

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

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For Peggy, her last Quarterly Bulletin.

Cover: This silhouette was first used by Mrs. Breckinridge to illustrate an article about her work which appeared in the Spring 1942 issue of the *Quarterly Bulletin*. For Mrs. Breckinridge, the silhouette signified the bond between mother and child.

We use it here in memoriam for Peggy G. Elmore, September 30, 1929-March 8, 1980, who gave thirty years of dedicated service to the Frontier Nursing Service. It is fitting that Peggy entered the next life in her room at Wendover.

We use it also in thanks for the years of work that Dr. E. Fidelia Gilbert has given.

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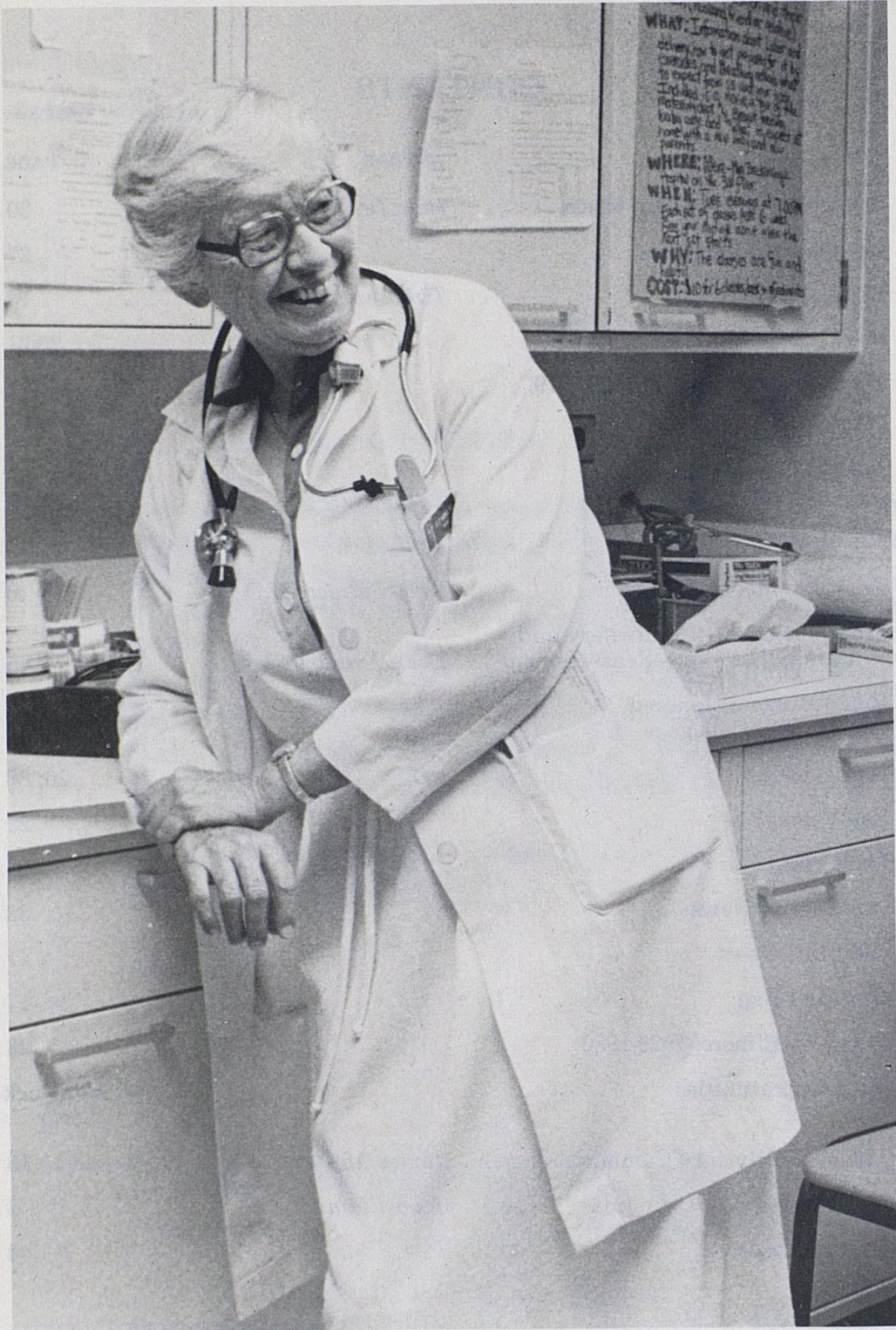
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Dr. E. Fidelia Gilbert

FOR MOTHER AND CHILD

By Molly Lee

I first met Dr. E. Fidelia Gilbert when she visited FNS with Beth Beers, an FNS graduate nurse-midwife who had worked with Dr. Gilbert for some years overseas. Dr. Gilbert, who had retired after 34 years of mission service in Bangladesh, was looking for somewhere to give useful service for a few more years.

When we next met it was at a conference of the International Confederation of Midwives in Washington, D. C. Dr. Gilbert had decided to accept the position here — little did we know then that FNS was getting such a complete person. Retired from the women's hospital in Bogral which she had been instrumental in building, we hardly expected such an up to date, alive, and meticulous physician to be in charge of maternity services and Gynecology here.

Throughout her seven years here, Dr. Gilbert has helped to keep the Midwifery Program in step with modern advances in treatment and technology, in the classroom and in clinical areas, without sacrificing the skills inherent in the midwifery profession. She has assisted in the training of more than 50 students and helped to deliver more than 2000 babies. Her oft stated purpose in being here has been to share her knowledge and the skills of her hands with nurses and midwives in whose own hands lies the future of those for whom they care, wherever they practice in the world.

Her innate kindness, pure common sense, and quick-witted humour have endeared her to all. She has borne the weight of extensive classroom teaching for both the midwives and family nurses in training. She has worked beside them in clinical practice and on call hours with the same fortitude and Christian commitment that she showed on foreign soil.

We marvel at her stamina: her 'extra' outreach work with the Kentucky River Program in the Hazard Health Department which provides services to mothers; her listening ear to any and all who would counsel; her support of the struggling Bible study group; her fantastic ability to look after her work, her studying, and herself — to be refreshed only by cat naps in the night hours when on call.

It was said of her by a former faculty member several years ago that her epitaph should be: "Dear and Glorious Physician".

Dr. Yvonne Imbleau came to join the staff and to assist Dr. Gilbert two years ago. She, too, came from the mission field: several years of obstetric work specializing in surgery in Kenya and Rhodesia. Her arrival made a considerable difference to the maternity team since she had board certification in OB-GYN. We had another physician to share the twenty-four hour call and more importantly, someone able to share the responsibilities of a Caesarian section when the occasion arose. She has performed all of this with skill, expertise, and the utmost competence. She has also met surgical emergencies at Red Bird Hospital 25 miles away, and the Red Bird Mission has reciprocated by lending us relief anesthetic coverage.

It was no small decision for Dr. Imbleau to come here. On her first visit, she was attracted by the deep sense of service to the patients and by the friendly personnel. She was delayed in getting here by the sad necessity of having to sell the family house and, further, made quite a sacrifice by deciding to leave her mother to make a new life for herself in a retirement complex.

Muggins or Mugsie, her African friend of '57 varieties', has become very much at home in the Barn apartments on hospital hill and shows the same sense of sportsmanship that her Missus demonstrates — with a twinkle in her eye. Together they have enjoyed the weekly rotation at the district clinics and will be sorely missed.

At this writing there is no permanent replacement in sight for another OB-GYN physician. In the "Sound of Music" Maria says with great conviction, "Wherever God closes a door, He opens a window." With the missions overseas that are closing year by year, surely somewhere there is someone waiting to hear and respond to the Frontier Nursing Service. We are eternally grateful for the love and devotion which our departing physicians have shown and we await in His time the answer to our prayer of need.

Retirement is just a 'change of occupation'. May both, in their separate ways, enjoy health, happiness, and contentment.

THE MAKING OF A GRANDMA

by Jean Elam

"I hope you don't care, but this baby is going to be born at your house," Sue said when she came back from her first visit to THE NURSES.

I was delighted, if Sue could work this out with the nurses and Dr. Gilbert, but this was not the policy with FNS — to have home deliveries in this present age.

All went well. Sue is a healthy, happy young woman and she and her husband, David, wanted this baby. Sue was also very sure she wanted the delivery "at home", meaning her mother's home because Sue and David live in Ohio, but both were FNS babies. This meant regular trips to Hyden for check-ups and then, in the last month, Sue, Dobie (the Doberman), J. R. (the German Shepherd), and Goldie (the cat) moved to Hyden. David is a "Steel-Hauling Man" so he came weekends to be with his family and to get instructed.

Cathy, the nurse-midwife, and Sue became very good friends. Cathy arranged to have classes on Saturday evenings so David could be included but, because there was always the possibility that he might be on the road, Sue's sister, Sarah, was in on the classes.

The date was set for November 8, but babies and mamas don't always follow calendars — so, a few days before, Cathy brought over a kit of supplies — just in case. The room was readied, the bed made firm, and, on November 6, Cathy and Sister Dorothy came over to become more familiar with the setting, to be sure the things they needed were handy and to check Sue again. It would probably be a few days — David could take a load of lumber to Cincinnati, load for Knoxville, and call when he got back to London, fifty miles away. Since he could not unload until morning, he decided to leave about midnight. But about eleven-thirty I was aroused from sleep by quite a clatter just outside my bedroom door. "The waters broke — Sue's waters broke — her bed's all wet," David told me excitedly.

The bed got changed, Sue got warmed up, Sarah and David settled each other but Sue didn't seem to be able to settle down to rest. It seemed like a good time for me to iron some of Sue's and her sister's baby clothes that we had washed but not ironed. Sue

looked in and commented how pretty they were and how her baby was going to wear them. After all, this was going to be a baby girl — how could it be anything else? Sue is the youngest of five girls — no brothers. David has four nieces and no nephews. This child would be a girl. Only a girl's name had been selected.

Sue became more restless so we called Cathy. She came very promptly. After reassuring Sue and David, she made a couple of telephone calls, and Sister Dorothy arrived about 3:00 a.m. About 5:00, Sister Dorothy suggested everyone try to get some rest — it would be awhile. We did. Sister Dorothy and Cathy could stretch out on couches, Sue and David on the floor — Sue draped over a large footstool, Sarah and I to our rooms.

About eight everyone became more alert. I fixed breakfast but breakfast could wait — Sue was about to deliver. David was beside Sue, Cathy and Sister Dorothy were tending to the delivery, Sarah held the mirror so David and Sue could see the action, and I stood at the door and strained with Sue and pushed with her and thrilled with them when the baby began to appear.

The head came and there was a pause in the action. "Why doesn't he cry?" asked Sue. She was told it was a little soon — there was more work to do. The action started again and then as the baby slipped out, Cathy informed everyone "IT'S A BOY".



Sue and Jonathan David

The baby cried! David sat down! Sarah gave the time! It was 9:15 a.m., November 7, 1979.

Anne, another nurse-midwife with experience in neonatal nursing, had stopped by on her way home from her shift at the hospital, arriving about 8:30. She took the baby, cleared the breathing passages, wrapped him in a blanket, and handed him to David with "Remember, hold him just like you would a football!" The expression on David's face seemed to say, "Sue, you've had him for nine months, now I get him for awhile!"

Cathy was still tending Sue when she looked up at David and said, "Oh, David! We have us a little boy; in about three years we'll have to have a little sister for him."

At 9:25 a.m. — only ten minutes had passed — the telephone rang. It was for David — his family calling. As David went by he said, "Will Grandma hold him?" What a wonderful name — GRANDMA! He was so wonderful that it took four days to find a name that was just right. Jonathan David — Gift of God, Beloved.

Sue, David and Grandma all say, "Thank you, FNS School of Midwifery, for helping us have this experience."

“FOR A SPECIAL DELIVERY, CALL A MIDWIFE”

by Cathy Carr

An FNS graduate's mother-in-law had designed a bumper sticker some years ago with the slogan, “For A Special Delivery, Call A Midwife”, and mine had been pasted to the refrigerator door at my house on Short Creek ever since. Special deliveries are a midwife's joy and privilege, contributed to by the uniqueness of each woman and her family.

My favorite “special” was the home delivery of Jonathan David in Hyden last November. His mother, Sue, had been referred to me when she expressed an interest in having a home birth. When I met Sue, she was still early in her pregnancy, but we immediately began to prepare for a healthy, safe home delivery.

Logistics became quite a major part of our planning. Sue and David lived in Ohio, a five hour drive from Hyden. They wanted to deliver at her mother's home, just across the street from the Mary Breckinridge Hospital.

Throughout her pregnancy, Sue worked at staying fit and healthy. Their two large dogs insured plenty of exercise by taking her for walks. She and David's father gardened all summer, even freezing ice cube trays of blended produce for the little one.

As D-day approached, the long drives for more frequent prenatal visits became too tiring and Sue and the dogs moved to Mrs. Elam's in Hyden and David commuted when he could. So that David could be included as labor coach, we started weekend prenatal classes in Mrs. Elam's home. Over tea and juice we practiced exercises and breathing on the living room floor. Sue's sister, Sarah, became the substitute coach and practiced with Sue when David was away. As Mrs. Elam embroidered baby quilts, we discussed what to expect. This family-style labor and delivery preparation became a weekly visit that I looked forward to and enjoyed.

Sister Dorothy, my midwife back-up, went over lists of equipment and made a prenatal home visit for a trial run. Delivery day finally arrived late one night in early November. David was there so we didn't have to worry about trying to find him on the road. Mrs. Elam, Sarah, Sister Dorothy and I drank a lot of coffee and waited with Sue and David.

Jonathan David was born in the big double bed that Sue and

Sarah had prepared. Soft lights, the early morning sun and his father's arms greeted the new baby. His grandmother and aunt were in attendance, helping and welcoming him into the family. Ann Shaw, a family nurse-midwife, arrived from work in time to circulate for the delivery and do a quick "well-baby" physical.

After making sure everything was normal, we left Sue and David with their new son while Mrs. Elam made a huge breakfast for three hungry midwives and a happy family. Sue got breakfast in bed, her tray adorned with a single red rose. Sarah was dispatched to put "It's A Boy" sign in the window of Elam's Department Store, and the congratulatory phone calls started.

For the next several days, Sister Dorothy, Ann and I took turns making home visits to check on Sue and Jonathan. It was a special delivery for all of us and for me it was a privilege and a joy to birth a very special baby into a wonderful family.



Chair in Exemplary Orthopedic Surgery Presented to David Stevens, M.D.

FROM THE MEDICAL DIRECTOR

by S. D. Palmer, M.D.

“Mrs. Breckinridge, I’m David Stevens from Lexington. Can you use an orthopedic consultant?”

Mrs. Breckinridge was startled by the 30 year old physician who stood in the doorway. FNS certainly could use an orthopedic consultant, and has — for 20 years now. Dr. Stevens had been in Hazard and, having heard of the work of the Frontier Nursing Service, he came to make a firsthand inspection and generously offer his services.

What an auspicious occasion! Since then Dr. Stevens, with or without entourage, has held monthly orthopedic clinics in the old hospital and the new, through Kentucky bad winters and springtime, snow and flood. Remarkably, he has missed only one, single, solitary clinic in 20 years! On that occasion, the roads were impassable and closed. Through other less impossible weather conditions, he has gotten through. This past winter his was one of

the last cars through the Hyden Spur on his way back one night. On another occasion the Kentucky State Police drove him home when his car was stranded.

Dr. Stevens recalls that, early on, the FNS "wasn't too well equipped." The films were taken by Miss Nollie, who did both x-ray and laboratory. Dr. Stevens would go from room to room seeing patients. In the old hospital, of course, there was no elevator, and patients were carried up the stairs on chairs.

One of Dr. Steven's first patients — I tell you no lie — was a deer which had received a head injury by a vehicle. He saw the docile patient in the cow barn across from the "hospital on the hill" and felt some degree of professional satisfaction at having contributed, somewhat, to the beast's survival until . . . the next month, when he was silently fed venison for supper. He didn't ask. Mrs. Breckinridge didn't volunteer. No comment.

A more grateful and, perhaps, more successfully treated patient was Dr. Beasley. The details are understandably lost in the mists of memory, but somehow this urbane physician fell while climbing a grapevine or something, and sustained a compression fracture of the L-1. Less seriously ill, but also less visibly grateful, was Trink, Dr. Beasley's loyal and gracious wife. Trink swears that Dr. Stevens, discussing her arthritis with another person, referred to her as "degenerate" rather than afflicted with degenerative arthritis. *Primum no nocere, David B.*

Despite the many miles driven to and from Hyden during this long period — would you believe over 60,000 miles — he's had only two accidents. He recalls, once, driving with his nurse along a tortuous and slippery road, down a hill toward Granny's Branch near Brightshade, going about 35 miles per hour, hitting the brakes as he approached a sharp left turn. He skidded toward a house where a country gentlewoman sat on the porch. Trying to avoid her and her Old Kentucky Home, he went off the road, over a small cliff, landing in Granny's Branch. Happily, no injuries. *Deja vu?*

Dr. Stevens's clinics are models of efficiency with large numbers of patients seen by this capable and gracious man. As a fellow physician, I am very impressed with the intensity of his contact with the patients. I have recommended to medical students that they follow him around in clinics to learn the art, as well as the science, of our profession.

Recently, the University of Kentucky honored Dr. Stevens by asking him to be in charge of pediatric orthopedic work. He will now be Chief of Staff at the Shriners Hospital in addition to being Medical Director of Cardinal Hill Hospital. This has required giving up his private practice with Dr. Sweeney, but — thanks be to God! — he will continue to come to the Mary Breckinridge Hospital.

In late March, at the end of a characteristically long clinic, Dr. Stevens was given a walnut rocking chair made by Cecil Morgan. On it was a brass plate inscribed: "The David B. Stevens Chair in Exemplary Orthopedic Surgery. Frontier Nursing Service."

Thank you, Dr. Stevens, for who you are, what you do for FNS, and for the privilege of knowing and working with you.



Black Lung patient — Farmer Sizemore with Dr. Tim Carey

BLACK LUNG

by Tim Carey, M.D.

Coal Worker's Pneumoconiosis, or Black Lung disease, is a chronic respiratory disease found in miners who have worked underground in excess of ten years. Under a federal program, over 100,000 former miners are currently receiving benefits and medical assistance for pulmonary disease and disability incurred as a consequence of employment in the coal industry. The exact figures are not known, but several hundred individuals in the area served by the Frontier Nursing Service have qualified for Black Lung benefits, and many more men are currently engaged in mining coal. In recent years, FNS has devoted more energy to evaluating and treating these individuals.

Coal dust, once inhaled, may be exhaled in expired air, or coughed up and expectorated. Intermediate-sized particles, however, impact in the small airways and the alveoli. Many of these particles remain for years, their presence setting off a fibrotic response that leads to eventual scarring of the lung and

restriction of lung function. The amount of scarring of the lung is directly proportional to the amount of dust in the lung. Thus, the longer a miner is employed in the industry, and the heavier the dust exposure, the greater the risk that a miner may suffer lung damage. Workers in deep mines are, therefore, at greater risk than workers in strip mines, and face workers (those who actually run the mining and loading machinery) have the greatest risk of all. Somewhere around ten percent of long-term deep miners have some evidence of Black Lung, and one to two percent have more severe disease.

The straightforward disease-equivalent-to-amount-of-dust theory breaks down, however, over two problems. First, each miner's respiratory defenses are different. This is true for many health problems affecting individuals; the response of the body to the stimulus — virus, bacterium, or foreign chemical — is variable and determines the presence, and extent, of disease. Second, the problem of smoking. Smoking is prevalent in miners, as in the population as a whole, and much of the debate surrounding Black Lung, and especially its compensation, has involved the role of smoking. Many pulmonary physicians adopt the hard-line view that much of the disability seen in miners is secondary to smoking, with the coal dust exposure contributing little to the overall picture. Studies done in the British Isles have shown that a moderate amount of Black Lung can be seen on chest x-ray with little, if any, respiratory impairment in non-smokers.

My view, however, is that the two factors, coal dust and smoking, act in a way that reduces the lung's reserve capacity to the point where the patient is symptomatic. Each factor alone may not be enough to cause symptoms, but the two together can be disabling, causing shortness of breath on exercise, increased risk of infection, and an increased mortality from respiratory disease. A miner, once disabled, should not be penalized because he once smoked.

At FNS, we perform two functions in the Black Lung Program. The first is diagnostic. Once a miner applies for benefits under the compensation program, he undergoes a medical evaluation. Chest x-ray, arterial blood gas analysis, and spirometric studies (which measure the capacity of the lungs) are performed in the respiratory therapy department. After these studies are completed, I perform a history and physical examination and forward

the results to the Department of Labor, which makes the final determination of the miner's eligibility for compensation. From six to eight of these evaluations are performed each week.

The second function is treatment. Under the compensation program, the miner's heart and lung health care is paid for by the federal government, with financing ultimately coming from the coal companies. The treatment consists of paying for hospital admissions, physician's visits and diagnostic studies, and outpatient respiratory therapy. Treatment of Black Lung is often disappointing, and confined to complications such as infection, congestive heart failure, and treatment of accompanying asthma. Coal dust, once in the lung, cannot be extracted, and the lives of many of these men are marked by progressive shortness of breath, repeated infections, and increasing restriction in what they can do. Medication, oxygen, and respiratory therapy can make their lives more comfortable, and often they gain considerable benefit from being in a setting where someone cares, about them, about their problems. The miners devoted their lives to dirty, dangerous work so that others could keep warm in lighted houses, and many have lost their health. They feel, justifiably, that the health care is their right.

Many frustrating problems remain with the program. The emphasis currently is on miners disabled by respiratory disease. But the treatment options are limited and often disappointing. Prevention is currently woefully inadequate. Inspections of mines are sometimes inadequate, and many miners do not receive periodic chest x-rays to pick up damage from coal dust early, before disability occurs. Cigarette smoking remains common, especially among high school students, and education programs to these and other groups would aid in the prevention of respiratory disease ten and twenty years in the future. Vaccination programs against influenza and pneumococcal pneumonia need to be expanded to include all recipients of Black Lung benefits.

The bureaucratic organization of the benefits program is confusing and conflicting. The program is administered by the Department of Labor, an organization new to the field of health care delivery. The program only provides for payment of health care for the heart and lungs, a provision which has prompted most practitioners to take very wide views of "heart" and "lungs".

Health care cannot be compartmentalized. Programs about prevention are administered by a different agency, under the Department of Health, Education, and Welfare, and interagency communication is poor.

In sum, while vigorous effort needs to be put into the treatment of miners disabled by Black Lung disease, in the long run much more can be gained by prevention and surveillance. It is hoped that the government and the industry can be induced to come around to this view. The goal should be to make Coal Worker's Pneumoconiosis a textbook disease, an historical curiosity from the bad old times when your job could kill you.

OUR MAIL BAG

From the Director of the Prince Leopold Institute of Tropical Medicine, Antwerp, Belgium —

Let me tell you how much I enjoyed my visit at Frontier Nursing Service.

As I told you I have certainly found there the inspiration for answers to a number of problems which we have. This visit was an opening to an entire world the existence of which I did not know. I am extremely thankful for the opportunity which was given me to come into contact with your service and for the effort you made to make my stay useful and agreeable.

.

From An Old Courier —

The *Bulletin* suits an oldtimer like me and yet is vastly improved too. How do you do it?

BUSINESS AND COAL DINNER 1979

Since the spring of 1979, the coal market has been sagging; hence, most of the mines in Leslie, Clay and surrounding counties have been working only part time and a lot of this coal has not been sold but put in stockpiles. In spite of this serious recession which Leslie County is undergoing, many local businessmen and coal companies participated in a dinner at the Appalachia Motel in Hyden to raise funds for the Frontier Nursing Service School of Midwifery.

Pat Angel, District Manager for the Eastern Kentucky Office of Surface Mining, Enforcement Division, and William Hayes, Supervisor for Letcher, Knott, Leslie and Perry Counties, gave good talks on the strip mine laws. James Mosley, at that time Chairman of the FNS Advisory Committee and, therefore, a member of the Board of Governors, spoke about the various aspects of the FNS, both personally and as a community member, and Kate Ireland, National Chairman of FNS, presented facts and figures of the FNS role in the economy of Leslie and Clay Counties.

Once again, the Leslie County Telephone Company hosted this fund-raising dinner and it was gratifying to have some new contributors included in this successful local effort.

THE FNS ADVISORY COMMITTEE

By James Mosley, Chairman, 1978-80

Our FNS Advisory Committee was formed four years ago. I was contacted by Dr. Beasley who told me that he was trying to get together about twenty-six people scattered over the FNS service area to function as an Advisory Committee for FNS.

The idea sounded good so I accepted and soon a meeting was held, officers elected, and committees formed to formulate by-laws and reasons for existence. Mr. Edward Mattingly was elected Chairman, I was elected Vice Chairman, and Mrs. Betty M. Huff was Secretary for two years, followed by Mrs. Betty Roberts. We had no Treasurer and, after four years, haven't needed one.

There have been several changes in our group. We now have representatives from all outpost centers and hold meetings at the outpost center clinics twice a year. Mr. Bill Pollard is the present Chairman, Mr. Alden Gay, Vice Chairman and Mrs. Phronia A. Smith is Secretary.

Dr. Rogers Beasley, our Director, has guided FNS the past few years through perhaps the roughest period in the history of our Service. We have been forced to change the way of operation in order to survive in this modern time. This has been a very trying time, with many people predicting failure, bankruptcy and disaster. Dr. Beasley, as Director, has had to bear the brunt of the threat of disaster, but a sound Board of Governors, along with better management, cut-backs here and there, a general conservation, sound advice from a consulting firm, execution by hard working people at FNS and, I must add, sound advice from our Committee, has brought FNS back on an even keel. We are still not out of the woods but we can see a glimmer of light ahead.

Our Committee will always be asking for "better service at a lower price", and is made up of some strong people who are not afraid to speak up. As one member put it, "they didn't hire us so they can't fire us!" We feel that we can be a sounding-board for new ideas coming from FNS and we also want to offer ideas. We feel better qualified to say whether or not the local people will accept new ideas. We want to keep alive the tradition of the founder, Mrs. Breckinridge, and her idea that somewhere there are people who need all of us. We feel that the minutes of our meetings help keep those who cannot attend each meeting up-to-

date on the happenings, and we know there is a direct link between the Committee and the Board of Governors, on which I had the honor and pleasure of serving for the two years I was the Advisory Committee Chairman. These people are dedicated servants of FNS and take their responsibilities very seriously, giving of their time and money in order to serve. The Chairman of the Advisory Committee automatically serves as a Governor and acts as our personal link between the two groups. Our Committee feels very much a part of the team and will strive to fulfill the duties entrusted to us.

After a period of time I feel we will look back on the past four years and will realize that we came through a trying time, a time of real change, and a time when we were tested; and when the papers were graded, we came through with passing grades. We are now looking ahead, no longer afraid of a new challenge, because we know we can handle it, whatever

BOARD OF GOVERNORS



Mr. Bill Pollard

Mr. William O. (Bill) Pollard, a businessman at Smilax in Leslie County, was recently elected chairman of the FNS Advisory Committee and represents that Committee on the Board of Governors. He has been Chairman of the Wooton Committee since it was formed, is a deacon of the First Baptist Church of Wooton, vice president of the Wooton Lions Club, and active in several other civic groups. Bill and his wife, Viola, have six children, Bobby, Mike, Barbara, James, Chelsea, and William.

Bill will be serving on the Executive Finance, Professional Standards, Patient Care, and Education committees. We welcome him to the Board of Governors.



Mr. Henry R. Heyburn

Mr. Henry R. Heyburn, a partner in the Louisville law firm of Brown, Todd and Heyburn, was elected to the Board in 1958, and has served as a vice chairman since 1967 as well as a member of the Board's Development, Executive Finance, and Personnel committees. A graduate of Harvard Law School, LL.B. '49, he was legal advisor to Mrs. Breckinridge and continues to serve FNS in this capacity. Henry and his wife, Franny, have four children, John G., Franklin S., Henry R., and Frances H.

Although he is retiring from the Board, we know FNS will continue to be in his thoughts. Our heartfelt thanks go to Henry for his service and dedication to the Frontier Nursing Service.

HELEN BROWNE HONORED BY BEREA COLLEGE

Helen E. Browne, Director Emeritus of Frontier Nursing Service, was one of three recipients of a Berea College Service Award, presented by Dr. Willis D. Weatherford, President of the College, at a Convocation in the Phelps Stokes Chapel on the afternoon of December 6, 1979. Honored with Brownie were Denver D. Robinson, District Extension Chairman, Agricultural Extension Service, North Carolina State University, and William Worthington, a retired miner from Harlan County and organizer for black lung victims.

In his opening remarks, Dr. Weatherford said that service was most important to Berea College and, therefore, it was felt that a Service Award, for promoting the ideals of Berea College, was more appropriate than the award of an honorary degree. This was the first time the Service Award had been given and honorees were chosen by the faculty and presented to Dr. Weatherford by faculty representatives. Mr. Robinson was introduced by Dr. Robert Johnstone, Chairman of the Department of Agriculture, Mr. Worthington by Loyal Jones, Director of the College Appalachian Center, and Brownie by Muriel Dayhoff, Assistant Professor of the Department of Nursing.

The lovely medallion which accompanied the citations was designed by Mrs. Mildred Strickler of Berea. Included in the design were the principles upon which Berea College was founded:

The Cause of Christ
Liberal Education
Interracial Brotherhood
Appalachian Service
The Dignity of Work

Following the Convocation, there was a reception for students, faculty, staff and friends, and a dinner in honor of the award recipients.



Miss Peggy Elmore

PEGGY G. ELMORE

1929-1980

After receiving the shocking news of Peggy's sudden death on March 8, a kaleidoscope of mental pictures started whirling through my head. Characteristics that stared out above all others are her unfailing loyalty to FNS over a number of years; her fantastic memory for people and happenings; her love of customs of country, the Commonwealth of Kentucky, her native state, and of the FNS to which she contributed so much over a period of some thirty years.

She was an excellent letter writer and kept news of the FNS going to an amazing number of people. She had the ability to use the right words, be it to a long-time donor to FNS whom she had never met, or to a friend among old staff members in Britain. Many couriers were among her correspondents.

In looking back over the years one realizes how many slots Peggy had filled in the FNS. Starting in Agnes Lewis's department she learned about maintenance of all FNS buildings and recruitment of couriers new and old. The next slot was the post of *Quarterly Bulletin* and donor secretary which included an introduction to working with Mary Breckinridge, to whom she later became secretary. At some point Peggy did vacation relief for the secretary to the medical director — her first experience of Hyden Hospital and its School of Midwifery. Knowledge gathered here was of help when later she helped with nursing correspondence and in the admissions office for the School. She stored information gathered in each department for future use.

It was not until 1957 that Peggy became secretary to Mrs. Breckinridge. She worked in this position for the three directors of FNS.

During the time Betty Palethorpe was superintendant at Hyden Hospital, she and Peggy became close friends. Many an evening Peggy would run in to Hyden to offer her services as an aide in the operating room, in the clinic, or in the drug room. Because of her rare B negative blood, Peggy was called upon many times to donate during emergencies. Whatever the hour, her reply was always, "I'm on my way."

All these experiences gave Peggy a good understanding of the whole organization, and proved so valuable as staff came and went, and Peggy stayed on. As one staff member wrote: "I thought Peggy would always be at Wendover."

She will be missed by many people, both old and young. We will cherish the years she gave to FNS and her love for Wendover.

The Wendover restoration project was Peggy's greatest pleasure of the last few weeks. Gifts in her memory will be used toward the funding of this project.

—Helen Browne

Memorial Gifts

- The Hon. John B. Breckinridge**
Mrs. Frank B. Borries
- Mrs. Adolph Reutlinger**
Mrs. Henry V. Graves
- Ms. Frances Bennett Geyer**
Mrs. E. D. Stephenson
Mrs. Robert Gillig
- Mr. Robert L. Morgan**
Hyden Citizens Bank
- Mr. Roger L. Branham**
Mrs. James N. Rawleigh, Jr.
- Mrs. Donald O. Opstad**
Mr. and Mrs. Denis Faber
- Mrs. Eleanor B. Parkman**
Mr. Francis Parkman
- Ms. Margaret Klotz**
Mrs. Willard R. Lehn
- Mr. Edgar Kennedy**
Mr. and Mrs. Sewell C. Williams
- Mr. Miles Wambaugh**
Mrs. Roger L. Branham
- Mrs. George M. Todd**
Mrs. Clifton R. Breckinridge
- Mrs. George M. Chescheir, Sr.**
Mr. and Mrs. Henry R. Heyburn
- Mr. Marcus H. Muncy**
James E. Stark, M. D.
The Dale Peterson Family
Miss Kate Ireland
Mrs. Frances M. Wier
Ms. Olive M. Shaw
Ms. Anna R. McCann
Mrs. Marcus H. Muncy
Mr. and Mrs. Paul Holdridge
Mr. and Mrs. Edwin T. Holmberg
Lt. Col. and Mrs. Peter Olsen
- Mrs. Albert B. Carter**
Mrs. J. Howard Wing
Mrs. Jefferson Patterson
U. S. Capitol Guide Service
Mrs. E. Felix Kloman
Mr. and Mrs. William A. P. Pullman
- Mr. Robert G. Rader**
Mr. and Mrs. W. T. Cahoon
- Miss Peggy G. Elmore**
Dr. Carl H. Fortune
Mrs. Van C. Adams
Mr. and Mrs. James Howard
Mrs. Clifton R. Breckinridge
Mrs. James C. Breckinridge
Miss Helen E. Browne
Mrs. Dorothy O. Burger
Miss Mary K. Chappell
Mrs. Peter Fernandez
Dr. and Mrs. Stuart Graves, Jr.
Mr. and Mrs. Henry R. Heyburn
Mrs. John G. Heyburn
Ms. Michelle M. Kamhi
Mrs. Verna M. Potter
Miss Barbara S. Post
The Rev. and Mrs. Alfred R.
Shands III
Mr. and Mrs. Wallace W. Taylor
Mrs. Roger L. Branham
Mrs. Madeline M. Gamble
Miss Lucille Knechtly
Dr. and Mrs. Frank J. Lepreau, Jr.
Miss Agnes Lewis
University of Kentucky
College of Nursing
Mrs. William T. Maxson
Miss Caroline C. Post
Mr. and Mrs. Dale W. Deaton
- Mary Dow Novotney**
The Mary Dow Novotney Memorial Fund
Miss Nancy Dammann
Miss Lydia Ann DeSantis
Mrs. Bertha McGinn
Sister Mary Magdala Goff

IN MEMORIAM

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

MRS. JAMES T. BRYAN
Mill Neck, New York
Member, New York Committee

MRS. ALBERT B. CARTER
Washington, D. C.
Member, Washington Committee
Former Member, Boston Committee

MRS. ADOLPH REUTLINGER
Louisville, Kentucky
Member, Louisville Committee

MR. CLEVELAND MARCUM
Frankfort, Kentucky
Former Member, Red Bird Committee

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

Mrs. E. M. P. Magee, Warrensburg, New York
Mrs. Horace Mann, Southwest Harbor, Maine
Mrs. Ernst M. Parsons, Brookline, Massachusetts
Mrs. Russell Robb, Concord, Massachusetts

BEYOND THE MOUNTAINS

The slide-tape presentation, "Midwifery and Family Nursing: The Frontier Nursing Service in the Kentucky Mountains", has been shown twice recently.

On February 24, members of our Blue Grass Committee and the University of Kentucky Library Associates viewed the presentation in UK's new Center for the Arts. Betty Lester, Wanda King, Bobbie and Dale Deaton were there to answer questions about the FNS and meet everyone at the reception afterwards.

On February 28, the presentation was shown to the more than one hundred people attending the Kentucky Conference on Oral History to demonstrate the effectiveness of combining oral history interviews and visual material for large audiences.

The material in the slide-tape presentation was selected from the FNS photographic collection and interviews of the Oral History Project. It will be shown to the members of the Washington Club on April 22, and at the FNS Washington Benefit on April 23.

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Dr. Willis D. Weatherford, a member of the FNS Board of Governors, has been elected vice chairman of the Board of Directors of the National Association of Independent Colleges and Universities. This association, based in Washington, represents private colleges and universities.

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Our former National Chairman, Mrs. Jefferson Patterson, has also been "in the news" recently. Some of her marvelous photographs illustrate *Olivia's African Diary* by Olivia Stokes Hatch. In 1932, Olivia Stokes and Marvin Breckinridge accompanied the Rev. Canon and Mrs. Anson Phelps Stokes from "Cape Town to Cairo". Now, nearly fifty years later, a delightful book is a result of that journey.

On February 19, Mrs. Patterson was invited to the Children's Museum of Oak Ridge, Tennessee, as one of the featured speakers in a series on "Women in Appalachia". She showed two FNS films — *The Forgotten Frontier*, which she had filmed, and *The Road*.

Mrs. Patterson was accompanied to Oak Ridge by two former staff members who live nearby — Miss Agnes Lewis and Mrs. Arthur Bryne (Jerry White).

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From the National Chairman:

Even though the South is noted for its hospitality, nothing can compare with the royal treatment I was given when I arrived in Boston the last week of November for the Boston Committee's Christmas Auction and Boutique. After being dined and entertained by Evie and Tom Mahoney, I was welcomed to Liz and Jack Dawson's home. The day of the Boutique dawned magnificently clear and cold, and we gathered at mid-morning at Anne Lowell's house where hundreds of items, which had been made by Committee members, were being displayed. At 11:15 a.m., old Courier Lois Powell Cheston (1956) opened a highly successful auction. Beautiful quilts — full and baby size; large table decorations made of apples and hemlock branches; Christmas wreaths (some even for dogs); lamps created from old glass wine jugs artfully and artistically filled with bits of grasses; and all sorts of frozen food — pates, lasagna and caviar. All of these items went to the highest bidder and often there was quite a bit of competition for individual items. Many old friends were among the buyers and what a joy it is to see a Committee full of enthusiasm working together for the benefit of our Frontier Nursing Service!

The Frontier Nursing Service was asked to attend a Special Announcement at the White House of the *Small Community and Rural Development Policy*. President Carter presented the different aspects of the program, such as Housing, Water and Sewer, Economic Development, and Energy, and many of the Health Actions which could be helpful to the FNS. Some of the health objectives are enticing more physicians and nurses to rural areas, promoting Home Health care, enactment of the Child Health Assurance Act which would provide health services to low-income children and pregnant women, passage of the Mental Health Systems Act which would increase mental health services in rural areas, the promotion of legislation permitting "swing beds" which would simplify Medicare and Medicaid reimbursement to small rural hospitals, and the expediting of various "red

tape procedures" such as cost reporting, Medicare/Medicaid reimbursement procedures, and encouraging uniformity of third-party payment paperwork.

I was pleased to be present at this announcement, but so many agencies were represented that we had to meet in the Old Executive Office Building rather than in the White House.

LAS VEGAS EAST A Report of the FNS Philadelphia Committee's Fall Benefit

by Betsy Gawthrop, Chairman

It is my good fortune to have a pleasant tennis playing friend with a casual stride and a sweet smile. It finally dawned on me that she has a mind like a steel trap. She loves all of mankind, and so, of course, fell for FNS — she lined us up for Las Vegas East.

Even the skeptical admitted that they had a wonderful time, due in large part to the enthusiasm generating from the darling croupiers, my husband's bridge group, who had never heard of FNS. Rented Black Jack sets, crap tables, Wheel of Fortune, were set up in the foyer of a private school — empty of a Friday night. Rent was a modest donation. Play money was used and the first \$10,000 given upon admission which was only \$10.00. Hearty hors d'oeuvres were free. We were too generous with our big winners, but they were generous in return, so

But next year we hope to make twice as much, by serving hearty enough hors d'oeuvres to pass for supper, and so to enable us to charge more as well as have guests arrive at an earlier hour. Winnings will be cashed in on prizes which we should already be starting to garner.

But aside from the immediate revenue of a benefit, it has been our experience that just the **having** promotes interest in FNS. Random checks have come in since with good wishes — needless to say, a heart-warming delight. We are not trying to promote an addiction to gambling, but in this gentle way it is fun. And to be able to send \$2,700 to FNS was gratifying.

A VACATION FOR THE BIG HOUSE

by Dale Deaton

By the time Indian Summer arrives this fall, "The Big House" at Wendover — Mrs. Breckinridge's home and FNS headquarters for over fifty years — will have undergone the rigors of a complete restoration. In January of last year, the future of this historic home was, in the mildest term, uncertain.

Verna Potter and Peggy Elmore knew the bottom log along the patio was rotten, so J. G. Morgan of the maintenance crew came to Wendover to replace it. When J. G. began working he found that not only was the bottom log rotten, but so were the next two. If this weren't bad enough, he also found that the floor joists in the front rooms were rotten. He knew there was no need to attempt repairing the building with but one log. He questioned whether it could be repaired at all! Could the rotten sections be repaired without risking the collapse of the entire structure? Yet, if it wasn't repaired, the building would eventually collapse. No matter what happened, the expense would be much more than first expected.

J. G. reported his dismal findings to Verna and Dr. Beasley. After much discussion, poking at the rotten logs, pondering and bewilderment, they concluded that to repair "The Big House" would be more expensive than the FNS could afford. It seemed as though the building that is the symbol of the FNS for its patients, friends, supporters, and thousands who have visited it, was doomed, but to allow the official guest house of the organization to deteriorate away was not acceptable to any one.

Verna wrote a letter to the Kentucky Heritage Commission and learned that we could apply for federal grant funds because Wendover is listed on the National Register of Historic Places. We then consulted Miss Agnes Lewis, when she was visiting, Mr. Oscar Bowling — who's crew built several FNS buildings and has done work on "The Big House" previously, and Mr. Eddie J. Moore — who is a Board of Governor member and a building contractor. Then, Mr. Wallace Taylor, the architect who designed the Mary Breckinridge Hospital, came from Lexington to consolidate everyone's recommendations, combine them with his own, and provide a detailed description of what had to be done. The house

had sagged because of the rotten logs and floor joists. Replacing them would disrupt the plumbing pipes, electrical wiring, chinking between the logs, and so forth. The entire structure needed to be restored.

After all this, it became my responsibility to prepare the grant application which was submitted to the Kentucky Heritage Commission. The FNS was awarded \$46,000.00 in matching grant funds as a result of everyone's work. We are now seeking our matching amount and hope our friends will help us. Then, we will be on schedule with what is officially titled the "Wendover Stabilization and Rehabilitation Project." Work should begin on "The Big House" this June and be completed toward the end of summer.

So, after fifty-five years of service "The Big House" must take a short leave of absence this year to prepare itself for at least another half-century. Once this vacation ends, the home will be prepared to serve again as the FNS guest house, for conferences and staff meetings, and as a gathering place for visitors from the world over.

OLD COURIER NEWS

From Marty Richardson (1976), Orono, Maine—

I am now working as a nurse at the University of Maine Health Center and finishing a degree in Spanish. Perhaps Lisa Greene has written you that she and I worked together at Joslin Camp again for a while this summer. Eventually I think I'd like to work out west, doing community health nursing with Spanish speakers. At any rate, I hope always to keep in touch with FNS folk because my summer there has left what appears to be an indelible mark on me!

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From Laura Ellis (1977), Dedham, Massachusetts —

It was great fun to hear about FNS and all that's happening from my sister, Mimi, who was at Wendover as a courier this summer.

I'm working at the Peter Bent Brigham Hospital in Boston and am taking night courses in preparation for graduate nursing school. It may take a while but I hope to get my M.S.N. in community health.

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From Susan Quinby (1974), Milton, Massachusetts —

I just took the nursing state boards and plan to work in a city hospital soon. In the meantime, I'm working at the New England Aquarium with the seals, otters, penguins and beavers! FNS taught me things I shall never forget and I will always support the organization.

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From Nancy Oseasohn (1973), Dallas, Texas —

This is my last semester at law school so I am looking forward to graduation, taking the state bar exam, and looking for a job. I will be looking mainly in Texas and the Southwest but I would love to find something in Kentucky.

From Holly Cheever (1971), Ithaca, New York —

For me, 1980 will bring my vet school graduation and also my marriage on June 21, to Dean Sommer, a lawyer whom I've met while in Ithaca. Plans beyond June are up in the air. I'm applying for a Cornell internship in the large animal clinic because Dean has an excellent job as a Prisoners' Legal Aid lawyer here in Ithaca — but who knows?

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**From Sabra Dunham Thorburn (1968),
Boulder, Colorado —**

I'm married, living in Boulder, managing a retail store in Denver and loving Colorado. Sorry I missed the reunion.

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**From Cornelia Hamilton, M.D. (1967),
Durham, North Carolina —**

This year I'm spending the holidays in Tucson with my brother. Christmas among the cacti gives one quite a different feel for the holidays. I'm still enjoying Duke a lot. Amazingly, one of my Vassar classmates just began as a pathology resident this year at Duke. I have at least one and a half years of residency to complete and then I may take a fellowship somewhere in a subspecialty area. The horse I'm helping to train is coming along quite nicely, so maybe we will be able to get some ribbons this spring at the shows.

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From Polly Hancock (1974), Gladwyne, Pennsylvania —

In a few days I will graduate from the University of Pennsylvania with a masters degree in elementary education. Now to find a job!

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From Elyce Kearns (1973), Norwell, Massachusetts —

Things have been very hectic with school. I have one more semester to finish before I can apply to medical schools. During the year between, I hope to go back to work at the Massachusetts General Hospital.

**From Lorna Miller Eckian (1964),
Stamford, Connecticut —**

We do expect to move back to Florida this summer. I still plan to get back for a visit when the times are right.

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From Nan Sersig (1969), Cleveland, Ohio —

The quest of completing the Appalachia Trail continues. My sister, Beth, and I went over the half-way mark (1,000 miles) while hiking in New Hampshire in July. Come December, we'll be in Virginia, hoping to finish down there. I worked as an R.N. on a cardiac floor in Cleveland this year, but just now I'm on a crew building log houses. In building, rain and snow limit your hours but you get lots of fresh air and good healthy exercise. You should see me swing a sledge hammer! Come winter, it will be back to nursing for a while. One of these days I do intend to get down to Kentucky — can't believe it's been over two years.!

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From Bets Trefts (1978), Wellesley, Massachusetts —

My summer went well at Chautauqua. I worked hard and got in some exciting sailing and good tennis. Except for all the work, fall term at school has been a good one. I have my fingers crossed that with lots of luck I might be able to work with Grenfell in Labrador this summer. Dede (Dede Trefts Wellman — 1971) tells me that she and my old head courier buddy (Debby King — 1977) are going to be putting their heads together on some courier business.

.

From Leah Morris (1977), Vellore, India —

A coincidence has occurred that has made me quit procrastinating and write FNS. As you may remember, after my courier work I entered Columbia University, graduating in 1979 from their School of Nursing with a B.Sc. in Nursing. While a student at Columbia, I lived in the dormitory and became acquainted with many people, not only in nursing but also medical, dental, physical therapy and public health. One person I became close to was a doctor from India who was studying at the School of Public Health. She and her husband are the medical officers for the Rural Health Center of the Christian Medical

College and Hospital at Vellore. C.M.C.H. is a major teaching hospital for all of southeast Asia. The Rural Health Center is a public health department which deals with village health, population control and maternal-child health. There is a small ward which is primarily for deliveries and postpartum cases. While Sulochana was in New York, she invited me to come to India, see the work she and her husband do in the villages, see the main medical center and experience health care from a totally different viewpoint.

I have now been here three months and plan to stay three more. I've been a general visitor-volunteer with the nursing department of the Rural Health Center. I've taken part in village immunization trips, work in the operating theatre, some deliveries in the ward and also some leprosy work — which brings me to the coincidence I mentioned at the start.

For the past two weeks I have been out at the Schieffelin Leprosy Research and Training Center. This is a special hospital, associated with C.M.C.H., for research and education in the field of leprosy. I took a one week seminar course about all aspects of the disease and its treatment and am here for a few more days of in-service work. Another course offered here is a three month Para-Medical Fieldworker one — a sort of first level leprosy field contact person. Enrolled in this course is Mr. John Powdrill, father of Sam, the volunteer who was such a big hit at FNS in the summer of 1977. John and his wife, Edith, will be here until mid March when he graduates. They don't know what their future plans are — they are awaiting notification from the government of Bangladesh as to whether they will be allowed into that country to join the leprosy work there. They say they saw Linda Kilheffler last October in Bangladesh and that she is fine and enjoying her work. She was a 1979 FSMFN graduate, wasn't she? I do remember that she was among the batch who'd begun their course at about the same time I was in Kentucky.

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**From Cynthia Bray Spink (1975), Horsforth, Leeds,
Yorkshire, England —**

Married life is super, and we have added to the family tree a son, James Edward, who was born November 7, weighing in at 9 lb. 8 oz. We are thrilled to bits as now John has an heir to carry on

the surname and the business. He is such a big chap now at six weeks that he is already in one year old clothes!

Born to Rachael and Sam Powdrill a daughter, Karen Joy, in December.

IN MEMORIAM

Catherine Troxel Todd (1942), Perrysburg, Ohio

Edward Arpee, Lake Forest, Illinois

Thomas B. Nantz, Aurora, Ohio

Mrs. Peter Lihatsh, Etna, New Hampshire

To **Katherine Trowbridge Arpee** (1932), to **Margaret Sherman Todd** (1968), to **Theresa Nantz Walton** (1959), and to **Pat Lihatsh Mushlin** (1969) and their families we extend our sincere sympathy.

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We acknowledge with deep regret the deaths of two former FNS nurses, **Mae Rohlfs**, a 1946 graduate of the School of Midwifery, and **Myrtle A. Neth**, who was with us as a volunteer in the summer of 1975; of **Marcus Muncy**, formerly of Hyden, an old friend, whose wife, **Carlie Stillman**, and sister, **Hope**, are both former staff members; of **Katherine S. Freas**, whose husband, **Dr. Howard M. Freas** was an FNS Medical Director in the early forties; and of **Francis E. Cahill**, brother of **Verna Potter**.

To the families of these friends we send our sincere sympathy.

FIELD NOTES

Kitty Ernst, a dear friend and one of our Governors, was seriously injured in an automobile accident near her home on Friday afternoon, February 29. She is in the Grandview Hospital in Sellersville, Pennsylvania 18960, where she has been undergoing treatment and surgery. Reports of Kitty's condition are encouraging, a long convalescence lies ahead; our thoughts and prayers are with her.

Al Smith, a Trustee, was designated by President Carter last October to fill the position of federal co-chairman of the Appalachian Regional Commission. His appointment was confirmed by the Senate on December 19, 1979.

Helen Connors and Brenda Mills, the American Nurses' Association site visitors were here in late January. The Family Nurse Practitioner Program has since been accredited for another 3 years by the ANA; we were credited with having an "outstanding" program.

Dean Marion McKenna of the University of Kentucky College of Nursing came the second week of February to discuss the affiliation with the FSMFN.

Ruth Lubic, General Director of Maternity Center Association, and Lorette Beck, Chairperson of the Department of Midwifery at Downstate Medical Center College of the Health Related Professions, both members of the FNS National Nursing Council, were here two days in late March as consultants to FSMFN Dean Lydia DeSantis. The FNS has close ties to these two New York organizations. Rose McNaught, an FNS Nurse-Midwife, was the first instructor at Maternity Center Association's School of Nurse-Midwifery and MCA has been associated with the Downstate program.

Even during the winter months, Wendover sees guests from all over the United States and the world. Eugenia Nillas, a district nurse from near Quezon City, the Philippines, was here for two weeks to observe and take back with her some of the lessons of our rural health care demonstration. Helen Browne, "Brownie", was here for a few short days after the Executive meeting of the Board on November 30th. We received a visit from Dr. and Mrs. Bosomworth in early December (Dr. Bosomworth is Director of Medical Services at the University of Kentucky Hospital and was

recently elected an FNS Trustee). Dr. and Mrs. Safu Allouch came in mid-December, and since then Dr. Allouch, a Syrian by birth who has been practicing in the United States for over seven years now, has decided to come as a surgeon for the Mary Breckinridge Hospital. He will be coming down at the end of the month with his wife and family. Mr. Paul Jones and Dr. Stephen King from the National Health Service Corps (NHSC) came to visit in mid-January. They were able to talk with most of our physicians and nurses who have been placed here through them. Carol Crowe-Carraco came back for a "quiet" weekend at Wendover, before the snow flew, to do more research on her biography of Mary Breckinridge. Marty Richardson, former Courier from the summer of '76, came for a quick visit at Wendover on January 10th. She later sent us a framed Batik painting of an African mother and child which now hangs in the Beech Fork clinic. Sr. Paula Smith from the Medical Missionaries came to visit in January and again last week along with Sr. Jean Clair. Sr. Paula will be coming on staff at the beginning of April.

Courier activities change and shift on a day to day basis. Since November there have been several projects the couriers have worked on continuously as the groups come and go. In November, Tracy Munn of Wellesley, Massachusetts, Marie Betts of Lake Forest, Illinois, and Emily Faulkner of Brookline, Massachusetts, spent a great deal of time transporting guests and helping out in the districts, especially at Beech Fork where they filled in as nurse's aides. Emily stayed for Christmas and held the fort as our only Courier during the latter part of December. With a little help from Barbara Post, she did rounds, picked up the courier mail and the large food orders for Wendover, as well as filling in where needed at the hospital. Our ranks swelled again in January with the arrival of Lyn Marshall of Brookline, Massachusetts; Maggie McClellan of Danville, Kentucky; Sarah Patterson of Darien, Connecticut; and Peter Vance of Washington, D.C. Lyn, Maggie, Sarah and Peter worked marvels during the "slower" winter months by helping the Education and Business Offices get back up to date, cataloguing tapes for the medical library, and by starting to get Wendover ready for work on the Big House this summer: cleaning attics and basements, taking inventories, and even doing some work on the driveway, along with their regular duties. They were joined in February by Betsy Frazier of Pepper

Pike, Ohio, and Lucy Bucknell of Washington, D.C., both Couriers; and by John Murphy of Housatonic, Massachusetts, a Volunteer who has been working in the Primary Care Clinic and on Med-Surg. Betsy put her EMT skills to good use in ER, on Med-Surg, and on occasional ambulance runs to Lexington. Lucy has been willing to turn her hand at almost anything, including the demolition of two old chicken coops. She was helped by a group of four students from the St. Mary's Chapel at the University of Michigan at Ann Arbor: Patrick Moon, Sue Bradley, Maureen Reppucchi, and Larry Hennessey who were here for the first week of March. Lyn, Peter and Maggie left at the end of February, Sarah at the end of January. In their stead came Becky Rowley of Kansas City, Kansas; Danna Larson of Wesley, Iowa; and Genie Elder of Sparks, Maryland. At the same time, we were blessed by the arrival of our first volunteer gardener, Jessica Robbins of Edmonton, Alberta, Canada. The garden will help defray food costs at the Mary Breckinridge Hospital and Wendover. Becky and Genie have been primarily helping out as aides in the PCC and at Oneida, and Danna has been working on OB to replace Thelma Coots who's been out for minor surgery. Susan Bassert of Langhorn, Pennsylvania, came for her senior project for the month of March and did as much as a courier can do in four short weeks.

We are looking forward to the arrival of a group of fourteen volunteers from the Afton-Nineveh Presbyterian Church of Harpursville, New York — for the third consecutive year. They will be here the first week of April. With the help and supervision of such Camp Creek friends as Hobert Cornett, Cecil Morgan and J. G. Morgan, they will help to rake the fire lane, cut weeds and repair the fence around Wendover.

Viola Ritchie still continues her steady and meticulous work on the Oral History Project after the departure in December of Susan Schacht and Nancy Albertson. After the departure of Mark Addison as PR volunteer for six months, we are now searching for someone to take his place.

Mr. Wallace Taylor, the architect who designed the Mary Breckinridge Hospital, is now preparing the plans for the Big House restoration. He and his assistants have visited Wendover several times recently and we always enjoy having them for lunch.

We have also had the pleasure of being visited by the parents of Couriers and Old Couriers: Dr. and Mrs. Sam McClellan, Dr. and Mrs. John Vance and their children, Kevin and Collin, and Mr. and Mrs. Charles Chatfield, parents of Callie Post from the fall of 1978.

February and March saw the arrival of three medical students who came down to volunteer: Stephen Davis and Robert Perez from Brown University, Providence, Rhode Island, and Joe Wombwell from UK.

The MBH Medical Library has been receiving a substantial boost from contributions of books and other study materials by Larry Novotney in memory of his late wife, Mary Dow Novotney. Donations have also been made by Horace Henriques, Lillian Link, Joe Levine and Evelyn Johnson.

New Staff News: As old staff has left, Lillian Link, Joe Levine, Jan Tobey, Kevin Calos, Ken Palmer and others, the hospital has taken in a number of new faces and talents: Wayne Goulet, PNP, in November; Paul Gabbard, P.Ph., also in November; Barbara Holbrook, Accounting, in December, along with Carol Wilson, PNP; Elaine Waters, FNP; Deidre Poe, FNP; and Ann Hamel who has come back as instructor for the School in Midwifery; Ray Harmon, MSW, for the Social Services department in December; Aubrey Hopkins, D.M.D., to take Joe Levine's place in MBH Dentistry; Heather Blandeau in Accounting, in January; Sammy Goldberg, ANP, to work in PCC starting in January; Erica Goodman as FNP now working with Skip Spell at the Oneida Clinic; Laura Drake in the Home Health Agency. Eddie Graner came this month as relief in X-ray; Sandy Arant and David Salisbury in the Lab; Patti Rogers, a former staff member from the autumn of '79, is now on full time with Sharon Koser at the Wooton Clinic; and Marion Toepke, a student from 1973-74 at the FSMFN, is now full-time on MTD.

Staff and friends gathered in the hospital cafeteria on St. Patrick's Day for a going away party for Dr. Gilbert and Dr. Imbleau. Staff members, under the direction of Molly Lee presented them with handmade tea cozies.

From the Districts: In January each of the clinics received new copiers which help speed up all sorts of office work and generally make life somewhat easier. As noted above, Patti Rogers and Erica Goodman are now both out in the districts helping in Wooton and Oneida.

OLD STAFF NEWS

From Lois Harris Kroll in Seattle, Washington

Every time the Bulletin comes I marvel at how the FNS has grown. Also, I'm made aware of how fast the years are going!

I was on a tour of the British Isles last May. Everything was green and beautiful but I was disappointed in Edinburgh — it rained hard and The Castle on the rock was all I recognized. Went to Simpsons Memorial Hospital — the name is the same but it is new and in a complex of many buildings. I nearly was lost. We went to Ireland and Wales also. It was a very good trip.

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From Cindy Brockman Ellison in Loveland, Ohio

We have a lovely new house on a wooded lot and are very happy here. Carl has rejoined the National Health Service Corps and is assigned to the Family Health Center at Goshen. It's about fifteen minutes from home. Travis is four and a half and busy in nursery school three mornings a week. I like being home and taking sewing classes but now work one night a week at Childrens Hospital.

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From Carolyn Coolidge Godfrey in Dallas, Texas

After our stopover at Hyden we went on to Asheville, North Carolina, and spent a delightful three days with D. J. and Tom Howald in their new home. Our three children got along so well with their three children. It was truly a fun and perfect three days.

Keep up the good work. I'll always be thankful for my four years with FNS — a real highlight in my life.

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From Judy Haralson Rafsen in Berea, Kentucky

We had a wonderful Iceland trip and a great time out west. We got back in late September.

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From Natalie Mara in Pittsfield, Massachusetts

Life in the Berkshires is just about the same. I finished the Adult Nurse Practitioner course in June but, at present, am still

doing VNA work. I hope to develop something with the hospital in the near future.

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From Karen Slabaugh in Managua, Nicaragua

I feel like I'm doing well, carrying on FNS tradition even though I'm miles away. I have a mule, my Home Health books, spurs, FNS shirt, and often do home visits galloping down the road. Just lack a good dog to accompany me!

We are working in a small rural clinic, doing a strange mixture of curative and preventive care. I feel that health care is to improve in Nicaragua. Many countries are sending volunteer doctors. Our latest challenge is to begin setting up a health care center, staffed by one of these doctors, community people and us — nurses. I'm excited about the possibilities, but am slightly concerned about preserving time for teaching midwives and preventive care.

I had a nice letter from Sam (Powdrill). He and Rachel had a baby girl in December and named her Karen Joy. I was thrilled!

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From Sister Yvonne de Turenne in Peka, Lesotho

I was delighted to hear that two Lesotho nurses visited FNS. Usually when I go to Maseru it's a quick business trip, so I haven't seen them yet, but hope to meet them and hear of their visit. It will make me homesick for FNS and Kentucky!

I've been reading *Wide Neighborhoods* and just loving it. I'm glad I waited 'til after my experience with FNS to read it as I can picture and know from experience what Mrs. Breckinridge is telling and describing. I can't tell you how grateful I am for my training at FNS. It's so different this time around in Lesotho after having the training and it has prepared me well. We usually do over a hundred deliveries a month and we seem to have every obstetrical complication in the book — postpartum hemorrhage, twins (as many as five sets in one week), breeches, face presentations, toxemia and eclampsia, placenta praevia — I am more than challenged! We managed quite well and when we feel it is a doctor's case we transport the patient ourselves to the hospital. Ever since I came back in July we've had one or two little preemies to care for which means tube feedings around the clock. Most do

well and soon graduate to their mothers and breast feeding. In September, for example, we had 111 deliveries, 784 ante-natal visits, 1575 pre-school children for the Catholic Relief Service program and 1238 patients seen and treated in our medical dispensary. Now you can see that I'm kept busy!

The Peace Corps office here has asked me to come in and teach their nurses how to do hematocrits, simple UA's, pap smears, etc. They have a nice examining room and up-to-date equipment (which makes me jealous) but no one knows how to use it. I'm working on finding the time and, again, I feel proud of what I was taught and learned at FNS.

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From Maggie Willson in St. Just-in-Penwith, Cornwall

My trips to other countries in September and October were exhausting but fun and exciting. Being part of a student group in Brittany was enlightening though my powers of concentration on the French language were limited and one had to be ever ready to pick up the translation into English when it happened! I returned briefly to England — long enough to go to London for a memorial service for Brenda Mee. Then I was off on the holiday of a lifetime — and it really was — to Israel.

.

Newsy Bits

Edna Johnson's mother reports: "Edna spent eighteen months in Vietnam after leaving FNS; then a position with the State of Kansas Public Health Department before going on to Chapel Hill for her master's degree. She is now on the faculty of the University of Connecticut at Storrs and has a home in a wooded area in West Willington, Connecticut."

Joanne Rizzo has written that she and **Eugenia Morse** live near each other in Denver, and work together. Joanne wrote: "Hope all is well at FNS—I think of my time and everyone there fondly. I think the memories will be there for a long, long time! I'm glad to be back in Colorado but I miss the lovely Appalachian people and all their sincerity."

Marianne and Gil Fuchs write that they have bought a home in St. Paul, that Gil has gone into a law partnership, and they are expecting a baby shortly.

URGENT NEEDS

Mattresses — for replacements at Mary Breckinridge Hospital.
Four are needed (\$68.00 each) \$272.00

Tools for Wendover

Lawn Rakes (2)	18.00
Pruning Shears	9.95
Hedge Clippers	8.50
Grass Clippers (2)	8.98
Wheel Barrow	60.00

Butterflies and Bees

Are butterflies better or nicer than bees?

By comparing the sneeze to the sting —

Or the honey to the color of wings —

The buzz or the flutter

Of which they're no other

Noises nearly the same,

It's absurd to observe

How the one is unique

Compared to the other's physique.

—Battle Beasley

FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING — REASSESSMENT

by Dean Lydia DeSantis

In June, The Frontier School of Midwifery and Family Nursing will mark the tenth anniversary of the beginning of the Family Nurse Practitioner (FNP) Program. When the FNP Program was developed, it was integrated with the long-established Nurse-Midwifery (NM) Program to create the unique Family Nurse Midwifery (FNM) Program. Our school has the only program in this country that prepares registered nurses as both family nurse practitioners and nurse-midwives.

The three offerings of nurse-midwife, family nurse practitioner, and the combined course have been enormously successful and well-received, especially the FNM Program. The Frontier School averages six applicants for every position available in the classes admitted each January and September, even though there is no recruitment program. Graduates of the school are in constant demand; 94% are presently employed in rural areas, and most are functioning in primary care settings. Rural primary care has always been a major objective of the FNS, and one of the most pressing health care needs in this country.

Because of the success of its programs and graduates, the faculty of the Frontier School feels that the time has come to reassess the present curriculum. A study done by Dr. Frances Dalme on the position of the graduates of the school since the FNP and FNM Programs began, indicates that several areas of experience need to be added and several others need to be strengthened and better integrated throughout the curriculum. The demand for the combined FNM Program by nurses already enrolled in the school is greater than the present number of faculty and the clinical experiences available for the intrapartum (delivery) component can accommodate.

In order to have time to do the in-depth curriculum revision needed and to minimize the delay nurses already enrolled will have matriculating through the program, the faculty has decided not to admit a new class of nurses into the school in September, 1980. The time between now and the end of the year will be used not only to revise the curriculum, but also to recruit faculty and make arrangements for additional delivery experiences.

The school will admit a new class in January, 1981; but as yet, admissions will be restricted to the FNP Program. Until it is certain that adequate faculty and delivery experience are available to nurses already enrolled, we feel it unfair in terms of time, money and future earning power to admit still more nurses into the school who wish to take the FNM or NM Program. Further admissions would be unreasonable at this time when we know the applicants would have up to a two or three trimester (8 to 12 months) delay before they could graduate. We are extremely hopeful that the FNM and NM Programs will be available to the January, 1981 class.

The Frontier School, while justly proud of its accomplishments to date, recognizes there is always room for improvement. The faculty realizes its decision to omit a class and to temporarily omit admissions to one program will disappoint many applicants; it firmly believes, however, that such actions are imperative if the Frontier School is to continue to offer quality and innovative programs.

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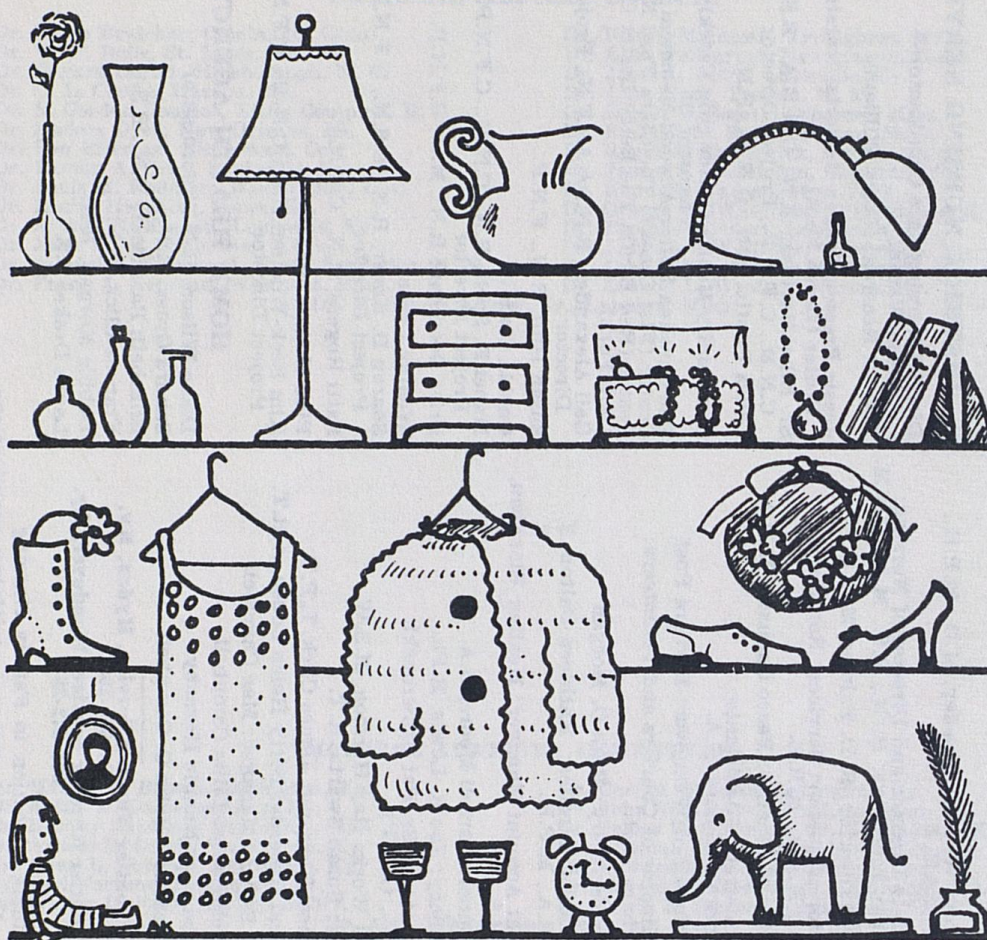
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For the convenience of those who wish to remember the Frontier Nursing Service in their wills, this form of bequest is suggested:

"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."

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. . . .

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



FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

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

Articles of Incorporation of the
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Wendover, Kentucky 41775

Loose Item



Loose Item

We give them back to Thee, dear Lord, who gavest them to us. Yet as Thou dost not lose them in giving, so we have not lost them by their return. Not as the world giveth, givest Thou, O Lover of Souls What Thou gavest, Thou takest not away; for what is Thine, is ours always, if we are Thine. And life is eternal and love is immortal, and death is only an horizon, and an horizon is nothing save the limit of our sight. Lift us up, strong Son of God, that we may see farther. Cleanse our eyes that we may see more clearly. Draw us closer to Thyself that we may know ourselves nearer to our beloved who are with Thee. And while Thou dost prepare a place for us, prepare us for that happy place that where they are and Thou art, we too may be; through Jesus Christ our Lord. Amen

*Charles Henry Brent, Bishop
Protestant Episcopal 1862-1929*