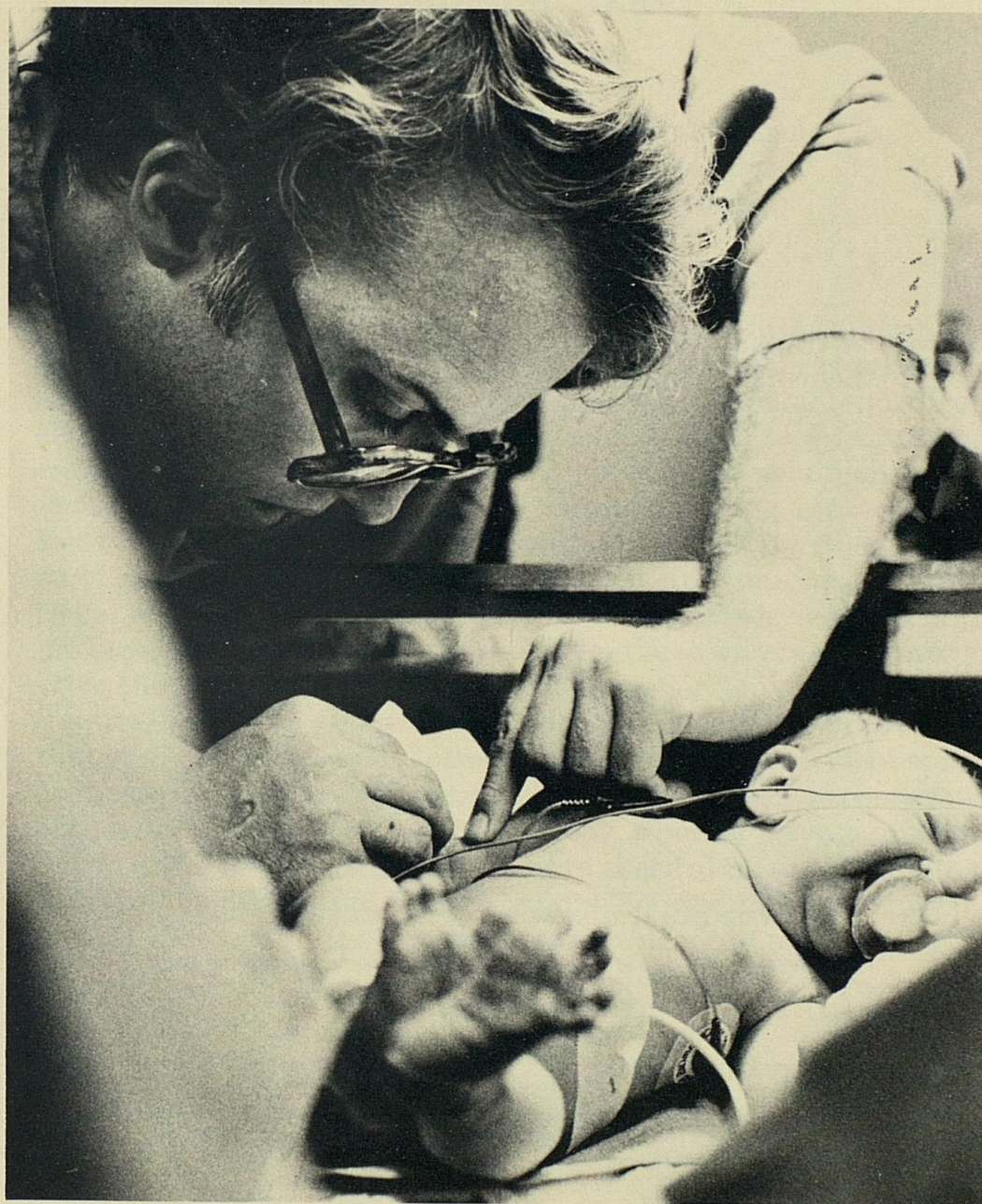


# FRONTIER NURSING SERVICE QUARTERLY BULLETIN

VOLUME 55

SPRING 1980

NUMBER 4





US ISSN 0016-2116

Cover: A transport team member prepares critically ill baby for helicopter ride to the University of Kentucky Medical Center. (See "From the Medical Director")

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FRONTIER NURSING SERVICE QUARTERLY BULLETIN

US ISSN 0016-2116

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

Subscription Price \$2.00 a Year

Editor's Office, Wendover, Kentucky 41775

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VOLUME 55

SPRING, 1980

NUMBER 4

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

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## FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

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

Articles of Incorporation of the  
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## NEW FNS DIRECTOR



Director Elaine Pendleton

On June 6th at the Annual Meeting in Lexington, Mrs. Elaine (Penny) Pendleton was appointed the new Director of FNS, filling the position left vacant by Dr. Beasley. Mrs. Pendleton had been Acting Director since June 1st, and had also served as Associate Director since February.

Mrs. Pendleton came to the FNS in February, 1979, from a long association with the Kings County Hospital/Downstate Medical Center in Brooklyn, New York. She is a native of Brooklyn, went to New York City public schools, and graduated from Kings County Hospital School of Nursing in 1953 with a degree as a Registered Nurse. She started work there as a staff nurse, and then went on to being the Neurology Head Nurse, Neurology Supervisor, Surgery Supervisor, and from 1960 to 1965,



Obstetrical Supervisor. In 1966 she received a degree as a Certified Nurse Midwife from the Maternity Center Association in New York; then began a long period as Educational Director/Instructor for the Foreign Nurse-Midwife Family Planning Program still with the Downstate Medical Center. During this period (1966 to 1979), Penny travelled to Accra in Ghana, Istanbul, Manilla, Nairobi, Addis Ababa, Sri Lanka, Bangladesh and Indonesia as a consultant and instructor.

Penny has written a number of articles on nurse-midwifery, assisted in the production of a film, *Normal Delivery*, was the co-inventor of the *Pelvic Teaching Model* developed by the Pathfinders Fund, and has participated in several training programs here and abroad. From 1975 to 1979, she also served as a Clinical Assistant Professor in Nurse-Midwifery.

In 1975 she received a B.A. from Williams College, in 1976 a B.S. from St. Francis College in Brooklyn and in 1979 a Masters from New York University. She came to us February 5, 1970, with a wealth of experience and knowledge in work overseas and in administration. As Director of Nursing, she has worked hard to combine the nursing services of the hospital under one auspice. Under her aegis, Home Health with the direction of Diane Wilson, has prospered and is now located closer to the hospital to give that department closer ties to the hospital and to bring it into the view of the public eye.

We are happy she is with us and proud to have her as our new Director.



## FROM THE MEDICAL DIRECTOR

by S. D. Palmer, M.D.

For the past six weeks, Dr. Gertrude Luther, physician *extraordinaire*, has helped us here at FNS. "Lu" (identified by one of her admirers as "that physician in tennis shoes") is a world citizen who claims Anniston, Alabama, as her home. Throughout her professional career she has given greatly of herself and her time to some favored and grateful recipients. Annually for 19 years, Lu has gone to work in the Hotel Albert Schweitzer, the famed Haitian hospital founded and run by Dr. Andrew Mellon. During many of the past several years, Lu has also found time to come here. Now that she has "retired" from twenty-four years of very busy private practice in Anniston, she has a little more time to spend *enlivening* the lives of others, and has picked more recipients of her good offices.

Lu and I had worked with each other in the care of patients for the fifteen years we were both located in Alabama, 60 miles apart. During many of those years she would fly her plane to attend weekly grand rounds at The Children's Hospital. When it cracked up in a cornfield, Lu accepted her loss of wings with only fair grace.

It is part of Alabama medical tradition to see Lu furiously taking notes at pediatric enclaves — to enjoy the tales of a vivacious raconteur — to learn from her and to be with her when she learns, for I've met no one who is more interested in the acquisition of new knowledge.

Lu's manner of speech is straightforward. Pithy. Epigrammatic. Neither parents nor colleagues linger long in doubt of her beliefs. Her letters are masterpieces of typewritten wit. (In her first career, Lu was a medical secretary for 17 years.) These gems of letters ought to be in archives somewhere.

Responsibilities for Lu at FNS included curbstome-consulting with nurse practitioners, and they learned many practical pointers in the science and the art of medicine. Lu worked in the Clinic daily and, till 8:00 p.m., in the Emergency Room. She saw both children and adults, and in between she held hilarious court with nurses and aides, charming all with her sense of humor.

After a short rest, visiting friends and relatives, Lu will go to Haiti for several weeks. Her spartan quarters there will include a



cot and a concrete floor. There may be a linoleum rug. Maybe not. She will be gloriously happy.

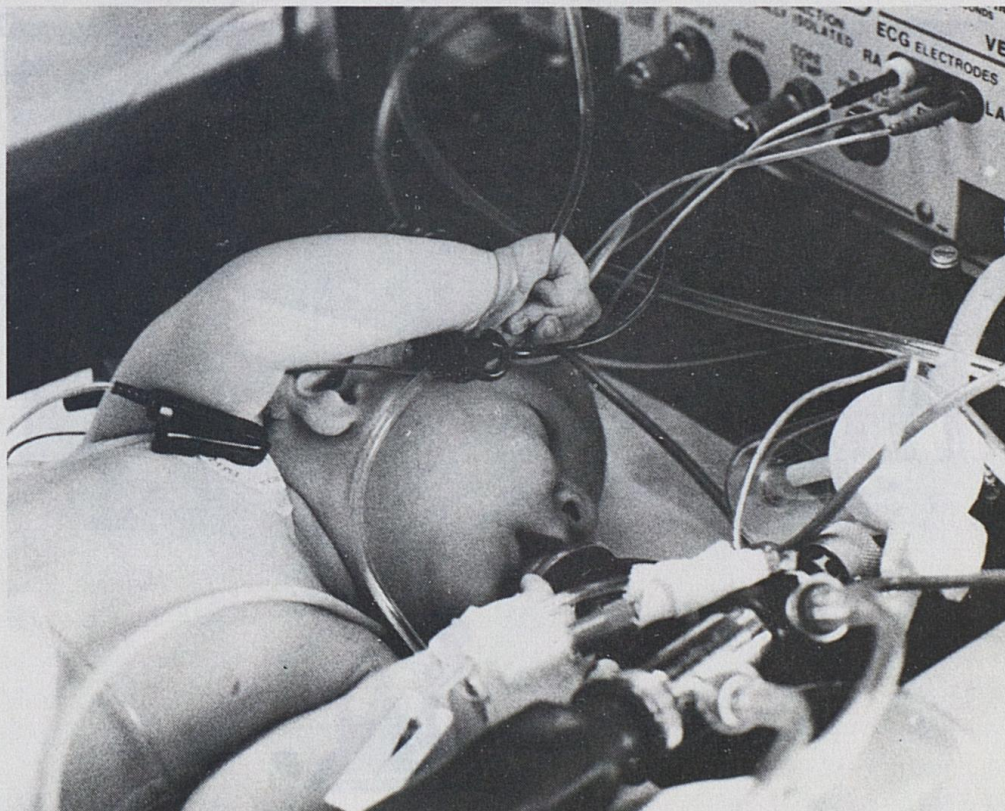
Beautiful! It is no secret that Lu, in my mind, is of heroic preparations. I do not know a more giving, caring, selfless person than she. From a grateful Frontier Nursing Service she has received one of Cecil Morgan's rocking chairs, and on a brass plate is written:

"The Gertrude Luther Chair in Peripatetic Pediatrics,  
Frontier Nursing Service."

We love you, Lu. Hurry back.

Pausing for reflection upon Lu, inevitably other benefactors come to mind. "Let us now praise famous men."

We have a Level I newborn nursery at the Mary Breckinridge Hospital, and essay the care of only well newborns, good-sized, and with no major problems. At times we wish we had the capability of doing more here, but the number of babies delivered



Critically ill baby awaiting transport to the University of Kentucky Medical Center.



does not justify a more extensive service. In the regionalization of perinatal care in Kentucky and nationwide, a network of nurseries with advanced skills is identified and hospitals with Level I nurseries have the opportunity (and, parenthetically, the obligation) to transfer to Level II and Level III nurseries the babies who require more than very basic care.

There is a Level II nursery at the Methodist Hospital in Corbin, recently so certified. A more agreeable group of people could not be found with whom to work. We have availed ourselves of their assistance on several occasions.

Most babies seem initially to be Level I, pretty much okay, or else Level III and very sick or threatening to be so. There are four Level III nurseries — newborn intensive care units — which generously accept critically ill babies for transfer: the University of Kentucky in Lexington, Central Baptist Hospital in Lexington, the University of Louisville, and the University of Cincinnati. We owe them all a great debt of gratitude.



"Once the baby is stabilized, the transport team is gone and airborne again."



"UK" is our most frequent benefactor. Their transport team superbly responds, by ambulance or by air, impressively and swiftly. About half of their transports are now done by air, often via National Guard helicopter. A skilled team arrives — *deus ex machina* — often landing on the grammar school playground in front of the hospital. Since survival of the baby is closely related to its condition before and during transport, it is axiomatic that the baby be stabilized prior to departure. This is accomplished by the medical team who have brought with them all necessary equipment for intravenous or intra-arterial lines, endotracheal intubation and resuscitation, and oxygen. As quickly as it is feasible, the team is gone and airborne again.

Occasionally UK's transport team of doctors and nurses is out on other runs, and our personnel, using our own transport incubator (a real lifesaver), and the hospital van or an ambulance, make the long run to Lexington with the ultimately precious cargo.

No simple person — lo, not even the Chairperson of the Department herself! — ought to be singled out by name for praise. Their effort is crucially interdependent. We are grateful to all.



## FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING PROGRESS REPORT

by Dr. Lydia DeSantis

As the present 1979-1980 academic year draws to a close, it is time to reflect upon the activities of the Frontier School of Midwifery and Family Nursing (FSMSN), over these past months. Admittedly the year was marked by considerable turmoil and uncertainty for students, faculty, and staff alike. Yet, it was also a year of significant accomplishments; and one in which goals were identified for the coming year and for future, long-range planning. Perhaps the best way to describe the activities of the FSMFN this past year is to say they centered around stabilization, reassessment, and decision-making.

During the year, the FSMFN like most schools preparing nurse practitioners and nurse-midwives, was faced with several key issues: 1) dependence on federal grant monies at a time when the government was drastically reducing its support of medical and nursing education programs; and 2) lack of adequate faculty and clinical facilities to fulfill the demand for its program. Both of those issues led to a third vital decision that had to be made, i.e. whether to continue as a school *per se*, to become a clinical training site for another institution, or to offer specialized programs for a variety of health professionals desiring experience in rural primary care. In addition, the FSMFN was scheduled to undergo a site visit by the American Nurses' Association (ANA) for continuing accreditation of the Family Nurse Practitioner (FNP) Program. Continued accreditation was vital so that graduates could take the National Certifying Examination and qualify for licensure as family nurse practitioners.

A self-evaluation report of the FNP program was prepared by the faculty and submitted to the ANA. The report was accepted without modification. After a site visit by two Family Nurse Practitioners, who were university faculty members, in February, the FSMFN was notified that the Central Regional Accrediting Committee had accredited the FNP program for four additional years — one year more than the three-year maximum the ANA normally gives.

A grant renewal request was submitted to the Division of Nursing of the Department of Health and Human Services for two



additional years of federal funding — September 1980 through August 1982. The renewal request was thoroughly reviewed by Division of Nursing personnel for deficiencies before being forwarded without revision to the National Advisory Council on Nurse Training — a peer group composed of health care professionals, educators, consumers, and students. The Advisory Council is charged with reviewing all grant applications and advising the Division of Nursing regarding which programs should be funded. In May, the Advisory Council recommended that the FSMFN application be approved for two additional years of funding. We are now in the process of negotiating the level of funding with Division of Nursing personnel.

Both the ANA site visitors and members of the Division of Nursing Advisory Council cited several common reasons for their decisions. They were that: 1) the FSMFN has a well-qualified faculty that believes in what it is doing and which provides excellent role models for the students; 2) the FSMFN offers excellent clinical experience to students; 3) the curriculum is appropriate; 4) graduates of the FSMFN have made a tremendous impact upon meeting the health care needs of previously underserved areas; and 5) there is a continuing need for the programs. In addition, the Advisory Council cited the strong letters of support for the program from employers of FSMFN graduates, leaders in primary health care delivery and education, and the FNS Board of Governors, and Administration.

Prior to the approval of our applications for continued accreditation and funding, the faculty had thoroughly discussed the issue of whether we should continue as a school or become a clinical site for another institution or for speciality programs. The overwhelming concensus was that the FSMFN needed to continue as a separate entity. At the same time, the faculty realized the need to reassess and restructure the curriculum. A thorough curriculum review has not taken place for 10 years and the clinical base at FNS has changed greatly in that time. The faculty's decision received total support from the FNS Board of Governors and Administration, the ANA site visitors, Division of Nursing personnel and from the two consultants engaged to evaluate the nurse-midwifery portion of the program.

The faculty has since been divided into committees composed of service personnel and students to begin the curriculum review.



Committees have been formed to address: 1) admission criteria and attrition rates; 2) School Philosophy and Program and Curriculum Objectives; 3) better use and expansion of FNS clinical facilities for student experience; 4) the availability of clinical facilities outside of FNS to supplement the present student experience; 5) skills students need for success in the program, and for developing self-learning packages to aid them in acquiring those skills; and 6) content and sequencing of modules, courses, and clinical practicum.

During this past year, the FSMFN and the University of Kentucky College of Nursing (UKCON), also explored ways to expand and strengthen the affiliation between the two institutions. In the coming year we will seek to establish joint admissions standards and selection of candidates for those desiring the joint program as well as endeavoring to increase the number of students in the joint program. The UKCON will begin contributing to FSMFN faculty salaries and travel expenses related to the affiliation.

In the past year the faculty of the FSMFN also revamped the method in which content was presented in the nurse-midwifery portion of the program in order to make maximum use of available faculty and clinical experience. Because of scarcity of nurse-midwifery faculty and delivery experience, the very painful but necessary decision was made to omit enrolling more students into the school who wished midwifery until we were certain we could accommodate those already enrolled. When the decision was made in February to temporarily close the midwifery program, students in the school faced up to a two to three trimester delay (8 to 12 months) before they matriculate into the intrapartum portion. Since then, we have managed to recruit several highly qualified nurse-midwifery faculty and to find another clinical affiliation for volume delivery experience. The new faculty and clinical site, plus presenting content in a more concentrated form has enabled us to reopen the nurse-midwifery component of the program to candidates entering in the January 1981 class. It also virtually guarantees that students already in the school can graduate without even a one trimester delay.

Although the activities and accomplishments of the past year have been great, many problems still face the FSMFN. While we will have federal funding for two additional years, the amount is



yet in doubt. The faculty of the FSMFN appointed an ad hoc committee to address the problem of funding last September. That committee has now become a standing faculty committee and will work closely with the Finance Department and Department of Promotion and Development to begin to wean the school from grant monies. Already we have begun to seek funds for a faculty position, additional library/audiovisual aids, and the revolving student loan fund. In the near future, we will set guidelines regarding what proportion of the school should be funded from private, federal, state, and tuition monies and to begin to seek ways of establishing an endowment fund.

A second significant problem continues to be faculty turnover due to "burn-out" and lack of opportunity to do one's own clinical practice. In the curriculum revision and restructuring, we will build in methods of preventing faculty overload and of providing for continued growth as a nurse practitioner and/or nurse-midwife.

Even though the new clinical affiliation for intrapartum experience will assist greatly, we still need to find and develop a variety of additional clinical sites to individualize student practicum in all aspects of the program, and to enable us to increase student enrollment. Finding additional clinical experience is a long, time consuming process.

In the ensuing year we will continue to address the persistent problem of funding, faculty turnover, and adequate clinical facilities. At the same time we will continue to strengthen and expand the UKCON/FSMFN affiliation, restructure the curriculum, and seek to become a provider of continuing education through the ANA. The latter will allow the FSMFN to award nationally recognized continuing education credits to students who do not qualify for academic credit via the UKCON/FSMFN joint program.

Much of significance has been accomplished and much remains to be done. Although what has been done has been spearheaded by the faculty, it has been made possible only through the cooperation and support of the students, FNS Board of Governors, and the many friends, graduates, and supporters of the FSMFN.



## FOR BETTER HUMAN SERVICE

by Ray Harmon, MSW  
Director of Social Service

They come to our hospital and outpost nursing centers with a variety of human needs; our Home Health nurses find them with various problems in their homes. Who are they but the many people of the four county area served by the Frontier Nursing Service.

Social Service is an integral part of the health care delivery offered to all of the people we serve. We can help an expectant mother, for example, whose husband is unemployed or a middle-aged housewife suffering from acute depression. The kind of support we can offer ranges from assistance in obtaining benefits through Social Security, the Veterans Administration and the Bureau for Social Insurance, to arranging for psychotherapy for a paranoid schizophrenic suffering from auditory hallucinations.

There are many different agencies within the communities of Leslie, Clay, Perry and Harlan counties which are available resources. By communicating on a regular basis with the staff members of these resource agencies we can maintain an active referral relationship. The Bureau for Social Service, Community Care, LKLP (Leslie, Knott, Letcher and Perry — County — Community Action) and Vocational Rehabilitation are all available on a local basis; Social Security and Veterans Administration are only a phone call away. Civic organizations such as the Lion's Clubs, and many churches, are community resources, too. Besides contact through our office at the hospital and through our outpost nursing centers, each of our centers has a committee comprised of local people through whom we can make the community at large aware of the scope of services available to them. By scheduling patients at the outpost nursing centers as well as at the hospital, we have made social services accessible throughout the general area we serve.

Caring, sharing people are oftentimes the greatest resource for meeting human service needs. How do you help a young housewife who has taken an overdose of drugs? A young man who tries to commit suicide or another young man who suffers from constant fears of being 'bugged' by some unknown force from 'out there'?



Stress and depression are familiar problem producers. The need for supportive guidance in crisis intervention is omnipresent. If family or friends are not available, we try to fill in the gap in these moments of human emergency.

During the first quarter of 1980, a total of 180 people were assisted through Social Service: 50% of these people received benefits from BSI, SSI, SS and Black Lung. 24% of the cases involved family and individual services, counselling and therapy in the areas of depression, suicide, child neglect, child abuse and marital problems. Another 24% were served through the coordination and referral of patients to available resource agencies and organizations. The monthly average of cases varies between 50 and 55. 35% of these patients were seen at the Mary Breckinridge Hospital as out patients and in the PCC, while 20% were seen as in-patients at the hospital. 18% were seen through Home Health, and between 3% and 9% were seen through the outpost nursing centers.

The prime objectives of the Social Service department are efficiency, expediency and entirety which go hand in hand with the two main functions of the department: service and training. Five classes were held with the FN 1A class and four in service training sessions were held with the Home Health nurses. There have been eight training sessions in this period with the Social Service staff of the Kentucky River Health Department in Hazard.

Rarely are medical needs apparent apart from other problems, whether those difficulties lie on a financial, social or psychological level. Social service needs accompany our patients when they walk through the doors of our hospital and outpost nursing centers. And we stand ready to help them . . . for better human service.



## BEYOND THE MOUNTAINS

by Kate Ireland

On April 7, Dale Deaton and I amazingly met as planned at the Boston airport — Dale arrived from Wendover and I from England — within twenty minutes of each other. Then, on to the Chilton Club where we met Board of Governor Caroline Standley for the ride to the Standley home in Medfield. That evening, Caroline accompanied us to the home of Brooks and Martin Lobkowicz, for dinner with past Courier Coordinator and now Trustee, Deborah King, Boston Chairman, Audrey Robb, and Liz and Jack Dawson.

Dale and I were very pleased to attend the Boston Committee meeting the next morning, hosted by old Courier Patsy Perrin Lawrence. Among other business, the Committee discussed plans for an evening at the Boston Pops. Dale talked about the current curriculum review of the FSMFN, the possible school affiliation with Maternity Center Association in New York, and points of special interest in FNS history. I spoke briefly about Primary Care, its meaning to us at FNS, and the hard work that everyone had been doing on cost containment. It was a great meeting. I saw many old friends and Dale enjoyed meeting more of the FNS family in the Boston area.

Audrey Robb took us to the airport after lunch and we arrived just in time for Dale to catch his flight to return to Wendover.

After Dale and I parted in Boston, I flew on to Philadelphia, where old courier, Nella Lloyd Helm ('47), arranged a dinner party for me at her home. It was wonderful to catch up with Dr. Hugo Smith and his wife, Helen, who used to know FNS well while they were in Cincinnati.

The next morning, Maggie Koenig ('79) joined Nella and me as we spoke on the FNS, and particularly the Courier Service, at Springside School in Chestnut Hill, and Baldwin and Shipley Schools, both in Bryn Mawr. Maggie spoke from her heart, relating her own courier experience and we have already heard from some possible candidates.

Olive Young then guided us to her daughter's, Sherley Hollos, Birth Center. Sherley had been inspired by her association with the FNS Philadelphia Committee and she and her midwife, Edith Wonnell, gave us a good tour and outlined their plans for the



future. This Birth Center is affiliated with the Bryn Mawr Hospital and has both a Pediatrician and an Obstetrician on contract.

Before flying back to Kentucky, I went to see our member of the Board of Governors and old staff member, Kitty McDonald Ernst, who was recovering from a horrendous automobile accident. Although her jaw was wired, she gave me some good ideas on midwifery and she is still an active Search Committee member.

The National Society of the Daughters of Colonial Wars invited me to speak at their Forty-Seventh Annual Assembly held in Washington, D.C. on Tuesday, April 15, 1980. I stayed with the Vice-Chairman of our Washington Committee, Ruth Newell (Mrs. Hal Harker) and she accompanied me to the Frontier Nursing Service Breakfast where I chatted with many of our D. C. W. friends who have visited the FNS on their Autumn Tours. In my talk I endeavored to convince my audience that even though I knew they had many needs right in their own communities, the FNS was indeed worthy of their support.

That evening Ruth and Hal gathered a few friends in for a beautiful dinner. These included our previous National Chairman, Marvin Patterson, and our dear friend in Congress, Representative Tim Lee Carter and his charming wife, Kathleen.

I am extremely proud to announce the election of Mrs. Edward James Sybert, from Washington, as the new National Chairman of the Daughter of Colonial Wars. Mrs. Sybert and her husband visited the Frontier Nursing Service on the last Fall Tour in 1978 and she is hoping to have another one in the fall of 1981. She has already written me indicating the interest of the D. C. W.'s in continuing to support the FNS and although we will miss the annual visits of Louise Ackerman, immediate past president, it will be fun to get to know Mrs. Sybert better.

The following week, I was back again in Washington and this time for the annual benefit co-chaired by Ruth Newell and Joan McPhee.

Marvin Patterson very kindly had some old friends of the Frontier Nursing Service in for luncheon and it gave me the opportunity to have quiet chats with each of them, in addition to having the privilege of meeting Frances Humphrey Howard, Special Assistant to the Associate Director of the Department of Health, and Human Services.



I had the pleasure of returning to Greenwich and visiting with Trustee, Claire Henriques, and her husband, Harry — their other “claim to fame” is that they are the parents of Horace, now in his second year of medical school, who has been a volunteer with the Frontier Nursing Service for two different summers. I had one “official” and one “unofficial” evening at their home, and Jenny Sulger, courier in the fall of 1979, assisted me by describing the Courier Service in detail and her feelings of what one gives and receives from the courier experience. Clinton Kelly’s slides were enthusiastically received and I think they not only rekindled the interest of many donors, but added a few new ones. It was fun to have Hope Foote Gibbons (courier in 1932) with us who had just been to her 50th Reunion at Bryn Mawr College.

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### PHILADELPHIA COMMITTEE NEEDLEPOINT RUG

by Mrs. Robert S. (Betsy) Gawthrop, Jr.

Hear ye — Annette Von Starck went to a baby shower and sold a chance or three to everyone there for the unborn babe. That embryo is now a little girl, and she WON. Her parents are old friends of FNS, and there is jubilation all around.

Not because of this coup, but for her competent dedication over the years, Annette will be the next chairman of our committee.

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Nicholas Carter Heinle was born June 28, 1980 at 3:26 p.m. in Evanston Hospital (Evanston, Illinois) to Carlyle Carter and Charlie Heinle. He weighed 8 pounds, 4 ounces, was 20½ inches long, and has brown hair.



## KATE IRELAND RECEIVES HONORARY DEGREE FROM ALLEGHENY COLLEGE



Kate Ireland

A very special honor has been conferred upon our National Chairman, Kate Ireland. We were all proud and delighted to hear that she had been awarded a Doctor of Human Letters by Allegheny College in Meadville, Pennsylvania. Influential on obtaining this award for her was Lawrence Baldrige, Baptist minister from Caney Creek School in Knott County. He had worked closely with Kate when she was chairman of the Kentucky Human Resources Committee and on the Kentucky River Area Development District Board. Alain Crain, Professor of Sociology at Allegheny College and a good friend of Larry Baldrige also helped.

Larry and Anne Cundle accompanied Kate to Meadville on Sunday, June 8, 1980. Members of the faculty, college Trustees, the award recipients, and their families and friends were entertained Sunday evening with a cocktail party and dinner at the Country Club. Monday, June 9, turned out to be very cold and wet,



and much to the students' disappointment, the graduation ceremonies had to be held inside the auditorium instead of under a blue sky among the rhododendrons (which were in full bloom and magnificent).

The award reads in part: "... her interest in the rural area of Eastern Kentucky ranges broadly into the economic, civic, political, cultural, as she seeks to strengthen the welfare of its citizens and to improve the quality of their lives; a gregarious, happy person driven by strong determination, well organized and working without pretense, she has demonstrated that volunteer service can add immeasurable dimensions to a community, even an area . . .".

Among the others receiving honorary degrees were Harold L. Knappenberger, Jr., Arthur Frank Burns, and Lawrence Pelletier, who was retiring after twenty-five years as President of the College.

Kate has put a tremendous amount of energy and dedicated service into the Appalachian area and is certainly deserving of this award. We all congratulate her.

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Carrie Lou Morgan Parker, Washington, D.C. "In January of this year I gave an FNS slide presentation at Thompson Markwood Hall in Washington, D.C. Thompson Markwood is a Christian residence for young women and men living and working in the District. The slides were selected from those taken by Clinton Kelly and were presented to show the various aspects of the FNS, its mission and expectations. Hopefully, it will spark some interest. I have really enjoyed being a member of the FNS Washington Committee. It's a link to home. It also gives me a chance to be on the giving end of things instead of the receiving end."



## FSMFN GRADUATES

Eight more students graduated from the Frontier School of Midwifery and Family Nursing this April: six students in the combined Midwifery-Family Nurse Practitioner Program, one in the Midwifery Program, and one in the Family Nurse Practitioner Program. They are, respectively, Susan Blaisdell, Michele Bouche, Judy Kay Hameloth, Diane Lytle, Nina Redgrave, Rayna Yatsko, Mariann Bregin, and Rhea Liimaa. Rayna Yatsko has also received an M.S. in Family Nursing through the FSMFN affiliation with the University of Kentucky College of Nursing.

Rayna and "J. K." will remain with the FNS to work at the Mary Breckinridge Hospital. Rhea is going to San Francisco, Mariann to Boston, and Diane and Nina to Pennsylvania. Michele is expecting a baby and will remain in the area to be delivered by an FNS midwife. Susan Blaisdell had her baby not long after graduation: a boy, Riley Clay Baker.

Graduation ceremonies were held on April 27 at Wendover. Speakers included Bernadette Hart and Sister Dorothy Dalton of the Midwifery staff, former Family Nurse Practitioner Instructor, Marcia McDonald, and Peter Baker, husband of Susan Blaisdell.



## THE HURRICANE DEMONSTRATION GARDEN

In the summer of 1979, Rufus Fugate, our county agricultural extension agent, and Russell Kennifec, who runs the Four-H Club, got together with members of our staff to try out an experimental demonstration garden in the land situated where Hurricane Creek runs into the Middle Fork. The idea was to have a garden that could be used to try out growing methods and new vegetables. At the same time, the produce could be used to help cut food costs at Wendover and at the hospital.

What started out last year as a part-time affair, staff putting in hours on planting, weeding and watering whenever they could find the time at the end of the day and on weekends, has blossomed into a full scale (nearly two acres) agricultural 'gem' this summer. With recurrent prodding during the winter months when few remember about their summer gardens, Rufus and Rus made sure that seeds were ordered on time, that the black plastic used to keep back weed growth came in in large enough quantities, and that we pushed to find some volunteers who would be able to see the project through the summer.

Jessica Robbins, daughter of Peggy Harrison, old courier from the forties, arrived at the beginning of March ready to start willy-nilly on getting our plants growing. Weather held us up until one night in early April, when, by the light of the moon, the field was plowed — and perhaps a bit too early at that — and we laid five rows of black plastic that night. Things seemed eternally slow at first: it was too early to plant some things and the weather was not often auspicious. Rufus and Rus calmed our over-zealous hearts saying, "Just wait a little longer. It's not time just yet." They showed Jessie the proper methods of planting and hoeing, helping not only to cull the garden's progress but design it properly as well.

Jessie stayed until late May, just long enough to see rows and rows of green come up slowly and begin to differentiate into the various vegetables she had planted. Elizabeth Sidamon-Eristoff, niece of Nano Eristoff, '51, has carried on in the garden since the first of June. Rising every morning before seven to gather the cabbage, broccoli, cauliflower, kohlrabi and lettuce *before* breakfast, she has then spent the whole day weeding, hoeing, planting where some things didn't come up, and learning the finer



arts of gardening from Rufus, Rus and the two boys they have hired to help keep their parts of the garden going. Liz worked so hard with help from the couriers and from Beth Ruekberg, daughter of Volunteer Nancy Harmon, who is helping in the garden too this summer, that we were advised to make them take a holiday. "The whole thing looks so perfect, it could be an ornamental garden!" All in preparation for Leslie County Field Day at the Demonstration Garden on June 20th.



David and Darryl Scott examining kohlrabi in the Extension Demonstration Garden.

The garden is quite a success. The girls have worked hard with the help of staff members, particularly the Harts, under the aegis of Rufus and Rus and with the friendly, neighborly assistance of Nancy Dammann. Wendover and the hospital are enjoying fresh produce every day, and what can't be eaten at the moment is being put by for the winter months. A salad bar has even been added to the cafeteria fare, and it is estimated that the garden, 60% bigger than last year's effort, will produce about five times what was harvested last year. What can't be eaten and frozen can be sold, but the garden is a delight to all. It is enjoyable for the rewards it supplies for the labor put in, and it is a teaching tool. And gardens, it seems, tend to attract the most friendly sort of people — at least all our gardeners are.



## SOME SUGGESTIONS FOR COOKING AND STORING FRESH VEGETABLES

by Susan Messer

Planting a vegetable garden is not only an economical way to meet food costs. Vegetables are an important part of our diet and add color, variety, fiber and nutrients to our meals. Each gardener's taste is reflected in the variety of vegetables he chooses to grow, but almost all gardens include corn, beans, potatoes, cabbage, onions, cucumbers, peas, lettuce, squash and peppers.

Most vegetables are delicious sources of nutrients when eaten raw. Custom, however, dictates cooking and many cooking methods often destroy vitamins because of prolonged exposure to heat, light and air. The tradition of simmering green beans for hours with a piece of salt pork is perhaps the most blatant example of destroying vitamins in a savory way. Green beans are a fair source of vitamins A and C but the cooking method mentioned above reduces the vitamin C content to near zero and the vitamin A content is reduced by 15% to 20%.

Cooking in more liquid than you need, or throwing the liquid away, can be a terrible waste. With few exceptions, a generalization can be made that protein, carbohydrates, lipids, minerals, vitamin K and niacin are stable during the storage and processing of foods. Vitamins A, D, E, B6, B12, riboflavin, folacin and pantothenic acid are less stable; thiamin and ascorbic acid are seriously affected in storage and home preparation. Leaching can affect even stable vitamins. Steaming and stir-frying are two alternatives to solving the problem of excess liquid and prolonged exposure to heat. Excess liquid can be used in making soups, gelatin salads or vegetable cocktails.

Whether you enjoy vegetables raw or cooked, try to pick only what you can use immediately so that freshness, flavor and nutritional values are at their peak. When this is not practical, proper storage procedures should be followed. The following USDA recommended storage procedures and the nutritional contents of some common garden vegetables will provide helpful hints for enjoying fresh vegetables.



- Tomatoes:** An excellent source of vitamins A and C. Some thiamin and riboflavin.  
Storage: If not fully ripe, leave at room temperature until they turn red. Then refrigerate and use within one or two days.
- Cabbage:** A good source of vitamin C, some vitamin A, and very low in calories.  
Storage: To keep it crisp and fresh, store it moist in a plastic bag or covered container in the refrigerator. It will keep one or two weeks.
- Lettuce:** A fair source of calcium and vitamin C; good source of vitamin A.  
Storage: To keep lettuce fresh and crisp, store it moist in a plastic bag or in the vegetable crisper part of your refrigerator. Use it within a few days as flavor, crispness and some food value are lost when it wilts or is stored too long.
- Summer Squash:** A good source of vitamins A and C. Some thiamin, riboflavin and niacin.  
Storage: Refrigerate and use within a few days.
- Green Pepper:** An excellent source of vitamin C, good source for vitamin A, and a fair source of thiamin and riboflavin.  
Storage: Wash carefully and remove any moisture before storing them in the refrigerator. It is best stored in a covered container. You may also freeze without blanching for up to 2 months.
- Corn:** A good source of vitamin A, thiamin and riboflavin.  
Storage: Store in the husk, uncovered, in the refrigerator for 1 or 2 days. It will lose sweetness after 2 days.



- Green Beans:** A moderate source of vitamins A and C, and low in calories.  
Storage: Store in the crisper in plastic bags or other containers in the refrigerator. Keep up to a week.
- Cucumbers:** Very low in calories, some vitamin A and C.  
Storage: Wash and store in the crisper of your refrigerator.
- Potatoes:** A good source of vitamin C, riboflavin, thiamin. Some niacin and iron.  
Storage: Store in a dark, cool, dry place with some air ventilation.
- Kohlrabi:** Has more than a day's requirement of vitamin C and calcium; moderate source of phosphorus, vitamin A and iron.  
Storage: If it is not possible to eat them absolutely fresh, they should be washed and stored in the crisper of the refrigerator.

By raising a garden yourself, you can have excellent quality vegetables all summer. By using USDA recommended storage and food preservation methods, you can extend your summer bounty all year.

#### References:

Goodhart and Shils, eds.; *Modern Nutrition in Health and Disease: Effects of Processing on Nutritional Value*; 6th ed.; Philadelphia: Lea and Febiger; 1980.

Agricultural Research Service; "Nutritive Value of Foods", USDA Home and Garden Bulletin #72; Washington, D.C.; 1977.



## WOOTON CLINIC BENEFIT

by Patti Rogers, R.N., C.F.N.P.

Under blue skies and a bright Saturday sun, scores of folks turned out to show their support for the craft sale and auction held by the Wooton Clinic committee and staff on June 7. Children and adults alike sorted through tables of brightly colored craft items and various "recycled" goodies donated by local artisans and some FNS staff.

High temperatures and lively conversations made for booming sales of lemonade and iced tea. With the consent of the dentist, sugary confections sold well.

Auctioneer Wilburn Nantz took bids on some of the more valuable craft and sale items and numerous individuals benefited by walking off with some genuine anti-inflationary "bargains".

The Wooton staff wishes to thank the Wooton committee members especially, for the time and work they put into making the day a success. Special thanks also to the many persons who donated handmade items for sale, including: Ollie Hensley, Marie Baker, Dr. Ann Wasson, Penny Pendleton, Betty Lester, Phil and Mina Isaacs, Mary Alice Murray, Sue Swartz, Helen and Walter Greene, James and Marie Asher, Dorothy Lynne, and Brenda Gross.

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## URGENT NEEDS

Anesthesia Ventilator .....	\$2000.00
Electric Treatment Table .....	4000.00
IVAC - Intravenous pump .....	3390.00
Vacuum Cleaner .....	200.00

All the Urgent Needs advertised in the last *Quarterly Bulletin* have been covered by donations. We wish to thank all those who gave so generously.



## THE MAN BEHIND THE MACHINE



Bill Reist, Data Processing Supervisor

"I arrived in Hazard on the night of October 9, 1978. After several days of courier activities, I met with Pasco Capuano. Was I interested in getting involved in the computer operation? There would be a lot of grub work at first, but it should become more interesting as time went on. Yes, I was interested." At this point, Bill Reist went into a two month span as a courier/volunteer spending four days a week in the Business Office helping to check patient folders against ACS print-outs or learning keypunch operation, which would later extend to operation of the S/32 computer.

Bill came to us through a contact at CHMC in social services who had long known Betty Lester. After the disappointments of rejections from medical school, Bill had enrolled in the graduate program in Developmental Biology at the University of Cincinnati where he had received his B.S. degree in June, 1977. Unhappy with the program, he withdrew the following spring to try and find some alternative means of entering the health field. George Hug, his professor in enzymology, referred him to social services.



"Told to write . . . . Wrote a letter to Dr. Beasley, who wrote back and referred the letter to Ms. Peck . . . . Received reply from Verna Potter who suggested a short weekend visit, which grew into a 'thing' with six others, in late May and early June, 1978." Bill visited the outpost nursing centers, went on a Home Health visit, saw Ron Hart's slides on Africa, participated in the Leslie County Centennial, and talked with Mrs. Thorngate about PR and the medical library. "Scheduled to return in October, 1978."

When Bill wasn't working in the Business Office, "the other days of the week were fashioned around more standard courier activities: rounds, working on Med/Surg, or in the ER or PCC . . . going to Lexington airport to pick up potential staff members (and getting lost — of course!). 'Baby sitting' Flat Creek Clinic (two nights a week) until a buyer was found; preparing the Big House for its winter rest."

"January, 1979, began my seven month experience as a volunteer. Although most of this time was spent either operating the S/32 at night, (Bill was often found walking the five miles to the hospital to get there on time) or later, working with the S/34, there were weekend experiences such as the Leslie County clean-up . . . a trip to Pine Mountain Clinic (before it was set up) and the Settlement School . . .".

"Sometime during the winter of 1979 there was a discussion with Mary Lou Skeens about the reading that I could be doing. This was preceded by a trip to Cincinnati for a two day S/34 seminar in early January. And later, that spring, I attended an RPG programming seminar in April (on very basic concepts). Over the next several months, I read the SYSTEM SUPPORT, SORT, INSTALLATION & MODIFICATION, RGP REFERENCE and application manuals."

"Pat Capuano spent several nights with me in the S/34 computer room during initial stabs at programming (first 'D. F. U.' then RPG). He and Kevin Calos made enough demands to keep me reading and growing. On one of those nights, Pat said, 'Oh, by the way, you're on the payroll now, better go down and sign the forms.'"

"The entire period of exposure to FNS has been filled with experiences of working with and meeting many interesting people, including my comrades in the computer room and the Wendover family." Bill has said in a simple way, how it was that



he came to FNS. He makes the ten months he spent here as courier and then a volunteer sound easy. They are by no means insignificant. His dedication to the service of others and the crucial role he has played in the conversion to using a computer system at the hospital, have made life happier and easier for many, many others. And he has done the teaching himself: with only two semesters in Computer Science behind him from his undergraduate days, he deciphered the complicated manuals for programming different functions into the computer. Bill is modest about these accomplishments and about the value his presence has for others, whether it be in the 'penthouse' on the fourth floor of the hospital or out at Wendover. He works long hours and he is a good friend.

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### THE PCC GETS A NEW LOOK

Getting prints and paintings by Kentucky area artists on display in the waiting room and examining rooms of the Primary Care Clinic has been a special project of Ron Hart over the past few weeks. Ron feels that having a painting to look at will make clinic visits and waiting time more pleasant and comfortable for the patients. Ms. Linda Gayhart, from Hazard in Perry County, is helping to select the paintings and prints, framing them and allowing a nearly 50% discount on the cost. Sixteen paintings will be chosen at a total cost of \$475.00. Anyone wishing to join in the effort to brighten the PCC for our patients and staff, please send your contribution to the Development Office, Frontier Nursing Service, Wendover, KY 41775.



## FIELD NOTES

April started off with a bang: we had fourteen volunteers from the Afton-Nineveh churches in New York, as we mentioned in the last bulletin, followed by the Board of Governors Meeting. The Afton-Nineveh group worked hard cleaning the hillside below Wendover in time to have us looking nicely spruced up for the Board meeting. Several of our old friends came to the meeting, as expected: Brownie, Leigh Powell, and Freddie Holdship. What was especially nice though, was to follow the Board meeting with a visit from Verna Potter. She came with Toby, both of them looking very well indeed, and her four short days here were packed with a lot of fun for her and us.

Mid-April brought the first of what promises to be a yearly event: the Old Timer's Dinner. Ann Browning and Ruth Ann Dome did the footwork for the dinner, organizing and inviting everyone, and making arrangements. Opal Morgan cooked the feast and a 'good time was had by all'. The FSMFN Graduation was the following weekend. The dismal rain was a bit disappointing but all gathered in the living room of the Big House to share in the ceremonies, and then emerged for a pot-luck dinner. There was enough sunshine inside to keep us all warm and happy on the occasion.

The beginning of May brought a visit from the representatives of the Maternity Center Association in New York to study the feasibility of an affiliation with the FSMFN. Leigh Powell came down with Mrs. Phyllis Farley, Mrs. Alexandra Peters, and Ms. Gene Cranch.

The same weekend saw a short stay from Logan Porter, a volunteer from the summer of '79, who has recommended a number of people to us as couriers and volunteers. When she left she took John Murphy with her, a volunteer who had served us so very well since the end of January working first in the PCC and then on Med-Surg. Lucy Bucknell had left towards the end of April, Genie Elder and Viola Ritchie left on May 1st, Becky Rowley (whose sister may be joining us next summer as a courier) left in April.

It was time for a clean sweep. Jessica Robbins and Danna Larson were still with us but not for long. To fill in the gaps, and well they did, came Martha Dineen of Nahant, Massachusetts,



and Jeffrey Hitchan from Pittsburgh, Pennsylvania. They will leave on the 13th to make room for more couriers and volunteers: Stewart Babbott from Morristown, New Jersey (and Colby College); Sylvia Whitman from Cedarhurst, New York (Harvard University); Christine Gaydorus from Afton, New York (sponsored by the Afton-Nineveh group); Mary Tartala (Villanova University) of Newtown Square, Pennsylvania; and Stacy Payne from Butte, Montana (Montana State University).

Earlier this week Beth Ruekberg, daughter of volunteer Nancy Harmon Ruekberg, from Churchville, New York, and Liz Sidamon-Eristoff, niece of old courier Nano Eristoff from '51, of New York City arrived. Liz will be a full time gardener and Beth will help in the garden and with many other things as well. Also, Anne Standley, daughter of our Board member Caroline Standley, of Medfield, Massachusetts has arrived to help out on the Oral History Project and do some courier 'things' on the side. Liz will be staying till mid-July, while Anne and Beth will stay on through the summer.

With the move of Barbara Post to doing some work for the Promotion and Development Department we have had to look for a new Coordinator of Couriers and Volunteers. Danna Larson, of Wesley, Iowa, who was here as a courier from February 10 to May 27 this spring, will return at the beginning of September to take the job for one year. We have also found a new Public Relations volunteer, Rebecca Beardshaw, of New York City, who first heard of us through Karen Gordon who now works at Princeton University.

We also have a new puppy at Wendover, "Buddy". She's about eight or nine weeks old, and as puppyish as her age will allow. Some claim she's a black and tan coon hound while others see her as a collie/shepherd mix. At any rate, she's got good-sized paws, is friendly, loves children, and sleeps outside.

The couriers and volunteers have been busy with many projects as growing season came upon us full swing. Besides all the regular work and projects, we have laid in the whole of the Hurricane Demonstration Garden and are already harvesting broccoli, cauliflower, kohlrabi, and lettuce to use at Wendover and in the hospital. The first tier of the Rose Garden at Wendover was cleared by Jeff and then covered with bark mulch so the bushes can be clearly seen and enjoyed with a minimum of labor.



Another box of 'half tones' (the blocks once used in making prints for use in the *Quarterly Bulletin*) have been identified and numbered — we only have four more boxes to go. Once numbered the blocks are wrapped up and boxed up in the attic where they are easily available and can be kept dry, and relatively dust free.

The Reverend and Mrs. Morris and their daughter Cynthia, who is a third year nursing student at Boston College, came for a long weekend in early May. They spent three days going on rounds with the couriers, delivering the mail, and generally experiencing the place firsthand. Dr. Bratcher, who conducts the Ear, Nose, and Throat Clinic twice a year, and his team, were here in May and treated thirty eight patients. They also came out for dinner at Wendover. We have also assisted in two patient transfers up to Lexington this past month.



Secretaries Eva Pace and Patty Adams dressed to make Dr. Bratcher's ENT patients more relaxed.

We were pleased to have Ruth Aladj from the Department of Health and Human Services International Education Branch with us for three days. Ms. Aladj arranges for the training of foreign nurses while they are in the United States and it is



through her that we have received at least six African nurses as two week visitors during the past nine months.

Ms. Kim Lady, from the Oral History Commission in Kentucky, came down for a one night stay. We are applying to the Commission for continuing funding on our Oral History Project. She was here to see the area and the work being done on the Project.

Jenny Sulger, courier from the fall of '79, came for a short two day visit. Jane Larson, sister of Danna (spring '80) came for a week to help out and to find out what her sister had been up to. Callie Post, (fall of '78), is due to arrive for a week's visit this Saturday.

On the 12th (May) we hosted the KNA District 12 meeting over dinner at Wendover. There were only a dozen participants this time, but they enjoyed themselves, and a slide presentation on Pakistan given by Barbara Evans, FNII.

Mary Ann Quarles Hawkes, who did a pilot study on Stinnett and Camp Creek in the early sixties for her dissertation, came back for a few days to visit old friends and familiar faces. She is



Gardener Elizabeth (Liz) Sidamon-Eristoff working with Buddy - newest member of the Wendover Family.



teaching at Rhode Island College where she has been for the past twelve years, and is on her way to Colorado to do a study on prison inmates.

Next week, we will be hosting two visitors, Patricia White and Geraldine Fletcher from Mound Bayou, Miss., here to investigate the possibilities of an affiliation with the FSMFN.

Employees who have received Five-Year pins this spring are: Millicent Bell, Ruth Hall, Gail Alexander, Claudette Grubb, Wilma Roberts, Judy Hoskins, Nannie Hornsby, Ann Hamel, Alice Whitman, Wanda Turner and Dr. Beasley.

Rutherford B. Campbell, Jr., a University of Kentucky Law School professor, FNS Trustee and native of Hyden, is the recipient of the 1980 Great Teacher Award at U.K.



Claudette Grubb, Home Health Secretary, receives five year pin from Dr. Beasley.



## MEMORIAL GIFTS

- Miss Margo Squibb**  
Miss Eliza Middleton Cope
- Mrs. Mildred Kennedy**  
Mr. and Mrs. Sewell C. Williams
- Mr. John B. Clapp**  
Mrs. Roger L. Branham
- Mr. Estill Hogg**  
Mr. and Mrs. W. T. Cahoon
- Mrs. Margaret A. Ross**  
Miss Dorothy M. Andrews
- Mrs. Olive H. Paterson**  
Mrs. Roger L. Branham
- Mr. Angus W. McDonald**  
Mrs. Carter Stanfill
- Mrs. Mabel Bentley Whitaker**  
Mr. and Mrs. W. T. Cahoon
- Mrs. Julian C. Bolton**  
Miss Kate Ireland  
Mrs. Anthony Jonklaas
- Mr. Wilburn Witt**  
Miss Kate Ireland
- Mr. Preston Fortney, Jr.**  
Miss Kate Ireland
- Mr. Thomas B. Nantz**  
Mrs. Thomas B. Nantz  
Mrs. Dandridge F. Walton
- Miss Peggy G. Elmore**  
Mr. and Mrs. Connie M. Koser  
Mrs. Marjorie Cundle  
Miss Caroline F. Holdship  
Mr. and Mrs. Walter L. Houghton  
Mr. and Mrs. Dwight E. Heffelbower  
Mrs. Charles W. Allen, Jr.  
Ms. Deborah M. King
- Mr. and Mrs. John H. Kerr, Jr.  
Dr. and Mrs. W. B. Rogers Beasley  
Mrs. Clay Kauffman  
Mrs. John Scott  
Miss Kate Ireland  
Mr. and Mrs. Wade Mountz  
Miss Jane Leigh Powell  
Ms. Viola P. Ritchie  
Mr. and Mrs. Philip Isaacs  
Mr. and Mrs. Arthur D. Byrne  
Col. and Mrs. James T. Breckinridge  
Mrs. Gus M. Griffin  
Miss Mary L. Hudelson  
Mrs. Robert A. Lawrence  
Miss Phyllis J. Long  
Mr. Lawrence G. Novotney  
Mrs. Carter Stanfill  
Mrs. Merrill L. Turnbow  
Miss Lydia Ann DeSantis  
Miss Mary M. Malone  
Branham B. Baughman, M.D.  
Hyden Citizens Bank  
Mr. and Mrs. Fred Brashear  
Mrs. Albert T. Ernst  
Miss Evelyn M. Mottram  
Mr. and Mrs. Ralph G. Penton  
Mrs. James N. Rawleigh, Jr.  
Greta Wiseman, R.N.  
Mr. and Mrs. David Curry  
and Julie  
Mrs. Thomas L. Short  
Mr. and Mrs. Edward E. Godfrey, Jr.  
Mrs. Robert W. Hawkes  
Mrs. Beatrice F. Kornmann  
Mrs. Shouse Lewis  
Mrs. Burgess P. Standley  
Mr. and Mrs. James M. Mosley  
Miss Marilyn A. Hopkins  
Mrs. Walter A. Campbell  
Mrs. Ira J. Combs  
Mrs. Brenda Davidson  
Ms. Virginia Davidson  
Ms. Eva Pace  
Ms. Paulette Hunt  
Ms. Debbie Woods  
Mrs. Jeannette Woods



**Miss Peggy G. Elmore**

Mrs. Alice E. Whitman  
Anne A. Wasson, M.D.  
Miss Carol Wilson  
Mrs. Hubert L. Holbrook  
Mr. and Mrs. Darrell Moore  
Miss Diedre Poe  
Miss Elaine Waters  
Mr. and Mrs. James F. Pendleton  
Mr. and Mrs. Ronnie Adams  
Mr. and Mrs. Kenneth W. Warner  
Miss Susan K. Warner  
Mrs. Job D. Turner, Jr.  
Miss Carolyn L. Coleman  
Mrs. James W. Stites, Jr.  
Dr. and Mrs. Willis D. Weatherford  
Dr. and Mrs. J. Huston Westover

Mr. and Mrs. Gil Fuchs  
Mrs. Eugenie C. Goedjen  
Mrs. C. C. Herrmann  
Miss Susan S. Quinby  
Mrs. Ambrose N. Rued  
Mrs. Edward T. Foote II  
Miss Mary Jo Clark  
Mrs. Harvey J. Eggeman  
Miss Elsie Maier  
Miss Nancy Oseason  
Miss Betty M. Palethorp  
Mrs. Robert L. Price  
Miss Joyce E. Stephens  
Miss Elsie M. Warner  
Dr. Patience H. White  
Mr. and Mrs. Jahugh Morgan

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**IN MEMORIAM**

**Mrs. Frederic W. Lincoln, New York, New York**

**Mrs. Shirley W. Morgan, Princeton, New Jersey**

**Mrs. Stephen A. Richardson, Riverside, Connecticut**

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



## FROM OUR MAIL BAG

Because most of our mail in recent weeks has been about Peggy Elmore, we are replacing Old Staff News and Old Courier News with the following selections in this issue. Gifts in memory of Peggy are being used toward the restoration of Mrs. Breckinridge's home, as is a gift from Peggy's estate in memory of her father, Mr. James E. Elmore.

**From James W. Billings (Peggy's cousin),  
Morganton, North Carolina —**

I cannot help but add this personal word. I have never before met such fine people as those I had contact with at FNS. I can easily understand Peggy's dedication to her work. I appreciate very much your cooperation with us and look forward to the time when I might return those favors in full.

. . . . .

**Miss Elsie M. Warner (National Nursing Council) —**

"The members of the FNS staff that I met became important to me and I always have felt that I had real friends. Peggy seemed to be a very 'down to earth, no nonsense person': I know she did an excellent job in whatever area she worked . . . ."

. . . . .

**From Mrs. Gil Fuchs (Marianna Mayer),  
St. Paul, Minnesota —**

As much as it saddened us, Gil and I very much appreciated your note regarding Peggy Elmore's death. I had known Peggy vaguely when I was a courier and enjoyed becoming friends with her upon returning. Her humor and wit added a great deal to our stay at Wendover, and with FNS in general. She and Gil enjoyed a rapport that livened many dinners for us. We will miss her letters with news of life in Hyden. You're quite right — there is no replacing her.

Gil and I are quite happy here. We had a baby girl March 14 of this year — Lindsay Mayer Fuchs — and she has been an absolute joy to us. Gil is in private practice, loves it, and is doing quite well



for the first year. I now plan to take several months off from work to be with Lindsay.

We have good, fond memories of our various experiences in Kentucky and hope to make a return visit someday.

. . . . .

**From Susan Quinby, Milton, Massachusetts —**

In the recent *Quarterly Bulletin*, I was very sad to hear of the death of Peggy Elmore. She was the only person who kept me in line when I was a courier in 1975. I would like to donate this enclosed check in her honor to the Wendover restoration project.

. . . . .

**From Beatrice F. Kornmann, Baltimore, Maryland —**

Your letter! and the *Quarterly Bulletin* — almost at the same time telling me about The Big House. This is tremendous! A vital need for the United States of America — so far as I am concerned. Mary Breckinridge was one of my first loves when I began to study nursing. Of course, I loved Peggy.

No — I have not retired — When? Well, “they say” 70 is a must. I am now Infections Control Officer, Safety Chairman, as well as Audit Co-Ordinator — and 2 days a week in Nursing Service as Co-Ordinator in an Extended Care Facility known as the John L. Deaton Medical Center.

. . . . .

**From Dr. Paul Rapoza, Rochester, New York —**

Enclosed please find a contribution toward the restoration project as well as one *Quarterly* subscription.

Ellen and I have moved from Quincy to Rochester, New York, where I will begin my residency in Family Medicine at the University of Rochester. Ellen has also been accepted there as a transfer student and has two years left to complete her B.S. in Nursing.

. . . . .

**Linda Branch Eggeman (Courier '52) —**

“Peg Elmore’s death really came as a shock — I first worked with her when she came down from Iowa as Christmas Secretary in 1952.”



**Miss Joyce L. Wiechmann, Hollandale, Miss. —**

An ex-staff member, Miss Wiechmann recently became a member of our National Nursing Council. "Over the years I looked forward to Peggy's letter which was always so newsy. I still can't believe that she's gone."

. . . . .

**Maria Sullivan (FGM '67) Pueblo, Colo. —**

Miss Sullivan was married to Pastor Moeses Mariscal in Pueblo. "I enjoy reading the *Bulletin* and reading of the progress of FNS. I was so sorry to hear of the death of Peggy Elmore."

. . . . .

**Alison Bray (Courier '30s) N. Yorkshire, England —**

Peggy's "death will be a great blow to the FNS and all her friends will miss her sorely . . . I always enjoyed hearing from her as she gave me so much information about what was happening in the FNS and it made me feel in touch with you all."

. . . . .

**Mrs. Maggie Wilson, Cornwall, England —**

"Even after all those weeks I find it hard to believe that she has left FNS in the physical sense . . . She has been indeed a loyal friend to many. I will certainly miss her 'updating of Maggie' on FNS happenings."

. . . . .

**From Leigh Powell, Glen Cove, New York —**

Here is a picture of Sally Steeves — Courier, 1971 — running in the Long Island Marathon on May 4th — in her FNS "T" shirt. She dedicated her run — 26.2 miles — to Peggy and believe it or not, she **finished!** Peggy was here for last year's run.

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**NEWSY BITS**

**Mary Ellen Munsche (ex-staff) of Atlanta, Ga.** married to Gregory H. Stanton. "I will be going to Phnom Penh, Kampuchea with my husband to help in the relief and rehabilitation work of the Church World Service."



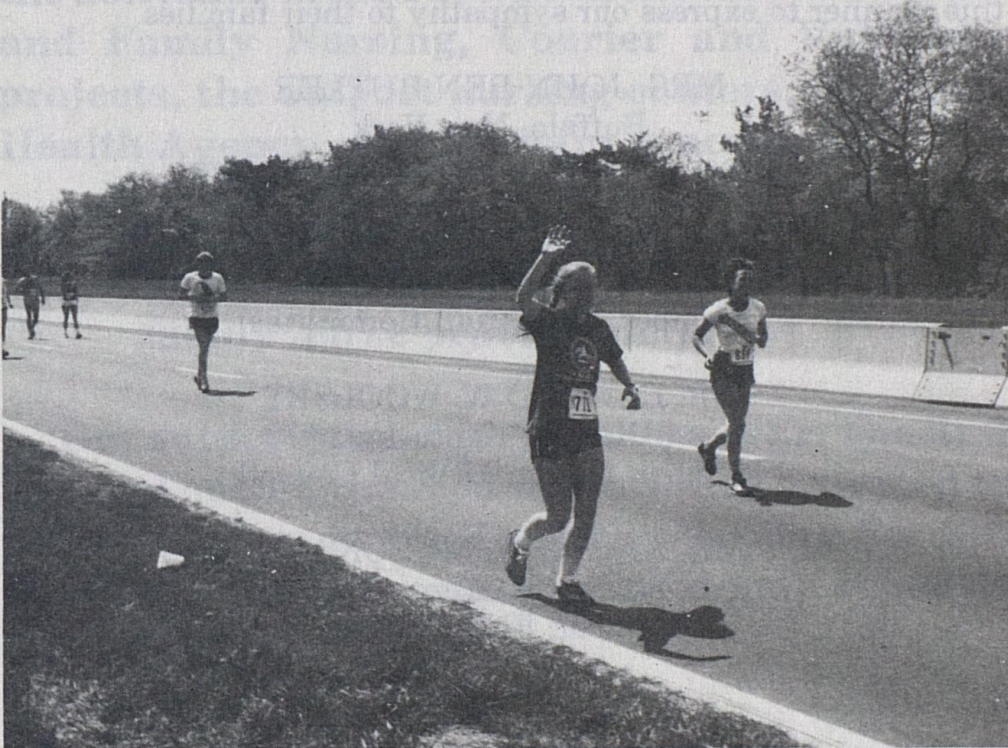
**Treva Geiger (ex-staff) Pandora, Ohio —**

“As yet I have not been able to make a trip to FNS during furlough. This is something I would really like to do this summer if I can work it into my schedule. . . I found the training received at FNS so helpful in my work in Mali.”

. . . . .

**Miss Elsie Maier (ex-staff) —**

“I am very involved in trying to start a Birth Center here in St. Pete — and am on my way to Brazil and Paraguay with Phyllis Long — for five weeks — teaching a thirty hour workshop in three locations.”



Sally Steves, '71, in the Long Island Marathon which she dedicated to Peggy Elmore. She is back as a volunteer until Labor Day.



## IN MEMORIAM

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

Mrs. Chester C. (Honorable Frances P.) Bolton  
Cleveland, Ohio

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

MRS. JOHN BEN BUTLER  
Buffalo, New York  
Former Member, Riverdale Committee

MR. WILLIAM A. MITCHELL  
Cincinnati, Ohio  
Member, Cincinnati Committee

DR. ELWOOD W. WOOLSEY  
Harlan, Kentucky  
Member, Nation Medical Council

MR. ANGUS W. MCDONALD  
Lexington, Kentucky  
Member, FNS Trustees



Use the inserted envelope to open or renew a subscription to the *Frontier Nursing Service Quarterly Bulletin*, or give a gift subscription to a friend.

The *FNS Quarterly Bulletin* regularly reports on the activities of the Frontier School of Midwifery and Family Nursing, Courier and Volunteer projects, the outpost nursing centers, the Home Health Agency, and the joint practice of

physicians,  
nurse-midwives, and  
family nurse practitioners.

Our subscription rate is \$2.00 a year. The first \$2.00 of each annual contribution is prorated to a subscription to the *Frontier Nursing Service Quarterly Bulletin*, unless the donor requests otherwise.



## MARY BRECKINRIDGE HOSPITAL

### Medical and Dental Staff

Anne A. Wasson, M.D., A.B.F.P., Chief of Special Services  
Mark Buchanan, M.D.  
Timothy Carey, M.D.  
Aubrey Hopkins, Jr., D.M.D.  
Gregory Lynne, D.D.S.

### Nursing Staff

Bernadette Hart, R.N., C.N.M.,  
Midwifery Coordinator  
Mary Weaver, R.N., A.D.N., C.N.M.,  
C.F.N.P., Nursing Care Coordinator  
Wanda King, R.N., C.N.M., C.F.N.P.,  
Assistant Nursing Care Coordinator—MTD  
Patsy Tyson, R.N., B.S., Assistant Nursing  
Care Coordinator—Maternity

## FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING

Lydia De Santis, R.N., M.N.Ed., Ph.D.,  
Director of Education  
Sr. Dorothy Dalton, R.N., M.S.N., C.N.M.  
Midwifery Education Coordinator  
Marilyn Hopkins, R.N., B.S., M.A., C.F.N.P.,  
Family Nurse Education Coordinator  
Molly Lee, R.N., C.N.M., M.T.D., Assistant  
Director and Senior Nurse-Midwife  
Alice Whitman, Registrar  
Carol Wilson, R.N., M.A., P.N.P.  
Ann Hammel, R.N., C.N.M.  
Deirdre Poe, R.N., M.S., F.N.P.  
Elaine Waters, M.S.N., F.N.P., P.N.P.

F.N. indicates nurses who have completed post-graduate education in Family Nursing  
C.F.N.P. indicates family nurses who have taken and passed the national certifying examinations.

Director: W. B. R. Beasley, M.D., M.P.H.,  
D.T.M.&H.

Associate Director and Director of Nursing:  
Elaine Pendleton, R.N., B.S., M.A., C.N.M.

Medical Director: S. D. Palmer, M.D.

Director of Support Services: Ron Hart,  
B.A., M.Div., M.R.E.

Director of Finance: Pasco Capuano, M.B.A.  
Coordinator of Wendover: Barbara Post,  
B.A., M.A.

Coordinator of Couriers and Volunteers:  
Barbara Post, B.A., M.A.

Donor Secretary: Ruth O. Morgan

Assistant Controller: Kathleen Dalton,  
M.B.A., M.P.H.

Patient Account Manager: Heather Blandeau,  
M.B.A.

Personnel: Darrell Moore, B.A.

Pharmacy: Joe R. Lewis, R.Ph.

Laboratory: Sr. Pat Skowronski,  
M.T., (ASCP)

Social Work: Ray Harmon, M.S.W.

X-ray: Susan Swartz, R.T.

Physical Therapy: James Click, L.P.T.

Medical Records: Betty Helen Couch, A.R.T.

Food Service Manager: Mae Campbell

Housekeeping: Lillie Campbell

Purchasing: Nannie Hornsby

Maintenance: John C. Campbell

Frontier Nursing Service, Hyden, Ky.  
606 672-2901

Frontier Nursing Service, Wendover, Ky.  
606 672-2317

## DISTRICT NURSING SERVICE

Jessie Preston Draper Memorial Nursing  
Center (Beech Fork)

Sr. Ellen Hartung, R.N., C.R.N.A., B.S.,  
C.N.M., C.F.N.P., Project Director

Laura Pilotto, R.N., G.N.M., F.N.

Community Health Center (Big Creek)

Successor to  
The Carolina Butler Atwood Memorial Nursing  
Center (Flat Creek); The Clara Ford Nursing  
Center (Red Bird); The Betty Lester Clinic  
(Bob Fork)

Gail Alexander, R.N., A.A., F.N., Project  
Director

Susan Hull, R.N., F.N.P.

Oneida Center

Mabel R. Spell, R.N., C.N.M., C.F.N.P.,  
Project Director

Erica Goodman, R.N., M.S., C.F.N.P.

Wooton Center

Sharon D. Koser, R.N., B.S.N., C.F.N.P.,  
Project Director

Patti Rogers, R.N., C.F.N.P.

Pine Mountain Center

Kim Beck-Wooton, R.N., C.N.M., C.F.N.P.,  
Project Director

District Records: Nancy Williams

## HOME HEALTH AGENCY

Diane Wilson, R.N., Coordinator

Sandra Gross, R.N.

Elizabeth Bassasear, R.N., B.S.

Frances Click, R.N.

Debbie Morgan, R.N.

Laura Drake, B.S.



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## STAFF OPPORTUNITIES

### Nurses —

To work at Mary Breckinridge Hospital.

### Physicians —

1. Family Practice
2. Obstetrician-Gynecologist
3. Pediatrician

### Couriers and Volunteers —

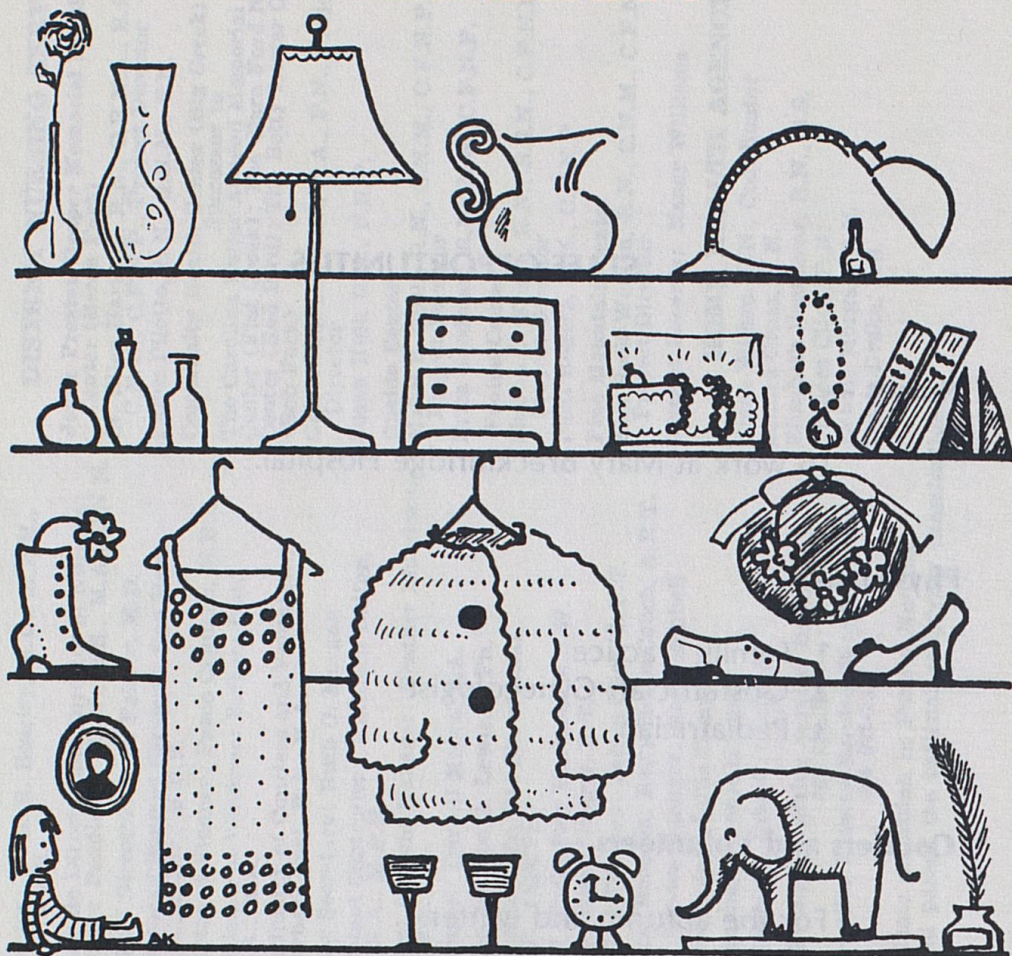
For the autumn and winter.

### Oral History Volunteer —

To help transcribe and edit oral history taped interviews.



## 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



## 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 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.
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.

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

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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



