

FNS

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FRONT COVER: In our feature story this issue, Arlene Day tells of the unusual strength and importance of family bonds in Appalachian families and their effects on childbearing practices. With our cover photo, we join a happy father celebrating the arrival of a new family member.

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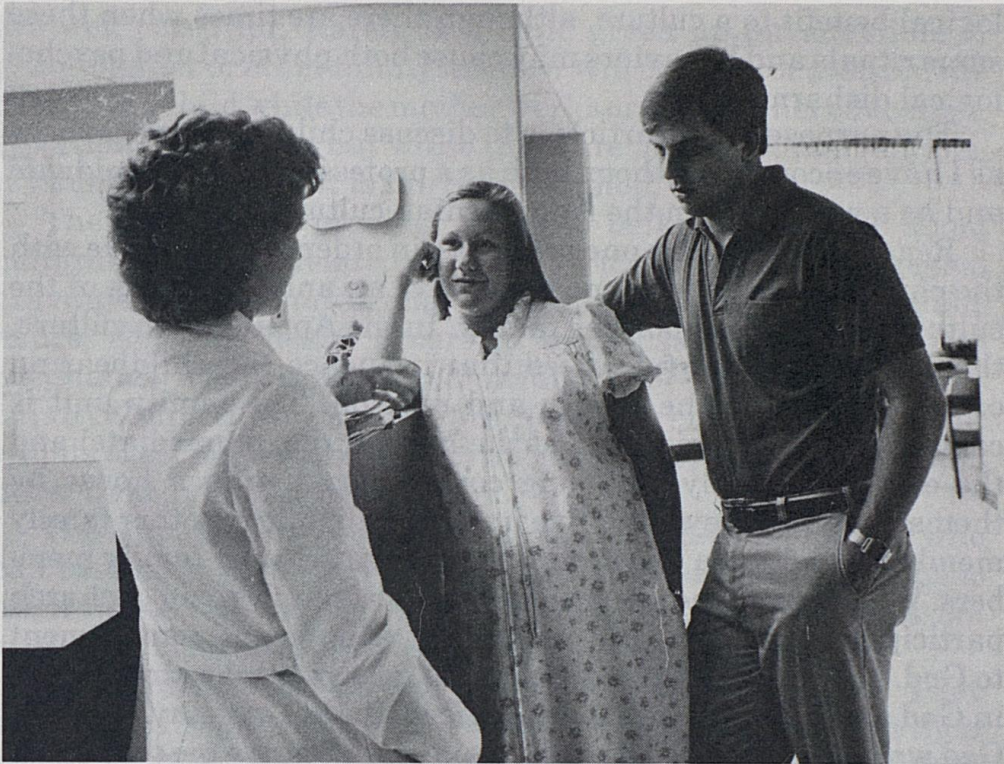
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Author Arlene Day with two young parents-to-be

CHILDBEARING PRACTICES IN THE APPALACHIAN CULTURE

By Arlene Y. Day, RN, BSN, CFNP, CNM

Arlene Day is a product of the culture she describes in this article. She was born at Cutshin Mission Clinic. She has lived all her life in Appalachia, and she is a graduate of the Frontier School of Midwifery and Family Nursing. Arlene has been associated with the Frontier Nursing Service since 1977. Among other things, she has served on the staff of the Hyden Clinic, and most recently she has been Family Nurse Instructor at the Frontier School. The following article is based on a paper she presented last May at a seminar entitled, "Appalachian Children: A Challenge for Health Care," which was given under the sponsorship of the Continuing Nursing Education Appalachian Consortium at the Mountain Area Health Education Center in Asheville, North Carolina.

Each culture has its own health and illness belief systems. There are many rituals and behaviors that often surround both the process of birth and the process of death. For the most part these rituals and behaviors are harmless. They may provide a psycho-

logical benefit to a culture, although there are times when these same rituals and behaviors may cause both physical and psychological disharmony.

The purpose of this article is to discuss childbearing practices as I have encountered them, both as a professional nurse-midwife and as a woman from the Appalachian culture.

Regardless of where one practices, in order to be effective with the childbearing couple, one must have an understanding of the cultural influences upon the family. In the Appalachian culture, there are two powerful forces that influence the childbearing couple. These are the family and religion. The family unit is composed of a combination of the nuclear (i.e., immediate) and the extended family. A young couple may live in a house by themselves, but they often live in close proximity to other family members. There is a constant interchange between family members. While there is no strong emphasis on church going or church participation, there is a strong sense of religion and commitment to God. Many times, this commitment goes beyond a strong trust in God and develops into a fatalistic attitude. One may hear, "If God wants me to have a healthy baby, He will give me one." As a health care provider, the nurse-midwife must encourage the client to take responsibility for ensuring a healthy pregnancy and baby. This often involves exploring with the client her philosophy of religion and responsibility for her body. Religion is a strong influence and cannot be ignored, but it must be approached in a respectful manner.

In a family-oriented culture, it is expected and often encouraged that couples reproduce. But expectations have changed. Instead of having a large family, couples now plan for one or two children. The reasons are many-fold, but are primarily economic.

Couples generally announce a pregnancy early. Family members begin preparations for the new baby early in pregnancy. Grandfathers may make cradles or high chairs, while grandmothers may knit and sew special garments. Families and friends share cribs, baby books, high chairs, and even baby clothing.

In such a family-centered culture, the pregnant woman is well cared for and receives positive reinforcement. While the gross percentage of unplanned pregnancies corresponds with the national average, these pregnancies are accepted, and the children

are well cared for. Rarely is a child given up for adoption. A grandmother or other family member will care for, or assist in the care of, the child while the mother works or finishes her education. Abortion does occur, but while there are no statistics available, my suspicion is that it is fairly uncommon.

The health care provider needs to be knowledgeable about cultural traditions related to "Pica." Pica is defined as unusual cravings for non-nutritional substances such as clay, chalk, ashes, etc. This desire occurs in some cases of hysteria and pregnancy. There are isolated incidences of Pica in the Appalachian culture. However, there are no specific cultural traditions or rituals associated with Pica during pregnancy, childhood, or any other time in the life cycle.

The Appalachian woman seeks the health care provider who can best meet her needs during pregnancy and delivery. She is often limited by the fact that the provider of her choice is not available, such as the nurse-midwife or lay-midwife.

Traditionally the women are stoic and independent. They want to be in control of, and aware of, what is occurring in their bodies. It is common for a nurse-midwife to be the primary health care provider when that service is available. In the past, the lay-midwife played an important role in the delivery of health care to the childbearing couple. Today, with local community hospitals, third-party reimbursement, and the availability of well trained nurse-midwives and physicians, the lay-midwife is rarely utilized. Home births in the Appalachian culture have steadily declined over the last thirty years.

However, there is a slowly evolving process occurring, with a movement back toward home births. This movement is slow, because grandmothers and other family members remember well the days of high infant and maternal morbidity and mortality, due to the unavailability of health care. The Frontier Nursing Service, of course, has for years provided a level of health care in Appalachia that has brought mortality rates down to the lowest levels found in the United States. However, many grandmothers vividly remember the days before FNS, and many others have lived in areas beyond the reach of FNS. Thus, many families encourage couples to utilize the birthing room or hospital delivery room. They see this as a safe place, with immediate intervention available if needed.



Welcoming party

Regardless of where the birth occurs, it is a family affair. It is not unusual to have 10-15 people in the waiting room while a woman is in labor. The family is present out of concern for the mother, as well as to welcome the new family member. While this may be frustrating to the staff, and certainly requires more time, one must remember that the culture is family oriented, and this interaction facilitates family bonding. Historically, fathers and husbands have been viewed as being separate and not involved in the childbearing experience. My experience has been the exact opposite. With an open invitation, husbands and fathers are very willing, and obviously they enjoy participating. They participate in the prenatal clinical visits when their work schedule permits. They share information concerning the prenatal course, and they are eager to learn about the infant's development. Some hospitals and birthing rooms do not require that fathers attend childbirthing classes prior to admission to the labor and delivery units. I have found that "on the spot" education has been relatively easy and very beneficial. The fathers seem to have a strong sense of what to do to provide support and comfort to the mothers. There are very positive benefits in having them present.

Grandmothers encourage breastfeeding — they feel that breast-fed babies do much better. Data collected at the Frontier Nursing Service in 1980-1981 by Susie Baker, CNM, of the FNS staff, indicates that approximately 50% of mothers practice breastfeeding and 50% rely on bottle feeding. These statistics reflect the national trend toward breastfeeding. This influence came from pediatricians in the 1950's and social pressures to bottle feed.

The Appalachian culture has the same problems with diet and exercise as are being seen across the U.S. Perhaps in many ways they are not as severe. Traditionally, families have large vegetable gardens. This facilitates the intake of quality, nutritional, foods, especially in the summer and early fall. Many of these foods are preserved for use throughout the year, thus decreasing the intake of processed foods and fast foods.

There are many old wives' tales pertaining to the childbearing period. These are passed from one generation to another. While attempts are made by the nurse-midwives and physicians to discount these, one must never underestimate the impact of these tales. The health care provider must be very careful in dealing

with them. When a woman asks about an old wives' tale, it can be a grave mistake to put it aside. To tell her that the tale is foolish and untrue will only harm the communication that one is developing with the client. One must listen carefully and assist the woman in looking at the rational side of the tale.

The following are but a few of the old wives' tales that are common in the Appalachian culture:

(1) Hanging up clothes on a clothes line with the hands above the head will cause a cord around the baby's neck.

(2) If the pregnant woman puts away (freezes or cans) strawberries while pregnant, the baby will have a strawberry mark at birth.

(3) If the pregnant woman has a lot of heartburn during her pregnancy, the baby will be born with a lot of hair.

(4) Eating hot peppers while pregnant will purify the blood (preventing toxemia or pre-eclampsia).

(5) If the baby is carried high, it will be a girl; if carried low, it will be a boy.

(6) If one's wedding ring is tied on a string and the ring is held over the wrist, then if it turns in a circle, the baby will be a girl, but if it swings back and forth, the baby will be a boy.

(7) An ax under the bed will cut the pains of labor.

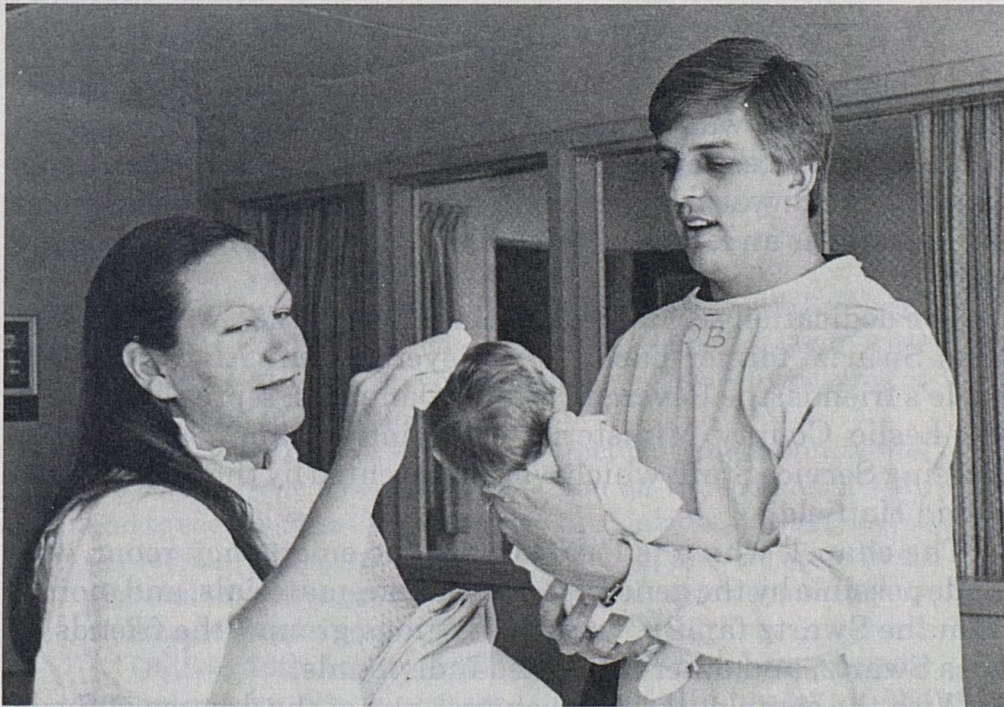
(8) If the placenta and cord are planted behind the house, the soul of the baby will stay close to home. (This is not now observed to my knowledge.)

The post-partum period is also a time of support and family involvement. Family members, especially the grandmother, help with the care of the new mother and the infant. This helps facilitate bonding, as well as identifying new roles and responsibilities for the mother. Fathers are especially supportive during this time, as they assist with the care and feeding of the infant. There is always a desire for early discharge from the birthing room or hospital. Many places have 24-hour release because of the strong family support system at home. There is a tradition of the baby wearing an attractive suit or dress home, often one that a family member has given as a gift.

In summary, the childbearing couple of the Appalachian culture desires the same outcome as other couples in other cultures. That is for a healthy pregnancy, a safe delivery, and a healthy baby. In many ways, the Appalachian woman may have

advantages over other women. She has strong family support systems with family-oriented health care. Often she has the advantage of being able to choose a home-like birth in a birthing room with a nurse-midwife.

Strong implications for the health care provider can be seen in this. One can utilize the family unit to promote wellness and preventive health care. One must not assume that all Appalachians share the same beliefs or rituals. Each couple and family must be assessed individually. Allowing families the option to practice their cultural beliefs may help avoid conflicts with the health care system. Patients sometimes hesitate to discuss the importance they attach to their cultural beliefs, for fear of causing offense. Instead, they continue to behave according to their customs without telling the health care providers. This, of course, can interfere with health measures. However, if the options are presented with an open attitude and mutual respect, relationships will be smoother and health care more effective. Thus, cultural traditions can be utilized by the nurse-midwife to promote a healthy pregnancy, while also making the childbearing experience a safe and happy one.



First family gathering



NEW CHAPEL HONORS GLENDA SUE SWARTZ

The Glenda Sue Swartz Memorial Chapel of the Mary Breckinridge Hospital was dedicated on June 30, 1983 at an inspiring 10:30 AM service. "Susie" Swartz, in whose memory the chapel was dedicated, was a loving and caring Christian who worked at the hospital as an X-ray technician until her death in December of 1981.

The dedication service was a joint effort of the Swartz family; Miss Swartz' former pastor, the Reverend Mr. Alvin Kanagy; Susie's friends; the Reverend Walter Campbell, representative of the Leslie County Ministerial Association; and the Frontier Nursing Service Staff, which was represented by the director, Mr. David Hatfield.

The chapel, which is located near the emergency room, was made possible by the generous gifts of time, materials, and money from the Swartz family, various religious groups, the friends of Miss Swartz, and other interested individuals.

With the completion of the chapel, one of the dreams of Susie Swartz and others has come into being. However, along with the

joy of a dream realized, the dedication service also reflected the hopes for the future use of the chapel.

Glenda Sue Swartz was one whose faith in God was summed up in the beautiful phrase from Isaiah 30:15, "... in quietness and in confidence shall be your strength. ..."

It is appropriate that this verse is also the theme of the new chapel. It expresses the hope that whoever enters the quietness and beauty of the room shall find confidence, peace, encouragement, and strength for living.

Reverend Leonard L. Hood

Pastor of the Presbyterian Church, Hyden

BEYOND THE MOUNTAINS

Editor's Note: In this edition of "Beyond the Mountains," we are featuring an excerpt from a recent letter written by our Honorary National Chairman, Mrs. Jefferson Patterson, of Washington, D.C. Writer, director, and creator of *The Forgotten Frontier* in 1929, Mrs. Patterson devotes a great deal of her time to lecturing on the work of the Frontier Nursing Service, and sharing this and other historical FNS films with interested individuals. Mrs. Patterson writes:

On July 4, I showed *The Forgotten Frontier* and *The Road* at the American Museum in Britain at Bath. The auditorium was almost filled and the crowd very attentive during my introduction and the films.

To my surprise and pleasure, there were three Frontier Nurses (retired) present: Liz Palethorp, Rosemary Radcliffe, and Jill Ash (who is planning on visiting FNS in September for the Mary Breckinridge Festival).

I offered a print of each film to the Museum if they were wanted, to be shown or lent to suitable groups, and both were accepted. I also left one or two copies of FNS literature for background information.

John Huitson, the Museum's Director of Education, wrote: "It was a great pleasure to meet you on Independence Day and to see the films. There has been a considerable amount of favourable comment about the evening, and we were most grateful to you for providing us with such a rich experience as well as for donating the films to the museum."

On July 20th, I showed *The Forgotten Frontier* at a benefit sponsored by the Baltimore-Washington Chapter of the American College of Nurse-Midwives. It was held at the

Society of Engineers in Baltimore and was successful enough to net \$3,000 toward their legislative efforts. Instead of an honorarium, they have sent a contribution to the FNS.

We are also pleased to report that the FNS National Chairman, Miss Kate Ireland, has recently completed an 18-month assignment for the United States Congress Office of Technology Assessment. Kate joined with 19 other leaders in the health field from throughout the United States on an Advisory Panel on Medical Technology and Costs of the Medicare Program. The panel's function was to study various methods of reducing or limiting Medicare costs which are related to medical technology, and to present these options for review by members of Congress and their staffs.

Finally, a word of congratulations to Betty Ann Mead, Whitney Robbins, and the FNS Boston Committee for holding a very successful spring meeting at the lovely home of Brooks Lobkowicz in Dover on June 7. NEED Committee Co-chairman Miss Jane Leigh Powell and Development Director Ron Hallman traveled to Boston to report to the committee and assist with plans for future activities.

P.S. We apologize for an error in last issue's "Beyond the Mountains." Pogy Gay Thomas was a courier in 1947, not in 1974.



The new officers of the Mary Breckinridge Hospital Auxiliary: Left to right: Vice President Alice Estridge, Secretary/Treasurer Cloma Moore, and President Faye Farmer.

IN BRIEF

Nursing Hall of Fame. The American Nurses' Association desires nominations for its Nursing Hall of Fame, which was established in 1976; its purpose, according to the ANA, is "to commemorate the achievements and contributions of nurses who helped shape the health care system in the United States." Four criteria have been announced: The nominee must (1) "have performed work that affected the health and/or social history of the United States through contributions in nursing practice, education, service, research or literature 20 years before the time of selection," (2) have been prepared in a formal nursing program (except where the contribution was made before 1873), (3) have worked in the United States or its territories, and (4) be deceased. Nomination forms are available from the Office of Public Affairs, American Nurses' Association, 2420 Pershing Road, Kansas City, Missouri 64108. The deadline for submitting nominations is November 1, 1983.

Child Health Day will be observed on October 3. This event, which is also celebrated as Universal Children's Day, has been observed on the first Monday of October since 1959. Information can be obtained from the Public Inquiries Unit, United Nations, New York, NY 10017.

NRPCA Calls for Papers. The National Rural Primary Care Association requests papers for its Seventh Annual Conference on Rural Primary Care, which will be held in Albuquerque, New Mexico, March 18-21, 1984. The Association invites contributions in the form of (1) original research and evaluation, (2) program evaluation and problem-oriented case studies, and/or (3) descriptive, analytic, or methodological papers. Manuscripts should be approximately 2,000-4,000 words in length. Papers must be received no later than December 15, 1983. Further information, including instructions for submitting papers, is available from the National Conference on Rural Primary Care, New Mexico Health Resources, 5200 Copper NE, P.O. Box 8735, Albuquerque, New Mexico 87198.

Operating Room Nurses' Day is scheduled for November 14. Details are obtainable from the Association for Operating Room Nurses, 10170 East Mississippi Avenue, Denver, Colorado 80231.

Education for Nursing Practice in the Context of the 1980s, a new publication from the American Nurses' Association, presents ANA's position on the educational requirements for nurses. Basically, ANA holds "that practitioners of professional nursing [must] be prepared with a minimum of a baccalaureate degree in nursing and that practitioners of technical nursing must be prepared with a minimum of an associate

degree in nursing." At the same time, ANA supports "grandfathering," in order to assure that those registered nurses who are already licensed will continue to be licensed despite changes in educational standards for new nurses. ANA expects that by 1992, half of the states will have adopted ANA's educational standards.

National Radiologic Technology Week will be observed November 7 through 13. Information is available from the Executive Director, American Society of Radiologic Technologists, 55 East Jackson Boulevard, Suite 1820, Chicago, Illinois 60604.

COURIER NEWS

Horace Henriques, Summer '76, Washington, D.C. — "Internship is now days from being over and am getting re-energized for the next few years. Will be at VA in D.C. July/Aug/Sept/Oct where I'll get lots of independence so I think lots of experience will follow. Am still pleased with being at George Washington University, a smaller program with some excellent research potential and lots of elective time. So over all am planning to be here for four more years."

Susan ("Sus") Williams (Mrs. Frederick C. Beckhorn), '73, Rexville, New York — "Fred and I had a baby girl, Fern Aurora Beckhorn, on July 15. Sure is wonderful to be a family! Love to all."

Phoebe Sussler, Winter '83, New London, Connecticut — "I spent most of the spring working opening shift at McDonald's. I am back to school this fall. I'll be a junior at Lesley College in Cambridge, MA. It's a teaching college for women. My major is Child and Community."

Midge Cull, Summer '82, Lexington, Kentucky — "I've taken a job at the University of Kentucky hospital. Right now I'm supposed to be in the orientation program, but my work permit (temporary license) hasn't arrived yet from Ohio. I've been spending a lot of time just observing and helping out. Will be working on a medical floor when the permit arrives."

James Sizemore, former Health Careers Student, writes: "I am no longer attending Berea College, but instead I am at University of Kentucky. I'm planning on attending the University this fall and I'm also working at the medical center. I'm pursuing my career in the nursing field and possibly at a later date I shall continue in the doctoral area. Since our town has such a shortage of nurses, I hope that some day I will be able to return and help by offering my talents. I think that we should feel honored to have the "Health Careers Program" at our high school, because it really has helped me through my education, so far."

IN MEMORIAM

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

MRS. JAMES B. ARNOLD
Rochester, New York

MISS MABEL E. WINSLOW
Bethesda, Maryland

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

MR. ALLEN GAY
Versailles, Indiana
Member of Bowlingtown Committee

MR. WALTER C. BEGLEY
Hyden, Kentucky
Long-time friend and supporter
of the Frontier Nursing Service

MR. JEFFREY GREENHOUSE
Husband of Alumna Sandy Hochman
Glen Head, New York

DR. COLEMAN C. JOHNSTON
Lexington, Kentucky
Member of FNS Medical Advisory Committee

MRS. IAN PAUL
New York, New York
New York Committee Member and
Chairman of Bargain Box

MISS MARION S. ROSS
Oakville, Ontario, Canada
Former FNS staff member — various posts,
including secretary to Mrs. Breckinridge

MISS MARGUERITE T. WOOLLEY

Charles Town, West Virginia

Ex-staff and former member of
Washington Committee**A REMEMBRANCE: MR. KENYON C. BOLTON**

Last July, the Frontier Nursing Service lost a dear friend and loyal supporter, Mr. Kenyon C. Bolton, of Cleveland, Ohio. During the past 16 years, Mr. Bolton served the FNS as Trustee, Honorary Trustee, and Cleveland Chairman of the Mary Breckinridge Hospital and Development Campaign. Just prior to his death, Mr. Bolton, always so willing to help, contributed an extra gift toward the renovation of the Frances Payne Bolton House on Hospital Hill. He made this contribution in memory of his mother, the Honorable Frances P. Bolton, who gave the FNS its second district nursing center ("Possum Bend" at Confluence) in 1927.

IN MEMORY OF WALTER C. BEGLEY

Walter C. Begley, who died this summer, was a very special friend of the Frontier Nursing Service. Like his father, who had been of immense help to FNS in its early days by hauling heavy materials and equipment to Wendover from the railroad depots at Krypton and Hazard, he was a devoted friend. By the time he took over his father's business, emphasis had shifted to the need to haul provisions and hay for the horses. His friendship, eagerness to help, and concern for FNS went far beyond the call of duty and of business, and FNS will miss him.

MEMORIAL GIFTS

We take this means of expressing deep appreciation to our friends who make a supporting contribution to the work of Frontier Nursing Service, as a way of showing their love and respect for these individuals.

Mrs. William Adams

Mrs. Charlotte Shaw

Dr. Hugh C. Williams

Mrs. Frances M. Williams

Mrs. Redington Fiske

Mr. and Mrs. John C. Fiske

Persis Bouton McDougal

Mr. Robert McDougal, Jr.

Dr. and Mrs. Karl M. Wilson

Mr. and Mrs. Charles B. Wilson

Dr. Coleman C. Johnston

Mr. and Mrs. John H. Kerr, Jr.

Miss Marguerite T. Woolley

Mrs. Augustine J. Todd

Mr. Henry W. Boteler

Mrs. Amelia H. Boteler

Lillian and Emil Anderson

Edith E. Anderson, R.N., C.N.M.

Dorothy Mae Anderson Bieber

Edith E. Anderson, R.N., C.N.M.

Mr. Walter C. Begley

Harold and Jean Muncy

Mr. Rutheford B. Campbell, Jr.

Mr. and Mrs. Curt Steger and boys

Mr. and Mrs. Roy G. Eversole

Mr. and Mrs. David McEwan

Mrs. Margaret D. Sharpe

Mr. and Mrs. Alfred E. Combs

Mr. and Mrs. Lonnie J. Davis

and daughters

The J.O.Y. Group of the First

Baptist Church, Mt. Sterling, Ky.

Mr. and Mrs. Carl Willoughby

ANNUAL MEETING OF THE FRONTIER NURSING SERVICE

The Annual Meeting of the Frontier Nursing Service was held at the Appalachia Motel and Restaurant in Hyden on Saturday, June 11 at 12:30 PM.

Over 100 friends of FNS came from near and far to share a day filled with ample amounts of both business and pleasure. Many people arrived early to take advantage of tours of Wendover, the old Hyden Hospital (now the Frontier School of Midwifery and Family Nursing), the Mary Breckinridge Hospital, and the FNS Community Health Center at Big Creek.

The Frontier Nursing Service National Chairman, Miss Kate Ireland, called the business meeting to order by recognizing the many special guests who were in attendance. Reports were then given by Mr. Homer L. Drew, Treasurer of the Frontier Nursing Service, and FNS Director David M. Hatfield.

The new dean of the Frontier School, Mrs. Ruth Coates Beeman, briefly addressed the gathering and introduced her goals for the future of the FNS educational program. She also touched upon the Nursing Education Enrichment Drive, a capital campaign to support the Frontier School beyond 1985.

The day was highly successful, and a word of thanks is extended to Mr. Eddie J. Moore and his Appalachia Motel and Restaurant staff for helping to make the 1983 Annual Meeting a very special event.

LETTERS—

Our recent mail brought us two letters that we would like to share. The first is from Mrs. Edward Arpee, one of our Honorary Trustees:

June 5, 1983

Dear Ron,

The May 25th and 26th "Open House" tour of the FNS could not have been more perfect weatherwise nor in any other way. The memories of fifty-one years ago, when as the first courier from Chicago I spent eight winter weeks at Wendover, were mingled with the new impressions to make an exciting two days. The "Big House," all spic and span, was as warm and welcoming as when Mary Breckinridge was in her little bedroom at the end of the hall.

It was good to see the same buildings — the Upper and Lower Shelves, Garden House, the Barn and log cabins along the road — all in use though "spruced up" from the stable days. I was even able to look down from the terrace to see the old gate that used to have a pull-rope one could

reach without dismounting, and remembered the young man from Ohio who appeared there on horseback one wintry morning. (A year later we were married!)

I loved seeing the beautiful St. Christopher Chapel and stepping up into the reception room of the former hospital to view the excellent film on the FNS recently made.

But my greatest thrill was to actually see the splendid Mary Breckinridge Hospital, which I had known only in pictures up 'til now. It exceeded my expectations — impressive, yet settling into the valley as if it had been meant to be there from the start, blending in its grey and beige and brown exterior with the hillside. Our tour revealed a hospital as up to date as any I have seen, yet with an informality and warmth of atmosphere that is hard to come by. The birthing room was especially appealing. The housing of the Home Health Agency nearby, and the oncology unit plus the visits to two outpost centers made more vivid to me the many articles I have been reading in the Bulletins. Nothing takes the place of actually seeing the work!

I enjoyed my glimpse of Betty Lester and David Hatfield, and getting to know many of the staff. Thanks so much for offering the opportunity.

Sincerely,
Katherine Arpee

And this is from two of our recent couriers:

In January, 1983, we spent a month at Frontier Nursing Service as couriers. It was an experience that opened our eyes to an area and life style completely different from our own.

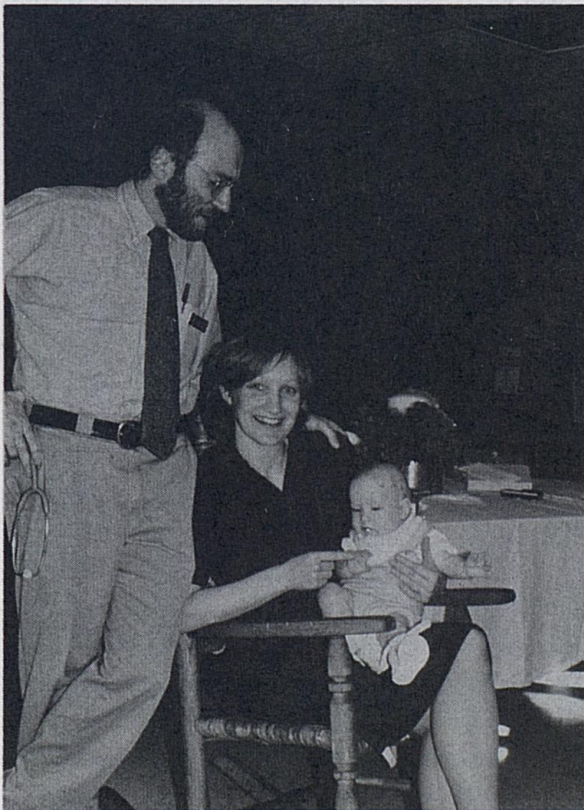
From the beginning, we were assigned such duties as delivering mail to the outer clinics, working with the adult mentally retarded in the Hope House, and doing odd jobs at Wendover. On other occasions, we were sent on missions to Lexington. These small jobs, however, were accompanied by very interesting mornings in the operating room observing both major and minor operations.

Outside the hospital, we learned a great deal from the people and culture. The mining town of Hyden, Kentucky, is far different from the towns of the East Coast. The people of Wendover were very warm to us, making it easier for us to understand their way of life.

Not every day went smoothly, but the small mistakes enabled us to laugh at ourselves and to realize that our experience at Frontier Nursing Service would not have been complete without them. We will remember Frontier Nursing Service and the people we met for a long time to come.

Adele Collins and Cindy Stout
Miss Porter's School
Farmington, Connecticut

This year, FNS again provided a group of students from the University of Kentucky's College of Allied Health Professionals with the opportunity for a month of practical working experience at Mary Breckinridge Hospital. Here some of the students enjoy a picnic at Wendover.



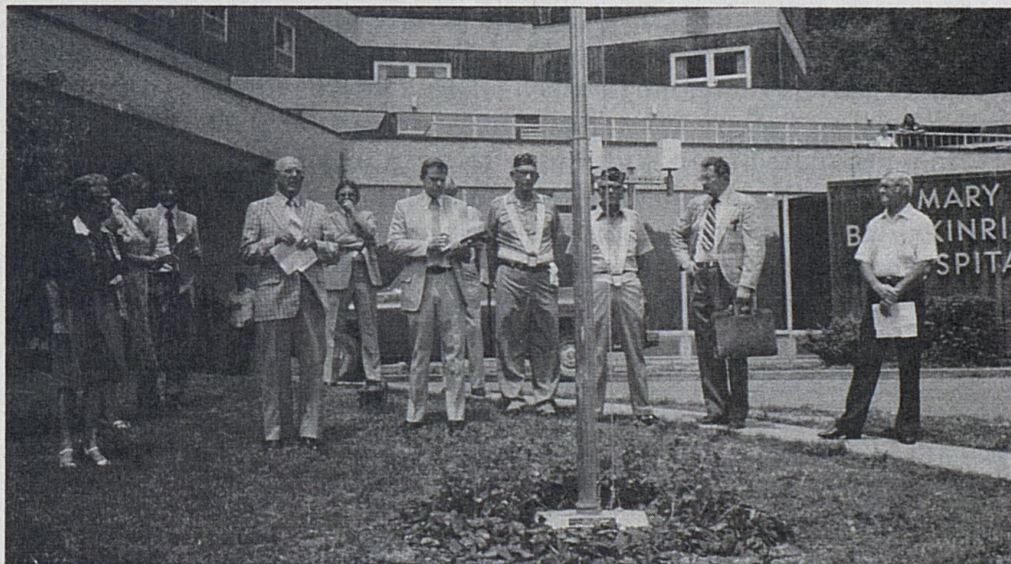
Dr. Tim Carey, Kathleen Dalton (Carey), and son Willie enjoy a quiet moment of relaxation during the reception held for them shortly before they moved to North Carolina. The chair, a gift to the Careys, was made locally.

FIELD NOTES

For a while, it seemed spring might last forever, and we enjoyed fully the pleasantly warm, refreshing days of June. Perhaps it was the inviting weather, but we have had an increasing number of "drop in" visitors—folks who "have heard about Wendover and wonder if they might see Mrs. Breckinridge's Big Log House." Many have stayed for a meal, enjoyed conversation with staff and couriers, and left expressing enthusiasm for the work of the Frontier Nursing Service • Even before the season got started, we had an important guest: Ms. Winifred A. Pizzano, Federal Co-Chairman of The Appalachian Regional Commission, stopped by for a brief visit, following a speaking engagement to the Kentucky River Area Development District. Ms. Pizzano talked with Ruth Beeman and David Hatfield, and toured CHC with Kate Ireland and Sue Hull • Cham Meredith, National Health Corps Coordinator for Kentucky, was our guest while he conducted his annual site evaluation. (We passed with flying colors.) FNS is a National Health Corps Site, and through this program we receive dentists, physicians, and nurse practitioners • We enjoyed a very interesting visit from Anne Campbell and Terry Birdwhistle, both associated with the special collections and archives section of the University of Kentucky Library. Terry and Anne were here to discuss the Oral History Project with Ron Hallman, and also to explore how FNS materials, presently located at UK, can best be utilized by them and us • June brought a welcome visit from Dr. Glenn Bratcher, who regularly volunteers his services as an ENT consultant to FNS, and, while Dr. Bratcher and his staff enjoyed dinner at Wendover, his young patients enjoyed games, film strips, and crafts, courtesy of Danna and the couriers • We had a surprise visit from former FNS District Coordinator Sr. Virginia Taylor, who returned to conduct a workshop for the McDowell Cancer Network. Sr. Virginia is currently teaching nursing at D'Youville College, Buffalo, NY • June's highlight was unquestionably the Annual Meeting of Trustees and the Board of Governors. Over one hundred persons attended luncheon at the Appalachia Motel and, throughout the day, participated in tours of Wendover, Community Health Clinic, and the Mary Breckinridge Hospital. Wendover was pleased to have as guests Dorothy Brickhouse, Dorothy Visser, Kate Prewitt, Dr. Janet White, Fran Gange, Florence Rawleigh, and Frances ("Pani") Williams • Sadly, at the close of June, we said good by to Dr. Tim Carey, Kathleen Dalton (Carey), and son Willie. The Careys are off to Chapel Hill, NC, where Tim will seek a PhD in Public Health. We wish them every happiness in their new venture, but their going is a great loss to their friends, the FNS family, and the community.

July arrived complete with heat and humidity, but fortunately for us, we were far too busy to dwell on our physical discomforts. Danna was

fully occupied planning and organizing the activities of 15 couriers. Betty Lester was a frequent guest, sharing her rich history and delightful stories with visitors and new couriers • Dr. and Mrs. John Wyon were with us to explore a possible research project between FNS and the Harvard School of Public Health. The project would cover a number of research studies related to rural health care, and would include a follow-up to the famous study, made many years ago by Metropolitan Life, of our first 10,000 midwife deliveries • Fred Wilson, FNS safety and security expert, arranged a visit from the Leslie County Fire Department to familiarize them with Wendover's fire fighting equipment and special needs. This was a first visit to Wendover for many of the fire fighters, so, as we toured the buildings, we exchanged information. They shared suggestions to improve our safety, and we answered their many questions about Mrs. Breckinridge and the history of the Service. It was a mutually satisfying experience and, to the delight of the firemen, we invited them to dinner as our thank you for their help • What better month than July for a flagpole dedication ceremony? Our new pole was given by the Jemima Boone Chapter of the DAR and raised by the local telephone company's bucket truck (the latter, compliments of local board member Ed Mattingly). The American flag was obtained from U.S. Congressman Hal Rogers by local attorney Denver Adams. On May 11 it had been flown over the U.S. Capitol especially for FNS. The state flag was obtained by State Representative and local FNS Trustee Randy Moore.



The new flagpole in front of the Mary Breckinridge Hospital was formally dedicated on July 27. Here FNS Director David M. Hatfield introduces the ceremonies. Other participants included Regent Ruth R. Mahanes of the Jemima Boone Chapter of the DAR (left), FNS National Chairman Kate Ireland (second from left), Hyden Mayor Perle Estridge (at Mr. Hatfield's right), Attorney Denver Adams (with briefcase), FNS Board Member James Mosley (far right), and members from the Leslie County Disabled American Veterans.

Board member James Mosley led the Pledge of Allegiance to the Flag and, last but not least, landscaping around the pole was provided by the couriers under the supervision of Kay Holloway, our gardening volunteer. Thanks to the help of our many friends, our flags wave proudly in front of the Mary Breckinridge Hospital.

In August, activities slowed down, and so did we, under the continued oppressive heat wave • Barbara Yeichs Edwards paid us a visit. Barbara was a midwife with FNS from 1951 through 1955 • Mid-August, Dean Ruth Beeman held a two-day workshop at Wendover for students and nursing staff on human sexuality. The workshop leader was Susan Fischman, CNM and Dr. P.H., from the University of Maryland's School of Nursing and Medicine • The big news in August was the appointment of Danna Larson as Coordinator of Wendover and the Courier/Volunteer Program. Leisa Sizemore joined the Wendover staff as a part-time secretary to assist Danna. Sharon Hatfield, volunteer Coordinator of Wendover since November 1982, will assist Kate Ireland and Ron Hallman with development activities and continue to volunteer at Wendover on a project basis.

This summer we have enjoyed a large, industrious, and knowledgeable courier family. Barbara Horton served a hospital administration internship through Berea College under the guidance of David Hatfield and Ron Hallman; horticulture major Kay Holloway, also from Berea on a work study program, directed her special talents to the Wendover garden and grounds; Elizabeth Tobin plans to enter a nursing program at Berkshires Community College this fall; Sarah Hill, a Bowdoin College graduate, plans to enter medical school; Paul Florsheim, a history major from Wesleyan College, is interested in a career in public health; Michelle Gazzolo graduated from Williams with a BA in religion; Kate Culman, an '82 grad of Middlebury College, attended Bryn Mawr last year to complete medical school requirements; Suzanne Renkiewicz is a Kalamazoo College graduate with a major in health sciences; Brenda Barth, a biology major, will return to Wartburg College this fall to complete her senior year; Marion Dumesnil is a Sarah Lawrence graduate and second-year nursing student at Pace University; Mary Palumbo is presently in a master's program in nursing at Massachusetts General Hospital Institute of Health Professionals; and Doug Smith, from Houston, Texas, is taking a year off before entering college — we have made good use of his excellent carpentry skills.

We welcome eight new additions to the FNS family: Carol Walker, dentist; Laurie Matthews and Andre Lijoi, physicians; John Gilman, Director of Finance; Peggy Sizemore, Drucie Webb, and Ruth Farler, nursing assistants; and Teresa Davidson, front desk clerk.

Farewell and best wishes to Valerie Chaplain, Ann Rydin, Tim Carey, Kathleen Dalton, Kathy Brock, Susan Hubbard, Denise Howard, Greg Lynne, Darlene Gilbert, and Ermil Mattingly. — Sharon Hatfield

ALUMNI NEWS

Sylvia Gregory, Belton, Texas — Busy packing for another move, this time to Texas. Larry has a great position in a large teaching hospital there. I'm planning to stay home with 18-month-old Anna for a year or so. We are sad as we prepare to leave Kentucky and our many friends. We have so many treasured relationships here, it is hard to imagine starting over. However, on the 16th (July) we will ride into the sunset and see what is there for us.

Madonna Burget, Zimbabwe, Africa — A letter from **Norma Brainard** encouraged me to write to let you know what I have been doing. I graduated from the School of Midwifery in May 1960, came to what was then Rhodesia, spent nearly ten years here and then had ten years in India and now have been back here (Zimbabwe) for almost two years. The best decision I made was the one to take midwifery training at FNS and not in New York. I will always be grateful for my training there. I have delivered triplets twice in my midwifery experience — one time in India and once here. Both times all babies were born alive and the mothers did well, but in India one of them had what I was sure was megacolon and the father refused to let me send her off. Here, we are sure the mother didn't feed one and he died in the hospital, and we found out later the other two boys died at home. I am now a Registered Adult Nurse Practitioner — took the exam last October and passed.

Betsy Greulich, La Crescenta, California—Convention here in May was really great — especially having the chance to see so many classmates and friends. After convention was over we had a chance to go to the ocean and drive into the mountains. With **Karen (Kern)** getting married July 9, 1983, she's been busy with preparations and moving into a new house. I too have moved to a nice house up in the mountains. It's a real warm and cozy place with a huge wooded yard. This last month was filled with moves — Karen, myself, and then I went home to Milwaukee for two weeks and helped move my parents. I'm still working at LAC/USC and really am happy with my job. I feel glad that I am where I'm at. I'm happy for the education I've received, pleased with midwifery and family nursing, thankful for the opportunity to meet so many wonderful people. I've gained much more than money could ever buy. Please give my best to all.

Donna Marsella, Tacoma, Washington — We had a lovely cross country trip. Visited with **Roberta (Moore)** in New Mexico and **Joy (Schroeder)** in Calif. Only incident was a shot thermostat and a 9-hour layover in Death Valley waiting for car and temperature to cool — it was 110° in the shade.

Bindy Pendleton, Brownsville, Texas — First two weeks of August I'm flying up to Maine for vacation and some cooler weather. Meeting my family in Bar Harbor for a week of just sailing and then another week on the mainland. Am really looking forward to it.

Barbara Evans, Pakistan — Mark and **Janet Buchanan** (and Neil) have arrived to help us for about three months — Jan has already helped me with a delivery. Dr. Buchanan will not only be seeing patients but we plan to have him do some classes on physical assessment for our nurses. This is the month of fasting for the Muslim. From 3:30 AM until 7:30 PM no one can drink or eat. We continue to struggle with increased problems during pregnancy due to not drinking water.

Mary Ellen O'Brien, Los Angeles, California — Great job on the Newsletter. It's always fun to catch up on what people are doing — too bad more people don't write in or join the Alumni Association. I'll be going to Michigan for a couple of weeks, then come back to Los Angeles to pack up and then drive down to my new job in Texas. I'm excited about my move, but it is always hard to leave friends behind.

Wendy Wagers, Philadelphia, Pennsylvania — I moved again. My previous living arrangement didn't work out, unfortunately. I really miss KY and the south in general. Last week I was in Atlanta for the Black Women's Health Project Conference and I felt homesick driving through rural No. and So. Carolina and Virginia. I don't think I'll ever get used to the big city. You'll be surprised to hear that I will soon be taking another job. Actually, I've been offered a very excellent position with Elizabeth Blackwell Women's Health Center here in Philadelphia. It's very much like private practice and it will certainly broaden my scope as a nurse-midwife. **JK (Hameloth)** is still at Booth and is doing real well. We could use a few more FNS'ers up here.

Dianne Lytle, Reading, Pennsylvania — The Newsletter was once again a smash hit! I keep in touch intermittently with a few people, but having all the news together sure makes it easier. I believe in the education I got and think it is vital that the FSMFN stay open. I'm involved in teaching students from two universities and I think the FNS program is superior, both in format and definitely in faculty-student relationships. We've moved across town — a friend of mine and I have bought a house. It's two family so we have separate apartments, yet are close enough to share a great many things (including Amy). An old house in a really lovely neighborhood with a small but lovely yard and a two-car garage. Not much garden space except a couple of borders, but we have a few tomato plants that look like they intend to take over the whole place. Still love my job.

Jo Ellen Hager, Covington, Louisiana — Hope all is going well. I'm writing a short book on pre-pregnancy preparation. Have applied for an internship in Los Angeles — would like to start in October.

Alberta Morgan, Columbus Ohio — I was very happy to hear about the Alumni Association success. (You would have heard from me sooner, but.) In June 1982 I had a heart attack — I called my prayer partner and then my physician. I recovered with advice to slow down from the busy and active life I was living. Then in January I had become much stronger and without thinking moved something heavy and fractured four ribs. I completed my training as a nurse-midwife at FNS in Dec. 1943. My classmates were **Catherine (Lory), Doris (Reid), and Jane (Rainey)**. I know Catherine has died, but I don't know about Doris and Jane. I have been back to FNS twice and enjoyed my visit. I am now in the midst of writing a chapter for a book to be published about my home town, and about the time I lived there. I enclose my check to join Alumni Association, and look forward to receiving the Quarterly Bulletin. I retired from the Ohio Department of Health in July 1976. God's blessing to all of you.

Susan Barry, Livingston, Texas — Really enjoyed the Newsletter. Sorry I missed the first issue. Everything is busy here in east Texas. I'm back working in home health (a day job) while working on my master's thesis. I'm very excited about it and have received support from several community groups. I hope to graduate in June 1984. Wonderful seeing old friends at the ACNM Convention, it was the best part. Love to all in Hyden.

Cindy Sherwood, Highland, Michigan — Many of you have been praying for a visa for me for Irian Jaya. My most recent news from the field is that the Dept. of Social Work is currently granting visas — it's conceivable that medical work can be considered a form of social work. School is quickly coming to a close with a climax being graduation — I will finally have a degree, a Bachelor of Science in Bible. This fall I plan to be traveling through Penn., KY, Florida and Michigan — hope to visit many of you during that time. I should know soon whether I am accepted at the Liverpool School of Tropical Medicine. Language school in Bandung, Indonesia would be next providing the visa is granted.

Susan Howie, Palatka, Florida — I really like Florida, but never dreamed in a million years that I would ever end up living here and working here. My aunt only lives 200 miles away — so it helps to at least have some family in the state. The only other family I have on the East Coast is my family of friends in Hyden. I love my new job — start on call in August — am looking forward to getting back into clinical stuff.

Susan (Headrick) Wheeler, Center, Colorado — RoseAnn (Yoder) wrote about Convention — she saw lots of FNS'ers and had a good time — although not too restful. My partner (**Kay Hunt**) went this year so I had to miss the fun. Not too busy with midwifery here, but the weather is finally right for gardening, so I'm doing more of that. Looks like I'll have to practice a bit of personal midwifery as Lee and I are expecting to be parents around Dec. 8th. Hope all are well.

Roberta Kline, North Fort Myers, Florida — I packed my junkie and moved 24,000 miles across country to the land of alligators and humidity — I lived near Miami before I lived in Ariz. Burt moved the furniture out here with a U-Haul, then went back to Ariz. to sell the house — hope he gets it sold and is back by Christmas. None of the kids came with us — they are all occupied with their lives in Ariz. **Michele (Heymann)** and I work for the state of Florida for the Improved Pregnancy Outcome Project. Michele had a car accident which has been very inconvenient and expensive, but she was not badly injured.

Frank and Michele Bouche, Tacoma, Washington, proudly announce the birth of their son, Nason Joseph, July 20, 1983, 9 lbs., 4 oz. "He is precious, we are blessed to have three healthy pretty boys."

Catherine Carr, Eugene, Oregon — Did my first intubation this week at a home birth for surprise meconium at the end. Terrifying, but baby and midwife are fine.

Roberta Moore, Santa Fe, New Mexico — It seems I will be starting a practice in Taos, NM, my old home town, CNMing in some sort of connection with the Ob/Gyn M.D. Much hammering out of details remains, but I am very thrilled — my dream is coming true. Fond greetings to all the folks.

Debbie Jones, Harlingen, Texas — Enjoyed the Alumni Newsletter. I've been so lazy I never joined — here's my \$10. Things are hotter here every day, but there's not much humidity so it's not too bad. I'm able to do most of my clinic work and labor delivery in Spanish now — it's amazing how fast it came back to me — of course, there's plenty of willing staff people to teach me! I am homesick for Hyden and Kentucky. This land of endless summer is nice, but I miss the fall and winter and the fabulous Appalachia spring. Greetings to all.

David and Laura Coursin, Philadelphia, Pennsylvania, proudly announce the birth of their second child, a son this time, Mackenzie George, May 5, 1983, 9 lbs. 13-½ oz. Born at Bryn Mawr Birth Center, with

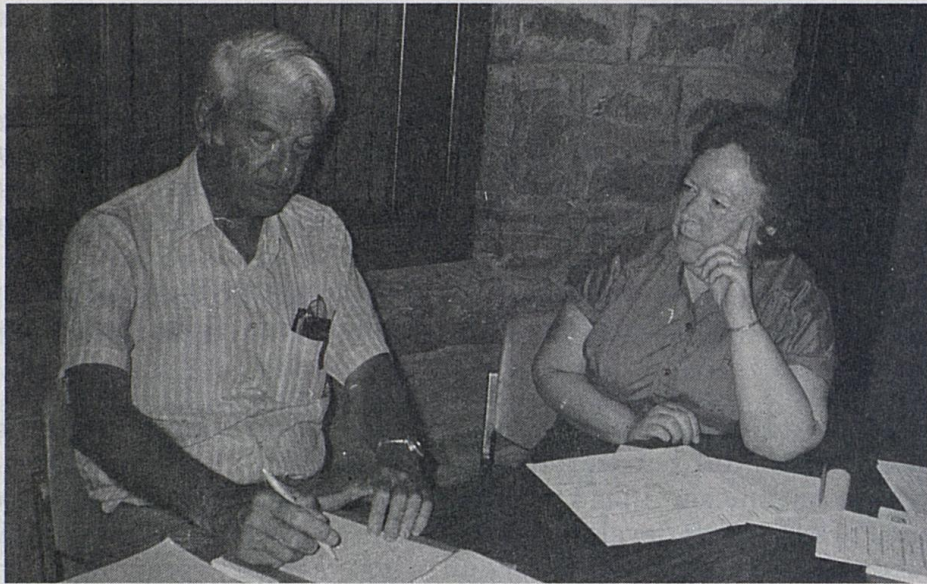
Laurie Rendall, CNM, Laura Murphy, CNM, big sister Melia and Grandma Knowles in attendance.

Marion Newswanger Bedford, Williamsport, Pennsylvania — After 3½ years things are official — I finally received my CRNP status from Penn. Looks like PA finally changed their rules and regs to give reciprocity for certification if exam first taken in another state. The Board did want to know if I gained my KY ARNP status because of FNS or some other training. Looks like they will accept FNS grads in PA if they are certified elsewhere first. Pass the word along. Hope you are cool. We aren't!

Shirley Ann Heisey, Zambia, Africa — I visited Hyden a year ago to see the new hospital, but our time was short and Molly Lee was away — I didn't see anyone else that I recognized. The new hospital and Daniel Boone Parkway were developed since I left in 1971. Here in rural Zambia life at our 208 bed hospital is never dull — last year our average inpatient census was 200 and a total of 939 deliveries. We are planning for a midwifery school but have no idea if it will be approved or funded. I wish each of you at Wendover and M.B. Hospital the best as you serve unselfishly.

Barbara Haggerty, Tanana, Alaska — Work is as busy as usual in the clinic here, but now a P.A. comes in every two weeks. She takes call while she's here and that frees me up in clinic to see my follow-ups and to work on projects that I had to put to one side — lab and X-ray procedures, etc. Most cases in clinic are pretty routine but I've had some bona fide emergencies. One little boy has an immune deficiency to certain bugs and has had meningitis twice and emphysema once in the past 2½ months — he's only a year old. I sent the five-year-old with severely lacerated scalp and skull fracture to Fairbanks. A lady from a fish camp upriver appeared at my door carrying her dog that had torn its belly trying to get out of its pen — it took 3 hours to sew up the dog. My garden is doing well, especially when you consider the novice who does the gardening! It's wonderful to experience eating from my own labors. Mosquitoes are the big pest here, so I've invested in lots of repellent.

Peter and Susan (Blaisdell) Baker, Hyden, Kentucky, proudly announce the birth of their second child — Shelby Elizabeth arrived April 23, 1983, 6 lbs. 13 oz. Despite Riley Clay's early prediction that she would climb out a ladder, she was born the "natural way" after a 2 hour labor. Riley now says that Deirdre Poe gave her to us — She's a spunky, wide-eyed doll and there's "nary a moment to rest." We are all thrilled with her.



Dr. John Wyon, of the Harvard School of Public Health, and Ruth Coates Beeman, Dean of the Frontier School of Midwifery and Family Nursing, discuss a proposed research project on various aspects of rural health care.



This happy youngster is one of a group of Hyden children who have joined in a project to learn some of the basics of pantomime and costuming. The youngsters were practicing at the hospital for the Mary Breckinridge Festival.

FIFTY-EIGHTH ANNUAL REPORT
of the
FRONTIER NURSING SERVICE, Incorporated
for the Fiscal Year
May 1, 1982 to April 30, 1983

PREFACE

As has been our custom since we were one year old, we present our annual report of the fiscal affairs and the field of operations of the Frontier Nursing Service, Incorporated.

We have, as in previous years, divided our report into two sections. One section is about money, and one section about work.

I.

FISCAL REPORT

The figures that follow are taken from the Balance Sheet, the Exhibits and Schedules of the Audit for the fiscal year which ended April 30, 1983.

Ernst & Whinney

Citizens Bank Square
Lexington, Kentucky 40507

606/254-3328

Board of Governors
Frontier Nursing Service, Inc.
Hyden, Kentucky

We have examined the balance sheets of Frontier Nursing Service, Inc. as of April 30, 1983 and 1982, and the related statements of revenues and expenses, changes in fund balances and changes in financial position for the years then ended. Our examinations were made in accordance with generally accepted auditing standards and, accordingly, included such tests of the accounting records and such other auditing procedures as we considered necessary in the circumstances.

In our opinion, the financial statements referred to above present fairly the financial position of Frontier Nursing Service, Inc. at April 30, 1983 and 1982, and the results of its operations and changes in its financial position for the years then ended, in conformity with generally accepted accounting principles applied on a consistent basis.

Ernst & Whinney

Lexington, Kentucky
June 15, 1983

BALANCE SHEETS

FRONTIER NURSING SERVICE, INC.

	April 30	
	1983	1982
<u>UNRESTRICTED FUNDS</u>		
CURRENT ASSETS		
Cash and short-term investments	\$ 176,362	\$ 58,762
Accounts receivable--patients--less allowances for uncollectible accounts of \$745,250 in 1983 and \$868,100 in 1982	771,095	972,541
Receivable from third party programs--Note B		19,962
Inventories--Note A	155,379	116,517
Prepaid expenses and other current assets	37,956	85,858
TOTAL CURRENT ASSETS	<u>1,140,792</u>	<u>1,253,640</u>
PROPERTY AND EQUIPMENT--Note A		
Land	142,163	142,163
Buildings	2,634,990	2,588,150
Equipment	<u>2,454,583</u>	<u>2,326,276</u>
	5,231,736	5,056,589
Less accumulated depreciation	<u>2,091,128</u>	<u>1,877,218</u>
	3,140,608	3,179,371
BOARD-DESIGNATED FUNDS--Notes A and C		
Cash	27,895	37,226
Consolidated Fund investments	1,977,193	1,749,746
Depreciation Fund investments	228,192	246,265
Education Fund investments	<u>738,982</u>	<u>459,455</u>
	<u>2,972,262</u>	<u>2,492,692</u>
	<u>\$7,253,662</u>	<u>\$6,925,703</u>
<u>RESTRICTED FUNDS</u>		
ENDOWMENTS--Notes A and C		
Cash	\$ 17,893	\$ 10,790
Student loan receivables	75,492	81,869
Investments	<u>900,984</u>	<u>857,777</u>
	<u>\$ 994,369</u>	<u>\$ 950,436</u>

	April 30	
	1983	1982
<u>UNRESTRICTED FUNDS</u>		
CURRENT LIABILITIES		
Accounts payable	\$ 411,602	\$ 354,222
Accrued salaries and amounts withheld from employees	103,475	96,675
Accrued vacation expense	134,330	121,846
Unexpended special purpose funds--Note A	134,865	163,508
Other current liabilities	89,635	169,084
Payable to third party programs--Note B	59,644	
Current portion of long-term debt--Note E	<u>18,000</u>	<u>18,000</u>
TOTAL CURRENT LIABILITIES	951,551	923,335
LONG-TERM DEBT, less current portion--Note E		18,000
FUND BALANCE	6,302,111	5,984,368
	<u>\$7,253,662</u>	<u>\$6,925,703</u>
<u>RESTRICTED FUNDS</u>		
FUND BALANCE	\$ 994,369	\$ 950,436
	<u>\$ 994,369</u>	<u>\$ 950,436</u>

See notes to financial statements.

STATEMENTS OF REVENUES AND EXPENSES

FRONTIER NURSING SERVICE, INC.

	Year Ended April 30	
	1983	1982
PATIENT SERVICE REVENUES		
Mary Breckinridge Hospital:		
Inpatient services	\$ 2,863,127	\$2,618,513
Outpatient services	1,203,250	985,725
Primary care center	944,680	961,712
Primary care extensions	262,755	337,690
Home health	443,859	374,028
	<u>5,717,671</u>	<u>5,277,668</u>
Less charity, contractual allowances, bad debts and other revenue deductions	1,595,037	1,293,051
NET PATIENT SERVICE REVENUES	4,122,634	3,984,617
OTHER OPERATING REVENUES	970,649	848,362
TOTAL OPERATING REVENUES	<u>5,093,283</u>	<u>4,832,979</u>
OPERATING EXPENSES		
Salaries and wages	3,010,462	2,973,216
Fringe benefits	377,695	305,248
Medical services and supplies	2,243,273	1,911,341
Facility costs	579,072	532,196
	<u>6,210,502</u>	<u>5,722,001</u>
LOSS FROM OPERATIONS	(1,117,219)	(889,022)
NONOPERATING REVENUES		
Unrestricted donations:		
Deposited into Education Fund	249,359	412,894
Deposited into Consolidated Fund	27,169	21,134
Retained for use in operations	578,953	503,482
Unrestricted income from endowment and other funds	45,280	37,359
Investment income from Board-designated funds	267,696	233,409
Coal royalties	172,016	302,434
Other nonoperating revenues	15,247	20,402
	<u>1,355,720</u>	<u>1,531,114</u>
EXCESS OF REVENUES OVER EXPENSES	<u>\$ 238,501</u>	<u>\$ 642,092</u>

See notes to financial statements.

STATEMENTS OF CHANGES IN FUND BALANCES

FRONTIER NURSING SERVICE, INC.

	Unrestricted Funds	Permanent Endowment Funds
Balances at April 30, 1981	\$5,260,065	\$ 882,829
Excess of revenues over expenses for the year ended April 30, 1982	642,092	
Restricted contributions used for purchase of property and equipment	82,211	
Contributions restricted for specific purpose (additions to endowment)		65,437
Restricted revenue earned by specific purpose funds		3,754
Loss on sale of Endowment Fund investments		(1,584)
Balances at April 30, 1982	<u>5,984,368</u>	<u>950,436</u>
Excess of revenues over expenses for the year ended April 30, 1983	238,501	
Restricted contributions used for purchase of property and equipment	79,242	
Contributions restricted for specific purpose (additions to endowment)		30,971
Restricted revenue earned by specific purpose funds		4,164
Gain on sale of Endowment Fund investments		8,798
Balances at April 30, 1983	<u>\$6,302,111</u>	<u>\$ 994,369</u>

See notes to financial statements.

STATEMENTS OF CHANGES IN FINANCIAL POSITION

FRONTIER NURSING SERVICE, INC.

	Year Ended April 30	
	1983	1982
Cash provided (used)		
OPERATIONS		
Loss from operations	\$(1,117,219)	\$ (889,022)
Charges to income not requiring the use of cash--depreciation	<u>233,921</u>	<u>214,781</u>
	(883,298)	(674,241)
Working capital changes:		
Accounts receivable	201,446	(191,057)
Other--net	<u>57,218</u>	<u>26,013</u>
CASH USED IN OPERATIONS	(624,634)	(839,285)
Nonoperating revenues	<u>1,355,720</u>	<u>1,531,114</u>
TOTAL CASH PROVIDED	731,086	691,829
FINANCING AND INVESTMENT ACTIVITIES		
Payments on long-term debt	(18,000)	(18,000)
Property, plant and equipment:		
Purchases	(200,158)	(183,832)
Restricted contributions	79,242	82,211
Disposals	<u>5,000</u>	<u>7,658</u>
CASH USED	(133,916)	(111,963)
CASH PROVIDED BEFORE TRANSFER TO BOARD-DESIGNATED FUNDS	597,170	579,866
Transfer to board-designated fund--net	<u>(479,570)</u>	<u>(768,435)</u>
Increase (decrease) in cash and short-term investments	117,600	(188,569)
Cash and short-term investments at beginning of year	<u>58,762</u>	<u>247,331</u>
CASH AND SHORT-TERM INVESTMENTS AT END OF YEAR	<u>\$ 176,362</u>	<u>\$ 58,762</u>

See notes to financial statements.

NOTES TO FINANCIAL STATEMENTS

FRONTIER NURSING SERVICE, INC.

April 30, 1983

NOTE A--ORGANIZATION AND SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

Organization: Frontier Nursing Service was organized in 1925 as a nonprofit charitable organization. The Service's purpose is to provide needed health services in the Appalachian area. During its early years, the Service was the only provider of health services in the area and it remains the largest provider of health services in Leslie County and the portion of surrounding counties comprising its service area. The Service operates an accredited midwifery and family nursing school, a home health agency, a 40 bed hospital, and provides primary care services through a primary care center and outlying extension clinics. Frontier Nursing Service has historically been dependent on charitable contributions to fund a significant portion of the costs of services and programs.

Patient Service Revenues: Patient service revenues are recorded at established rates. Contractual allowances, charity, and provisions for bad debts are reported as deductions from patient service revenues.

Unrestricted Donations and Grants: Donations and grants which are not restricted by donors are reported as nonoperating revenues. Bequests under wills are recorded when received by the Service.

Investments: Investments are stated in the financial statements at cost or, if donated, at fair market value at the date of donation. Investment income is accounted for on the cash basis which is not significantly different from the accrual method. Gain or (loss) from sale of investments is the difference between proceeds received and the carrying value of the investment sold. Unrealized gains or losses are not included in the accompanying financial statements.

Board-Designated Funds: The Board of Governors has designated the following funds to accumulate monies for the indicated purposes:

The Consolidated Investment Fund accumulates funds for such operating and general purposes as the Board may determine.

The Education Fund includes donations to the Nursing Education Enrichment Drive and all unrestricted legacies and bequests received since May 1981. It accumulates funds until such time as they are needed for the operation of the educational programs.

The Depreciation Fund accumulates funds for replacement, expansion or improvements of the Service's facilities.

Income from the principal portion of the Consolidated Investment Fund is to be used to subsidize care for indigent patients unless such income is specifically designated by the Board for other uses. Income from the Education and

NOTES TO FINANCIAL STATEMENTS--Continued

FRONTIER NURSING SERVICE, INC.

NOTE A--ORGANIZATION AND SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES--Continued

Depreciation Funds is retained in the principal of the funds until expended for the designated purposes.

Restricted Funds: Restricted funds represent endowments, the principal of which cannot be expended. Income from such endowments is available for operating purposes and is reported as revenue when earned in accordance with donor's instructions.

Frontier Nursing Service, Inc. is also income beneficiary of certain trust funds which are not administered or controlled by the Service. Accordingly, such funds are not included in the balance sheets at April 30, 1983 and 1982. Income received from such trust funds was \$50,022 and \$46,270 for the years ended April 30, 1983 and 1982, respectively.

Resources restricted by donors for additions to property are recorded as increases to the unrestricted fund balance when expended for the purposes intended. Resources restricted by donors for specific operating purposes are credited to other operating revenues when expended for the purposes intended.

Inventories: Inventories, principally medical supplies and drugs, are stated at cost (first-in, first-out method) which is not in excess of market.

Property and Equipment: Property and equipment is stated at cost, or fair market value at date of donation for items donated to the Service. Depreciation has been computed on the straight-line method over the estimated useful lives.

Revenue from Donated Services: The Service records, as revenue, the value of services of certain professionals provided by the National Health Service Corps (NHSC) from waivers received or anticipated to be received for liabilities to NHSC.

Changes in Presentation of Comparative Statements: Certain 1982 amounts have been reclassified to conform with 1983 classifications.

NOTE B--MEDICARE AND MEDICAID PROGRAMS

The Service participates in the Medicare and Medicaid programs which provide payment for eligible services to the program beneficiaries. Through March 1, 1982, both programs reimbursed the Service on the basis of cost and final retroactive settlement was determined from annual cost reports submitted by the Service. Effective March 1, 1982, the Medicaid program changed to a prospective system for inpatient services.

Settlement has been made with the Medicare and Medicaid programs through the

NOTES TO FINANCIAL STATEMENTS--Continued

FRONTIER NURSING SERVICE, INC.

NOTE B--MEDICARE AND MEDICAID PROGRAMS--Continued

year ended April 30, 1981. The cost reports for the years ended April 30, 1983 and 1982 are subject to audit by program representatives and such audits have not been made. Provision has been made for the effects of estimated final settlements through April 30, 1983.

NOTE C--INVESTMENTS

The carrying value and approximate market value of investments at April 30, 1983 and 1982 are summarized as follows:

	1983		1982	
	Carrying Value	Market	Carrying Value	Market
Investments recorded in:				
Cash and short-term investments:				
Short-term money-market certificates	<u>\$ 51,090</u>	<u>\$ 51,090</u>		
Board-designated funds:				
Consolidated Fund:				
U.S. Government obligations	\$ 621,133	\$ 620,895	\$ 393,686	\$ 392,552
Corporate bonds	736,950	556,175	736,950	432,413
Common stocks	619,110	1,357,084	619,110	1,025,447
	<u>1,977,193</u>	<u>2,534,154</u>	<u>1,749,746</u>	<u>1,850,412</u>
Depreciation Fund:				
U.S. Government obligations	228,192	228,192	246,265	246,265
Education Fund:				
U.S. Government obligations	552,247	552,247	272,720	272,721
Common stocks	186,735	290,657	186,735	225,844
	<u>738,982</u>	<u>842,904</u>	<u>459,455</u>	<u>498,565</u>
TOTAL BOARD DESIGNATED	<u>\$2,944,367</u>	<u>\$3,605,250</u>	<u>\$2,455,466</u>	<u>\$2,595,242</u>
Endowment Funds:				
Short-term money-market certificates	\$ 45,550	\$ 45,550	\$ 12,758	\$ 12,758
U.S. Government obligations	303,824	304,356	272,853	272,853
Corporate bonds	85,029	56,632	85,029	43,825
Common stocks	322,046	593,541	313,377	425,456
Investments in common trust funds	<u>144,535</u>	<u>141,089</u>	<u>173,760</u>	<u>151,618</u>
TOTAL ENDOWMENT FUND	<u>\$ 900,984</u>	<u>\$1,141,168</u>	<u>\$ 857,777</u>	<u>\$ 906,510</u>

NOTES TO FINANCIAL STATEMENTS--Continued

FRONTIER NURSING SERVICE, INC.

NOTE D--RETIREMENT PLAN

Frontier Nursing Service, Inc. has a non-contributory defined benefit retirement plan for regular full-time employees with 1,000 hours of continuous service who are twenty-five years of age or more. The policy of the Service is to fund pension costs accrued. Total retirement plan expense for the years ended April 30, 1983 and 1982 was \$65,066 and \$61,381, respectively.

Accumulated plan benefit information, as estimated by consulting actuaries as of the most recent valuation dates, and plan net assets are:

	May 1	
	1982	1981
Actuarial present value of accumulated plan benefits:		
Vested	\$224,854	\$190,656
Nonvested	<u>51,667</u>	<u>47,065</u>
	<u>\$276,521</u>	<u>\$237,721</u>
Net assets available for benefits:	<u>\$354,064</u>	<u>\$273,350</u>

The assumed rate of return used in determining the actuarial present value of accumulated plan benefits was 6% for 1983 and 1982.

NOTE E--LONG-TERM DEBT

Long-term debt consists of the following:

	April 30	
	1983	1982
6% unsecured promissory note--principal payable in annual installments of \$18,000 through April 1984; interest payable in semi-annual installments through April 1984	<u>\$18,000</u>	<u>\$36,000</u>
	18,000	36,000
Less: Current portion	<u>18,000</u>	<u>18,000</u>
TOTAL LONG-TERM PORTION	<u>\$ -0-</u>	<u>\$18,000</u>

FRONTIER NURSING SERVICE, INCORPORATED
CONTRIBUTIONS PLACED IN TRUST
May 1, 1982 to April 30, 1983

Funds which are placed in trust are a measure of strength for Frontier Nursing Service as we fulfill our purpose and plan for a solid future. This is a listing of previous trust funds which had additions, and new contributions which were placed in trust during this fiscal year.

The Friends Fund
Branham Fund
Anne Steele Wilson Memorial
Gertrude Arronson Estate
Catharine Mellick Gilpin and
Roger D. Mellick Memorial
Nursing Education Enrichment Drive
William Waller Carson Fund in honor of
Katherine Breckinridge Carson Breckinridge
Wilson Neel Memorial Baby's Crib
Ann Allen Danson Memorial Fund
Lucie Wilshire Graham Memorial
Elizabeth Canby Bradford duPont Memorial
Kate Ireland Fund
William C. Treuhaft Legacy
Margaret Frost Dangler Estate
Helen L. Edgar Estate
Margaret H. Jones Estate
Marie Vanderveer Custis Legacy
Warren Wright Estate
Katharine DePew Burlingame
R.G. Vallandingham Estate
Mary M. Parsons Estate
Caroline Pike Estate

FRONTIER NURSING SERVICE, INCORPORATED
LEXINGTON, KENTUCKY
STATEMENT OF DONATIONS AND SUBSCRIPTIONS PAID
MAY 1, 1982 TO APRIL 30, 1983

S U M M A R Y

	Contri- butions	Benefits and Bargain Box	Total
Baltimore Committee	\$ 2,558	\$	\$ 2,558
Boston Committee	21,105	5,000	26,105
Chicago Committee	9,415		9,415
Cincinnati Committee	8,736		8,736
Cleveland Committee	97,515		97,515
*Daughters of Colonial Wars	11,224		11,224
Detroit Committee	14,301		14,301
Hartford Committee	2,212		2,212
**Kentucky:			
Blue Grass Committee	87,306		87,306
Louisville Committee	28,111		28,111
Miscellaneous State	34,352		34,352
Minneapolis Committee	2,090		2,090
New York Committee	91,999	6,061	98,060
Philadelphia Committee	25,727	2,539	28,266
Pittsburgh Committee	41,128		41,128
Princeton Committee	1,338		1,338
Providence Committee	1,024		1,024
Rochester Committee	4,104		4,104
Washington, D.C. Committee	26,364	11,000	37,364
Miscellaneous	99,045		99,045
TOTALS	<u>\$609,654</u>	<u>\$24,600</u>	<u>\$634,254</u>

Total Contributions Above

Restricted	\$106,822
Unrestricted	502,832
	<u>\$609,654</u>

*Donations from various state chapters.

**Total for Kentucky

	<u>\$149,769</u>	<u>\$149,769</u>
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II. REPORT OF OPERATIONS

Comparative Analysis of Service Provided In the Two Fiscal Years 1982 and 1983

HOSPITAL

	1982	1983
ALL PATIENTS (excluding newborn):		
Percent of Occupancy	64.4%	64.1%
Patient Days — Total	9,407	9,360
Medical-Surgical	7,777	7,729
Obstetrical Unit	1,630	1,631
Admissions — Total	2,175	2,044
Medical-Surgical Unit	1,661	1,451
Obstetrical Unit	514	593
Average Daily Census	25.8	25.6
Average Length of Stay	4.3	4.6
NEWBORN:		
Percent of Occupancy	31.5%	30.3%
Patient Days — Total	1,148	1,107
Admissions — Total	338	440
Average Daily Census	3.2	3.0
Average Length of Stay	3.4	2.5
DELIVERIES — TOTAL	336	440
OPERATIONS — TOTAL	948	711
Major	551	278
Minor	397	433
In-patient	695	453
Out-patient	253	258
ENT	87	33
C-Section	46	73
ANESTHESIA — TOTAL	940	704
Spinal	32	32
General	609	418
Local	299	254
DEATHS — TOTAL	30	36
Institutional (over 48 hours)	17	25
Institutional (under 48 hours)	7	4
Non-institutional (OPD/ER)	6	7
X-RAY EXAMINATIONS — TOTAL	7,207	6,755
In-patient	1,651	1,729
Out-patient	5,556	5,026

	1982	1983
LABORATORY PROCEDURES — TOTAL	73,661	75,826
In-patient	24,205	26,004
Out-patient	32,341	32,752
Referred in	17,115	17,070
Referred out	7,941	8,314
PRESCRIPTIONS FILLED — TOTAL	68,385	62,336 ¹
In-patient	12,756	3,812 ²
Out-patient	55,165	58,524
Oneida Pharmacy	464	N.A.
Unit Dose — In-patient	N.A.	74,332 ²
PHYSICAL THERAPY		
TREATMENT — TOTAL	1,691	1,829
In-patient treatments	441	494
Out-patient treatments	1,041	1,159
Home Health treatments	209	176
ELECTROCARDIOGRAMS — TOTAL	1,638	1,804
In-patient	895	911
Out-patient	743	893
RESPIRATORY THERAPY — TOTAL	14,810	27,200
In-patient procedures	13,876	26,353
Out-patient procedures	934	847
MBH DENTAL VISITS — TOTAL	1,348	1,805 ³
Average Visits Per Day	5.3	7.2 ³
WOOTON DENTAL VISITS — TOTAL	1,632	775 ⁴
Average Visits Per Day	6.4	5.1 ⁴
HOME HEALTH VISITS — TOTAL	7,791	8,419
Average Visits Per Day	30.7	33.4
EMERGENCY ROOM VISITS — TOTAL	5,789	5,643
Average Visits Per Day	15.9	15.5
ADMITTED THROUGH EMERGENCY ROOM — TOTAL		
	763	784
MBH (HYDEN) CLINIC VISITS — TOTAL	23,266	22,685
General Clinic	14,580	13,674
Pediatric	4,563	4,622
GYN	619	312
MTD	3,504	4,077
Average Visits Per Day	91.6	90.0
SPECIAL CLINICS — TOTAL	751	637
ENT	319	217
Orthopedic	283	324
Ophthalmology	149	96

	1982	1983
DISTRICT CLINICS — TOTALS	18,702	15,436
Average Visits Per Day	73.6	61.3
BEECH FORK CLINIC — TOTAL	5,373	4,831
Average Visits Per Day	21.2	20.9
COMMUNITY HEALTH CENTER — TOTAL ...	3,893	4,821
Average Visits Per Day	15.3	19.1
ONEIDA CLINIC — TOTAL	4,321	1,062 ⁵
Average Visits Per Day	17.0	11.5 ⁵
PINE MOUNTAIN CLINIC — TOTAL	1,683	1,818
Average Visits Per Day	6.6	7.2
WOOTON CLINIC — TOTAL	3,432	2,583
Average Visits Per Day	13.5	10.3

¹ Excludes Unit Dose

² Pharmacy began Unit Dose, August 1982

³ Closed 10/1/82 to 12/12/82 for renovation

⁴ Closed

⁵ Closed 9/10/82 — figures are for 83 days of operation

COURIER AND VOLUNTEER HOURS AND DAYS REPORT May 1982 to April 1983

Departments Served	Couriers (Hours)	Volunteers (Hours)	Special Work Groups (Hours)
Accounting			
— Mary Combs	3.25		
— George Wyatt	7.00		
Administration			
— Disaster Drill	7.00	3.00	
— District Crafts	8.00	3.00	
— Hospital Inventory	14.00		
— Shredding Medical Directives	23.50	3.00	
Audio-Visual	9.00	28.25	
Beech Fork Clinic			
— Christmas Party	12.00		
— House Cleaning	6.50		50.00
— Nurse's Aide	247.00	82.00	
— Painting Old Clinic	87.50	21.75	
Business Office			
— Ann Browning	8.00	41.00	
— Wilma Whitaker	48.25		
— Filing (reorganization)	80.00		24.00
Central Supply/Purchasing	29.75		
CHC			
— Office Work	36.00		
— House Cleaning	9.00		

	Couriers (Hours)	Volunteers (Hours)	Special Work Groups (Hours)
Data Processing	2.00	288.00	
Dentistry — MBH	12.00		
Emergency Room	374.25	449.50	
ENT Clinic	29.00		
Finance Department			
— Paulette Morgan	3.25		
— Deeds Inventory	14.00		
— Shredding	83.50	3.00	
Frontier School of Midwifery and			
Family Nursing	66.50	16.50	
GRAB Sale	48.50		
Home Health			
— Moving to and Cleaning			
New Office	7.00	4.00	
— Observation	26.00	3.00	
— Time Study	43.50		
Hope House	281.25	4.00	
Housekeeping — St. Christopher's			
Chapel	2.00		15.00
Hyden Clinic			
— Nurse's Aide	453.00	297.00	
— Pediatrician's Clinic (painting)	57.00		
— Observation:			
Dr. Wasson	9.00	4.00	
Dr. Carey	8.00	32.00	
Dr. Morris	82.50	54.50	
Dr. Lindsay		12.00	
Dr. Santacroce	8.50		
Dr. Edenfield	4.00		
Nancy Fishwick	9.50		
Martin Bledsoe	15.00		
Joy House — Cleaning	5.75		
Laboratory	103.25	21.50	
Leslie County 4-H Extension Service	8.00		
Leslie County Humane Society	25.00		
LKLP (special project)	15.00	9.25	
Maintenance			
— Car Repair and Transportation	164.00		
— Hospital Yard Work	28.25		
Mary Breckinridge Festival			
— FNS Float	75.00		
— Sorghum Stir-off	15.00		
Maternity			
— Nurse's Aide	132.50	64.50	
— Ward Clerk	55.00		
— MTD Clinic	7.50		
— Childbirth Classes	19.00		
Medical Records	2.50		

	Couriers (Hours)	Volunteers (Hours)	Special Work Groups (Hours)
Med - Surg			
— Nurse's Aide	424.00	269.50	
— 'Round-the-Clock Coverage for Special Patients	338.00	96.00	
Oncology	46.50	279.00	
Oneida Clinic			
— House Cleaning	24.25		
— Nurse's Aide	49.75		
— Office Work	5.00		
— Painting	3.00	17.50	
— Community Resource Project	33.00		
Operating Room	95.00	44.00	
Orientation	90.00	20.00	
Patient Representative	13.00		
Payroll	4.50		
Pharmacy			
— Labels	135.75		
— Counting Medication for Unit Dosage System	25.75		
Physical Therapy			
— Observation	123.00	514.50	
— Orthopedic Clinic	29.00		
Pine Mountain Clinic	4.00	49.00	
Print Shop	93.50		
Promotion and Development			
— Jessie Kline (special projects)	144.00		
— Christmas Activities	44.50		
— Indexing Bulletin	120.25		
— Donor Office	88.25		
— Miscellaneous	28.00		
Research			
— Clinic Flow (Martin Bledsoe)	3.00		
— Post-partum Depression (L. Kruckman)	15.00		
— Car Seat Costs (Dr. Morris)	11.00		
Rounds			
— Long	569.00	28.50	
— Short	389.50		
Transportation			
— Guests (Lexington)	312.50	20.75	
— Guests (Hazard)	9.50		
— Guests (London)	31.50		
— Patients	23.50		
— Staff	78.00	8.00	

	Couriers (Hours)	Volunteers (Hours)	Special Work Groups (Hours)
Wendover			
— Chopping Wood	72.00		
— Gardening/Yard Work	453.25	231.50	146.00
— Kitchen Help	241.50	50.00	14.00
— Painting	85.50	17.00	10.00
— Miscellaneous	229.75	21.50	
— Carpentry		10.00	
— Housekeeping	64.50		
Wooton Clinic			
— Nurse's Aide	12.00		
— Secretarial	16.00		
— Painting/Cleaning	76.75	8.00	
Wooton Dental			
— Secretarial	86.00		
— Moving to Hyden	13.50		
X-Ray	329.00	8.00	
Total Hours	8015.00	3137.50	259.00
Total Days	1,155	404	52

Total number of couriers — 38
 Total number of volunteers — 7
 Total number of special work groups — 2 groups (13 people)

Report submitted by Danna Larson
 June 20, 1983

Kate Ireland, National Chairman
Homer L. Drew, Treasurer
David M. Hatfield, M.B.A., F.A.C.H.A., Director

FRONTIER NURSING SERVICE, INC.

Director: David M. Hatfield, M.B.A., F.A.C.H.A.

Administrative and Support Services

Director of Operations: Charles Coleman, B.S.

Director of Finance: John L. Gilman, Jr. B.B.A.

Director of Development: Ronald G. Hallman, B.A.

Director of Personnel: Darrell J. Moore, B.A.

Coordinator of Wendover and the Courier/Volunteer Program, Danna Larson, B.S.N.

Donor Secretary: Ruth O. Morgan

Food Service Manager: Mae Campbell

Housekeeping: Lillie Campbell

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

Maintenance: John C. Campbell

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

Pharmacy: Joe R. Lewis, R. Ph.

Purchasing: Nannie Hornsby

Respiratory Therapy: Diana Fortney, C.R.T.

Social Work: Ruth Ann Dome, B.S.W.

X-Ray: Mike Dooley, R.T.

MARY BRECKINRIDGE HOSPITAL**Medical Staff****STAFF PHYSICIANS**

Diana Edenfield, M.D., Women's Medicine

Andre F. Lijoi, M.D., Family Practice

Alice Lindsey, M.D., Family Practice

Laurie Matthews, M.D. Family Practice

Peter J. Morris, M.D., Pediatrics,

Medical Director

James P. Santacroce, M.D., Internal Medicine

ATTENDING PHYSICIANS

Safooh Allouch, M.D., D.A.B.S.,

General Surgeon

Brent Brandon, M.D., Radiology

Dental Staff

Carol Lee Walker, D.M.D.

Nursing Staff

Mary Weaver, R.N., A.D.N., C.N.M., C.F.N.P.,

Director of Nursing

Susan Baker, R.N., C.F.N.M.,

Midwifery Coordinator

Molly Lee, R.N., C.N.M.,

Senior Nurse-Midwife

Betty McQueen, R.N.,

Hospital Nursing Care Coordinator

Martin Bledsoe, R.N., C.F.N.P.,

Hyden Clinic Coordinator

Patricia R. Campbell, R.N.

Oncology Nurse

Frontier Nursing Service, Hyden, Kentucky 41749**606-672-2901****Frontier Nursing Service, Wendover, Kentucky 41775****606-672-2317**

F.N. indicates nurses who have completed post-graduate education in Family Nursing.

C.F.N.P. indicates family nurse practitioners who have taken and passed the national certifying examination

C.N.M. indicates family nurse-midwives who have taken and passed the national certifying examination.

FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING

Ruth C. Beeman, R.N., C.N.M., M.P.H.,

Dean and Director

Arlene Bowling Day, R.N., B.S.N., C.F.N.P., C.N.M.,

Family Nurse Instructor

Deirdre Poe, R.N., M.S., C.F.N.P., C.N.M.,

Family Nurse Education Coordinator

Susan Kanvik, M.P.H.,

Administrative Assistant

Alice Whitman, Registrar

DISTRICT NURSING SERVICE**Jessie Preston Draper Memorial****Nursing Center (Beech Fork)**

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

Project Director

Sue Lazar, M.S.N., C.A.N.P.

Community Health Center (Big Creek)

SUCCESSOR TO The Carolina Butler

Atwood Memorial Nursing Center

(Flat Creek), The Clara Ford

Nursing Center (Red Bird)

and The Betty Lester Clinic

(Bob Fork).

Susan Hull, R.N., B.S.N., C.F.N.P.,

Project Director

Rose Rokis, B.S.N., M.A., C.F.N.P.,

Wooton Center

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

Project Director

Sr. Joan Gripshover, F.N.P.

Pine Mountain Center

Gertrude Morgan, B.A., R.N., F.N.P.,

Project Director

District Records: Nancy Williams**HOME HEALTH AGENCY**

Diane Wilson, R.N., Coordinator

Glenna Allen, R.N.

Laurel Erzinger, R.N.

Anna Lisa Palmquist, R.N.C.

Carolyn White, R.N.

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Ernst & Whinney, Lexington, Ky.

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Mrs. R.B. Campbell, Hyden, Ky.
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URGENT NEEDS

The Big House, Mrs. Breckinridge's lovely old home at Wendover, receives hundreds of guests and visitors each year. Normal wear and tear over the years have taken their toll on the original furniture in the living room. Springs rest on the floor, and several chairs are simply unsafe for sitting. We are asking our FNS friends to help us repair and upholster Mrs. Breckinridge's furniture in order to preserve it and to insure the continued use of the Big House living room for guests and the FNS family.

Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

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 service has ongoing needs for health career students, gardeners, and carpenters, and occasionally for specialists in other areas. For current information, write Danna Larson, Coordinator of Couriers and Volunteers, Frontier Nursing Service, Wendover, Kentucky 41775 (phone 606-231-2317).

FNS WALL CALENDARS FOR SALE

New 1984 wall calendars, illustrated with photographs of the Frontier Nursing Service and its activities, are now for sale. Calendars can be obtained, for \$2.50 each, from the Office of the Director, Frontier Nursing Service, Mary Breckinridge Hospital, Hyden, Kentucky 41749



FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

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

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