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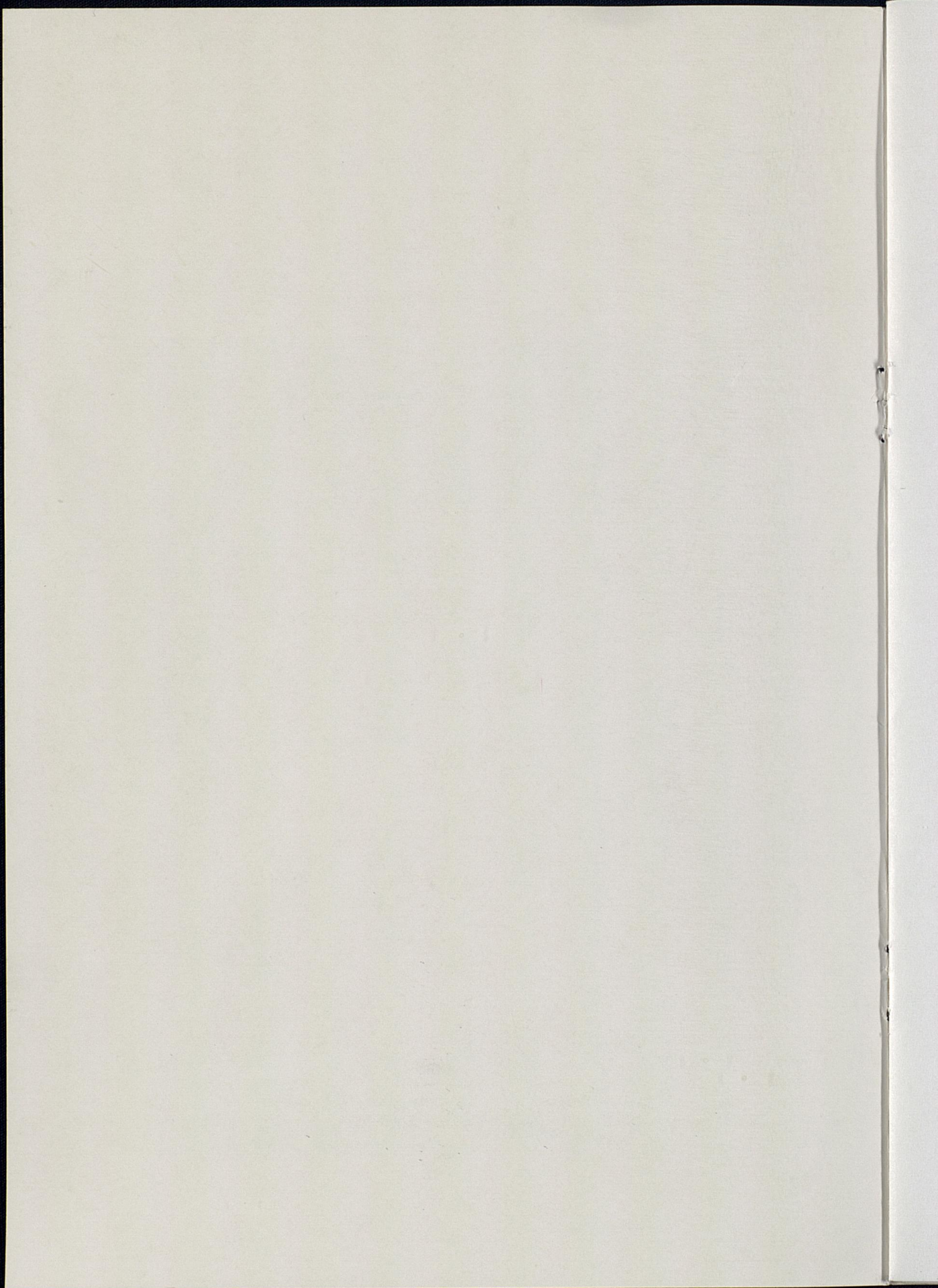
Volume 64

Number 3

Winter 1989

QUARTERLY BULLETIN





US ISSN 0016-2116

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Family Nurse Practitioner Trudy Morgan performs a well-child examination at FNS's Pine Mountain Clinic.

FRONTIER NURSING SERVICE QUARTERLY BULLETIN
US ISSN 0016-2116

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

Subscription Price \$5.00 a Year

Editor's Office, Wendover, Kentucky 41775

VOLUME 64

NUMBER 3

WINTER 1989

Second-class postage paid at Wendover, Ky, 41775 and at additional mailing offices
POSTMASTER: Send address changes to Frontier Nursing Service, Wendover, Ky. 41775
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FNS Begins only "Refresher" Program for Nurse-Midwives in USA

There is presently a serious shortage of nurse-midwives in the United States. In the most recent issue of the ACNM publication *Quickening*, there were 55 agencies, (FNS included), advertising for CNM's with 25% of them offering more than one job opening. New graduates from existing schools are not sufficient to meet this need - indeed, enrollment in *basic* nurse-midwifery programs has declined in the past few years. Clearly, we cannot rely on *basic* midwifery programs to meet the growing national demand for midwifery services.

There is an alternative resource available to us in the large numbers of inactive nurse-midwives - both American and foreign-trained - who, until recently, had no way to activate their licensure except to matriculate into a *basic* nurse-midwifery program and begin anew. Currently, tuition to *basic* nurse-midwifery programs ranges from \$4000 to \$15,000 per year and they require from 8 to 24 months to complete the course of study. This is clearly a time-consuming, expensive and inefficient way to solve the problem of "up-dating" these providers and moving them into the job market. Over the years, the Frontier School has received numerous requests from our own graduates who are no longer in current practice, and from foreign-prepared nurse-midwives, requesting that we provide the program they need to meet requirements to sit for the American College of Nurse-Midwives (ACNM) certification examination. Many asked, "Could FNS help?" The answer was "Yes!" and the Frontier School's Refresher Program was born. This new program will cost students approximately \$4000 and require only four months to complete.

It is important to note that the need for such a program reaches beyond that of the desire of inactive midwives to return to practice. Health care professionals express a mounting concern over the unfavorable rates of perinatal and infant mortality in the United States. They relate this serious situation to poor access to prenatal care. An Institute of Medicine study done in 1985 recommended "that more reliance be placed on nurse-midwives and nurse-practitioners to increase access to prenatal care for hard-to-reach, often high-risk groups." Another report by the American Nurses' Association identified the need to "develop educational programs for certified nurse-midwives and nurse practitioners that would increase flexibility for students and grant educational credit for life experiences and post baccalaureate nursing education courses."

In 1975, the Salvation Army Booth Maternity Center in Philadelphia offered a refresher program for foreign-trained and American prepared nurse-

midwives who were no longer in current practice. Unfortunately, the closure of that program in 1983, left a critical gap which has remained unfilled until the Frontier School responded to the need and opened its Precertification (Refresher) Program to students in 1988.

We were fortunate to recruit Sr. Martha Walsh to head the new program. Sr. Martha was involved with the Booth refresher program and brought to us her extensive experience in developing and teaching precertification programs. She is assisted by existing faculty of the Frontier School of Midwifery and Family Nursing (FSMFN). The Frontier School is the oldest, continuously operated school of midwifery in the United States. Its founder, Mary Breckinridge, began the school in 1939 because she believed that family care, beginning with the unborn, would someday play a critical role in the U.S. health care system. Obviously her vision is today's reality and it seems most fitting that the FSMFN should once again rise to the occasion and provide the means to bring midwifery services to those who want and need them.

The Refresher Program curriculum is based on the philosophy, purpose and objectives of the Frontier School and the ACNM. Help in shaping the curriculum was also gained from talking to faculty from the now discontinued refresher programs at both Booth Maternity Center in Philadelphia and the Simpson Center for Maternal and Child Health in Springfield, Ohio.

Holistic in approach, the curriculum focuses on preventive care and health maintenance. In addition, it encourages collaborative relationships with health team members and stresses the patient's role in assuming responsibility for their own health care. Emphasis is placed on providing students with a sound foundation in normal body function and health care management in order to provide them with a framework for the recognition of the abnormal and management of common deviations from the normal. It takes into consideration the student's previous *basic* midwifery training and allows for the professional background and maturity they bring to the experience. It is expected the student will be able to fulfill many of the theoretical course objectives through independent study.

Upon completion of the Refresher Program, the graduate will possess a sound theoretical base for nurse-midwifery practice allowing her to provide complete care to the low-risk woman during her childbearing years. She is also well equipped to provide primary health care in a variety of settings, with emphasis on underserved areas.

The pilot class of four, admitted in March, 1988, included students from Washington, Tennessee and Michigan. It is gratifying to report that all graduates of this charter class have passed their ACNM boards and are currently enjoying active practice once again. The second class of six students has left for

their clinical training in Houston, Texas. Sr. Martha accompanied them and serves as clinical faculty and all round support person during this important phase of their training. In April, FSMFN faculty members Dean Nancy Clark and Educational Coordinator Wendy Wagers, will join Sister Martha during the students' critical evaluation period. At that time, they will also provide selected classroom teaching.

The Frontier School of Midwifery and Family Nursing (FSMFN) celebrates its 50th anniversary this year - half a century old and still going strong - graduating one quarter of the nation's midwives and able to grow and change to meet the needs of the future. In addition to the Precertification Program, the FSMFN offers both a Rural Primary Care Nurse Program that prepares family nurse practitioners in a 43 credit, 12 month educational program and a 64 credit family nurse-midwife program which requires 20 months to complete. Both of these *basic* programs are accredited by the American Nurses' Association and the American College of Nurse-Midwives.

The Frontier School's *basic* rural care nursing programs receive financial support from the Division of Nursing of the U.S. Department of Health and Human Services. There is no such support for the new Refresher Program. However, if applications from suitable candidates remain strong and evaluations continue to indicate the program prepares successful practitioners, the Frontier Nursing Service will continue to offer the program using grant support when possible, supplemented by the Frontier School's endowment income and tuition.

All precertification students have expressed gratitude for the new program. Claire Englander, a graduate of the first refresher class, shared some of her thoughts in a recent letter:

"I arrived in Hyden with my seven year old daughter and a bit of resistance to being a student again - not the part of studentdom that means learning and soaking up, but the part of having to convince others and prove my capabilities. I was very suprised. The FNS midwives welcomed me and my classmates with respect and interest. It was fascinating to witness the skills held collectively by the midwives as they juggled a large and diverse prenatal program with the economic and nutritional challenges in most clients; a fluid back-up/referral OB and pediatrics practice; as well as the needs and whims of several levels of ever-changing students.

I wasn't used to hearing "nurse-midwife"- to me a midwife is a midwife. I bristled the first few weeks, but once I was distracted enough by the work and the schedules, I was able to forget my defensiveness and eventually to approach it directly. I researched and presented the module "The History of Nurse-Midwifery" and finally the pieces began to fall together.

The FSMFN Refresher Program was extremely valuable to me. Frontier Nursing Service, is, once again, a bridge as she has been so many times in the past.....bringing together mother, child and midwife."



First refresher class with Frontier School faculty. From left to right: Sister Martha Walsh, Coordinator; Dean Nancy Clark; Claire Englander, Joanne Peterson and Ardith Hintzman.

THEN AND NOW

Dr. Edwin Harper graduated from Harvard Medical School in 1931. Before starting his pediatric residency at Boston Children's Hospital he spent three months as a volunteer physician with Frontier Nursing Service. The following article is excerpted from a manuscript he wrote comparing the practice of medicine in the 1930's to that of the 1980's citing some of his experiences while with FNS. Dr. Harper retired from private practice in 1981, but still attends a children's clinic at a local health office in Lynchburg, VA., where he resides.

Fifty years ago, in the fall after graduation from medical school, I was offered an opportunity to practice medicine on horseback for a few months before my hospital internship began. The offer came from the Frontier Nursing Service, an organization started six years earlier by Mrs. Mary Breckinridge in Leslie County, Kentucky. Leslie County was aptly described by the State Health Commissioner as the poorest in the state. The only paved road was a twenty mile stretch from the mining town of Hazard to the county seat of Hyden, population about 100. Travel was on foot or horseback. This was before the days of jeeps or 4-wheel drive vehicles, but if such had been available, the rocky creek beds would soon have shaken them apart.

Mrs. Breckinridge was a trained nurse who saw service in devastated France after World War I. Later she was so impressed with the work of British nurse-midwives that she completed a course in midwifery in London and after observing how the system worked in Scotland and the Highlands she decided to begin similar work in eastern Kentucky. The loss of her own two children was one reason that the Frontier Nursing Service was at first devoted primarily to the care of women and children.

By 1928 Mrs. Breckinridge had raised enough money from friends in Lexington, Louisville and several northern cities to build a small hospital in Hyden. By 1931 six rustic nursing centers had been built 10 to 15 miles apart in the county, each center staffed by two nurse-midwives. The majority of the nurses were English or Scottish women who were graduate R.N.'s with additional training in midwifery. At that time there were no schools of midwifery in the United States. Our emphasis was on training doctors of medicine in obstetrics. There were among the nurses a few American girls who had gone to Great Britain for the course in midwifery.

To back up the nurses Mrs. Breckinridge paid one-half (\$1500.00) of the salary of Dr. Capps, the health officer of Leslie County. For this Dr. Capps acted as a general consultant to the nurses and treated patients brought to the hospital.

From time to time volunteer physicians spent varying lengths of time as



Dr. Harper seated on his horse, Penny.

assistants. I was offered board, room and a horse to ride, but of course, no salary. For major operations there were surgeons in Hazard who could either operate in the FNS hospital in Hyden or in their hospital in Hazard. Also, there were physicians in towns surrounding Leslie County who did a certain amount of practice on patients from Leslie County.

I spent the fall of 1931 in what proved to be a most rewarding experience. Part of my time was devoted to treating patients in the hospital and

in the clinics, but more time was spent riding up and down the rocky creek bottoms and visiting patients, chiefly women and children, but a few men, seeing disease at first hand and trying to bring modern medicine to bear on their problems. I learned much that I could not have found in a big city hospital.

In those early years all normal deliveries were conducted at home. The nurses showed great ingenuity in overcoming the many obstacles that confronted them in the primitive log cabins. There was no electricity, no running water, a cranky wood stove (often fueled with wet wood) and a swarm of small children always in one's way. The patient would be lying in a sagging bed on a mattress of corn shucks and the nurse would be expected to conduct an aseptic delivery, resuscitate the baby, cut the cord, deliver the placenta and stay until all were settled. In spite of these and other problems the statistical record of FNS was excellent.

On several occasions I was present at a delivery - actually my appointment was supposed to be a consultant to the nurses. Since my previous obstetric experience was limited to the delivery of twelve babies - six in homes and six in hospital - I performed better as an observer than as an active obstetrician. It was, of course, impossible to conduct the delivery in a truly aseptic way. The nurse washed her hands in water brought from a spring, the patient was sponged to a degree with a solution of lysol. In spite of these difficulties, post-partum infections were rare.

During my stay we had several cases of low grade fever after delivery. Treatment of the few we had was unsatisfactory, so that the fever lasted much



Dr. Harper with FNS staff in front of the old hospital.

longer than it would at present with the antibiotics now at our disposal. Remember that in 1931 there were no sulfa drugs, no penicillin, or no antibiotics that we use today.

Treating patients was not entirely a matter of having the right drug or lacking an effective treatment. One of our greatest problems and frustrations came from the refusal of the independent mountaineers to follow our advice. Many times they would refuse to leave home for the hospital, or once in the hospital, refuse an operation or procedure that we felt was indicated.

As I rode about I carried in my saddle bags a few pills and solutions which I dispensed - usually at no charge. I had a sterile hypodermic syringe with which I could give an injection of morphine for pain. Also I had a stethoscope, otoscope and blood pressure instrument. I was thus equipped to do a routine physical examination much as it would be done today. Specimens of blood or urine could be taken and later examined in the hospital laboratory. X-ray examinations - much less sophisticated than at present - were available at our hospital or in Hazard. Most treatment was palliative - make the patient as comfortable as possible and hope that nature would work a cure.

One major problem encountered during my stay was that of patient transport. If a patient needed hospital care and was too ill to walk or ride a horse, the usual solution was a stretcher carried in turn by a series of volunteers. This was quite an operation if the patient lived ten or more miles from the hospital - strenuous for both the patient and the carriers! Think for a minute what carrying

a stretcher for five or ten miles meant. Just to walk that distance in eastern Kentucky - up and down hills, back and forth across creeks - represented hard work. One of the creeks near my clinic station was called, "Hell-for-Sartin Creek." And it deserved the name! The stretcher was carried sometimes by two men - one fore and one aft - and sometimes by four men - one at each corner. During my stay I remember only two instances when we had to resort to a stretcher. On one other occasion a very ill woman was brought to the hospital in the bed of a truck. Several times along the rough way a wheel of the truck had to be bodily lifted over a rock.

To a certain degree we, the nurses and I, were in competition with the local grannies and herb doctors. I was offered many recipes for mixtures that were "sure to work." The mountain people accepted the nurses with some reservation. Once an old grannie watched one of the nurses throughout a whole delivery and then told her, "Yes, you did very well. We are right pleased with you - but I don't believe you can hoe corn!"

Forty-nine years later, in the fall of 1980, I returned to Leslie County for the first time. There were many changes: a new, thoroughly modern 40-bed hospital, five or six full-time physicians in several specialties and the nurses travelled by jeep as there were no longer any horses. Changes and progress in the practice of medicine have come, at times gradually, but sometimes suddenly



A typical road in Leslie County in 1931. Doctors and midwives traveled such roads to visit their patients.



Redbird Clinic nurse returning from visiting patients.

- occasionally so suddenly that we do not realize all of the implications of the change. If I treated patients now with the standards of 1931 I would often be guilty of malpractice. Perhaps the biggest change in the present is the almost total absence of many diseases that in 1931 took up much of my time. Several times I rode my horse to a cabin where a child had died of diphtheria the day before. I came with a supply of antitoxin to give injections to the exposed children in the family. Usually this was successful. Of course, even then death from diphtheria was unnecessary. We tried to persuade all families to have their children immunized against the disease. Such shots were given at no cost.

I feel that my time in Kentucky was well spent. I enjoyed meeting and working with the mountain people and developed much respect for them. This was a valuable learning time for me. If it did nothing else, it gave me the chance to see the natural history of disease and the body's ability to fight infection and come out ahead. When, in later years, patients recovered from their illnesses, I have been humble enough to realize that their recovery was not all a result of my efforts.

Editor's note: All photographs used in this article are from Dr. Harper's private collection.

Barnard College Honors Ruth Watson Lubic



Ruth Watson Lubic, C.N.M., Ed.D., will be a guest of honor at Barnard College's Centennial dinner in April of this year. Dr. Lubic, General Director of Maternity Center Association (MCA) and a pioneer in the development of family-centered maternity care, is one of 100 New York women the college wishes to applaud. She is a valuable member of the FNS Board of Governors.

In her nearly 30-year career as a nurse-midwife, childbirth educator and parent advocate, Dr. Lubic has worked as a tireless champion for maternity care that responds to the needs of families and enhances their responsibility and self confidence. Under Dr. Lubic's aegis as General Director of the Maternity Center Association, the Childbearing Center was created as an alternative to the conventional in-hospital birth setting. This Center has served as a model for safe, satisfying, low-cost care for birth centers throughout the country.

Dr. Lubic graduated from the University of Pennsylvania's School of Nursing in 1955 with its two top awards, the Letitia White Award for highest academic average and the Florence Nightingale medal for excellence in nursing practice. She holds both a B.S. and an M.A. in nursing as well as an Ed.D. in applied anthropology from Columbia University. She received her midwifery training from MCA-SUNY Downstate Medical Center.

A fellow of both the American Association for the Advancement of the Sciences and the American Academy of Nursing, Dr. Lubic has been a member of the Institute of Medicine of the National Academy of Sciences since 1971. She has served on many public and private committees and commissions, including past presidency of the American Association for World Health/U.S. Committee for the World Health Organization. With Phyllis Farley, MCA's chairman, she received the Rockefeller Public Service Award in 1981. In 1986 she was awarded Doctor of Science Honoris Causa from the University of Medicine and Dentistry of New Jersey and the Distinguished Alumnus Award from the School of Nursing of the University of Pennsylvania.

As Barnard College stated in its recent letter to her, "... we are proud of the achievements of women in this century. We hope you will join us in our celebration because of your own accomplishments and as an example of what New York women have done for the city and the nation."

The MBH Women's Auxiliary Honored as Employees of the Month



Members of the MBH Women's Auxiliary pictured in front of the hospital's gift shop. From left to right: Jean Campbell, Pearl Lewis, Lula Begley, Maude Fortney and Anna Lee Hoskins. Auxiliary members not pictured are: Celia Bowling, Mary K. Brashear, Alice Estridge, Faye Farmer, Helen Green, Alberta Keen, Ulene Lewis, Daisy Mattingly, and Cloma Moore.

Bright and early every morning, a woman wearing a red coat and a cheerful smile can be found working in the gift shop at the Mary Breckinridge Hospital. She is one of a very special group of women who belong to the Mary Breckinridge Hospital Women's Auxiliary. Since it was founded in 1975, the auxiliary has contributed immeasurably to the level of health care the hospital provides through their gifts of money for much needed equipment, their ever ready assistance with a variety of projects and just by their friendly presence in the hospital.

Why do these women give so much of their time and talent to the hospital auxiliary? Anna Lee Hoskins, a member since 1976, explains, "When I was very young, the Frontier Nursing Service clinic was the main source of care for our family health needs. We depended on them primarily for medical attention, prenatal and post natal care and delivery of the babies. We cannot give enough honor and credit to Mrs. Mary Breckinridge and her staff for what they did for us during those early days of development."

The president of the auxiliary, Mrs. Jean Campbell, echoed these feelings and added, "Frontier Nursing Service has always been a focal point in the community and my life. Volunteering my time to the Mary Breckinridge Hospital seems a natural thing to do." When asked what the auxiliary would like to accomplish in the future Mrs. Campbell responded, "We are looking to expand, redecorate and restock the gift shop. We recently completed a renovation project that replaced the heavy metal gates with an attractive glass enclosure - a much needed improvement and one we are all happy with. More patient contact is also a high priority...talking with patients regarding any needs they may have that we can fulfill. The auxiliary would like to have a mobile library for patient use. However, before these ideas can happen, the auxiliary has a real need for more volunteers."

In 1988 the auxiliary lost Miss Betty Lester, one of its founding members. "Miss Lester was our most devoted member," said president Jean Campbell. "She was the hub of our wheel. Not only did she keep us going, she also kept us in line. We lost a good friend and we all truly miss her. Miss Lester cannot be replaced. Because she had the interest of the gift shop at heart, we will dedicate it in her name."

The syndicated columnist, Erma Bombeck, once wrote, "Volunteers don't contribute to our civilization, they ARE civilization - at least the only part worth talking about." Those of us at the Frontier Nursing Service heartily agree with that thought. Recently, the C.A.R.E. (Courtesy, Attitude, Respect and Enthusiasm) Committee voted unanimously to name our special volunteers, the MBH Women's Auxiliary, February's Employee(s) of the Month. Even though the women are not, strictly speaking, "employees", the committee felt they more than deserved to be honored for their untiring and dedicated work. During the past years, many items of much needed equipment have been purchased through their contributions. In 1988 they donated funds that made the beautification of the hospital grounds possible. In addition, they made a substantial contribution to the Mary Breckinridge Hospital Community Capital Fund Drive.

Sonya Calhoun, the MBH administrative liaison person for the auxiliary, confirms the overall attitude of those at FNS toward the auxiliary and their work. "The Women's Auxiliary is a real inspiration to me and to other employees. All of these women had full-time jobs before they retired and you would think they would want to sit back and put their feet up - not these ladies. They all work so hard for no reimbursement and we all are grateful for what they have done."

Indeed, it is inspiring to see such dedication to "volunteerism" and the wonderful way in which the women's auxiliary expresses its thanks to FNS for its contribution to health care in the community. We at Frontier Nursing Service are proud of the Mary Breckinridge Hospital Women's Auxiliary. Our community is a much better place for your presence. Thank you!

The John D. Archbold Memorial Hospital Nurse-Midwifery Program Celebrates 15 years of Service

The Nurse-Midwifery Service at Archbold Hospital, Thomasville, GA., serves as an integration site (final nurse-midwifery clinical experience) for the Frontier School of Midwifery and Family Nursing (FSMFN) students. While the Frontier School already has sixteen integration sites that it uses on a rotating basis, sending students to Archbold Hospital is a particular pleasure. All four of the nurse-midwives employed there are graduates of the FSMFN - Connie Becker, 1972; Priscilla Craw, 1968; Priscilla Heidorn, 1964; and Rita Ray, 1973. Just prior to going to press we learned that the Archbold Midwifery practice has relocated to a larger facility in Thomasville to accommodate their growing practice. The following is reprinted (with minor editing) from an article that appeared in the September 26, 1988 edition of the Thomasville Times-Enterprise newspaper.

* * * *

For dozens of women in Thomas County, GA., sufficient medical care during pregnancy was something expensive and unattainable. Now, due to a program started 15 years ago, more and more women are receiving proper prenatal care, enabling them to deliver healthier babies.

The nurse-midwifery program at Archbold Memorial Hospital celebrated its 15th anniversary and is thrusting full force toward its next 15. Connie Becker, one of the first two nurse-midwives in the program, said she wasn't sure how optimistic to be about the program when she first began. According to Ms. Becker, the program was started 15 years ago when Archbold received funds from the state to begin a hospital-based nurse-midwifery program. Since then, she said, the program has expanded and includes four nurse-midwives and delivers half as many babies as the hospital.

Ms. Becker commented that, "When you start a program like this you're never sure how it may turn out, especially when you are funded year-to-year."

The program, which sought to serve medically indigent women and reduce the number of drop-in deliveries, has done just that, Ms. Becker said. "The number of drop-in deliveries, or those women who show up in the emergency room about to give birth without any prior medical attention, has dropped to around 1 to 2 per month."

While that has been the biggest change during the program, another change she has noticed is the number of single women utilizing the service. "When we first began, the split was about 60% married and 40% single and now those numbers are reversed," she said. At the current time the midwives' patient



Midwife Connie Becker (left) consults with expectant mother, Dorothy Graham. Her daughter, Sireatha Glenn, was delivered by a midwife.

load is around 250 expectant mothers. The midwives deliver around 40-50 babies a month.

When not on call at the hospital, the midwives visit health departments in Thomas, Brooks, and Grady counties and began visiting the Meigs clinic in June. The reception is so strong at the three health departments, the midwives will be moving to private offices later this year "that will be just like a doctor's office. A patient will set up an appointment and won't have to wait. We also hope to get more into the broader area of women's health issues." Besides delivering babies, midwives offer mothers information on proper prenatal care and proper care of an infant. The midwives monitor a woman's health and if any complications occur that they're not able to handle, they call a local doctor. Some of the complications include diabetes, heart problems, high blood pressure and multiple births.

The Archbold program has been so successful it has become a model for other programs throughout the state.

Connie Becker has delivered 1,858 babies since 1973. Even though she was "scared to death" during her first delivery, the excitement still hasn't worn off. "I still get goose bumps. The birth of a baby is a miracle."

BEYOND THE MOUNTAINS

Support for the work of the Frontier Nursing Service "beyond the mountains" takes many forms, all of which are vital to our efforts - monetary contributions to assist with our various health care programs...gifts of clothing for people who are less fortunate than we...couriers who come to the mountains to assist us in our work for weeks or months at a time - and of course, the efforts of our volunteer City Committee members who give so much of themselves, their enthusiasm and their time.

FNS is indeed fortunate to have three very active City Committees - Boston, Philadelphia and Washington, D.C. - sponsoring annual "Kentucky Derby Day Benefits" on behalf of our organization. As usual, the benefits will be held May 6, on Derby Day.

Each of these Committees is led by an energetic and enthusiastic chairman - two of whom have recently assumed this responsibility.

Robin Isaac is the new chairman of the FNS Boston Committee. She is providing excellent leadership and innovative new ideas, while preserving the vital traditions of this well-established group. Robin has already recruited several new members and implemented positive changes in the membership structure. Once again, the Boston Benefit will be held in Sherborn at the magnificent Charlescote Farm of Mr. and Mrs. Dudley Willis.

Kate Sedgwick is the new Washington, D.C. chairman. She is hard at work organizing the annual Derby Day Benefit at the home of our Honorary National Chairman, Mrs. Jefferson Patterson. Kate is dedicated to enhancing communication between the Washington Committee and Kentucky. She plans to coordinate Committee meetings with the schedule of our National Chairman, Kate Ireland, so that we can provide up-to-date information regarding the current activities of the Frontier Nursing Service.

In just a few short years, Mary Hodge has helped to initiate and develop the Philadelphia Derby Day party into a major benefit for nearly 100 area friends of FNS! Her chairmanship of the Philadelphia Committee has helped to re-energize the membership and increase annual donations to the Service. Once again, our hostess for the Philadelphia Derby Day party will be Mrs. David H. Dohan - who will open her historic home "Hamanasset" for the event.

We remain sincerely grateful to all of our friends "beyond the mountains" who help make our work possible.

-by Ron Hallman

FIELD NOTES

Winter's chill came slowly this year and we were still enjoying "short-sleeved" weather in November, but colder weather and a dusting of snow arrived for the holidays.

Thanksgiving was a festive occasion, and many members of the Wendover community came to a potluck feast. The Todd family arrived with a hefty dose of Doctor Todd's soon to be legendary baked beans. Nurse anesthetist Ernie Orr brought his family, and FNP Cathy Cook came with her cousin and friends. Cassie Hensley, Randy and Susan Bowling, and Ron Hallman's family also joined us, and one of the volunteer's parents helped to decorate the Log Cabin Big House with corn husks and fall squash. Cassie, Hazel, and Kenny cooked some tender turkeys while I stir-fried some Chinese-style chicken. Traditionally, a group of "old-timers" have always hiked over the mountain behind the Big House before dinner, but no "old-timers" showed up to lead the way. I probably would have gotten us lost, so we settled on appetizers instead of a pre-meal hike.

Some real "old-timers" did come to visit in November. Cassie Hensley, a nurse's aide at the hospital, organized a dinner for anyone who had worked for FNS before 1965. Around fourteen people came and enjoyed reminiscing around the fire in the living room while looking through scrap books. Ellen Kutz who worked as a housekeeper at the Big House between 1942 and 1944, recalled how Mary Breckinridge nursed her back to health from an appendicitis.

Christmas spirits were riding high during the month of December. Marie Mitchell, the head medical and surgical nurse, ordered her staff to a mandatory meeting at Wendover, December 19th, 6:00 p.m. sharp. Her crew of 22 were pleasantly surprised by a turkey hash and spoonbread dinner, which she had arranged for them as a Christmas present.

The hospital held its traditional Christmas dinner for FNS employees. President David Hatfield bestowed service awards, and our own beloved super cook, Cassie, was given a ten year service certificate and a government bond. Skip Spell was recognized for her 25 years with FNS as a nurse practitioner, and Covey Feltner was recognized for 30 years with the dietary department! Administration also decided to give Christmas bonuses, which boosted morale considerably.

The spirit of Christmas also transformed the Garden House attic at Wendover into a workshop for one of Santa's humblest and most industrious elves. Every December for the past 17 years, Mary K. Chappell has sized, sorted and wrapped the many donations of clothing and toys that many of you send to us. She makes individually tailored packages for many families throughout the counties. Courier Randy Bowling and I delivered these gifts to the outpost clinics for their community Christmas parties. Community Health Center entertained more than 600 children at their holiday gathering ! Our own community party

at Wendover was special. Children came, as they do every year, to drink hot cocoa, open presents from Santa and perform the Nativity play. I got to be the narrator. Being with all the children and reading the Christmas story helped me to remember what Christmas is all about. Members of the Home Health Agency also celebrated the Christmas spirit by collecting canned goods and putting together baskets of food for their patients.

The season's festivities finally settled down, and it was peaceful and quiet at Wendover - no phones ringing in the offices, no couriers, no big Christmas dinners at the Big House. A few of us gathered at St. Christopher's Chapel for a midnight service and my wife and I returned to Wendover on Christmas morning.

The new year started with a bang, and we have been fairly busy ever since. My in-laws came for a few days to help celebrate January 1st. We had a lot of fun, and they were very impressed by the architecture of the Big House.

On January 9th, Nancy Herzberg and a group of allied health students visited from the University of New England in Maine. Most came from rural areas not too different than our own Leslie County. Nancy encourages her students to stay in their home towns after they have received their training. The group found FNS history inspiring and the scope of its services impressive, as did a group of nursing students and FNP students from the University of Kentucky who had visited earlier in the season.

Entertaining and welcoming potential new staff members has also kept us busy at Wendover. After six years of service to the organization, David Hatfield will be retiring this spring. Several candidates have interviewed for his position, including Rose Schneider, a health systems management consultant from Kentucky, and Ed Halloran, a professor of Nursing Administration from Case Western Reserve University. Each had discussions and dinners with members of the FNS staff and our local board members in order to gain a clearer understanding of FNS's many facets. Board member Whitney Robbins also visited us for a few days in January in order to conduct business. On January 26th, Dr. William Daniel visited us from Fayetteville, Tennessee to explore what being an obstetrician at the Kate Ireland Women's Health Care Center would be like. Dr. Austin, a general practitioner, also visited in January to consider working at the hospital. He is a friend of Dr. Lowell, who generously donates several months of service to us every year.

Wendover has also been entertaining some new faces from the FNS School. Kim McQuoid, a new student, is living at Wendover with the volunteers and is a welcome addition to the community. Cassie cooked a delicious quiche brunch to welcome Kim's classmates, and the couriers and I have had the opportunity to meet several of them over a potluck dinner in the Big House. Anna Nalley, Maree Dazey, Eileen McGuire, and Mercy Inyang all visited during the

second week in February in order to interview for the Frontier School's "Refresher Program" in Midwifery. A former FNS school graduate Debra Goldstein has moved back to Hyden to be an FNS midwife.

Rhonda Johnson, another former graduate, has also returned to FNS. She will be a faculty member at the school. Congratulations are in order, as she was married to Don Bertolette on February 4th. They had a beautiful wedding in the Big House at Wendover. A local minister performed the service and also played some music on the dulcimer. Cassie cooked a champagne brunch and a wedding cake decorated with fresh flowers. It seemed like a happy way to begin their life together in Kentucky.

As other FNS staff are just beginning their lives in Kentucky, I am beginning to realize that I will soon be leaving. In May, former courier Cari Michaels will be taking my place as the Coordinator of Wendover and Volunteers. I will be starting the rigors of medical school. I will dearly miss Wendover and everybody here, as some of my life's best times have been in these hills. Perhaps after my eight years of training I will be able to come back.

- by David Lee

FNS Bids Farewell to Two Devoted Friends Dr. Francis S. Hutchins and Mr. Norbert F. Stammer

Seldom does the loss of a valuable citizen, leader and philanthropist touch only one institution - such men and women are usually involved in many organizations, working in a variety of ways, toward a better society.

Such was the case this winter, when the Frontier Nursing Service joined Berea College and so many other organizations in mourning the loss of two men who had devoted their lives to the health, welfare, education and advancement of their fellow citizens.

We said goodbye to Dr. Francis S. Hutchins and Mr. Norbert F. (Newt) Stammer of Berea.

Dr. Hutchins was the fifth president of Berea College, serving from 1939 to 1967. He assumed his post from his father William J. Hutchins. According to Berea College President John Stephenson, "Dr. Hutchins always saw Berea College as a hope and dream for the world."

In recent years, Dr. Hutchins served as Chairman Emeritus of the E.O. Robinson Mountain Fund - which has been providing generous charitable support to the Frontier Nursing Service annually since 1928. He always found time in his busy schedule to meet with representatives of FNS to discuss our needs. Dr. Hutchins is survived by his wife, Dr. Louise Hutchins.

Newt Stammer was a respected civic-leader in the Berea Community and an invaluable friend and supporter of Berea College. He was also Trustee of the Berea College Appalachian Fund. This organization has helped dozens of service organizations in Appalachia through hundreds of grants for health care, education and social welfare. Newt Stammer always took an active personal interest in the work of Frontier Nursing Service - and we will miss him.

He is survived by his wife, Julia (Judy) Stammer, who remains a Trustee and Executive Director of the Berea College Appalachian Fund.

IN MEMORIAM

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

Miss Helen Marie Fedde
Monroeville, PA

Miss Emily R. Wahl
Hackettstown, NJ

Mrs. Ethel R. Burke
Cincinnati, OH

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

Miss Hazel Corbin
Belfast, ME

Valued member of the FNS National Nursing Council for many years and former New York Committee member.

Miss Betty Childers
Hyden, KY

Betty served as anesthetist at our Mary Breckinridge Hospital.

FORM OF BEQUEST

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

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

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

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

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

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

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

URGENT NEEDS

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

For Haggin Quarters:

Floor/study lamps	<i>Estimated Cost: \$500</i>
Window Blinds	<i>Estimated Cost: \$500</i>

Frontier School of Midwifery and Family Nursing:

Suture Sets (10)	<i>Estimated Cost: \$1700</i>
Delivery Model	<i>Estimated Cost: \$550</i>
Pelvic Model	<i>Estimated Cost: \$150</i>

STAFF OPPORTUNITIES

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

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

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

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FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

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

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