT, I have observed Julie working at a variety of activities - all of which looked and sounded to me like a child at play, but Mrs. Goss would explain the purpose behind each exercise. "This is a pre-creeping exercise.", she would say, or "This is to prepare Julie for the sitting position." It became clear that each exercise was a stepping stone to a skill that would be needed next and one day Julie was ready to be held *sitting* on a pillow, in a chair, in front of a table. Julie's mom held her head in a position that permitted her elbows to bend, and two PT assistants





P.T. assistants Margaret Harris and Roxanne Mosley "play" the rolled-up towel game with Julie and her mom.

helped Julie to push and pull a rolled-up towel and then to move a rolled-up washcloth around in a circle. To Julie this was a great game, but to Mrs. Goss she was developing skills that she will need for feeding herself and eventually will lead to the use of a marker and then to writing skills.

Julie improved to the point where Mrs. Goss felt she was ready for a posture chair and long-leg braces. It took a very long time, but finally, through the efforts of Mrs. Goss and a number of concerned people in our organization and area, arrangements were made to provide Julie with the very special posture chair and the braces that would allow her to stand and learn to walk. It was truly a grand moment the day the beautiful, strawberry-pink posture chair arrived for the little girl who had worked so hard to sit up. An excited Julie beamed her joy as her chair was proudly displayed to her usual group of fans who, on that particular day, included her pediatrician and the hospital's administrator.

Wearing her properly fitted braces, Julie can now bear weight on her legs, stand and take a few steps with support. Now that she can lift and hold her head and has gained strength in her trunk and back, the ever forward looking Mrs. Goss plans to teach Julie

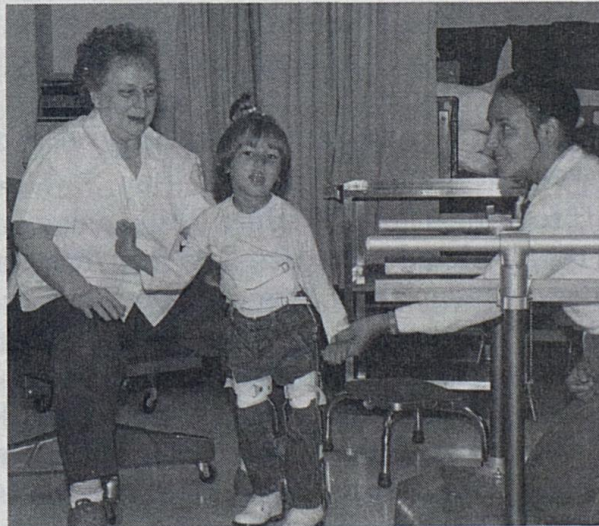


to feed herself in a standing position with weights on her wrists. The weights, say Mrs. Goss, will help Julie to become aware of where her arms are in space and thereby help her to gain more control over her movements.

New doors have now been opened to Julie. She has been accepted into Leslie County's special education program where her team of helpers has broadened to include her teachers and a speech therapist. Eva Maggard is encouraged by the speech therapist's recent report indicating that Julie has made considerable progress and pleased too when the teacher commented that she hoped Julie had learned as much from her as she has learned from Julie. There are many of us who echo the teacher's sentiments.

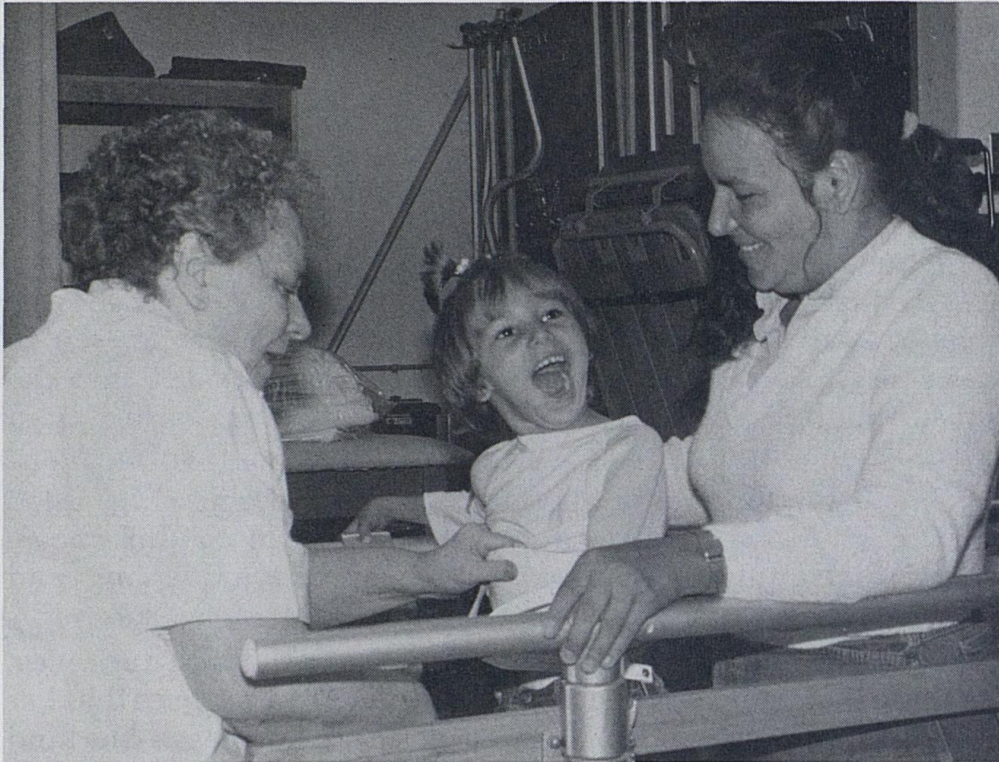
Unquestionably Julie Maggard is a remarkable child filled with determination, joy and a zest for life which is very infectious. This is a confident, outgoing child - secure and loving and obviously very much loved by a strong and supportive mother.

Eva Maggard looks calmly out at the world through dark eyes. Her gaze is steady and thoughtful, and though one senses that her life has known its pain, one feels her strength and peace - the kind of peace, I think, that must come when life has presented you with a very heavy load and you have discovered that you have the inner resources not just to cope, but to successfully handle the tasks that are yours.



A proud moment! Julie stands erect with the help of her new braces -and just a comforting hand from mom.





Learning to take those first steps brings out that famous Julie smile.

Eva is up early each day to get her sons, Roger and Danny Lyn, off to school. Then she and Julie breakfast, load Julie's braces and chair into the car and head for Mary Breckinridge Hospital for Julie's physical therapy appointment. Eva works right along with Mrs. Goss and Julie so that she and the boys can continue the work at home.

Then its off to Julie's special education class from after which Julie attends regular kindergarden. Eva feels it is very important for Julie to spend time with able-bodied youngsters. "They learn from each other", she says, "and that's good." It concerns Eva that many parents of handicapped children want to keep their youngsters hidden away. She hopes that she and Julie can help them to be more comfortable with their children. Eva works at the school as an instructional handicap aide. She assists the teachers and children and in between her duties does a lot of running back and forth to check on Julie. "Its a very tiring day", she says, and by three o'clock even the good natured Julie is sometimes cranky.



Once home there is supper to be made, the boys to be picked up after ball practice and often, after dinner, the whole family goes off to their church.

The days are full and rewarding - especially the joys that come with Julie's continuing progress. There are so many places to go and Julie is growing too big to be carried. She needs her wonderful chair and braces wherever she goes and her equipment is fast outgrowing Eva's small car. But Eva, Mrs. Goss and all of us hope that some way can be found to provide the Maggard family with a properly equipped van.

In the meantime, Julie continues to work and learn and while everyone else is applauding the progress, Evangeline Goss is planning the future. Next she will teach Julie to hold a spoon, cup, toothbrush and a cookie, and then a felt-tipped pen. "Just wait", she says, "You'll see. We'll teach her to form sounds into words, to call mother or brother . . . to sing."

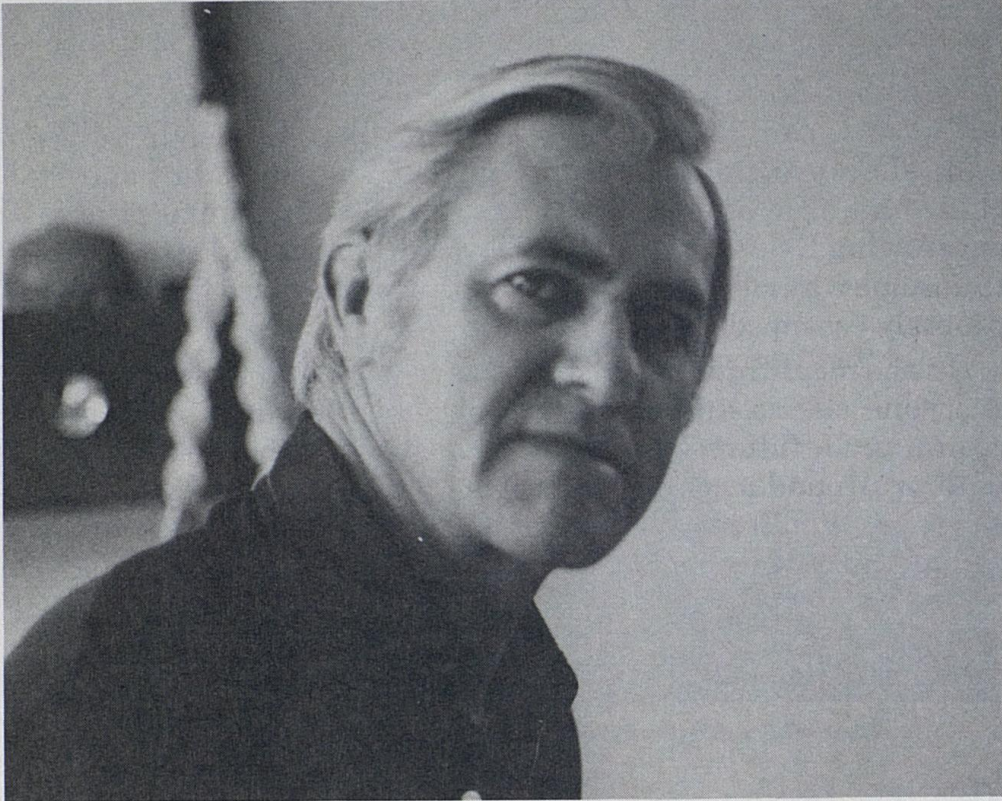
— *Sharon N. Hatfield*

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**Editors Note:** Just prior to press time, FNS President David M. Hatfield announced the creation of a special fund to allow Julie's family to purchase the specially-equipped van mentioned in this article. Because Julie continues to have an unpredictable startled reflex that involves her whole body, she needs to be transported in her posture chair. Mrs. Maggard cannot manage Julie safely along with her braces and chair in an ordinary automobile. She needs a small van with a fold-down ramp or lift so that Julie, securely fastened in her chair, can be rolled into and secured within the vehicle. The total cost of the van is \$15,000 and we are in hopes that we will be able to raise these funds through charitable contributions from our friends here in the mountains and beyond. Anyone interested in participating in this special effort may send their "Julie's Van" contribution to our Development Office, Wendover, KY 41775 where it will be gratefully received.



## JAMES MOSLEY REMEMBERS HIS HEART ATTACK



James Mosley was born January 2, 1928 . . . an FNS delivered baby. He is a Hyden businessman and active in affairs of his church and community. He was a member of the Leslie County Board of Education for eight years. James is a long time friend of the Frontier Nursing Service serving, over the years, as chairman of the FNS Advisory Committee and on the Board of Governors. From its inception, James has chaired the Mary Breckinridge Housing Board, and with that group has seen the HUD Housing Project for handicapped and elderly citizens through to completion. In addition to the Housing Board, James continues to serve FNS as a member of the Board of Governors. He and his wife Mary have three children.

On November 18, 1987, James Mosley suffered a major heart attack. Today, thankfully, James is back at work and active, once again, in community activities. In the following article, originally published in the Leslie County News, he describes his experience from the onset of the heart attack through his recovery period. We felt it was a story filled with strength, courage and spirit, and, with James' permission, we share it with you.

November 18, 1987 was decision day for me. I was planning to check with my old fishing buddy, Fred Pace, to see if he would go fishing with me the next day down on Buckhorn Lake . . . maybe to catch a big muskie. I was standing there talking to Dave Hat-



field when the phone rang. "Robert Wilson here." said the voice that answered. "How about some tennis?" He began explaining just how much better he was and just how bad he could beat me, mentioning scores of 6-0, 6-0. Well, that was just too much for me to take, so I told him that if he didn't chicken-out, to meet me about 3:00.

I went home, dressed out in sweat clothes and headed for the tennis courts at the Richard M. Nixon Sports Center.

I got there about three minutes before Rob showed up. We went through some more "bantering" and then started warming-up. The weather was nice and the temperature about 45 degrees.

The game started with Rob winning the right to first serve. I jumped on his serve and was doing real well . . . had Rob down 4-2. Rob was serving the seventh game and was ahead 30-love, when I had to walk off the court. I had been feeling a slight numbness in both arms and chest and suspected indigestion. I could feel a burp deep in my stomach and felt if I could get it up I would be o.k. Finally it came up, but the numbness didn't get better. I had had this feeling two or three months before but had fought through this hurt . . . you know, "play through pain." But this one wasn't going to be denied.

I gathered up my racket and water jug, telling Rob that I was feeling bad and had to go . . . not knowing at that time exactly where I was going. I got into my pick-up truck, never looked back, and started toward town or home. As I drove I kept getting worse and wondered about my situation. At 35 miles per hour, what would I do if I started passing out? I figured I'd slam on the brakes and put it in park, but I hung on, made a right turn onto Route 80, crossed the bridge and turned into the driveway at Hurts Creek shopping center, remembering that FNS has a new medical clinic there staffed with a heart specialist.

I spotted a good close parking space, but it was for the handicapped, so I turned left going about 150 feet to a space. I didn't want anyone to see my truck with Chevron emblems on the side parked in an unauthorized parking space. People will talk you know. I got out of my truck and, by this time, I was almost gone. I staggered down the driveway into the clinic. The first person I saw was Jean Elam who, I later learned, was there to look the place over as a guest. I then spotted Lois Hensley, the receptionist



and I asked her if Dr. Kharsa in. She casually asked another girl if Dr. Kharsa was still there. My heart sank because I was afraid I would hear that he had just left. By then Lois became alarmed and she asked, "James, what's wrong with you?" I said, "I'm sick!" Then she rushed from behind the desk and led me to the first room that had an examining bed. My memory at this time is a little fuzzy, but I remember that all at once there were faces all around me and in the middle of those faces was Dr. Kharsa barking orders like a first sergeant. I felt needles in both arms, oxygen over my mouth and nose (I remember two kinds of masks). A girl raised my legs up on her shoulders, getting them higher than my head and before the ambulance came, I could feel her getting tired and uncomfortable from the weight of my legs.

Incidentally, the ambulance was there in a hurry and I was loaded into it. By that time I had had several medicines — IV's, etc. Dr. Kharsa was standing over me on the road to Mary Breckinridge Hospital in Hyden.

Looking back, I am real proud of our ambulance people. They responded like real professionals and I was transferred to the hospital without a hitch . . . just like on TV. I was very impressed to say the least. The ambulance pulled in and backed up with the little back-up beeper going. I knew where I was and then the ambulance doors flew open and skilled hands removed my bed. Doors swung open and down a long aisle we went in a hurry. I saw the concerned face of my pastor "Butch" Pennington. Up the elevator and into my room "stat"! I was still in a lot of pain, but was improving now. I was receiving four IV's. Several of these things I learned later. I had the services of real professional people from the beginning to where I am now, seventeen days later. During this time I have learned to have a lot of respect for ceilings. I really had never looked at them so much.

Dr. Kharsa ordered all the equipment that was at his command for tests. After reading everything, he came to the conclusion that I should have a catherization test, (best known as a dye test), since he must find the reason for the heart attack in order to know how to treat the cause . . . by operation or medicine. He gave me all the options and, after consulting with my family, I decided to go with him to St. Mary's Hospital in Huntington, West Virginia, where he has hospital privileges as well as being on the teaching staff of Marshall University. Dr. Wicker of Hazard was also consulted.



We left on Thursday morning in an ambulance driven by my good Christian friend Mike Miller. One of the registered nurses, Sandy Collins, came along to monitor my heartbeat and administer oxygen and IV's. Dr. Kharsa rode "point" in his Volvo wagon. I felt well covered. My daughter Amy, rode up front with Mike. My wife Mary, daughter Carmen, son Jeff and his betterhalf, Sharon, followed in a van.

We arrived in Huntington and again everything was mechanical. People met us, doors opened, I passed down long white-ceilinged hallways to an elevator, then road up one floor to ICU where I stayed until another patient was discharged and a room was empty.

On Thanksgiving day, someone told my wife Mary that they were so sorry for her. Mary's reply to her was that it was going to be one of the best Thanksgivings . . . "her old man was going to make it."

St. Mary's Hospital in Huntington is a large, modern hospital about the size of St. Joseph's in Lexington. Like Mary Breckinridge and St. Joe, the people treat you great. I was given almost anything I wanted or needed and it was obvious that I and my family were going to be treated "right at home". This was a very comforting feeling at this time. We were shown the catherization procedure on TV and it gave me confidence . . . both the skill of my doctor and Almighty God watching.

Next morning I was taken down to the "Cath" room and as they wheeled me in, Dr. Kharsa very proudly said, "You are now entering a one million dollar room." Very, very impressive to say the least. The procedure lasted less than one hour start to finish. I never lost consciousness and even watched the procedure on a TV monitor. Good news, good news! No major blockage . . . in fact, no blockage at all. After consulting with other docs, studying pictures . . . study and more study . . . it was determined that I had an artery spasm and could be treated with medicine to keep this from happening again.

Hopefully, I can play tennis again and have a normal life. The news cheered my family and pastor so much that they promptly went out and had a big dinner and later, went to the movies . . . crying and laughing all the while. "Butch" ate the most and went home that afternoon.



Incidentally, Dr. Kharsa stayed real close during the whole ordeal and we will never forget.

My pastor, "Butch" Pennington, left his Wooton home at 3 am Friday morning and arrived at the hospital about 6:30. I don't know how to thank him for all the spiritual help he brought, but also, he fell right into the flow of things and ate more supper than anyone. This man provided friendship, companionship and strength with his prayers, being a servant . . . ever alert.

We were ready to leave for Hyden and Mary Breckinridge Hospital about 10:30 Saturday morning. We arrived about 2:00 pm. Back home among friendly, known faces . . . perfect hospital care, professionalism everywhere, nurses in clean white uniforms, name tags identifying whether RN, LPN, etc . . . even the cleaning ladies were neat and clean . . . well groomed, beautiful people. I met many of Betty Huff's graduates from the Health Services School of our own Leslie County Vocational School. Dr. Beasley, a former FNS director, helped start that class several years ago.

Not being a hospital critic . . . not being qualified to pass judgment and speaking from a green horn's viewpoint, I was very impressed — from Hurts Creek Medical Center, the Leslie County Ambulance Service to the Mary Breckinridge Hospital.

I'm back home now, still not out of the woods, but hopefully on the road to recovery, thanks to many people, (I wish I could name them all), but most important of all, to Almighty God. Finally I want to mention the compassion that was displayed, not only by the professional people of the hospital, but by so many friends and concerned people who visited, sent cards, flowers, books, etc. This is so important during recuperation and also the feeling that you are missed and that people desire that you recover. To my family and church family . . . Thanks.

—James M. Mosley



### FNS Employee Wellness Program

In February 1987, the Frontier Nursing Service began its Employee Wellness Program. The program utilizes a variety of tools to help identify potential problems before they manifest as illness.

The backbone of the program is an annual physical examination which FNS offers free of charge to each employee as part of their total benefit package. The exam, conducted by a family nurse practitioner at the Kate Ireland Women's HealthCare Center, includes a computerized, two-day nutritional analysis and a health risk appraisal (HRA). The nutritional analysis and the HRA allow the employee to examine his/her life-style choices with their nurse practitioner and this becomes an effective starting point for discussing needed corrections and changes that will result in improved health now and in the future. Employee response has been very positive. To date, 126 employees have taken advantage of this service.

A number of educational programs are being planned to assist people in addressing the most common and potentially serious health problems. Smoking cessation and the management of stress and diabetes are high priorities.

Already in place is our Employee Weight-Loss Program which is planned and conducted by family nurse practitioner Debbie Browning and Sharon Hatfield, manager of the Kate Ireland Women's HealthCare Center. This has proved a very popular program with many faithful members who have, as of February 1, lost approximately 950 pounds.

Weight-group members meet weekly (during work hours gratis FNS) for weigh-in checks and mini-educational classes on a variety of topics. A recent theme focused on fiber in the diet and members sampled bean burritos and oat bran muffins as they listened to Debbie and Sharon sing the praises of a high fiber diet in weight-loss and in general good health.

The importance of exercise is stressed as an aid to weight-loss and as an essential part of general physical fitness. It is gratifying these days to see groups of employees trudging up hospital hill on their lunch hours and others, early in the day or after work, walking the high school track . . . some pushing their youngsters in strollers.

In response to those who wanted a more formal and disciplined approach to exercise, we began a low-impact aerobic class in February. Every Monday and Thursday evening, around 15 hearty souls gather in the MBH cafeteria and huff and puff their way through a vigorous one hour aerobic routine led by Laura Mann. Laura, a student at the Frontier School and a fully qualified aerobic instructor, bounces her way through the hour, smiling and calling out encouragement to her willing but weary students. There is general agreement that Laura's class is great fun as





Weight Group members Deanna Adams and Peggie Lewis discuss dieting tips with the group's consultant FNP Debbie Browning.

well as beneficial.

Part of the motivation for any weight-loss program is rewarding oneself for sticking to a diet and exercise plan. For many, a great way to do this — especially with the holidays around the corner — was to consider a new outfit for their slimmer figures. Clothes-talk led to the idea of a fashion show. Two local shops agreed to help and in December, with a number of weight group members as models, a wide variety of holiday fashions were displayed to FNS family and community friends. This was our first — away from the work scene — social event and everyone agreed it should become a regular affair with perhaps Easter and spring fashions as our next focus. It was great fun and in a very real way, a celebration of success.

Once the FNS Employee Wellness Program is fully in-place with all of its programs operational, we plan to expand it to include the community. While this goal is still in the future, it is important to consider that as FNS is the 3rd largest employer in Leslie County — following the educational system and the coal industry — we are, in working with our 260 employees, already reaching a sizeable number of people in our service area. We are working hard to make this a very successful effort that can eventually serve as a model program in health promotion in our community.

—Sharon Hatfield



## How to Make a Great Organization Even Greater . . . C.A.R.E.

Ruby Moore is a native Kentuckian. Born and raised in Clay County, she graduated from Clay County High School and received her BS from Eastern Kentucky University. She has worked for the Frontier Nursing Service for thirteen years taking occasional time out for continuing education and to have a baby. Ruby, a Registered Record Administrator, worked in Medical Records for ten years, spent two years in the business office and is presently the organization's Quality Assurance/Risk Management specialist.

Ruby expresses a real appreciation to FNS for providing the flexibility of hours that allowed her to pursue a career and continue her education. Presently working toward an MBA, her goal is to continue in an administrative role that will allow her to promote the FNS organization as well as her own professional career.

Ruby has assumed a major leadership role in the FNS C.A.R.E. Program. Her enthusiasm for, and dedication to, the project make her the perfect person to describe the Program to our *Quarterly Bulletin* readers.

Because we wanted our great organization to be even greater, consideration was given to implementing a formal guest relations program. Several hospitals and hospital organizations were contacted for ideas and suggestions. The C.A.R.E. program (acronym for Courtesy, Attitude, Respect and Enthusiasm) was highly recommended by all. Endorsement by the Kentucky Hospital Association was reassuring. The objectives of the C.A.R.E. Program were much the same as those of FNS. The program was aimed at actively involving the employees in promoting of the organization as a warm and humanistic provider of superior care and also, to help us improve our interactions with each other and with patients and their families and friends, all of whom are our guests.

A C.A.R.E. Committee comprised of persons from a variety of FNS departments was established to provide necessary leadership. Heidi Sulis, Edith Collett, Margaret Jones, Pam Shepherd, Judi Guerrant, Dianna Fortney, Debbie Morgan, Mary Weaver and Ruby Moore have generously given of their time and energy. Each has her own assigned task — jobs range from public relations to planning entertainments and coordinating the many facets of the C.A.R.E. program. In addition, the committee is also responsible for monitoring the effectiveness of the program and for reporting results, progress and problems to administration.

On September 4, the C.A.R.E. committee launched the program with an organization-wide kick-off that created a party atmosphere for employees and patients throughout the entire FNS system. Cookies,



flowers, and bright yellow, helium-filled balloons were delivered to all employees and patient-care areas including the District Clinics, the Frontier School, Wendover and the Home Health Agency. At the conclusion of the day, hundreds of the cheerful yellow balloons were released from the second floor balcony of the Mary Breckinridge Hospital spreading their CARE message over Hyden. It was a beautiful sight indeed!

The serious work of the program began with two days of workshops conducted by C.A.R.E. consultant Mr. Bill Calloway. The first session—called “Managing C.A.R.E.”—was specially designed for managers and supervisors. Its purpose was to expose the organization’s managerial team to the philosophy and goals of the program as well as to help them understand how employee attitudes influence employee behavior and performance. By the end of the day-long session each manager had gained appreciation for their respective role in the success of the C.A.R.E. program.

In the second day-long workshop, Mr. Calloway conducted a training session for those employees who had agreed to act as facilitators of the employee workshops. Mary Weaver, Ruby Moore, Dianna Fortney, Edith Collett, Heidi Sulis and Pam Shepherd were trained and then went forward to conduct C.A.R.E. workshops for 98% of FNS employees. All departments of the organization — administration, personnel, medical staff, maintenance, nursing, dietary, etc. — attended. During those workshops a record was kept to ascertain the total number of years our employees have devoted to health care. How exciting to discover that FNS employees have a group total of 2,277 years of experience in the health care field. Employee evaluations revealed that most attendees enjoyed their sessions and supported the ideas behind the C.A.R.E. program.

C.A.R.E. is designed to be an on-going program with supervisors and department heads giving leadership to C.A.R.E. activities within each department. Also, a variety of activities and celebrations are planned for all employees to participate in and enjoy. A surprise birthday party was held for Betty Lester in September followed by October’s fun Halloween celebration where employees throughout the hospital outdid each other with creative costume and make-up ideas. The Thanksgiving potluck dinner was a big hit with everyone, as was the tree trimming party at Christmas.

A very special component of C.A.R.E. is the Employee Recognition Program. Each month an FNS employee is chosen *Employee of the Month*. The selection is made by the C.A.R.E. committee based on nominations received from fellow employees, visitors and patients. The decision is not based on the number of nominations received, but rather on comments related to the employee’s demonstrated expression of Caring,





FNS employees responded enthusiastically to the C.A.R.E. Committee's invitation to celebrate Halloween.

**Attitude, Respect and Enthusiasm** as they go about their daily work. Once the selection has been made, the employee is notified and preparations begin to publically announce the award. Mary Weaver and Ruby Moore interview the winner, take photographs and prepare to display the winner's photo and written profile in the lobby of Mary Breckinridge Hospital. The honoree is also provided a specially reserved parking space for the month of his/her reign (a very special reward considering the consistent lack of parking spaces in the vicinity of MBH), and also a \$50 check.

TeleCARE, a follow-up series of programs for employees, reinforces and builds upon the skills learned in the initial C.A.R.E. Workshop. Its special focus is designed to enable personnel to create a positive image of FNS through telephone courtesy. It also aims to improve the employee's general communication skills and thereby increase patient satisfaction. Two sessions have already been held with 44 employees in attendance, and several more TeleCARE workshops are planned for the future.

As new employees join FNS they will be exposed to the program through miniCARE workshops. Our goal is to continue to strengthen the philosophy of **Caring, Attitude, Respect and Enthusiasm** throughout the Frontier Nursing Service family of employees.

—Ruby Moore



**Mary and Barry Bingham, Sr. Honored  
at Dedication of New Patient Education Room**

Last November, the FNS was very pleased to dedicate a new Patient Education Area at The Kate Ireland Women's HealthCare Center. The area was made possible through the generosity of two loyal friends of our Service, Mr. and Mrs. Barry Bingham, Sr. of Louisville.

In May of 1987, Mr. and Mrs. Bingham provided the Frontier Nursing Service with a challenge grant of \$125,000 through The Mary and Barry Bingham, Sr. Fund, on the condition that a matching amount be raised from other FNS friends around the country. These funds would then be combined to create a permanent endowment to provide patient education materials and programs at the Kate Ireland Women's HealthCare Center.

At first, this truly did appear to be a most formidable "challenge" grant, since the months immediately following the award are traditionally the leanest for our fund-raising program (June-August). Needless to say, we were not anticipating the absolutely magnificent response from so many of our donors who learned of this opportunity and rallied in support of the FNS.

By the time of our September Board of Governors Meeting, the challenge grant was nearly matched, and we had not yet had an opportunity to inform the majority of our donors about this special fund-raising effort! It had become obvious that we had set our sights too low — and that we could raise additional funds to be added to this endowment in order to further enhance our education programs for mothers, babies and women of all ages. It was decided, therefore, to increase our total goal from \$250,000 to \$400,000 — and we will give each of our donors an opportunity to participate in this important program during 1988.

Once the initial goal of \$250,000 was met, Mr. and Mrs. Bingham came to Hyden to attend the formal dedication of the new Patient Education Area named in their honor. The ceremony was held on November 18th at the Kate Ireland Women's HealthCare Center.

Project Manager, Sharon Hatfield, was the main speaker during the ceremony and she outlined the various patient education programs to be implemented. She spoke of plans for a lending library for patients of both written and video materials; a pamphlet rack with informative handouts for patients to keep; demonstration models for teaching self-examination to detect breast cancer.





Mr. and Mrs. Barry Bingham, Sr. and Kate Ireland following the Dedication ceremony.

Sharon discussed some important subjects which could be communicated to patients via these patient education materials including: breast feeding, importance of a PAP test, pregnancy, contraceptive choices, menopausal years, osteoporosis and how to develop a healthy back. She believes that the written and video materials will encourage patients to ask questions of their practitioner.

Additionally, special classes could be organized to teach patients more about diabetes, hypertension, stress, general nutrition, alcohol and drug abuse, smoking cessation, weight management, general fitness and exercise.

Although pregnancy and the care of mothers and babies will remain the "specialty" of the Center, the Nurse-Midwives and Family Nurse Practitioners will now have greater resources to develop a wide-range of patient education programs for women of all ages and life stages.

Anyone interested in participating in our ongoing fund-raising effort to endow this special area of the Kate Ireland Women's HealthCare Center may send their contribution to the FNS Development Office at Wendover, where it will be gratefully received.



## Mary Breckinridge Hospital - A Fresh Perspective

Most of our readers are aware that the Frontier Nursing Service has just gone through a restructuring process. One of the most exciting developments that emerged out of restructuring was the leasing of the Mary Breckinridge Hospital to the local community and the subsequent establishment of an entirely local Board of Directors.

A number of people have expressed interest in this development. They wonder why the change and what plans and goals the new leadership have for the hospital's future.

We felt the most interesting way to seek answers to those questions was to ask the hospital's new leadership to discuss the issues freely and spontaneously in an interview-style format. Following is the conversation between MBH Board Chairman Fred Brashear, II and Steve Hardman, the hospital's new administrator. Ron Hallman, FNS Vice President for Development, conducted the interview.

**Ron:** The first question — and I'll start with Fred and then ask Steve to comment — Fred, in your opinion, what are some of the major advantages of creating a local Board of Directors for the Mary Breckinridge Hospital?

**Fred:** The basic advantage of community control is that when something is yours it is very important to you. . . you work harder at it and become more concerned with it. I think the local board recognizes the economic and the health care value, as well as the improved quality of life in our community, as real advantages to us. Those three advantages will make it very important to local people to be certain that there is a hospital in our community.

There are a lot of small rural communities that do not have the privilege of having a hospital among them. They have to travel to get health care.

Another thing that our board looks at is the fact that there are over two hundred people employed by Frontier Nursing Service and those people are contributors to our economy. That is a very key issue as far as making certain that you have and keep a viable hospital.



The second, naturally, is the improved quality of life because people have the ability to receive health care and I think Frontier Nursing Service has done a very good job since it's inception back in the late 1920's. We have had some innovative things done for us in midwifery services and with the nurse practitioner and we're moving now a little more toward a doctor emphasis but not forsaking nurse midwifery and nurse practitioner services.

The third thing is that it just is a very great advantage to the community to have a hospital. There's a lot of things that revolve around it. The people who come in here that are what we would call "outside the mountain area" have become very great contributors to our community and they help us improve the quality of life in our community.

**Ron:** Good. . . Thank you Fred. Steve.?

**Steve:** I do think it's an advantage to have local people who know the area and know the local people. Plus, they are right here and we can meet with them on a monthly basis. So, the closeness of the community is a great advantage.

**Fred:** I'd like to interject. I think that the local board recognizes, and are more responsive to, the needs of the community. And you get more input back and forth. I am on the FNS Board of Governors and also on the local Board. The Board of Governors have super intentions and they really want to provide care to the area, but in certain ways they don't really know what the demands of our community are and I think that's the key issue.

**Steve:** Well, let me pick up on that just a little bit. If we're talking about consumer research or about excellence in serving people, we have to know our consumers very very well. I think the local Board is quite an advantage in doing that. They know the local people. They *are* the local people. They're saying. "Gosh, here's a service that we need or here's something we need to improve". They have their finger right on that pulse and that's a great help.

**Ron:** Steve, what are a few of your short term and long range goals for the hospital? Feel free to discuss community relations as well as patient care type ideas.

**Steve:** Well, in one respect, the only reason for any organization to stay in business — to keep on going — is to satisfy its customers. One of my over-all, long term goals is to keep cus-



tomers happy, to keep them satisfied and coming back for repeat visits. That's a rather general goal.

Some other goals are related to starting the Hyden Medical Center — to have more doctors here on a permanent basis and to give good support to the district clinics in terms of physician and pharmacy support so that they can give their customers better service.

**Ron:** Thank you, Steve. Fred — your long and short term goals?

**Fred:** In the nature of short term, I think the first thing the Board needs to do in working with Steve and the staff at the hospital is to quit saying what we can't do and start saying what we can do — find the solutions and go forward in a more productive manner.

One of the major things that we are hearing from our Board initially is that they want accessibility to the doctors and less waiting time in the clinic. Now, we're addressing that as well as we can. I think the new Hyden Medical Center and the plans we have for the clinic at the hospital, will soon improve things. But we have to be patient. We can't do things over night.

I think on short term that we need to continue to identify the problems, find solutions and then go forward step by step. I asked Steve several days ago to come up with a listing of our strengths and weaknesses. He did a great job and that's what we're going to work from. What we're weak in we'll work to strengthen. What we're strong in we're going to try to improve even more.

Long range? Well, one of the greatest criticisms, and it was in the paper this past week, has been continuity of medical staff. Now this is not a unique situation. . . Small, local community hospitals have this difficulty all the time. The people of Leslie County have got to realize that it is a two-way street. Besides the doctor coming in here and treating us and us getting health care from them, we must also reach out and make that doctor a part of our community; let them know that we want them to become Leslie Countians. We have to attract doctors that don't come in here just to work — we hope that they come to make Leslie County their home. And I think if we have a long range goal that is going to be a problem more than anything else, it will be recruiting and retaining quality doctors that want to become Leslie Countians.



I'm very pro Leslie County. I think Leslie County is a very special place to live. I believe that if we can get the doctors in here and our community reaches out to them, we can retain them and then we'll have the continuity of care the people are wanting.

**Ron:** Good point Fred. Let's let Steve field the next question, but again, Fred, feel free to interject. Steve, as a relatively new member of the FNS staff and of the community, what are some of your initial thoughts and impressions about the community; area health care needs and, generally the direction you feel the Mary Breckinridge Hospital needs to take to respond to what the community is seeking?

**Steve:** First let me talk about coming here to Hyden. We came from a much different area, but I have lived in small towns before. I'm enjoying being here. The woods are beautiful and the people are friendly. I was in Washington, DC not too long ago and people there asked me the same kind of question and I told them it's been a very interesting experience — very rewarding and worthwhile. I feel proud that I can represent FNS. I think the Frontier Nursing Service has an incredible heritage that it can be very proud of. That doesn't mean it doesn't have problems. It doesn't mean that we don't run out of money or have trouble hiring people sometimes or keeping doctors on staff or have management difficulties. But I think we can be proud of the fine things FNS has accomplished.

FNS has turned over control of the hospital to the Community Board and I think that's a very positive step — a very generous step — a very risk-taking step — to give us that kind of control. And I don't think they're going to be disappointed. The Board is taking hold very quickly.

Now, let's see, let me talk about our situation in health care as compared to other areas. I have never run a community hospital before. I had run some nursing homes and a prison hospital. That was much different. I think that all small hospitals right now are under enormous pressure — financial pressure — pressure to keep their services alive. A recent survey asked hospital administrators the question, "How many hospitals do you think will close in just a few years?" They said 15%. Then administrators of hospitals under 100 beds were asked, "Is your hospital at risk to close?" Fifty-nine percent said yes. So, small hospitals in particular are under a lot of pressure. Fortunately, we are in a little





The Mary Breckinridge Hospital.

better financial position than most small hospitals because we don't have a debt service.

I'd like to say one more thing. The tradition that Frontier Nursing Service has of starting a Health Maintenance Organization and providing alternative care through midwives and nurse practitioners is a long, long tradition and America is 50 years behind FNS on those kinds of things. The Department of Health and Human Services is just now saying, "Gee we need health maintenance organizations. We need alternative delivery systems. We need highly skilled alternative providers" and so forth. Frontier Nursing Service has been doing that for a long time. In that way we're a leader. We're way ahead of the rest of the country.

**Ron:** Fred, could you just generally describe, in this early time of restructuring and of getting organized with the new board, the relationship you hope to achieve between your hospital board and one, the parent board of FNS and two, the relationship you are striving for with the professional staff of the Mary Breckinridge Hospital.



**Fred:** The major thing, I think, about a relationship with any parent organization is that you have to know the mission and goals that that parent company wants to attain. Being a native of Leslie County, my roots go very deep with Frontier Nursing Service. I was delivered by a midwife from Brazil in 1953. I grew up within a stone's throw of the old Hyden Hospital on Hospital Hill. As an adolescent, I went two times a week to get allergy shots and sat in the clinic with all the other patients observing everything that went on. I was on a first-name basis with all the nurses. My two children are midwife delivered in the new Hyden Hospital. So I understand the mission and heritage that goes with it. I can remember going out to Wendover as a child with Dr. and Mrs. Beasley and Battle. . . eating dinner with Mrs. Breckinridge on Sunday evening.

So, looking back, I understand the heritage and history we have and I understand what the FNS parent corporation is concerned with. They have been very gracious, as Steve has already indicated, by giving us a debt-free hospital — a physical plant that is worth about two and a half million dollars. You know if we tried to build a hospital ourselves, the community could not sustain such a debt. So, we've had that given to us.

The hospital is going to be the keystone; it is what everything is going to revolve around. Now, we have the Kate Ireland Women's HealthCare Center. We have the district clinics out there. . . all of that is going to need the hospital. We're going to offer the parent company a hub for all the other subsidiaries in the organization. I think that focus can be used to strengthen all the other FNS sub-organizations.

As far as the hospital board dealing with the professional staff, we've got to give those folks the ammunition, the physical structures, the equipment and our support, both spiritually and emotionally, so that they can do their job. We have to give them incentives to work which means we have to provide competitive salary scales, incentive benefits and so forth. We need to get our dollar's worth out of them, but they also need to get their dollar's worth out of us. And I think that Steve and the administrative council are trying to put together packages to attract good professional people.

Now another thing I think we should be very proud of is that



the great majority of our professional, administrative staff are local people who have gone on and been trained, educated or just got on-the-job training to bring them up to the level they are. And they want to be part of Frontier Nursing Service and the Mary Breckinridge Hospital. They want it to succeed. I've heard several of them say, "It's our hospital. Let's make it a success."

I think the community is going to have to realize that it's a two-way street. We have got to have their support — I know I keep saying this — but the community has got to reach out with their support and help us make sure the hospital continues at the level it is. If we don't, you know, we may be looking at the kind of serious problem Steve was mentioning earlier. . .having to fear closure along with so many small, rural hospitals. I don't think we're even near that point. I'm very optimistic about the future of the Mary Breckinridge Hospital, but I think that the community needs to realize if we provide equivalent services — and I think because of our personal viewpoint and personal context we're going to provide superior care because we care about people— then they need to help us by patronizing and supporting our hospital.

**Ron:** Fred, Steve. Many thanks for a very illuminating and interesting conversation. The Mary Breckinridge Hospital is in very good hands.

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#### IN BRIEF

Each year the University of Kentucky sponsors a conference on an issue of importance to the Appalachian region as a whole and to eastern Kentucky in particular. This year's conference, which will be held in the fall, will focus on issues of health and health care in the mountains and is being co-sponsored and co-planned by the Appalachian Center (a division of the UK graduate school) and the Chandler Medical Center. The ultimate goal of the conference is to offer relevant information for solving current problems as well as to provide an opportunity for people involved in all aspects of health in Appalachia to share concerns and ideas.

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We would like to congratulate **Betsy Frazier-Youngman** (Courier 1980) on being selected to represent the United States in the 1988 Winter Olympics at Calgary.



### SCHOOL NOTES

Today I'm writing our school notes from Philadelphia. Indeed several others of our faculty are scattered across the United States as we take advantage of opportunities that have come to our Frontier School. Dr. Nancy Clark, our Associate Dean, and Wendy Wagers, our Education Coordinator have taken a group of students to Texas to do deliveries in birthing centers along the Rio Grande Valley. I am based part time these days at the Franklin Maternity Hospital and Family Center where I am trying to develop a new nurse-midwifery practice — the Frontier Nursing Associates at Franklin. Sharon Leaman, one of our Frontier graduates and staff nurse-midwives, transferred up to Philadelphia to help me launch this new practice. Eventually we plan to move some part of our program; to this Philadelphia area as well. Since we expect to base our new Community Based Nurse-Midwifery Education Program here I am busy trying to identify space and funding for these new activities.

Meanwhile we are busy making plans to start a precertification program, generally known as a refresher program, in mid March. We have met most of our preaccreditation requirement and hope to send out materials to four refresher students within the next few weeks. We are also busy preparing grant proposals to support expansion of this program since currently there are no such programs in operation in the United States.

Six of our recent graduates will also be graduating from the Frances Payne Bolton School of Nursing, Case Western Reserve University in May. We're so pleased with this educational model that we plan to present a paper on it at the ACNM convention later this spring.

Along with all this activity, we're happy to report that we just admitted nine excellent new students to the Hyden campus on January 25. Two senior students completed the Family Nursing program at the end of December, while nine others continued on in nurse-midwifery to give us a total of 18 students in our program at this time.

In addition to all our other academic and clinical responsibilities, our faculty has also become very involved in trying to help get legislation passed in Kentucky that will grant prescriptive authority to advanced nurse practitioners. Our protocols define our scope of practice to include the prescribing of medications for treatment of certain health problems commonly managed by nurse practitioners. However, the Board of Pharmacy does not recognize nurse practitioners as one of the professions that can write prescriptions in Kentucky and has refused to honor any such prescriptions. This has caused tremendous hardship for our clients and professional staff through out the FNS system, but especially for those in our district nursing centers.



This spring promises to be a busy time for all of us. We know it can't be far off since crocuses were in bloom in Hyden last week. All of you know how beautiful spring is in the mountains and we count on that to sustain us through all the hard work.

—*Ruth Beeman*

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### NEWS OF FORMER STAFF

**Mary Ann Quarles Hawkes** — “1987 has been a great year for me. At the end of the Spring semester at Rhode Island College, I decided the time had come to consider early retirement . . . my summer was spent with NO obligations at the college . . . It was glorious! A week on Block Island, visits with family and friends in New Hampshire, professional meetings in New Orleans and time to “smell the flowers” . . . My professional interests outside of Rhode Island College in the criminal justice arena have expanded considerably in the last few years . . . travelling to Sydney, Australia in January to deliver a paper on “Women and Corrections in the United States” . . . I shall take time to stop at Tahiti, Bora Bora and the Great Barrier Reef for snorkeling and New Zealand for sightseeing.”

**Timothy Carey & Kathleen Dalton** — “The Carey family keeps growing, adding one more bald, blue-eyed boy every other year. We're now William (5), Sam (2½) and Joseph (1). I am aging rapidly but I can't think of a better cause. Tim is loving his life as academic physician and I have worked out a very satisfactory compromise as the university hospital's financial planner 3 days a week (mom the rest of the time . . .). We see **Peter Morris & Diana Edenfield**, now living in Raleigh, also the **Bledso-Poe's** in Durham, and cross paths with **Tom Nuzum** and family and various **Beaseley's** . . . Please give my best to Kate. She taught me all I know about governing boards, and as I now sit on a few myself I have grown to appreciate it even more.”

**Mary Simmers Pento Kilpatrick** — “This has been a year full of changes and adjustments but crowned with our marriage on May 30th with over 250 friends and relatives present to share our joy with us . . . Andy is very involved with all the obligations that go with being a full-time pastor . . . We both attended a week-long conference on New Church Development at the American Baptist Assembly Conference Center in Green Lake, Wis. in August. It was truly a highlight in our Christian experience as well as one of the most beautiful places in God's creation . . . After 13 years of full-time work as a registered nurse, Mary is now enjoying being a minister's wife. In addition to her household responsibilities, she is in women's groups in the church and is serving as Sunday School Superintendent — a challenging and exciting way to serve God's children . . . We are now looking forward to a trip to Israel in February.



### Field Notes

The winter months often seem much slower paced than other months of the year, but this winter has been quite busy. Here are some of the highlights of the past few months:

On November 18th, Mr. and Mrs. Barry Bingham Sr. arrived from Louisville to participate in the dedication ceremony for the Mary and Barry Bingham Sr. patient education area at the Kate Ireland Women's HealthCare Center. A reception catered by Wendover followed. Later that evening a dinner in their honor was held at Wendover.

On December 11th, approximately forty people from the Russellville Church of Christ in Decatur, Ohio arrived at Wendover for dinner. This was the first visit to Hyden for most members of the group. They came to Kentucky to bring a truck load of Christmas presents to children and families in Leslie and Clay Counties. On the afternoon of December 12th, group members brought gifts to children who were participating in the festivities of the annual Wendover Christmas pageant. The pageant was organized by Mary K. Chappell of the development office and Julie Early, a volunteer. Couriers Jennifer Bailit, Sarah Clemmitt, Stacie Colwell, Annette Rockwell and Megan Sullivan helped with the set and costume preparations as well as with the organization of the children. Mary K. put together Christmas packages from the grab donations sent to FNS for all of the children who attended the pageant. Many thanks to all of you for your kind and generous gift of time, donations and Christmas spirit.

A dinner honoring Marcena Howard was held on the 25th of January. Marcena, a midwife on the staff of the Kate Ireland Women's HealthCare Center, will be leaving FNS to work as a midwife in Pennsylvania. The best of luck to you Marcena.

On the 5th of February, a tea was held at Wendover for the new students of the Frontier School. Betty Lester spoke to them about the early days of FNS.

Once again the couriers and volunteers have lent their valuable time, skills and energy to FNS. No matter what the situation, whether a mid-night trip to Lexington in an emergency situation, helping with the renovations at one of the clinics, or working a shift at the E.R., the couriers always come through. Couriers and volunteers who have spent time with us this autumn and winter are: Stacie Colwell, New York, NY; Sarah Clemmitt, Bethesda, Maryland: (thanks for your time over the holidays Sarah); David Vance, Washington, D.C.; Cathy Kowal, Springfield, Massachusetts; and Nick Gazzolo, Evanston, Illinois. I would like to extend my deepest appreciation to all of you.

This will be my last (official) contribution to the *Quarterly Bulletin*. I will be leaving FNS in April to move to Santa Fe, New Mexico. These past



two years have been among the most rewarding of my life. During my time at FNS, I have had the opportunity to experience life in the Appalachian Mountains. Ever since I was a child I have dreamed of living in these mountains. I have met many fine people here; local friends, fellow employees of FNS, couriers and volunteers, and guests who have visited from many places. To all of you, I would like to extend my love and appreciation for being part of this very memorable and special time in my life.

— Elizabeth Wilcox

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#### COURIER NEWS

**Melissa Morris Charest '71 — York, South Carolina** — “My time slips away to the pitterpatter of children’s feet and the hustle and bustle of full-time jobs and our ten acre farm. Dick is still employed with Duke Power Company at the Catawba Nuclear Station as Chief Chemist, and I am a Registered Nurse in the Labor and Delivery and Newborn Nursery at Piedmont Medical Center in Rock Hill, S.C.”

**Cornelia Hamilton '67 - West Hartford, Connecticut** — “This summer I spent two pleasant weeks in Nova Scotia with my brother. This winter I hope to get farther afield and visit a friend doing missionary work in Zambia. Later in the year I hope to return to Scotland.” “I always think of horses when I think of Frontier Nursing Service. My little horse that I have now been riding 9 years is doing wonderfully and brings me occasional ribbons at dressage shows.”

**Mrs. Hayward “Cis” Chappell '84 — Princeton, New Jersey** - “Ma is quite well and so are all my crew. The last one is a senior in college and Stephen’s the only one left in this area — but we got together for Thanksgiving and will again at Christmas.”

**Mrs. Elizabeth Pratt Booth — '31 Norwich, Vermont** — “I read your Bulletins regularly — I can remember my days with you well in 1931 — “Bravo” was my favorite horse.”

**Elyse Kearns '73 — Brookline, Massachusetts** — “I am currently at Harvard School of Public Health studying for a master’s degree and plan to return to Boston University to complete medical school next year.”

**Jean Black '69 — Edgartown, Massachusetts** — “William the oldest (13 years) is in 8th grade. Peter is 11 years and in 5th grade. Both are doing well. I also sit with an elderly lady in town two days a week.”

**Elizabeth Trefts '78 — Cleveland Heights, Ohio** — “We’ll be in Rochester, New York next year, I start my Pediatrics residency at Strong Memorial at the end of June and Dave, (Betsy’s husband since April 25th, 1987) will follow when he completes his residency in Internal Medicine in July.”

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**IN MEMORIAM**

We wish to acknowledge our appreciation and personal gratitude to these friends who, by including FNS in their Wills, have 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.

Mr. Jesse M. Lewis  
Somerset, KY

Miss Mary Stewart Duerson  
Louisville, KY

Mrs. Alfred Marks  
Lexington, KY

Mrs. Talitha C. Stoll  
Lexington, KY

\* \* \* \* \*

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

Mrs. Edward Arpee  
Lake Forest, IL

Courier, Katherine Trowbridge, 1932, Trustee and member of the FNS Chicago Committee — devoted friend of the Service.

Miss Lilian K. Brice  
Matamoras, PA  
Loyal FNS supporter since 1939.

Ms. Nancy Dalrymple  
Westford, MA  
Courier in 1969

Mrs. Alfretha M. Hatfield  
Lexington, KY  
Mother of FNS President, David M. Hatfield

Miss Pauline "Polly" Hicks  
Andrews, NC  
FNS staff member in the 1950's

Mrs. Henry Kroll  
Seattle, WA

Lois Harris Kroll served as an FNS nurse in 1926 — loyal friend for 61 years.



Mr. Jesse M. Lewis  
Somerset, KY  
Long-time and generous friend

Mrs. Alexander R. Robertson  
Litchfield, CT  
Courier, Elizabeth Thorn, 1939

Mr. E. H. Scott Rumely  
Birmingham, MI  
Husband of Trustee, Elizabeth Hodges Rumely

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### MEMORIAL GIFTS

We wish to express our deep appreciation to these friends, who have shown their love and respect for the individuals named below by making supporting contributions in their memory to the work of the Frontier Nursing Service:

<b>Frances Naylor Breckinridge</b> Mrs. John S. Graham	Wooton District Clinic Beech Fork Clinic Pine Mountain Center Nancy Fishwick Ruth Blevins Kate Ireland Women's HealthCare Center Ruth Morgan Mary K. Chappell Dr. Anne A. Wasson Mr and Mrs. Robert Beeman Susan Hull Bowling
<b>Edna Rockstroh</b> Mr. and Mrs. Stephen D. Rockstroh	<b>Mr. Doyle Sampsell</b> Mrs. W. T. Cahoon
<b>Freda Caffin</b> Mr. and Mrs. Stephen D. Rockstroh	<b>Mr. Grant E. Beverly</b> Mrs. Grant E. Beverly
<b>Mrs. Helen B. Decker</b> Mrs. Harold P. Melcher	<b>Mrs. Virginia Morgan Hiller</b> Mr. Walter H. Hiller
<b>Miss Peggy Elmore</b> Mr. and Mrs. Dwight Heffelbower	<b>Todd Saffell Bartlett</b> Mr. and Mrs. John H. Kerr, Jr.
<b>Mr. J. E. Elmore</b> Mr. and Mrs. Dwight Heffelbower	<b>Miss Helen M. Fedde</b> Miss Gwen M. Buchanan
<b>John Breckinridge</b> Col. James T. Breckinridge, USMC (Ret.)	<b>Mrs. C. Merrill Chapin</b> Miss Kate Ireland
<b>Mrs. Gladys A. Hook</b> Ron Hallman Heidi Sulis Mr. and Mrs. Arnold Woods MBH Staff FSM&FN Faculty and Staff Community Health Care Center	<b>Mr. E. H. Scott Rumely</b> Miss Kate Ireland



- Mrs. Charles S. Venable**  
Mrs. William H. P. Robertson
- Mr. Howard Oliver**  
Arden, Caroline, Tip and Winter  
Robertson
- Mr. Elmer Bowling**  
Mr. James M. Mosley
- Mrs. Mary Beckinridge**  
Mr. and Mrs. Cornelius Morgan
- Dr. Frances M. Massie**  
Mr. and Mrs. Edward L.  
Sawyer, Jr.
- Wanda Hoskins**  
Mr. and Mrs. Max W. Rothpletz
- Diane K. Sault**  
Mr. Jonathan Sault  
Col. and Mrs. William E. Sault
- Mr. W. F. Brashear, Sr.**  
Mary Katherine Brashear
- Hazel Marie Addington Byrd**  
Mr. Charles F. Byrd  
Mr. Castolay Byrd Janssens
- Mrs. J. Gibson McIlvain, II**  
Mr. and Mrs. John G.  
Harkins, Jr.
- Olive M. Gass**  
Miss Lois S. Gass
- Mrs. Stanley D. Petter, Jr.**  
Mr. R. W. P. Johnston  
Mrs. Elizabeth A. Stone  
Rt. Rev. and Mrs. Robert W.  
Estill
- Dr. Edward H. Ray, Sr.**  
Mr. R. W. P. Johnston
- Mr. W. T. Bishop, Sr.**  
Mr. R. W. P. Johnston
- Mr. Allen Stanfill**  
Mr. R. W. P. Johnston
- Mr. John L. Gilman, Sr.**  
Mr. and Mrs. Robert Beeman
- Mr. Charlie P. Campbell**  
Members of the Tennessee
- Division of Air Pollution  
Control
- Miss Helen E. Browne**  
Mr. and Mrs. Cornelius Morgan  
Mrs. William Hand  
Valerie C. Arcement  
Miss Beulah Arnold  
Miss Gertrude Bloede  
Miss Wilhelmina M. Brunen  
Evelyn V. Jackson, R.N.  
Miss Hope M. Muncy  
Miss Kathleen M. Quarmby  
Josephine K. Brewer  
Mrs. Fredrik M. Bockman  
Mrs. Peter Fernandez  
Karen A. Gordon, MPH  
Mrs. Wilbert R. Menix  
Mrs. Harold Michaelis  
Mrs. Marcus H. Muncy  
Mrs. David H. Palmer  
Carolyn S. Schuessler, FNP  
Miss Darline J. Wilke  
Ms. Norma Brainard  
Miss Gwen M. Buchanan  
Mrs. Eugene M. Crawford  
Mrs. Thomas N. Ingerson  
Mrs. Harold Jones  
Mrs. Tom Kunze  
Mrs. Allen W. McDavitt  
Martha E. Morrison, R. N.  
Miss Arlene Schuiteman  
Miss Anne Winslow  
Mr. and Mrs. Arthur D. Byrne  
Mr. and Mrs. Robert Beeman  
Miss Mary Jo Clark  
Miss Emily B. Campbell  
Miss Mabel Galbraith  
Ms. Myrna J. Goodman  
Ms. Norma A. Goodrich  
Miss Addie E. Hamilton  
Mrs. Mary L. Kilpatrick  
Patricia R. Sangler, FNP  
Miss Carolyn L. Coleman  
Mrs. Richard R. Higgins
- Grace Horton**  
Mrs. Ardith Houghton  
Dr. and Mrs. W.B. Rogers Beasley



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*In Memoriam: Dr. Stuart Graves, Jr.*

It was with sadness and a deep sense of loss that we said good-bye last month to a dear friend, Dr. Stuart Graves, Jr. of Louisville, Kentucky.

Dr. Graves served on the Frontier Nursing Service Board of Governors for 10 years and was vice chairman and a member of the FNS executive committee at the time of his death.

For many years, Dr. Graves was a respected leader and dedicated volunteer in the Kentucky medical community. He was past president of Norton Hospital medical staff, a member of the executive committee and the board of directors of Norton-Kosair Children's Hospitals, past president and member of the Kentucky Peer Review Organization, a member of the advisory board of the Kentucky State Board of Medical Licensure and the medical advisory committee of VHA Enterprises, a past board member of the Louisville-Jefferson County Chapter of the American Red Cross and an Army veteran of the Korean War.

His knowledge, experience, insight and determination made him an invaluable member of our Board — and we will miss him.

We express our sympathy to his wife Eleanor and to their family.



### Alumni News

**Celia Oseasohn ('72) San Antonio, TX** I am still busy interviewing elderly Veterans, the second half of my study on noncompliance with drug regimens in the elderly. In June I went to the National League for Nursing Convention in Washington, DC and enjoyed the sights. The Vietnam Memorial is very moving with many tear stained faces kissing the black stone and leaving a flower or note near a relative or buddy's name. Bob and I spent a week in mid-July at a kibbutz guest house — it is situated in the hills of northern Galilee and was a great vacation. The kibbutz also had some nice walks with flowers and farm animals. We explored the countryside, the ancient cities of Safed and Acco, we visited Roman ruins, and a nearby museum established by a Polish kibbutz dedicated to their original town and the families lost in the Holocaust. From Israel we went to Edinburgh, Scotland to the 1987 International Nursing research Congress where I and a colleague presented a Poster Session on our study on Drug Compliance in the Elderly. There were 900+ people at the meetings from all over the world and it was interesting to listen and exchange ideas. Back home to find our house was broken into but not while our house sitters were there, so no damage to people.

**Gertrude Bluemel ('58) Valparaiso, In** In January (1987) we returned from a three weeks' visit to friends in Nigeria, from 95° in the shade to good old wintertime. Our two cats and a bagful of mail were waiting patiently for us. Each month this year has had its own set of ailments, short-lived though they were. At this stage of the game, it seems things like to fall apart (I am an authority on aging now). Several root canals postponed further deterioration at the top and a couple of arch supports gave assistance at the other end. Colds and flu periodically attacked the in-between but reluctantly responded to my brand of therapy. Beverly made my old heart glad by graduating from Valpo University in May with a degree in Journalism, emphasis on TV Production. Berea for a weekend and Camp Arcadia for the same length of time in September represented my lengthier trips this year. I have a suspicion that going back and forth to Crown Point three, four or five days a week seems to allay my travel urges. Our love to you all.

**Sr. Barbara Brilliant ('77) Yekepa, Liberia** I hope you all like 'yellow'. After all these years in Liberia I finally caught hepatitis and I'm as yellow as can be and on bedrest. Actually it is a good preparation for me and all the health workers at our clinic, as I am preparing to return to the States for study leave. So if they can make three months now without me they can make it two years. I'll be taking a break from my work and I'm going to become educated — if my malaria brain and hepatitis liver can still function. Things out here in our Healing Ministry are doing well and I'm more convinced than ever that Primary Health Care indeed is making a difference. However, there is still enough work for many, many hands and for many years. I hope to reach home in mid-May or early June, and I'll most likely be in the Boston area, if all goes well. With luck I may be seeing and hugging most of you soon.

**Susan Banks ('86) Questa, NM** Life here keeps me busy. I work 40-50 hours a week at the clinic providing much needed health care to the people who live



in the northern part of this county. The closest hospital is 25 miles from here. If a patient requires a specialist or hospitalization, we stabilize them and then send them on to Taos by ambulance (if necessary). I work with three different physicians, all of them competent, kind and fun to work with. Over and above my usual hours of work I also have organized a support group for grieving families, and help teach prenatal classes in the evenings. My work here is rewarding.

**Julia Oulman ('85) Evanston, IL** My job with the midwifery service is going very well. My case load is fairly large, so they are keeping me busy. I spent a lovely holiday in Ireland/Switzerland in September. I'm ready to go back to Ireland right now. The countryside is gorgeous and I found the people extremely friendly. I was involved in a car accident. Fortunately, I wasn't hurt, but my car is badly damaged so I'm in the process of dealing with the insurance company, lawyers, etc. Sean Flood, **Carla Stange**, Noreen McGowan and I spent an evening together in August. It was fun being around part of the FNS crowd again. I'm hoping some of my classmates will be at the ACNM Convention in Detroit.

**Elsie (Maier) Wilson ('63) Gainesville, FL** Jack and I have been in Gainesville over a year now. It's a small university town, crowded at times, but high-spirited (especially during the Gator football season!). It has a northern climate and so many trees that it feels like living in the country. We bought a beautiful home on a half acre of property in an oak forest. My work is a challenge, difficult at times, but the hours and benefits are so much better than any job I've ever had. It's such a relief to have evenings, nights and weekends free. Jack feels like he really does have a wife after all. We are enjoying being together, meeting new people and getting involved in a new church. I will be taking on a new responsibility at work in the New Year. I will still be working for the MIC Project of the University of FL, on faculty, but I won't be doing prenatal clinics anymore. We have a new federal grant to train a group of lay health workers to follow up at home on women who have had low birth weight babies. They will attempt to become their friend — a peer person giving them some care, attention and encouragement to use family planning. I will have a social worker and a nutritionist helping me train and supervise these workers. My life is full of blessings, more than I could ask or think. Jack and I have been married seven years and they have been the happiest years of my life. We had all three of his children and five out of six grandchildren home for Thanksgiving. Only one granddaughter and her two little girls were missing. Can you believe I'm a great grandmother? I guess we are all getting older, but I'll never admit it! Life is too full and exciting!!

**Debra (Buchanan) Goldstein ('84) Chinle, AZ** We're all doing great. Josh is 3, Meg is 20 months — beautiful and happy children. Al took a month long course in Phoenix in Emergency Trauma Nursing, and is thriving in his job as transport nurse here in Chinle. I'm delivering lots of babies — loving every minute of it. We're looking forward to visiting Hyden this year if AL interviews for a place in the class of '89. It will be wonderful to catch up on FNS changes.



**Coleen (Wold) Atkinson ('85) El Rito, NM** We are in a wonderful setting for Kariana — lots of horses and cows to visit. She and "Daddy Bill" (Atkinson) get a pocketful of apples and walk across the field to feed the animals. Bill has been working primarily as a manger/business consultant at the clinic here and secondarily as a practitioner. Business is slow as folks are used to going elsewhere (the clinic has been closed for two years). I'll be joining him part-time in January, but have yet to resolve my feelings about leaving my little one!

**Sally (Den Blyker) Vink ('71) Gallup, NM** In March I spent two weeks in the Dominican Republic with Medical Group/Christian Medical Society. I was on the clinical team and we averaged 250 patients day. I'd do it again, but would take Jay along. The kids want to come too, but can't until they are in their teens. Jay is still the administrator of Friendship Services, but that isn't the only thing keeping him busy. Basketball season is started again, he is president of the Board for the Crisis Pregnancy Center, on the Worship Committee at church, and trying to do his last year of school. I have been the traveling NP for the past year, doing two clinics in Gallup and two in Grants (a 60 mile drive from here) a week. I had to draw the line, so starting in December I will be doing one clinic in Grants per week. I am also a student again — taking two classes at UNM for credit toward my BSN. The children are great. Erica is a 5th grader and Jason in 3rd. She is taking piano lessons and has picked up my clarinet and plays quite well. Jason prefers playing outside and with the horses. If we can't find him he is probably at the horse barn talking to and petting the animals.

**Dianne Lytle ('80) Reading, PA** 1987 was relatively calm for me. I still work three or four days a week at the clinic in Allentown, and a little part-time at the birth center here in Reading. I really love both jobs, and usually manage to juggle my schedule without major mix-ups. We've done a little traveling, though nothing major. In early March we spent a week in FL with my mother, with one day at Sea World which we always love — Nancy was with us which meant less driving for me. Memorial Day saw the wedding of my oldest niece on the lawn at Guilford College (Greensboro, NC) where my brother, Bill, is president. Amy was stunning as the youngest bridesmaid, and thrilled to be part of her cousin's special day. In August Amy and I spent a week with our friends in Bar Harbor, ME — climbing, hiking, sailing, eating, people-watching and generally relaxing. I really do miss the ocean with its peaceful rhythms and ever-changing character. The real change in our lives came last fall, with Amy starting at Westtown School, a Friends' school about an hour from here. She is boarding and seems to love it. She has lots of friends and made the honor roll for the first trimester. She's been home for several weekends and breaks are very long, so I haven't had time to miss her much. The way my work schedule is, I often saw her only for breakfast anyway, so now I sleep an extra half hour instead. Our wishes for this Christmas include strength, joy, and inner peace, to deal with whatever life brings your way in the coming year. Our home always has room for company.

filed for Quilter's Widow Pension!.

— edited by Alice Whitman



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## URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

### At Wendover

- Slipcover for the Big House livingroom sofa — \$490.00
- Slipcover for the Big House livingroom chair - \$230.00

### At our Beech Fork Clinic:

- Venetian Blinds — 11 sets ..... \$319
- Fabric for re-upholstering couch and making new drapes for clinic ..... \$375
- Two secretarial chairs ..... \$319
- (4) Chair mats to protect new carpet ..... \$320
- Rocking chair for waiting room ..... \$ 75

## 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 program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a 6- to 8-week minimum period and would like to be exposed to the work of the Frontier Nursing Service. ("You tell us what you can do, and we'll find a job for you.") For current information, write Elizabeth Wilcox, Coordinator of Wendover and the Courier/Volunteer Program, Wendover, Kentucky 41775 (phone 606-672-2318).



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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.”

*Isaiah 40:11*

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas 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 midwife training schools for graduate nurses; to carry out preventive public health measures; 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 promote the general welfare of the elderly and handicapped; 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, 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.

From the Articles of Incorporation of the  
Frontier Nursing Service, Article III  
as amended June 8, 1984