

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

VOLUME 47

SPRING, 1972

NUMBER 4



Photograph by Jane Leigh Powell

FRONTIER NURSING SERVICE QUARTERLY BULLETIN
Published at the end of each Quarter by the Frontier Nursing Service, Inc.
Lexington, Ky.

Subscription Price \$1.00 a Year

Editor's Office: Wendover, Kentucky

VOLUME 47

SPRING, 1972

NUMBER 4

Second class postage paid at Lexington, Ky. 40507
Send Form 3579 to Frontier Nursing Service, Wendover, Ky. 41775

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The sun is gone down,
 And the moon's in the sky;
But the sun will come up,
 And the moon be laid by.

The flower is asleep,
 But it is not dead;
When the morning shines,
 It will lift its head.

When winter comes,
 It will die — no, no;
It will only hide
 From the frost and the snow.

Sure is the summer,
 Sure is the sun;
The night and the winter
 Are shadows that run.

—*At the Back of the North Wind*
by George MacDonald, 1824-1905

THE FAMILY NURSE AND PRIMARY HEALTH CARE IN RURAL AREAS

GERTRUDE ISAACS, D.N.Sc.

EDITOR'S NOTE: Presented at Conference on Appalachia and Rural Health: Problems and Solutions, West Virginia University, School of Medicine, Morgantown, West Virginia; June 7-8, 1971. This paper will appear in the forthcoming book entitled RURAL AND APPALACHIAN HEALTH, edited by Robert L. Nolan, M.D. and Jerone L. Schwartz, Dr.P.H., to be published in late 1972 by Charles C. Thomas, Publisher, Springfield, Illinois.

The Family Nurse as a provider of primary health care is a relatively new concept in this country. The nurse has, however, been used in this capacity by the Frontier Nursing Service for 46 years. The FNS is a comprehensive primary health care service and training center located in the Appalachian Region of Southeastern Kentucky. It provides services in Leslie County and parts of Perry and Clay. The program is currently being extended because of the continuing shortage of medical manpower in rural areas and the growing demand for improved health services. The Family Nurse who forms the nucleus of the Service is a registered nurse with special preparation in the health field.

The FNS was developed to meet the crucial needs of rural areas in 1925. The health manpower crisis is not new to the rural areas. It is only the social cognition which is new. Individuals like Mary Breckinridge recognized it way back. Her aim in the beginning was to develop a system whereby health services could be made accessible to the people at a price they could afford. The nurse-midwife was selected in the beginning to provide the primary health services. After 46 years experience, she continues to be the basic professional for many reasons.

One, the nurse-midwife has many of the basic skills needed to provide family services, and, given additional training in diagnosis and management of common health problems, she can readily extend her services to the total family. *Two*, the use of the family nurse helps lessen manpower problems in rural areas. There are 2-3 nurses to every physician in this country, and nurses are geographically more equitably distributed than the physician. This helps reduce the recruitment problem. *Three*,

in one year a nurse can be prepared to provide primary health care. Therefore, care can be provided at a lesser cost and made more accessible to the people. *Four*, by using the nurse in this capacity, the physician is freed to use his skill to better advantage, and overall health care can be markedly improved.

Five, traditionally the nurse has been trained to be more involved in helping the family cope with the day-to-day problems of health and illness—primarily a nurturant role. The physician, on the other hand, has been much more involved in the intricacies of diagnosis and treatment of disease—a curative role. Both are of vital importance in health services. In underdeveloped areas, however, the nurturant role is of particular importance because people in these areas are less well prepared to deal with the problems of health and illness. The physician tends to get bored with these problems, while nurses continue to accept this aspect of care as a challenge. The nurse for these reasons is particularly well suited for this role.

Both the role of the nurse and the system in which she operates is unique. The system is designed to reach out to the people; and as stated earlier, the nurse rather than the physician forms the nucleus of the service. Instead of a big central station with all the latest modern equipment and specialty services, where patients may have to travel long distances to receive health care, the Frontier Nursing Service has a series of very moderately equipped nursing outposts in the communities where the people live. These outposts are strategically situated. No family living in a nursing district is further than one hour's travel time from a primary health center. Each outpost, in turn, has ready access to the hospital and health center where a resident physician is available at all times. He may, if necessary, refer the patient to specialty services outside the area. For example, a patient may be referred to, or consultation sought from, one of the nearby regional hospitals or the University of Kentucky Medical Center, depending on his need. This network makes it possible to provide the best of medical care available in the state to the most isolated patient in the area. It also helps keep primary health care more personalized.

The Frontier Nursing Service has a total of approximately 53,000 outpatient contacts a year. The majority of the patient

contacts, approximately 30,000, occur at the nursing outposts. Each outpost is staffed by one or two nurses, and a single nurse serves an average population group of 200-250 families or 900-1000 individuals. Experience has taught us that this is the maximum load that a nurse can carry adequately, in terrain that is as rugged as Leslie County. Half of the visits are made in the home and half in the nursing clinic at the outpost. Medical consultation and/or referrals are sought on approximately a quarter of the patients seen.

The nurse at the outpost is prepared to diagnose and manage common health problems in the family, to provide prenatal, postpartal, and well child care, including family planning, and, if necessary, do a home delivery. She combines treatment with prevention and health maintenance skills, and, when indicated, refers the patient to the physician or other members of the health team. She has available to her Medical Directives which have been developed by the physicians with nursing collaboration. They have the joint approval of both nursing and medicine, and they provide guidelines regarding the action that a nurse may undertake in the management of specific conditions, including emergencies. They also specify the points at which she must consult with or refer to the physician.

The physician visits each outpost at least once a month to review and assist the nurse with problem cases, and to see those patients who need medical care but find it difficult to come to the hospital. A Utilization Review Committee, consisting of one physician, two nurses, and a social service worker, visits each center every three months to review records and promote sound health care. A field nursing supervisor and a coordinating nurse help to keep the outposts' services coordinated with each other and with the hospital.

The hospital has an ambulatory care center, where a total of 23,000 patients are seen annually. It is operated on the same general principles as the nursing outposts, except that a physician is immediately available; and it has more supportive and diagnostic facilities and services. Patients are screened by the nurse who does a preliminary diagnostic work-up to determine if the condition is one that she can manage with the use of the Medical Directives, or if medical consultation and/or referral is

indicated. Approximately half of the general clinic patients are seen by the physician. In the midwifery clinics, which include prenatal, postpartal, and family planning services, approximately 12% of the patients are seen by the physician in a given week. All midwifery patients have a routine medical work-up early in pregnancy and are seen by the physician again during the final month of pregnancy. This system permits the physician to devote more of his time to the care of those conditions which require his skill. He also becomes more involved in teaching, consultation, administrative details, and community activities.

A total of 1,900 patients were admitted to the hospital during the last fiscal year, for an average of 3.1 patient days. The hospital has a total of 26 beds and 12 bassinets. Seven beds are reserved for midwifery and five for pediatrics. The hospital averages about 275-300 deliveries a year. Approximately 95% of the deliveries are managed by the nurse-midwives. The nurse-midwife is qualified to assume complete responsibility for the care and management of uncomplicated maternity patients. Obstetrical consultation is sought when complications arise. The nurse-midwives may admit and discharge patients according to hospital by-laws and regulations. The family nurse may also admit patients for nursing observation and care up to twelve hours according to Medical Directives. This lessens the demands made upon the physician markedly.

Major illnesses like major surgery are referred to one of the regional hospitals or to the University Medical Center. In these situations, the hospital or out-patient department serves as a primary contact agent. Mental health care is considered an integral part of the total services offered. Psychiatric patients are admitted along with the general medical patients and referred to the local community mental health center or to the state institution as indicated. Many of them return home after 3-5 days of hospitalization, and state institutionalization is thus avoided. Follow-up care may be provided by one of the nurses from the Community Mental Health Center or by one of the district nurses. A regional psychiatrist is available to the county one day every two weeks. When care of the mentally ill was discussed and put up for vote at a local committee meeting, the members stated that mental health services had never been

separated from general care and this should not be changed.

Much of the success of the Frontier Nursing Service is attributed to its life-long pattern of local citizen participation. Before Mrs. Mary Breckinridge started the Service, she did an extensive survey of the area, visiting the people in the homes to learn first hand what the major problems were and what the people wanted. No outpost was built without local participation, and to this day, each outpost maintains an active local committee which participates in local planning and is consulted regarding any major changes in the total services offered. They are also actively involved in fund raising. Of the 154 people employed by the FNS, 112 are local citizens. This includes primarily hospital and clinic aides, clerical workers, and maintenance and housekeeping personnel.

Indigenous health worker programs such as are used in many of the OEO projects remain to be developed. In the past, the nurse taught a member of the family to take care of the sick in the home, and the grapevine system was very effective in home health teaching. Family ties are cohesive and it is a rare occasion when a suitable member cannot be found either in the immediate or the extended family to assume this responsibility. The pattern is, however, changing. Individuals are beginning to expect pay for taking care of a family member, and waning birth rates and an increase in outside jobs lessen the choices that are available, and therefore, new patterns will need to be established.

Currently there is considerable controversy regarding the type of worker that would be best suited for the system that has been developed by the FNS. To introduce a family health worker into the system to assist the family nurse at this time would seem premature. Until the areas of responsibility for primary health care provided by the family nurse have been more clearly defined and legal sanction established, it would only add to the confusion.

Nursing aides offer valuable services in both inpatient and outpatient areas at the hospital, but attempted use of their services has not been as successful in the districts. The development of clerical assistants, who have been taught some of the technical procedures, has been more successful. Several high

school students who have worked in these capacities have gone on for further education, some in nursing and some in secretarial work. Few of those, however, return to the area after they complete their training. The use of the indigenous workers is a possibility that needs further exploration. Consideration has been given to the training of a home aide, rather than a health worker. The difference is subtle but highly significant.

Professional personnel are recruited primarily from the areas beyond the mountains. Most of them have a very special interest in the type of care provided by the FNS, and they come from all parts of the country. Many have had past experience in underdeveloped areas, and they bring with them a wealth of knowledge and experience. The FNS currently employs one physician who has her boards in family practice and vast experience in group practice; one physician who has his Doctorate in Public Health and has trained medical assistants in Ethiopia; one physician with a Masters in Public Health training has been actively involved in family planning at the international level, and has had considerable experience in program planning and development in rural areas. The nurses come from an equally varied background. All help to add new dimension to both the service and the training program.

The training program in family nursing which is offered at the FNS is an extension of the nurse-midwifery training program which was developed in 1939. A total of 360 nurse-midwives have graduated from this program. It is a program that has evolved out of need and experience and is service-learning oriented. It is designed to give students exposure to, as well as front line experience with, the day-to-day problems of health care in rural areas. It also provides opportunities for testing what they are taught. The aim is to add breadth, depth, and relevance to their learning. Too many students in this day and age receive their training in a sterile classroom atmosphere, far removed from the problems which they need to understand first hand if they are to handle them effectively.

The program is divided into three trimesters. During the first trimester, they are taught diagnosis and management of common health problems, family health assessment, counselling, and utilization of community resources. During the second tri-

mester, they have basic midwifery, prenatal, part postpartum and child care, and family planning. During the third trimester, they have the option of taking advanced midwifery, which focuses on intrapartal care, obstetrical and gynecological problems and management of the newborn; or they may select out-post nursing which focuses on community health, district management, and family dynamics and therapy. The physical, psychological, social and cultural aspects of health and illness are given heavy emphasis throughout the program. Much of this is through tutorial instruction. Each trimester is 15 weeks in length, and students have approximately 10 hours of classroom instruction and 30 hours of clinical practice a week.

The program is exciting, and interests in this type of training are spreading rapidly. The FNS has a contract with Vanderbilt University School of Nursing for the development of a masters program in Family Nursing; and it is exploring University affiliation for baccalaureate credit for the certificate program which has been outlined above. The future looks bright for continued program development, but much work remains to be done if the family nurse is to play a significant role in improving the delivery of health services in rural Appalachia.

MARK TWAIN ON THE GENERATION GAP:

“When I was 14, I thought the old man was a pretty dumb sort of person. When I got to be 21, I was real surprised at how much he had learned in the last seven years.”

—*The Colonial Crier*, July-Aug., 1971
Colonial Hospital Supply Company
Chicago, Illinois

A WET SPRING

On the cover of this Bulletin you will see a photograph of four of our young people struggling to break up a pile of debris that had accumulated on the bank of the Middle Fork River in front of Wendover during an early spring "tide." The kind of torrential rainstorms which we had on several occasions this spring washes quantities of logs, tree branches and just plain trash from the edges of the creeks and the river bank itself. The swift-flowing, rising river picks up the debris and deposits it, thickly matted together, in among the trees that are normally above water level. There it remains after the water recedes, an unsightly mass that is almost impossible to move without a bulldozer. Holly Cheever, Betsy Robertson, Doug Carroll and Chris Klosson decided to try to move this particular jam while the river was still rising. They did not feel they had made much of an impact but they must have loosened the pile because it swirled away as the water went down.

We have had one of the mildest winters we can remember with little ice, little snow, and only two or three brief periods of zero temperatures. We had rain instead. Spring came—and we had more rain. Now the "blossom" and the early spring flowers are almost gone, the leaves on the trees are fully out, the weather is warm—and it is still raining. In one way or another, we seem to have been coping continuously this year with the effects of too much water.

Construction on the new hospital in Hyden has been considerably delayed. There is one consolation: we are sure that all of the wet-weather springs on the hospital site will be discovered and taken care of before the foundation is finished! Wendover, built on a mountainside which tends to become rather liquid in the spring, has suffered a fair amount of damage. Cracks have had to be repaired in the stone cistern that holds our water supply, water pipes and drainage pipes have broken or have pulled apart, and the stone retaining wall along the roadway between the Garden House and the Big House has been pushed out by the sliding hillside and will have to be rebuilt. A rather alarming crack in the ground was discovered on the west side of the Big House but we believe we have taken care

of this by putting in new stone drainage ditches to reroute the flow of water coming off the hillside behind the house.

The saddest thing we have to report is that we are afraid the damage to the old Log Cabin, the first building in the FNS, is irreparable. The Cabin was built in two parts—at different times and on different levels. As the mountain has moved over the years, so has the Cabin shifted, with the four rooms seemingly going in four different directions. We have done everything we could to stabilize the building after each wet season but this year it has slipped much further and we can see many new cracks in the foundation and in the chimneys. We feel that the building is sufficiently damaged that it would be unsafe to try to heat it through another winter and it will be torn down this year. As many of you know, the Cabin has three bedrooms and a bath and also the little Wendover Chapel. It is our hope that we will be able to find enough good logs in the old building to be able to build a small Chapel on the site.

A one-room Chapel, built on one level without the weight of the stone chimneys, will be stable and safe. We have not listed the Chapel project as one of our "urgent needs" because we have never before undertaken this sort of renovation and we cannot begin to estimate the cost. Much of the work which will have to be done to tear down the Cabin and rebuild the Chapel can be done by our own workmen as they have time but, even so, there will be some expense involved. If any of the old staff or old couriers or old friends who have enjoyed the Cabin would like to contribute to this project, we would be most grateful.

JUST JOKES — CHILDREN

Teresa's mother served spareribs for dinner one night. She put an end piece which had no bone in Teresa's plate. To such injustice this little seven-year-old protested: "Mommie, you know when I want ribs I want 'em with the sticks."

—Contributed

URGENT NEEDS

For more years than many of us can remember, the preparation of the Urgent Needs column has been in the capable hands of Agnes Lewis who has spent days and weeks in the meticulous compilation of the figures. Even after Agnes retired, she returned to Wendover each spring to do this portion of the Bulletin—until this year when she deserted us to visit family and friends in England and France. So, her substitutes (and it has taken several!) have had to see what they could do in her absence.

This year we have decided to concentrate primarily on the most necessary replacement items at our various stations, on equipment essential to the expansion of our educational and service programs, and on the work necessary to repair the damage done at Wendover by too much rain.

We realize that this column may not be quite as detailed as usual, with not quite as wide a selection of items or projects, but we do assure you that our needs are many and many of them urgent!

HYDEN HOSPITAL

1. Vinyl Floor Covering: First floor hallway—materials and labor.....	\$ 110.00
2. Heavy-duty Food Mixer:	143.20
3. Electric Meat Slicer:	57.75
4. Electrocardiograph Machine:	965.30
5. Clot Timer: For Prothrombin Tests.....	550.00
6. Emergency Power System: Required by Law Diesel Generator (Army Surplus).....	250.00
Wiring.....	1,000.00
7. Loading Chair: For transporting patients up steep stairways.....	125.00
8. Plaster Vac Attachment: "Vacuum cleaner" for cast-removal equipment.....	160.00

9. Air Conditioners: For Midwifery Clinic Trailer.....	439.00
For Operating Room.....	242.59
For Attic Supply Room.....	279.95
For Medical Records Room which has no outside ventilation. This will also help cool patient waiting room.....	458.00

**MARGARET VOORHIES HAGGIN QUARTERS
FOR NURSES**

1. Vinyl Floor Covering: Hallway, downstairs.....	\$ 222.66
2. Carpet: Living and dining rooms.....	438.00
3. Folding Tables—2: Dining room.....	80.00
4. Dining Chairs—12:	240.00
5. Screens: For all windows—materials and labor.....	500.00

MARDI COTTAGE

1. Deep Freezer:	\$ 300.00
2. Vinyl Floor Covering: and repairs to utility room floor —material and labor.....	100.00

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

1. Electric Kitchen Stove:	\$ 261.00
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**JOY HOUSE
Gift of Helen Newberry Joy**

1. Carpet: For living room, dining room, den and hall- way to cover badly worn floors.....	\$1,038.00
2. Vinyl Floor Covering: For utility room.....	60.00

SCOTT HOUSE

1. Deep Freezer:	\$ 300.00
2. Rewire Basement: (Part of the basement is used as an office by the Field Supervisor) materials and labor.....	120.00

- | | |
|--|--------|
| 3. Kitchen Cabinet: materials and labor..... | 75.00 |
| 4. Replace Guttering and Repair Porch: materials and labor..... | 150.00 |

THE DUPLEX

When additional property was purchased for the Mary Breckinridge Hospital, the Duplex was one of two buildings on the site which were suitable to move and use for staff accommodations. One apartment is occupied by the Director of Nursing Service and his family and staff nurses share the second apartment.

- | | |
|--|-----------|
| 1. Electric Refrigerator: | \$ 300.00 |
| 2. Electric Water Heater: installed..... | 131.30 |
| 3. Furniture: Needed for bedrooms and small living room | 712.20 |
| 4. Parking Area: Between Scott House and The Duplex —materials and labor (including the use of a bulldozer) | 201.38 |

BEECH FORK NURSING CENTER

Jessie Preston Draper Memorial

- | | |
|---|-----------|
| 1. New Roof: Badly needed—materials and labor estimated..... | \$ 800.00 |
|---|-----------|

BRUTUS NURSING CENTER

Belle Barrett Hughitt Memorial

- | | |
|---|-----------|
| 1. Vinyl Floor Covering: For clinic and waiting room.. | \$ 125.00 |
| 2. Vinyl Floor Covering: For bathroom..... | 50.00 |

FLAT CREEK NURSING CENTER

Caroline Butler Atwood Memorial

NONE

RED BIRD NURSING CENTER

Clara Ford

- | | |
|--------------------------------------|-----------|
| 1. Sofa: For living room..... | \$ 150.00 |
|--------------------------------------|-----------|

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

1. Slip Covers: For living room couch and chair.....	\$ 75.00
2. Rockers—2: To replace chairs which cannot be repaired.....	145.00
3. Draperies: For living room—materials and labor.....	100.00
4. Washing Machine:	200.00

WENDOVER

1. Water Damage Repairs:	
Retaining Wall between Garden House and Big House—rebuilt. We are fortunate in having cut stone which was retrieved from the site of the new hospital to use for repairing this wall but labor is estimated @	\$ 600.00
Lower Cistern and Drainage Ditches—repaired. Labor.....	200.00
2. Power Mower: To save labor costs in keeping weeds cut on the grounds.....	\$ 65.00
3. Refrigerator: Big House Kitchen. To replace the one which was purchased when electricity was installed in 1948.....	1,299.60
4. Mimeograph Machine: The office staff at Wendover keeps the FNS supplied with over 200 different mimeograph forms, in addition to mimeographing the brochure of the Frontier School of Midwifery and Family Nursing and much of the educational material used by the School. The old machine is beginning to spend more time in the repair shop than at home!.....	600.00
5. Calculator: For use in the Executive Secretary's Office.....	625.00
6. Jeep: Army Surplus—For use by the Field Supervisor.....	300.00

EXPANSION OF SERVICES

During the past year the Frontier Nursing Service has been able to begin to implement its plans to expand services to patients by putting more nurses in the field and by freeing all of the district nurses to spend more time with patients by providing them with clerical help to relieve them of some of the endless paperwork.

District secretaries were trained under a federally financed program at the Leslie County Vocational School during the winter and have been assigned to the nursing districts at the outpost centers and also on the Wendover, Hyden, Wooton and Midwives Training Districts. To be effective, the secretaries must have office equipment and this equipment is among our most urgent needs:

- | | |
|---|-----------|
| 1. Stenorettes (dictating equipment)..... | \$ 838.59 |
| The actual cost of this equipment is \$2,338.59 but part of the expense has been met by a gift of \$1,500.00 from FNS staff members who received this amount in stipends for their help in the training of the secretaries. | |
| 2. Typewriters: 6 @ \$210.00 each..... | 1,260.00 |
| 3. Typing Tables: 7 @ \$20.00 each..... | 140.00 |
| 4. Steno Chairs: 7 @ \$35.00 each..... | 245.00 |

We are fortunate in having nursing staff available to put a third nurse on the busy Beech Fork district, to assign two nurses to the Wooton area and one to the Bob Fork area, and to add an additional supervisor to the field. With an increase in enrollment in the Frontier School of Midwifery and Family Nursing, students are also spending more time on district. This is most encouraging but we do have to supply the nurses with vehicles to reach their patients and this expansion of services has required us to purchase five additional vehicles—four Jeeps and one Volkswagen. The additional Volkswagen has been given us by a kind friend but we do need:

Jeeps—4: @ \$3,000.00 each.....	\$12,000.00
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THE BOARD OF GOVERNORS OF FRONTIER NURSING SERVICE



Mrs. Jefferson Patterson, the National Chairman, and two Board members, Mrs. F. H. Wright and Mrs. J. Gibson McIlvain II inspect the site of the Frontier Nursing Clinical Training Center.

The spring meeting of the Board of Governors was held at Wendover on Saturday and Sunday, April 15 and 16, with eighteen of the twenty-one members present.

Two days before the meeting we had a "tide," with the Wendover road under water, as well as the highway between Hyden and Manchester and Hyden and Hazard. We went around all day Wednesday with our fingers crossed because we knew that if the out-of-town-and-state members could not get into Leslie County, the members already in Leslie County could not get out to meet elsewhere. Luck was with us—the skies cleared partly and the water receded.

Our National Chairman, Mrs. Jefferson Patterson, and Mr. Brooke Alexander were the first arrivals on the Friday afternoon from Washington and New York. They were followed by

Mrs. John Harris Clay of Paris and Mrs. F. H. Wright of Lexington, bringing with them Mrs. Richard Higgins of Dedham, Massachusetts, Mrs. Morris Cheston of Ambler, Pennsylvania, and Mrs. J. Gibson McIlvain II of Devon, Pennsylvania, arrived in time for dinner at Wendover and Mr. Charles S. Cheston, Jr. of Millis, Massachusetts, came in later in the evening. Miss Kate Ireland, Miss Jane Leigh Powell, and Messrs. W. Roy Sizemore, F. W. Brashear and Eddie J. Moore were already at Wendover and Hyden and the remaining members arrived on Saturday—Mr. Homer L. Drew, Dr. James B. Holloway, Jr., and Mr. John H. Kerr, Jr. of Lexington, with Mrs. Kerr and Mrs. Holloway, and Mrs. Alfred R. Shands III and Mr. Henry R. Heyburn of Louisville, accompanied by Mrs. Heyburn and Mr. Shands.

On Saturday the members had the opportunity of visiting Hyden Hospital, the new hospital site and an outpost center, and much of the business of the Board was conducted in the Standing Committee meetings held on the 15th. In the evening the Board dined at the new Appalachia Motel in Hyden and members of the staff and local Trustees were invited to a reception honoring the Board following dinner. The formal Board meeting was held on Sunday after a brief service in the Wendover Chapel, conducted by the Rev. Alfred Shands.

COLLEGE QUALIFICATIONS

One girl to another: "I wrote to 65 colleges for admission and this one has the best rating—1672 boys and 250 girls."

—*Modern Maturity*, Dec.-Jan., 1968-1969

OLD COURIER NEWS

Edited by
JUANETTA M. MORGAN

Editor's Note: In the spring of 1972, Laura Haverstick spent a month as a volunteer with the FNS. While she was at Wendover her mother, Mrs. Edward E. Haverstick (old courier Doris Briggs), sent Laura some of the letters she had written while she was a courier—first in 1936 and again in 1939. Doris has given us permission to print excerpts from her letters to illustrate, for the younger generation, the many, many changes that have taken place in the space of twenty-five years.

January 16, 1936

Well, I'm here. The trip from New York wasn't bad. When I got into Lexington there wasn't anything to do so I wandered around town for awhile looking in windows until I came upon this impressive looking building so I went in and found out it was a courthouse. There upon I sat me down and listened to cases being brought up. Very interesting. The train from Lexington to Hazard was a dinky little thing that stopped at every little hut on the way and took seven hours. In Hazard I was met by a porter and I asked him how far it was to the hotel. He said just a little way and we could walk. Well, we hiked for, seemingly, miles, in the meantime crossing a little bridge that you pay one cent to go over. The bus left at seven next morning and they dropped me off in the middle of nowhere as I expected. There was a courier to meet me who was very nice and we talked all the way in to Wendover.

This afternoon Eleanor and I rode into Hyden to do errands and to go to the hospital. It was lots of fun. Hyden is the most amazing place. Quite big, but my goodness there were cows and chickens and pigs all running loose in the streets.

January 27, 1936

I have just had the most marvelous time. As you know, Eleanor and I started off on the rounds of all centers so I should learn the way. Well we got to Beech Fork, the first stop, on Wednesday afternoon, planning to leave the next day, but you know what happened? We got iced in. There was absolutely no

way to communicate with anyone except by telephone for six days. The water pipes all froze so the only way we could get water was to walk down the hill to the river and bring it up in buckets. The drinking water we had to get from across the river and the only way we could get there was to walk across on a pole only three inches in diameter. Saturday we ran low on food so El and I had to walk two miles up the river for supplies. We had to cross the river and the ice only held in places so we waded in ice water up to our knees.

February 12, 1936

Last night at the end of supper a man came to tell Madge (the district nurse) that his wife was going to deliver that night. It was my turn to go so I rushed out and saddled the horses by flashlight. It was terribly cold and dark. We rode for an hour over narrow trails in complete blackness. When we got there at half past eight the patient was still up and not having pains very often so we decided it was going to be an all night wait, but pretty soon, things began to happen and she delivered at 9:40. It was all very normal and quick.

January 3, 1939

Have arrived intact at Wendover. The train was late into Winchester so we just caught the bus by chasing it in a taxi a few blocks. The 4½ hour bus trip to Hazard didn't seem any-time at all because it was exciting seeing the country again. Jean Hollins met us in Hazard and from Hazard to Wendover everything has changed. Instead of being dropped at the Head of Hurricane and met with horses, we drove to Hyden. There is a new road from Hyden to within 15 minutes of Wendover. The change is terrific. There are WPA signs all over and construction jobs everywhere. I don't suppose this will change the actual work we do but the atmosphere is different.

January 13, 1939

What a day yesterday was. Plans changed so that I had to go and come back from Red Bird in one day. Got up at 6:00 so that I could ride the hour to the hospital, leave the horse and then walk down to the post office where I was to get the mail

truck at eight. The mail truck didn't leave until 10:30. It was pouring rain and the road was deep mud. Got off two miles from the Center and walked on in, ankle deep in mud. Left the center at 12:30 and got back to the hospital at 5:00 (after dark) to find that the river was up and I couldn't get across to Wendover. Tried to telephone Wendover but the line was down. Finally got a car to bring me to the other side of the river and a man with a little flat boat to get me across and then I walked up to Wendover. We figure that I had ridden twenty miles and walked five today.

January 21, 1939

Went to Flat Creek with Madge, an English nurse, on Wednesday. It was a six hour ride and terribly cold—a wet driving snow all the way. When we got there and I jumped off to help her I couldn't stand up or walk because my feet and legs were frozen. When Madge got off she did exactly the same thing. The cook had to come out and do the horses. The center nurse put us in a cold bath to thaw. When we finally did get warm and we looked back on the ride it all seemed awfully funny.

February 7, 1939

We have just had the biggest flood! We have had continual rains for about two weeks but Thursday noon there started a downpour that lasted until Friday noon. Houses all along the river either washed away completely or were flooded and great sections of the main roads are gone. Here at Wendover the cellars flooded and all the roofs leaked. Two chicken houses slid down the hill and a pig shed came off its foundation. It will be weeks before the provision truck will be able to get in so everything will have to be carried by mule until the mud dries up. The mail problem is solved by sending a man on foot to the main road where one of the relay mail boys collects it and takes it to Hyden.

Red Bird, February 11, 1939

We had a wonderful ride over here. Beautiful day and we made good time. The destruction all along the river is too horrible. We talked to quite a few people and it seems the Red Cross unit in Manchester has done nothing about helping the

people. In fact no one seems sure that the unit is still in existence. We are going by car into Manchester tomorrow morning to contact the Red Cross people.

Flat Creek, February 12, 1939

We did get to Manchester today and there was a Red Cross unit but has been dormant for two years. We telephoned the Louisville Red Cross office and they are sending an agent to investigate the situation tomorrow. Meantime something had to be done about a history of each family and what they most need. To do that, cards are being made out and each nurse is going over her district and get the information. Kelly and I are starting out tomorrow from here to do the same thing in districts out of reach of the nurse at this center.

Flat Creek, February 15, 1939

Have had lots of fun at Flat Creek with the knitting class and the trips out to check up on families who need flood relief. This morning Kelly went to Manchester to deliver the cards and to meet the Red Cross representative from Louisville. I am going to take her around tomorrow to see the people who are in need.

. . . .

A BABY

Born to Mr. and Mrs. R. Steven Keck (Pamela Wheeler) of Plainfield, Indiana, a daughter, Sarah Rebecca, on April 26, 1972.

The hardest thing in the world to open is a closed mind.

—*Modern Maturity*

SOMEONE CARED

by

ESTHER MACK, R.N., B.S.

Student, Frontier School of Midwifery and Family Nursing

The past four months as a Family Nurse I student have been a dramatic example of *caring*.

Caring set the stage for this whole course. Dr. Wasson, our patient, always concerned and sensitive teacher, was ever by our side. She never tired of trying to help us gain the greatest benefit from each new experience. Because she cared, we wanted to try harder to tackle the most difficult situations.

Students constantly were on the look-out for each other. They never let another suffer alone. If a family member were ill or any personal problem caused concern, this became the concern of the whole class.

One fellow-student, noticing my weariness after eight hours of duty, put her care into action by voluntarily giving me a four-hour break before I had to be on call again. At another time a student was heard to say "I'll cover for you. Go see the doctor—your time will be taken care of for you. Don't you worry about it."

In an atmosphere like this, caring multiplies! Not only are nurses happy, but patients feel the genuine love of the nurse who is there to help and not just to fulfill her duty. She cares.

Family Nurse students all have the privilege of working intensively with one family. My experience was with a family who lived up a hollow accessible only by jeep. The young mother had recently suffered an acute mental disturbance. The problem was compounded by the father's unemployment and no family income. Her one-year old boy had Mongolism and required extra special care. The five-year old son sometimes appeared to feel neglected. The daughter in the first grade was a constant concern because of difficulties from progressive blindness.

The weekly home visits provided a time for the mother to talk about her many worries and fears. This sharing became easier as we learned to understand and know each other better. Professional psychiatric help was secured for the mother at the local Mental Health Center. Physician examinations, immuniza-

tions, health teaching and consultation with the first grade teacher were all part of the care given. The social worker helped the family to obtain financial assistance to relieve some of the stress.

Now, after four months, the mother is beginning to feel capable of handling many problems that for a short while were overwhelming her. Now the parents are able to look positively at the prospect of their daughter entering the School for the Blind where she will be given greater opportunities in life.

The Family Nurse course has opened up new skills to us and broader scientific knowledge. We owe gratitude to the specialists from the University of Kentucky and to many other lecturers who taught and inspired us. The time they gave expressed a genuine attitude of caring for our patients as well as for the students.

It is commendable that the philosophy held by Mary Breckinridge and her spirit so strongly felt, is still the driving force of the program at FNS today. She lived to serve the people because she cared so deeply. Let us continue to care.

BABES AND SUCKLINGS

The little boy from the city was watching the cows being milked. Then he saw the calves being fed with milk from buckets. "I see it all now! They get it when they are little and they have to give it back when they're big!"—**Thirza West, Banffshire.**

—*The Countryman*, Spring 1972, Edited by
Crispin Gill, Burford, Oxfordshire, England.

OLD STAFF NEWS

Edited by
EILEEN H. MORGAN

From Eve Chetwynd in Orbost, Australia—February, 1972

We have been to Philip Island. The great attraction there is the fairy penguin. There is a tremendous colony. They go out fishing before daylight and come in at dusk and march in groups up the beach through the sand dunes to their burrows, to feed their chicks. They are only about 13 inches high and the determination with which they march, regardless of the crowds and the arc lights, is fascinating to see.

We have also been to Wilson's promontory, the most southerly point in Australia and very beautiful. To reach the lighthouse at the tip entails a four-hour walk, which neither of us felt equal to, but we both climbed Mt. Oberon, a two-miles steady climb.

Our last long week end we spent with Gillian Steeds and her husband. They live near Tongala and run a pedigree Jersey herd. It used to be a great fruit-growing area and has a complicated irrigation system. The day we left, Bob took a day off except for milking. They took us to see an old gold mine. We had a picnic lunch at a beautiful reservoir and we then went to see one of the big wineries. There was a power strike on, so we walked round the cellars by the light of our torches.

We expect to start work at Orbost on March 22nd. It is a 32-bedded hospital in a much more rural area, some private beds, but also intermediate and public and a casualty department which deals with a lot of road accidents and industrial injuries. Matron herself is Scottish by birth. We had tea with her and the staff on duty and there was such a friendly atmosphere. There are only three doctors at Orbost; one of them comes from the well-known Cottage Hospital by Westminster Bridge.

Yesterday we had the annual Hospital fete. Everybody worked very hard and we made over 3,000 dollars.

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From Jean Kerfoot Fee in Okotoks, Alberta, Canada

—February, 1972

I am still driving forty miles a day to work at Turner Valley

Hospital. During the summer it was very quiet due to lack of a resident doctor. We now have one and he is making up for lost time by admitting any and all comers—up to 32 patients in this 25-bed hospital. There are rumors of a new hospital sometime in the future. We had a bad flu epidemic in December and January.

Since fall most of our off time has been spent around the old ice arena. Phil is again president of the men's hockey club so we attend as many games as possible. We both enjoy them a lot and our boys are leading their league. Both girls take figure skating lessons and are doing well. Their carnival is the end of the month so costumes, etc. are the current worry. Katherine is proving to be a good scholar (grade 2) and Paddy is alternately eager and not so sure about starting school next fall.

For this year we have one major project and that is to go to Kentucky for holidays. It has been over three years since Phil saw any of his people. I miss Kentucky more at this time of year than any other.

“Howdy” to any of the staff who remember me.

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From Valda Raine in Coral Harbour, Northwest

Territory, Canada—February, 1972

I am miles away in the far north and like it very much. I am situated at a two-nurse nursing station on an island north of Hudson Bay. The temperature today is minus 39 degrees, but it is lovely.

We have been given one hour to catch the plane, which calls once a week. We are getting a fracture case out to Churchill Hospital.

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From Louise Chapman Whitlock in Bernardville,

New Jersey—March, 1972

I have gotten back into nursing in a limited way. I took a refresher course at our nearby hospital (Morristown Memorial) last fall and I am now working 11-7 two nights per week on a medical floor. Hopefully, this is a step toward *midwifery* when family responsibilities permit!

Our three oldest boys are in college, two more in high school and Martha in the fourth grade. How the years go by!

**From Greta Wiseman in Stuntzabad, Mian Channun,
West Pakistan—March, 1972**

We have been having a lot of fun and giving Molly Lee a terrible time. We really surprised her a couple of days ago. After ignoring her birthday totally we waited till Sunday and, while we were away for the day, my boss, Samuel, arranged the party. He hired a huge, beautiful camel and had a cake baked, invited the guests, the kids all had garlands—was she ever surprised when she walked into this! The camel ride after the party was the greatest and big kid Molly had fun!!

Our Bishop presented Molly with a gift for her labors in the Health Center. She is overcome by the friendliness and generosity of the people.

Molly managed to catch a premie yesterday without me even being aware that there was a laboring patient in the Health Center. She is having a lot of fun getting the weak little infant to nurse, et cetera. Her driving students are all doing very well and glad to be learning. This is something urgent that we never had time to do. There are about six students.

We will leave the village on Easter just after church. We plan to fly to Frankfurt from Lahore and then to England. I will stay in England with Molly till about the 10th of May, then return to the States.

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From Rose Avery in Greensboro, North Carolina—May, 1972

I enclose a clipping that Mary LeFevre Willis sent me last winter from *The Anchorage Times*. Things like this and the article by Barbara Schutt in the May issue of the *American Journal of Nursing* make me think that, at long last, America may be catching on to the contribution that nurses can make to health care in *many* areas of our country. Mrs. Breckinridge knew it a long time ago.

I am proud to have been a part of such an organization for a time. I learned much that helped me in rural Public Health Nursing, especially about the importance of knowing the whole family unit. In Anne Cundle's pictures I can almost see my horse hitched to that paling fence, and I look the faces over to see if I might have known some of them!

I know you all have busy, interesting days with the changes

going on and the building of the new hospital. Please give my greetings to any who may remember those days in the early Forties when I was there. Special greetings to Anna May January.

. . . .

From Shirley Heisey in Elizabethtown, Pennsylvania—May, 1972

Thank you for the recent card regarding progress and plans with the Mary Breckinridge Hospital. I have enjoyed reading FNS news in the Quarterly Bulletin and hope to continue receiving it overseas.

In less than two weeks I will be on my way to Africa, to a Mission Program I had served with before. If all goes well a midwifery training program will be started in September for Zambia Enrolled Nurses, headed by Mary Heisey (FGSM '52). Martha Lady, at least one Dutch nurse-midwife and I will be helping with the program. My new address will be: Macha Mission Hospital, P B 11XC, Choma, Zambia, Africa.

These last days at home are busy, too busy to return to FNS where I have many friends and fond memories.

. . . .

**From Clara-Louise "Pete" Schiefer Johnson in
Moorestown, New Jersey—May, 1972**

Greetings from New Jersey. Eric and I are taking home leave from mid-May to mid-June this year as our family is about to have two college graduations and one wedding. Heather is to graduate from Skidmore College next Sunday. On Saturday, May 27 she plans to be married to her Englishman, David Shaw. They will live in London where he is working.

I flew up from Buenos Aires last week end and stayed with Heather at Skidmore. That was a rare treat—gorgeous to be with my daughter at long last and also to meet a number of her friends.

After June, our latch string in Martinez, Buenos Aires, will be open to FNS friends.

. . . .

**From Madge Tait Burton in Horsham, Sussex, England
—May, 1972**

Last Friday, May 5th, my husband, my elder brother and I

motored to Wareham in Dorset to attend the re-union of FNSer's in honour of Agnes Lewis. It was a great day and we were all so pleased to see her once again. How the tongues wagged and the years whistled down the winds as we chattered! About 16, all told, were present—Janet Coleman, May Green, Denny, the two Micks, Dunning, Nora and Violet Kelly (who had worked so hard and made us so welcome), Marjorie Jackson. Then came the post war ones—Hillman, Grogan, Palethorpe and others. I was glad to become acquainted with them. Now they are more than just names in a periodical!

Whilst I attended the function, my husband, Jack, and brother, Joe, poodled off to Swanage and had lunch there. They returned to pick me up at 3:30 p.m.

Agnes was her own natural charming self and the threads were picked up as though there had been no years between.

Remember me to anyone who knows me, please—Betty Lester for one.

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Baby

Born to Mr. and Mrs. Max L. Doty (**Betty Sybil Morgan**) of Kokomo, Indiana, a son, Brent Morgan, on April 7, 1972, weight 7 pounds, 7½ ounces.

Congratulations to the proud parents.

Sign in gift shop: "For the man who has everything—a calendar to remind him when the payments are due."

—*Modern Maturity*, Dec.-Jan., 1968-1969

In Memoriam

MRS. FRANCIS BOARDMAN
Manchester, Massachusetts
Died in January 1972

MRS. D. LAWRENCE GRONER
Matamoras, Pennsylvania
Died in April 1972

MR. ELMER BRASHEAR
Wendover, Kentucky
Died in March 1972

MR. JAMES W. HENNING
Prospect, Kentucky
Died in April 1972

MRS. FAWBUSH BRASHEAR
Wendover, Kentucky
Died in December 1971

DR. CAROLINE JACKSON
Washington, D. C.
Died in April 1972

MR. F. L. BYRON
Lexington, Kentucky
Died in February 1972

MRS. GILLOUS MORGAN
Hyden, Kentucky
Died in May 1972

MR. DEWEY DANIEL
Hazard, Kentucky
Died in January 1972

MISS LOUISE MOWBRAY
Ipswich, Massachusetts
Died in January 1972

DR. ALICE PICKETT
Louisville, Kentucky
Died in November 1971

The King of love my Shepherd is,
Whose goodness faileth never;
I nothing lack if I am His
And He is mine forever.

During the past months we have given up a number of our good friends, men and women who have shared with us, over a span of many years, our joys and our sorrows. **Mrs. Fawbush**

Brashear and her son, **Mr. Elmer Brashear**, counted all of the Wendover staff as their friends. As neighbors they were always willing to rush to our aid and Elmer was the first to arrive at times when we sent out a call for help. His widow and son and one daughter continue to be Wendover's nearest neighbors. **Mr. F. L. Byron's** going was like a piece of history being torn asunder. He and his partner did all our printing for many years. He was not only a sage adviser on printing problems for our Quarterly Bulletin but also a firm supporter of our work and interested in all our activities.

Mrs. Gillous Morgan, our dearly loved "Miss Leona", had been with us actively as a nurse in our early years and as a citizen of our area all her life. (See photograph below.) She was a



"Miss Leona" (lower right, holding baby) with Mrs. Breckinridge and a group of early nurses at Hyden Hospital.

member of our National Nursing Council. Her youngest daughter, Carrie Lou, was a summer courier when she was attending the University of Kentucky. "Miss Leona" was a staff nurse at Hyden Hospital in the twenties, and was a tremendous help in introducing new staff members to the community. She kept up this interest for the rest of her life. Nothing daunted this fine woman who had the ability to find the silver lining of every dark cloud. She was a staunch friend and a good citizen, and, above all, a good mother. Our deepest sympathy goes to her four children.

Mr. Dewey Daniel and **Mr. James Henning** were FNS Trustees and we are deeply grateful for their long years of support. Mr. Henning's widow and his daughter served as couriers with the FNS. Mr. Daniel will long be remembered for services to his home community and the Commonwealth.

Mrs. Francis Boardman and **Mrs. D. Lawrence Groner** were active members of FNS Committees. Mrs. Boardman was a charter member of the first FNS city group to be formed in Riverdale, New York. Mrs. Groner served as a Trustee and headed our Washington Committee during the years she lived in the nation's capital. Each of these distinguished citizens sent us a daughter to join our Courier Service.

Dr. Alice Pickett had a long professional career. She served for twenty-five years as the Chairman of Obstetrics at the University of Louisville. She was a member of the FNS National Medical Council. Many honors came her way on account of her great contribution to her profession. **Dr. Caroline Jackson**, also an obstetrician, became interested in our work in recent years. She was pleased to be counted as a member of our Washington Committee.

As we go to press we have learned of the sudden death of another old staff member, **Louise ("Charlie") Mowbray**. "Charlie" was on active duty with the FNS from 1936 to 1942. Many of the families on the Confluence and Flat Creek districts will remember when she was "their" nurse.

We send our deepest sympathy to the families of these faithful friends.

WHEN THE CURTAINS FALL

(A Villanelle)

When, at the end, the curtains fall
Across the world of death and night,
Sweet love shall blossom all in all.

The patient, long-unheeded call
Shall faint no more in hope's despite,
When, at the end, the curtains fall.

As Angel fingers draw the pall
From faces cold and still and white,
Sweet love shall blossom all in all.

No word shall bind, no fetter gall,
Dark passion shall be put to flight,
When, at the end, the curtains fall.

Old Time, the fierce despoiler, shall
No longer build that he may blight,
Sweet love shall blossom all in all.

And none shall weary of the thrall
Who pined and struggles for the light,
When, at the end, the curtains fall,
Sweet love shall blossom all in all.

F. E. K. From *Sonnets and Lyrics*
Quoted in *Light*, London
September 14, 1929

ANNUAL MEETING

The Forty-eighth Annual Meeting of Frontier Nursing Service Trustees, members and friends was held at the Ramada Inn in Louisville, Kentucky, on Wednesday, May 24, 1972, with the National Chairman, Mrs. Jefferson Patterson, presiding.

The Minutes of the last meeting were read by the Recording Secretary, Mrs. John Harris Clay, and the Treasurer's Report was given by Mr. E. S. Dabney, the National Treasurer. Mrs. Patterson announced the resignation from the FNS Board of Governors of Mr. and Mrs. Charles W. Allen, Jr., and thanked them for their long years of service to the organization. Mrs. Patterson was pleased to announce that Mr. and Mrs. Allen had both accepted nomination as Trustees. Mrs. Patterson introduced members of the Board of Governors who were present at the meeting and the distinguished guests, among them Mrs. David Hickey, National President of the Daughters of Colonial Wars, and members of the State Societies from Arizona, Indiana, Kentucky, Ohio and Tennessee; Mrs. Mona Lyman, Washington, D. C.; and representatives from the University of Kentucky, the State Health Department and the Kentucky Hospital Association.

Elected to the Board of Governors of Frontier Nursing Service were Miss Fredericka Holdship, Sewickley, Pennsylvania, Dr. C. T. Nuzum, Lexington, Kentucky, and Mr. James Parton, Chicago, Illinois. In addition to Mr. and Mrs. Allen, Mrs. John Sherman Cooper, Washington, D. C., Mrs. Robert W. Estill, Washington, D. C., Mrs. Rex C. Farmer, Hyden, Kentucky, Mrs. Marion E. S. Lewis, Matamoras, Pennsylvania, Mrs. Burgess P. Standley, Medfield, Massachusetts, and Mrs. Paul J. Vignos, Chagrin Falls, Ohio, were elected Trustees of the Service.

Freddy Holdship and Marion Shouse Lewis are no strangers to readers of the Quarterly Bulletin as they have been two of our most faithful volunteers since they first came to the FNS as couriers in the thirties, and Freddy is presently Chairman of our Pittsburgh Committee. Dr. Thomas Nuzum has been interested in the FNS since he was in medical school and his help with our Family Nurse program has contributed much to its success. Mr. James Parton was an early volunteer; he, Mr.

Brooke Alexander and Mr. Joseph Carter were our first male couriers. Mrs. Burgess Standley is an active member of the Boston Committee and Mrs. Robert W. Estill is Chairman of the Washington Committee. Both are former Kentuckians. Mrs. John Sherman Cooper and Mrs. Rex Farmer have been our good friends for many years and Mrs. Paul Vignos, mother of a recent courier, carries on the interest of her mother and grandmother in our work.

Following the business meeting, Miss Browne reported on the activities of the Service during the past year. Mrs. Patterson expressed gratitude to Mrs. Henry R. Heyburn and members of the Louisville Committee for the arrangements for another successful meeting.

BICYCLE PARTS FOR TWO

In the days before modern motor transport invaded our little Sussex village, when my father ran the local dances, a young man asked his advice on getting to know a certain girl. My father told him to go to the girl's home on Saturday afternoon and to ask if he could please have a certain piece from an old bicycle kept for spare parts and to be sure to ask for a part which would take some time to get. My father assured the young man that by the time he had removed the part and tidied up, both the girl and her mother would have been out to the shed several times; they would ply him with cups of tea, slices of cake and invitations to come again; he would have ample time for chats with the girl and he could then invite her to the pictures in the nearest town. The young man carried out his instructions to the letter. He got the part and he got the girl too, and not very long afterwards they were happily married.—

Dora Fry

—*The Countryman*, Spring 1972, Edited by
Crispin Gill, Burford, Oxfordshire, England.
Annual subscription for American readers
\$5.00 checks on their own banks.
Published quarterly by *The Countryman*,
23-27 Tudor Street, London, E. C. 4.

BEYOND THE MOUNTAINS

The Boston Committee held their spring meeting in March, at which time they made plans for their fourteenth Christmas Preview. It will be held this year, as last, at the Milton-Hoosic Club in Milton, Massachusetts, on November 15 and 16. We hope all our New England friends will mark their calendars and plan to come and shop for Christmas.

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The Chinese Auction arranged by our Philadelphia Committee was held at the Acorn Club in Philadelphia on April 5. Mrs. Ernest von Starck, FNS Chairman in Philadelphia, and her program committee are to be congratulated on a successful evening. Our gratitude goes to the three young men who undertook to manage the auction and keep the bills flying into the buckets! Jane Leigh Powell and I were delighted to see old friends and be the dinner guests of Mrs. Henry C. Biddle.

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The annual spring cocktail party arranged by members of our New York Committee was given in the lovely home of Mrs. Claire Millard, a friend of our committee member, Mrs. James V. Hayes, on April 20. It was my pleasure to attend this occasion for the first time and I was delighted to see old New York friends and to meet new members of the Committee. Guests had brought some lovely objets d'art to be sold for benefit of the Bargain Box. Jane Leigh Powell and I were guests for dinner that evening at the home of Mr. and Mrs. N. Holmes Clare.

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The American College of Obstetrics and Gynecology invited the Frontier Nursing Service to present its Family Planning program on a panel at its Annual Clinical Meeting in Chicago April 29-May 4. Our Medical Director, Dr. W. B. Rogers Beasley, undertook to make this presentation and reports it was favorably received. The News Bulletin published during the meeting reports: "A major difference between the nurse-midwife and the obstetrician, observed Dr. Beasley, is the ability of the former—indeed her duty—to make a home visit if the patient fails to keep a clinic appointment. In this way, many preventable prob-

lems of pregnancy are prevented; whereas the obstetrician is at the mercy of the patient who fails to come to the clinic. This distinction may partially account for the decrease in maternal deaths in an area where nurse-midwives provide the maternal care."

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Mrs. John Sherman Cooper, wife of Kentucky's senior senator, offered her lovely Georgetown house for a tea arranged by our Washington Committee on May 9. Dr. Beasley flew to Washington for the occasion, to bring Washington friends of the FNS the latest news from Kentucky. The Committee was honored to have as the guest speaker the Secretary of the Interior, the Hon. Rogers C. B. Morton, who remembered coming to Hyden with his family for the dedication of our present hospital in 1928. Mrs. Robert W. Estill, Chairman of our Washington Committee, who also has Kentucky ties, is to be congratulated on a successful occasion.

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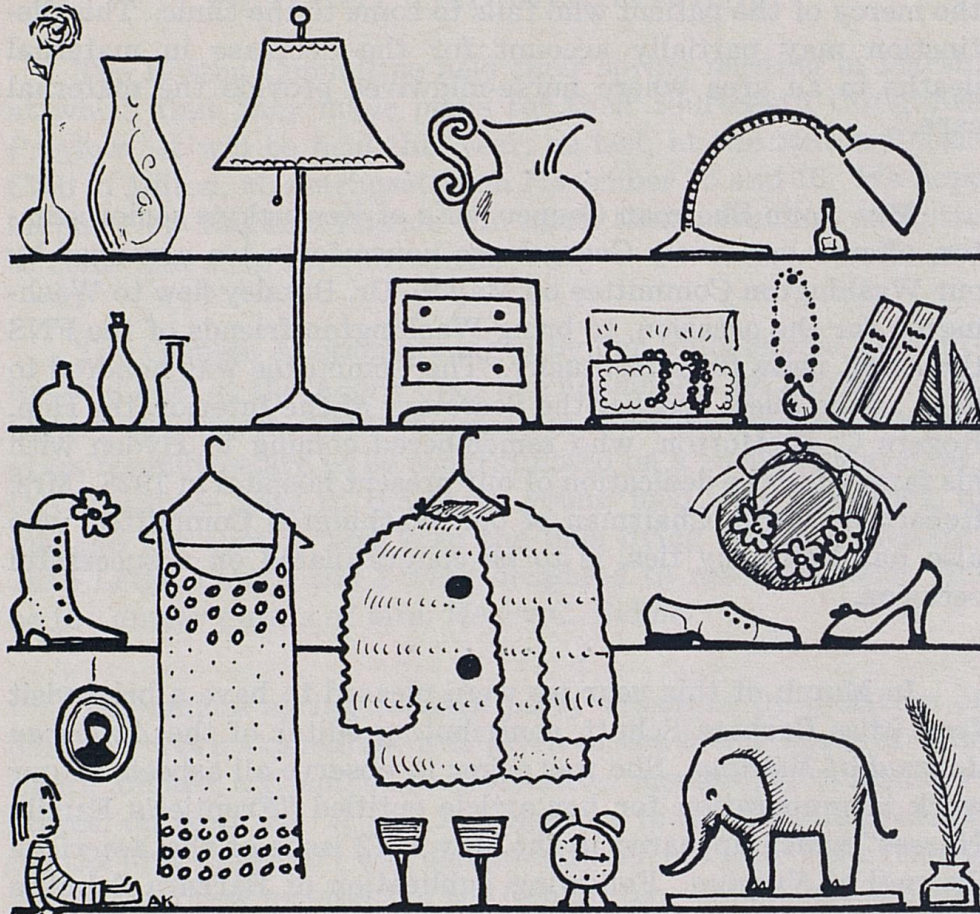
In March of this year we were pleased to have a brief visit from Miss Barbara Schutt, contributing editor of the *American Journal of Nursing*. She was eager to observe all aspects of our work in preparation for her article entitled "Frontier's Family Nurses" which appeared in the May 1972 issue of the *American Journal of Nursing*. Following publication of Barbara Schutt's article we were gratified to receive from our Congressman, Dr. Tim Lee Carter, a copy of the *Congressional Record* for May 16, 1972, in which Miss Schutt's article was printed in full. We quote Dr. Carter as follows:

"Mr. Speaker, our rural areas face many problems in the matter of adequate medical care. I am very pleased to submit an article about an organization that is making great strides toward solving many of these problems—Kentucky's Frontier Nursing Service.

"The dedicated people of the Frontier Nursing Service are fulfilling an important role in Kentucky that is now being emulated in other parts of the Nation."

Helene E. Browne

WHITE ELEPHANT



DON'T THROW AWAY THAT WHITE ELEPHANT

Send it to **FRONTIER NURSING SERVICE**
1579 Third Avenue, New York, New York 10028

You don't have to live in or near New York to help make money for the Nursing Service at the Bargain Box in New York. We have received thousands of dollars from the sale of knickknacks sent by friends from sixteen states besides New York. The vase you have never liked; the ornaments for which you have no room; the party dress that is no use to shivering humanity; the extra picture frame; the old pocketbook; odd bits of silver; old jewelry—There are loads of things you could send to be sold in our behalf.

If you want our green tags, fully addressed as labels, for your parcels—then write us here at Wendover for them. We shall be happy to send you as many as you want by return mail. However, your shipment by parcel post or express would be credited to the Frontier Nursing Service at the Bargain Box if you addressed it

FRONTIER NURSING SERVICE
1579 Third Avenue
New York, New York 10028

FIELD NOTES

Edited by
PEGGY ELMORE

In 1928, Frontier Nursing Service published the first editions of the Medical and Midwifery Routines designed for the use of its nursing staff and authorized by the Medical Advisory Committee of FNS. The Routines were revised and reprinted periodically over the years. In April 1972, the Sixth Edition of the Medical Directives was published, combining in one booklet a General Medical, a Midwifery and a Family Planning section. The Medical Directives were prepared by our medical staff with the collaboration of the nursing staff—and both the doctors and the nurses gave up limited free time to the chore. Our physicians, with the approval of the Board of Governors of Frontier Nursing Service, are pleased to share the Medical Directives with other health professionals and copies are on sale at the administrative headquarters at Wendover at a cost of \$10.80 postpaid.

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We are deeply grateful to the F. A. Bartlett Tree Expert Company for the help they have given us in clearing out the forest within the Wendover boundary. Mr. Wilfrid Wheeler, Jr. of Cambridge, Massachusetts, and Mr. E. W. Reynolds of Ashland, Kentucky, Vice-Presidents of Bartlett, advised us on the trees to cut and sent a crew of men to take care of some of the dead limbs which our own workmen could not reach. In addition, they have given us a pruning knife so we may continue the good work they began.

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When Dr. Rogers Beasley went to India for ten days this spring, we were fortunate in having Dr. Robert W. Shier, a senior resident in obstetrics at the University of Kentucky, to relieve for him. Our busy physicians are also most appreciative of the help given them this spring by two senior medical students. Paul Hamburg, from the Albert Einstein Medical University in New York, spent the month of March at Hyden with his wife and baby, and Letitia Pierce, from Harvard, has been with us during April and May.

The Frontier School of Midwifery and Family Nursing is an extremely busy place these days with twenty-two students enrolled at present. This figure will change on June 1, when some of the students will complete their work and others will begin a new class.

The Family Nurse I and II students have already taken their final examinations and the third trimester students, who will graduate this month as nurse-midwives, will take the National Certification Examination in Nurse-Midwifery on May 23 and 24. Miss Sally Yoemans, representing the American College of Nurse-Midwives Testing Committee, will come to give the exams.

We are pleased that four of these students—Connie Becker, Lesley Berger, Ann Hamel and Karen Linkfoeld—will remain on the FNS staff. The fifth member of the 63rd midwifery class, Mary Kaldeway, will return to her home in Canada after graduation.

The students who will complete the Family Nursing II trimester at the end of May are Margaret Bartel, Judith Gordon, Carolyn Ruth, Katherine Schmidt, Susan Simpson and Katie Yoder. Peggy Bartel and Kaydee Schmidt have accepted positions on the staff of the Frontier Nursing Service and the other four students will begin advanced midwifery—Family Nursing III—on June 1. Mary Jo Brady, Ruth Heinsohn, Judy Haralson, Nicole Jeffers, Esther Mack, Donna Murphy and Kathleen Smith will progress from Family Nursing I to II on June 1. One of their fellow-students, Karen Knapp, will be assigned to the outpatient clinic at Hyden Hospital and another, Frances Crawford, who took midwifery with us some years ago, will be returning to the mission field.

Last February, Judith Floyd and Doris Gibson, became the first students in an experimental trimester—Family Nursing IV—for advanced district nursing. They were assigned to do a survey in the Hector-Bar Creek-Bell's Fork-Lockard's Creek area of the Red Bird River section of Clay County to find out the unmet health needs of the approximately one thousand families on the fringe of what is traditionally considered FNS territory. The citizens of this area had indicated that they would be pleased to have an FNS nurse stationed in their community. However, the survey showed that no family had no access to health care. Ninety-

one percent had a family doctor and sixty-three percent availed themselves of a combination of health care offered by private physicians and area agencies such as the FNS Hyden Hospital and the Red Bird Nursing Center, the Clay County Health Department, the Oneida Mountain Hospital and the Red Bird Hospital. Some families had only to travel three miles for primary health care and the farthest any family was from any one of the area facilities was thirty-five miles. For these reasons it was decided that it was not feasible to consider opening a new outpost nursing center in this section.

Doris Gibson will be leaving at the end of the month and Judy Floyd will remain on the staff, assigned to extend home health services to patients in the Wooton area where a need for these services has been demonstrated during the last few months by the nurse already working in that community.

Ten students will begin Family Nursing I on June 1, nine from the FNS staff: Ruth Blevins, Sara Coner, Suzanne Johnson, Janice Kersgaard, Barbara Kinzie, Gertrude Morgan, Linda Roe, Marguerite Smith and Charlotte Wittekind. The tenth student, Mrs. Celia Oseasohns, comes from Albuquerque where she is on the faculty of the University of New Mexico College of Nursing.

When nine staff members transfer from staff to educational program they must be replaced. New nurses who have come to Hyden Hospital this spring are:

Carol Draper, Petaluma, California
Linda Jo Hanson, Oakham, Massachusetts
Sylvia M. Hostetler, Allensville, Pennsylvania
Marion James, Issaquah, Washington
Rogene Rawlins, Petaluma, California
Helen M. Rigsby, Ethridge, Tennessee
Margaret Younglove, Riverside, California

It is good to have old staff turn up now and then. Primrose Bowling spent a month with the nurse-midwives at Hyden for an informal "refresher" in maternal and child health and family planning. Ann Russell did a month's vacation relief at Hyden and Red Bird and Alice Herman relieved briefly at Brutus while she and Sharon Cooksey were working on a research project.

Two senior nursing students from Northeastern University in Boston, Joanne Rizzo and Anne O'Brien, were with the FNS

for some weeks and two newly graduated x-ray technicians from the University of Kentucky, Carol Ingram and Linda Gindlesperger, arrived in late May to spend a month relieving for Dorothy Maffett Asher's vacation.

We are expecting Molly Lee back in June from her long holiday in Pakistan and England. When she returns, Elsie Maier, who has been relieving for her, will be taking a leave of absence to spend a year in the Congo.

FNSers are ever mobile!

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The three couriers who came to Wendover in the early spring were Catherine Miller of Waukesha, Wisconsin, Ann Rand of Weston, Massachusetts, and Laura Haverstick of St. Louis, Missouri, whose mother had also been an FNS courier. The girls presently with the FNS are Nancy Anschuetz of Denver, Colorado, Deborah Baird of Warminster, Pennsylvania, and Elaine Brogger of Frederick, Maryland. In the Winter issue of the Bulletin we introduced our first male courier in many a day—Douglas Carroll. Doug was at Wendover until the end of April and hopes to be back to see us later in the summer. In April Christopher Klosson, a senior at Brooks School in Massachusetts, came to Kentucky for a period of independent study. In addition to helping with routine courier chores, Chris has spent his mornings as a teacher aide at Hope House, the school in Hyden for the mentally retarded and handicapped.

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Among our most welcome guests this spring were Mr. and Mrs. Roger Lee Branham of Hingham, Massachusetts, and old courier Freddy Holdship of Sewickley, Pennsylvania. All of their friends in Leslie County were delighted to see them again. Many of the staff have entertained family and friends, among them Sharon Koser, the Wendover nurse whose parents came all the way from the State of Washington, and Christine Bohm whose parents spent Easter with her at Brutus. Mr. and Mrs. James Robertson spent a night with us when they came to get their courier daughter and old staff member Trudy Belding Corum brought friends from Cincinnati to visit the area. Professional guests have included Mr. Bob Avedon and Mr. John F. Wood

from the Population Crisis Committee, Dr. David Kindig and Mrs. Pat Amusa-Shonubi of the National Health Service Corps, representatives from the Hunter Foundation in Lexington, Kentucky, Dr. John Stanbury, an internist from the Massachusetts Institute of Technology, Mr. Waldeyes Gemetchu, a nurse from Addis Ababa, four Nepalese nurses, and Miss Barbara Schutt of the *American Journal of Nursing*. Dr. Beverly Bowns and Miss Kathy Arganbright from Vanderbilt University came to discuss the field experience which we will offer five graduate students in their Family Nurse Clinician program this coming summer, and Miss Pearlina Gilpin, a Jamaican nurse-midwife from the Maternal and Child Health/Family Planning Training and Research Center at Meharry Medical College, came to observe the nurse-midwives for a week.

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As we go to press, we, and the citizens of Leslie County, are involved in a clean-up campaign. We hope that if everyone makes a great effort every junked car will be removed from the sides of the highways in our county.

SIMPLE SUBTRACTION

As a boy worker in a forest nursery badly infested by the garden chafer, I was paid sixpence a hundred for picking up the little yellow grubs as I dug the ground for seedbeds. I counted the larvae as I dropped them into a tin or jamjar, which I handed to the foreman each evening. After a day or two he challenged my arithmetic, as discrepancies arose between my count and his. I kept a close watch on the container and discovered that a pair of pied wagtails, nesting in a near-by quarry, were raiding the tin during meal breaks. I put a lid on it, so frustrating the birds, satisfying the foreman and saving my reputation in elementary arithmetic.—**Jack Fennings, Breconshire**

—*The Countryman*, Winter 1971/2

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

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
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3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or the principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
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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 conditions inimical to health and growth, and to conduct research towards that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them, to cooperate with individuals and with organizations, whether private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

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

DIRECTIONS FOR SHIPPING

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

Gifts of money should be made payable to

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MR. EDWARD S. DABNEY

Security Trust Company Building

271 West Short Street

Lexington, Kentucky 40507



"THE CABIN" AT WENDOVER

