

# FNS

FRONTIER NURSING SERVICE

Volume 57

Number 1

Summer 1981

QUARTERLY BULLETIN



FIFTY-SIXTH ANNUAL REPORT



Mary Breckinridge, L.L.D., R.N., S.C.M., 1881-1965  
Founder and Director 1925-1965  
1981 — The 100th Anniversary of Her Birth

US ISSN 0016-2116



It was a great reunion at the Annual Meeting: Helen Browne, "Brownie", Miss Agnes Lewis, and Vanda Summers

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FRONTIER NURSING SERVICE QUARTERLY BULLETIN  
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**FIFTY-SIXTH ANNUAL REPORT**  
**of the**  
**FRONTIER NURSING SERVICE, Incorporated**  
**for the Fiscal Year**  
**May 1, 1980 to April 30, 1981**

**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, 1981.

# 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, 1981 and 1980, 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, 1981 and 1980, 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 12, 1981

## BALANCE SHEETS

## FRONTIER NURSING SERVICE, INC.

	April 30	
	1981	1980
<u>UNRESTRICTED FUNDS</u>		
CURRENT ASSETS		
Cash and short-term investments	\$ 247,331	\$ 272,008
Accounts receivable:		
Patients	1,476,906	1,323,655
Other	85,952	107,668
	<u>1,562,858</u>	<u>1,431,323</u>
Less allowance for uncollectible accounts	695,422	730,570
	<u>867,436</u>	<u>700,753</u>
Inventories--Note A	122,631	95,192
Prepaid expenses	34,238	42,330
TOTAL CURRENT ASSETS	<u>1,271,636</u>	<u>1,110,283</u>
PROPERTY AND EQUIPMENT--Note A		
Land	142,163	103,945
Buildings	2,524,450	2,341,051
Equipment	2,231,469	2,178,501
	<u>4,898,082</u>	<u>4,623,497</u>
Less accumulated depreciation	1,680,104	1,479,335
	<u>3,217,978</u>	<u>3,144,162</u>
BOARD-DESIGNATED FUNDS--Notes A and D		
Cash	41,625	1,690
Consolidated Fund investments	1,523,045	1,808,197
Depreciation Fund investments	215,587	
	<u>1,780,257</u>	<u>1,809,887</u>
Less endowment fund investments (restricted)	56,000	199,919
	<u>1,724,257</u>	<u>1,609,968</u>
	<u>\$6,213,871</u>	<u>\$5,864,413</u>
<u>RESTRICTED FUNDS</u>		
ENDOWMENTS--Notes A, C and D		
Cash	\$ 53,757	\$ 15,472
Student loan receivable	68,204	45,651
Investments	704,868	504,314
Investments included in Consolidated Fund	56,000	199,919
	<u>\$ 882,829</u>	<u>\$ 765,356</u>

	April 30	
	1981	1980
<u>UNRESTRICTED FUNDS</u>		
CURRENT LIABILITIES		
Accounts payable	\$ 314,034	\$ 175,737
Accrued salaries and payroll taxes	153,125	121,913
Accrued vacation expense	136,821	108,062
Unexpended special purpose funds	168,767	123,663
Other current liabilities	94,126	
Payable to third party programs--Note B	24,478	98,178
Current portion of long-term debt--Note F	26,455	21,695
TOTAL CURRENT LIABILITIES	<u>917,806</u>	<u>649,248</u>
LONG-TERM DEBT, less current portion--Note F	36,000	58,760
FUND BALANCE	5,260,065	5,156,405
	<u>\$6,213,871</u>	<u>\$5,864,413</u>
<u>RESTRICTED FUNDS</u>		
FUND BALANCE--Note C		
Permanent	\$ 882,829	\$ 665,356
Term		100,000
	<u>\$ 882,829</u>	<u>\$ 765,356</u>

See notes to financial statements.

STATEMENTS OF REVENUES AND EXPENSES  
FRONTIER NURSING SERVICE, INC.

	Year Ended April 30	
	1981	1980
PATIENT SERVICE REVENUES		
Mary Breckinridge Hospital:		
Inpatient services	\$2,216,859	\$1,708,544
Outpatient services	851,405	682,071
Primary care center	893,634	829,803
Primary care extensions	344,690	312,003
Home health	367,951	351,687
	<u>4,674,539</u>	<u>3,884,108</u>
Less contractual allowances, charity, and bad debts	942,689	1,000,438
NET PATIENT SERVICE REVENUES	3,731,850	2,883,670
OTHER OPERATING REVENUES	778,690	800,622
TOTAL OPERATING REVENUES	<u>4,510,540</u>	<u>3,684,292</u>
OPERATING EXPENSES		
Salaries and wages	2,720,118	2,329,291
Fringe benefits	302,539	228,756
Medical services and supplies	1,746,859	1,449,376
Facility costs	495,253	499,545
	<u>5,264,769</u>	<u>4,506,968</u>
LOSS FROM OPERATIONS	(754,229)	(822,676)
NONOPERATING REVENUES		
Unrestricted donations:		
Deposited into Consolidated Fund	150,719	129,936
Retained for use in operations	406,297	383,036
Unrestricted income from endowment and other funds	33,307	30,525
Investment income from Board-designated funds	170,003	140,828
Gain (loss) from sale of investments--Board- designated funds	4,092	72,532
Coal royalties	89,405	
Other nonoperating revenues	19,721	87,009
	<u>873,544</u>	<u>843,866</u>
EXCESS OF REVENUES OVER EXPENSES BEFORE FOLLOWING ITEM	119,315	21,190
Revenue from donated services resulting from waiver of refund for services in the fiscal year ended April 30, 1979--Note G		<u>120,135</u>
EXCESS OF REVENUES OVER EXPENSES	<u>\$ 119,315</u>	<u>\$ 141,325</u>

See notes to financial statements.

Certain 1980 amounts have been reclassified to conform to 1981 classifications



STATEMENTS OF CHANGES IN FUND BALANCES

FRONTIER NURSING SERVICE, INC.

	Unrestricted Funds	Endowment Funds	
		Permanent	Term
Balances at May 1, 1979	\$4,967,300	\$596,907	\$ 100,000
Excess of revenues over expenses for the year ended April 30, 1980	141,325		
Restricted contributions used for purchase of property and equipment	47,780		
Restricted contributions used for revolving financial aid fund		60,343	
Contributions restricted for specific purpose (additions to endowment)		1,230	
Restricted revenue earned by endow- ments held in Consolidated Fund		4,361	
Gain on sale of investments		2,515	
Balances at April 30, 1980	<u>5,156,405</u>	<u>665,356</u>	<u>100,000</u>
Excess of revenues over expenses for the year ended April 30, 1981	119,315		
Restricted contributions used for purchase of property and equipment	102,667		
Fair value of donated land	38,000		
Transfer of funds to restricted fund balance	(156,322)	156,322	
Contributions restricted for specific purpose (additions to endowment)		44,255	
Restricted revenue earned by specific purpose funds		722	
Gain (loss) on sale of investments		16,174	(50,000)
Transfer of term endowment to unexpended special purpose funds			(50,000)
Balances at April 30, 1981	<u>\$5,260,065</u>	<u>\$882,829</u>	<u>\$ -0-</u>

See notes to financial statements.

STATEMENTS OF CHANGES IN FINANCIAL POSITION  
FRONTIER NURSING SERVICE, INC.

	Year Ended April 30	
	1981	1980
SOURCE OF WORKING CAPITAL		
Loss from operations	\$(754,229)	\$(822,676)
Charge to operations not affecting working capital - depreciation	209,874	203,079
FUNDS REQUIRED FOR OPERATIONS	<u>(544,355)</u>	<u>(619,597)</u>
Nonoperating revenues	873,544	843,866
Revenue from donated services resulting from waiver of refund for services in the fiscal year ended April 30, 1979	<u>329,189</u>	<u>120,135</u>
		344,404
Disposals of property and equipment	585	2,726
Restricted contributions used for purchase of property and equipment	102,667	47,780
Donated land	<u>38,000</u>	
	470,441	394,910
APPLICATION OF WORKING CAPITAL		
Additions to property, equipment, and land	284,274	129,790
Increase in Board-designated funds	114,289	211,529
Decrease in long-term debt	22,761	12,885
Transfer of funds to restricted funds	<u>156,322</u>	
	577,646	<u>354,204</u>
(DECREASE) INCREASE IN WORKING CAPITAL	<u>\$(107,205)</u>	<u>\$ 40,706</u>
CHANGES IN COMPONENTS OF WORKING CAPITAL		
Increase (decrease) in current assets:		
Cash and short-term investments	\$ (24,677)	\$ (71,930)
Accounts receivable - net of allowance	166,683	292,040
Due from Medicaid		(87,599)
Inventories	27,439	(21,471)
Prepaid expenses	<u>(8,092)</u>	<u>15,854</u>
	161,353	126,894
(Decrease) increase in current liabilities:		
Accounts payable	138,297	52,075
Accrued salaries and payroll taxes	31,212	13,575
Accrued vacation expense	28,759	6,021
Unexpended special purpose funds	45,104	42,828
Other current liabilities	94,126	(128,782)
Payable to third party programs	(73,700)	98,178
Current portion of long-term debt	<u>4,760</u>	<u>2,293</u>
	268,558	86,188
(DECREASE) INCREASE IN WORKING CAPITAL	<u>\$(107,205)</u>	<u>\$ 40,706</u>

See notes to financial statements.

## NOTES TO FINANCIAL STATEMENTS

FRONTIER NURSING SERVICE, INC.

April 30, 1981

## 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 out-lying 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 regardless of whether collection in full is expected. Contractual allowances, charity, and 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. Donations under will 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 Consolidated Investment Fund for accumulating funds for such operating and general purposes as they may determine.

The Board of Governors has designated that unrestricted donations and income from the principal portion of the Consolidated Investment Fund be used to subsidize care for indigent patients unless such funds are specifically designated by the Board for other uses.

In 1981, the Board of Governors adopted the policy of funding depreciation. Amounts so funded are designated for replacement, expansion or improvements of the Service's facilities.

Restricted Funds: Restricted funds represent endowments, the principal or corpus of which cannot be expended. Income from such endowments is available

## NOTES TO FINANCIAL STATEMENTS--Continued

## FRONTIER NURSING SERVICE, INC.

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

for operating purposes and is credited to revenue when earned in accordance with donor's instructions.

Frontier Nursing Service, Inc. is also income beneficiary of certain trust funds (aggregate market value at April 30, 1981 and 1980--approximately \$440,000 and \$392,000, respectively) which are not administered or controlled by the Service. Accordingly, such funds are not included in the balance sheets at April 30, 1981 and 1980.

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.

## NOTE B--MEDICARE AND MEDICAID PROGRAMS

The Service participates in the Medicare and Medicaid Programs for eligible services. These Programs make interim payments to the Service based on estimates during the year and the difference between estimated payments and amounts actually due to the Service are determined based on cost reports prepared by the Service at year-end. These Programs reimburse the Service for services provided to Program beneficiaries based upon the lower of Program costs or customary charges. In the past, costs for the Hospital and Clinics exceeded customary charges and thus, reimbursement was limited to the amount of customary charges. The Programs permit carrying forward amounts not reimbursed due to this limitation for two years. During 1981, charges exceeded cost and a portion of such carryforward (i.e., the difference between cost and charges) was recouped. Home Health Agency reimbursement in 1981 was not limited because of the lower of cost or charge principle. The estimated payable to the Medicare Program for the Home Health Agency during 1981 is included in the financial statements. Audits or reviews of the cost reports have been substantially completed by the federal or state agencies through the year ended April 30, 1979 and adequate provision has been made for the results thereof and other potential adjustments for 1980 and 1981 costs reports, which have not yet been audited.

NOTES TO FINANCIAL STATEMENTS--Continued

FRONTIER NURSING SERVICE, INC.

NOTE C--EXPIRATION OF TERM ENDOWMENT

At April 30, 1980, endowment funds included a term endowment consisting of a \$100,000 unsecured note receivable due December 31, 1988. During 1981, the note was sold to the issuer for \$50,000, resulting in a loss of \$50,000. Concurrent with the sale, the term restriction expired. The proceeds are to be expended over the next five years to meet certain expenses and consequently, the proceeds have been transferred to the unexpended portion of special purpose funds.

NOTE D--INVESTMENTS

The carrying value and approximate market value at April 30, 1981 and 1980 are summarized as follows:

	1981		1980	
	Carrying Value	Market	Carrying Value	Market
Investments recorded in:				
Board-designated funds:				
Consolidated Investment Fund:				
U.S. Government obligations	\$ 196,263	\$ 194,644	\$ 358,207	\$ 356,372
Corporate bonds	736,950	439,750	736,950	490,181
Common stocks	589,832	1,130,947	613,040	995,707
Other-term endowment			100,000	
	1,523,045	1,765,341	1,808,197	1,842,260
Depreciation fund:				
U.S. Government obligations	215,587	215,587		
	<u>\$1,738,632</u>	<u>\$1,980,928</u>	<u>\$1,808,197</u>	<u>\$1,842,260</u>
Endowment funds:				
Short-term money-market certificates	\$ 12,229	\$ 12,229	\$	\$
U.S. Government obligations	145,121	145,121		
Corporate bonds	85,028	41,738	85,028	49,751
Common stocks	121,802	183,837	89,236	91,153
Investments in common trust funds	340,688	414,699	330,050	340,163
	<u>\$ 704,868</u>	<u>\$ 797,624</u>	<u>\$ 504,314</u>	<u>\$ 481,067</u>

## NOTES TO FINANCIAL STATEMENTS--Continued

## FRONTIER NURSING SERVICE, INC.

## NOTE E--RETIREMENT PLAN

Frontier Nursing Service, Inc. has a 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. Past service liability is being funded over a period of 20 years. Total retirement plan expense for the years ended April 30, 1981 and 1980 was \$55,719 and \$56,277, respectively. The most recent available actuarial valuation does not include information required for disclosure in accordance with Financial Accounting Standards Board Statement No. 35, and these disclosures are therefore not presented.

## NOTE F--LONG-TERM DEBT

Long-term debt consists of the following:

	April 30	
	1981	1980
6% unsecured promissory note--principal payable in annual installments of \$18,000 through April 1984; interest payable in semi-annual installments through April 1984	\$54,000	\$72,000
Non-interest bearing unsecured installment note to DHEW due in 1981	8,455	8,455
	<u>62,455</u>	<u>80,455</u>
Less: Current portion	<u>26,455</u>	<u>21,695</u>
TOTAL LONG-TERM PORTION	<u>\$36,000</u>	<u>\$58,760</u>

## NOTE G--REVENUE FROM DONATED SERVICES

Revenue (\$101,500 - 1981; \$298,777 - 1980 and 1979) representing the value of donated services for salary expenses of professionals provided by National Health Services Corps (NHSC) has been recorded based upon the expectation of receiving a full or partial waiver for refunding the value of such services to NHSC.

**FRONTIER NURSING SERVICE, INCORPORATED  
CONTRIBUTIONS PLACED IN TRUST  
MAY 1, 1980 TO APRIL 30, 1981**

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
- Kate Ireland Fund
- William Waller Carson Fund in honor of  
Katherine Breckinridge Carson Breckinridge
- Ann Allen Danson Memorial Fund
- Bolton Foundation
- Frontier School of Midwifery and Family Nursing
- Elizabeth Canby Bradford duPont Memorial
- Lucie Wilshire Graham Memorial
- Louise H. Parsons Legacy
- Frances P. Bolton Legacy
- Grace Anne McDonald Legacy
- Jean Brown Legacy
- Elizabeth R. Lewis Legacy
- Joan H. Henderson Legacy
- Lennox L. Allen Legacy
- Elizabeth Hope McCown Legacy

**FRONTIER NURSING SERVICE, INCORPORATED**  
**LEXINGTON, KENTUCKY**  
**STATEMENT OF DONATIONS AND SUBSCRIPTIONS PAID**  
**MAY 1, 1980 TO APRIL 30, 1981**

**SUMMARY**

	Contributions	Benefits and Bargain Box	Total
Baltimore Committee .....	\$ 1,171	\$	\$ 1,171
Boston Committee .....	16,195	7,000	23,195
Chicago Committee .....	7,078		7,078
Cincinnati Committee.....	4,568		4,568
Cleveland Committee .....	87,468		87,468
*Daughters of Colonial Wars .....	9,921		9,921
Detroit Committee .....	16,246		16,246
Hartford Committee.....	1,271		1,271
**Kentucky:			
Blue Grass Committee .....	53,180		53,180
Louisville Committee.....	26,279		26,279
Miscellaneous State .....	49,030		49,030
Minneapolis Committee .....	2,011		2,011
New York Committee .....	89,533	8,975	98,508
Philadelphia Committee.....	19,192	4,425	23,617
Pittsburgh Committee.....	29,702		29,702
Princeton Committee.....	1,291		1,291
Providence Committee .....	630		630
Rochester Committee.....	16,627		16,627
Washington, D.C. Committee .....	25,734	4,000	29,734
Miscellaneous .....	78,422		78,422
<b>TOTALS.....</b>	<b>\$535,549</b>	<b>\$24,400</b>	<b>\$559,949</b>

**Total Contributions Above**

Restricted	\$154,966
Unrestricted	380,549
	<u>\$535,549</u>

\*Donations from various state chapters.

\*\*Total for Kentucky: ..... \$128,489 \$128,489



**II.  
REPORT OF OPERATIONS**

**Comparative Analysis of Service Provided  
In the Two Fiscal Years, 1980 and 1981**

**1.  
HOSPITAL**

	1980	1981
ALL PATIENTS (Excludes Newborn):		
PERCENT OF OCCUPANCY .....	58.0%	64.3%
PATIENT DAYS — TOTAL .....	8,488	9,390
Medical-Surgical Unit Days .....	N.A.	7,734
Obstetrical Unit .....	N.A.	1,656
ADMISSIONS — TOTAL .....	1,955	2,200
Medical-Surgical Unit .....	N.A.	1,696
Obstetrical Unit .....	N.A.	504
AVERAGE DAILY CENSUS .....	23.2	25.7
AVERAGE LENGTH OF STAY .....	4.3	4.3
NEWBORN:		
Percent of Occupancy .....	36.7%	35.0%
Patient Days — Total .....	1,343	1,278
Admissions — Total .....	319	338
Average Daily Census .....	3.7	3.5
Average Length of Stay .....	4.2	3.8
DELIVERIES — TOTAL .....	318	339
OPERATIONS — TOTAL .....	502	795
Major .....	166	516
Minor .....	234	191
ENT .....	102	88
ANESTHESIA — TOTAL .....	502	792
Spinal .....	4	20
General .....	389	625
Local .....	109	147

	1980	1981
DEATHS — TOTAL .....	39	26
Institutional (over 48 hours) .....	17	16
Institutional (under 48 hours) .....	11	8
Noninstitutional (OPD/ER) .....	11	2
X-RAY EXAMINATIONS — TOTAL .....	6,644	7,530
Inpatient .....	1,641	1,659
Outpatient .....	5,003	5,871
LABORATORY PROCEDURES — TOTAL .....	70,537	82,229
Inpatient .....	19,507	23,542
Outpatient .....	27,761	32,232
Referred in .....	16,096	18,329
Referred out .....	7,173	8,196
PRESCRIPTIONS FILLED — TOTAL .....	66,428	68,756
Inpatient .....	11,310	11,018
Outpatient .....	46,371	51,395
Oneida Pharmacy .....	8,747	6,343
PHYSICAL THERAPY TREATMENT — TOTAL .....	2,116	1,407
Inpatient treatments .....	944	438
Outpatient treatments .....	1,120	855
Home Health treatments .....	52	114
ELECTROCARDIOGRAMS — TOTAL .....	1,563	1,634
Inpatient .....	846	882
Outpatient .....	717	752
RESPIRATORY THERAPY — TOTAL .....	7,846	9,484
Inpatient treatments .....	6,368	9,084
Outpatient treatments .....	1,478	400
MBH — DENTISTRY — TOTAL .....	2,277	1,807
Inpatient .....	9	4
Outpatient .....	2,268	1,803
Average Per Day .....	9.0	7.1
WOOTON DENTAL VISITS — TOTAL .....	667	1,639
Average Visits Per Day .....	5.7	6.5
HOME HEALTH VISITS — TOTAL .....	7,018	7,740
EMERGENCY ROOM VISITS — TOTAL .....	5,939	6,243
Average Visits Per Day .....	16.2	17.1

	1980	1981
ADMITTED THROUGH E. R. — TOTAL	678	789
PCC VISITS BY CLINIC — TOTAL	27,615	25,088
General Clinic	14,412	14,104
Diagnostic	157	1
Pediatric	6,340	5,332
Well Child	174	50
Family Planning	416	263
GYN	591	320
PAP	198	45
ENT	411	260
Orthopedic	358	345
Ophthalmology	275	215
MTD	4,283	4,153
Average Visits Per Day	103.6	98.9
DR. ALLOUCH VISITS — TOTAL	262	2,103
Average Visits Per Day	10.1	13.0
PCC EXTENSIONS — TOTAL VISITS	22,923	21,756
Average Visits Per Day	89.5	85.7
PINE MOUNTAIN CLINIC — TOTAL	1,490	1,791
Average Visits Per Day	6.9	7.1
BEECHFORK CLINIC — TOTAL	5,218	5,632
Average Visits Per Day	20.4	22.2
WOOTON CLINIC — TOTAL	3,894	4,113
Average Visits Per Day	15.2	16.2
COMMUNITY HEALTH CENTER — TOTAL	3,159	4,591
Average Visits Per Day	20.5	18.1
ONEIDA CLINIC — TOTAL	7,089	5,629
Average Visits Per Day	27.7	22.2
BOBFORK CLINIC — TOTAL	1,165	N.A.
Average Visits Per Day	11.0	N.A.
RED BIRD CLINIC — TOTAL	908	N.A.
Average Visits Per Day	8.6	N.A.

**COURIER AND VOLUNTEER HOURS AND DAYS REPORT**  
**May, 1980 - April, 1981**

Departments Served	Couriers	Volunteers
Accounting	8	
Administration		
—Craft Fair	3	
—Employees' Christmas Party	3.5	
—Employees' Children's Christmas Party	2	
—FNS Cookbook	8.5	
—Ron Hart	12	
—statistics	46.25	
Audit	63.5	
Auxiliary		
—Gift Shop	15.5	
—Used Clothing	15.75	
Beechfork Clinic	182	48
Betty Lester's Yard	6.75	
Business Office	89.25	1
Business Office—Grace	13	4
Community Health Center	19	16
Dental Department	115	12.5
Dietary	20	
Dr. Carey	4	
Donor Office	12	
Education	274.5	
Emergency Room	18.5	57.5
ENT Clinic	30.5	
Finance	4	
GRAB	26.5	1.5
Home Health	79.5	17.75
Hope House	107.25	
Lab	363.5	
Library	120.5	
Leslie County Ambulance Service		247
Leslie County School System		
—High School P.E.	16	
—Hyden Elementary tutoring	25	

Medical Records	234	1
Medical-Surgical floor	225.6	246.5
OB floor	95.5	
Oncology	43.25	2
Oneida Clinic	310.5	7
Operating Room	54.5	89
Oral History Project	56.75	412
Orientation	70.5	40.75
Patient Transport	47.25	
PCC	382	95.25
Pharmacy	10.5	
Physical Therapy	111.25	
Pine Mountain Clinic	26.75	
Print Shop—Bill Weaver	45	
Promotion and Development		
—District Christmas Parties	13.5	4
—Misc.	21	32
Public Relations		1021.25
Rounds		
—Long	606.25	25.5
—Short	523.25	10.5
Senior Citizens	5	
Social Services	62.5	24.5
Transportation	681	80
Wendover		
—Garden	170	326.25
—Half-tones	42.5	
—Misc.	747.75	223
—Sister Adeline's letters	39	4
X-ray	331	4.5
	<hr/>	<hr/>
Total Hours	6660.75	3054.25
Total Days	1018	452
Total number of Couriers — 32		
Total number of Volunteers — 13		

KATE IRELAND, National Chairman  
 HOMER L. DREW, Treasurer  
 ELAINE M. PENDLETON, R.N., C.N.M., Director

## A DAY IN THE MOUNTAINS

For the first time in its fifty-six year history, the Frontier Nursing Service celebrated its annual meeting here in Hyden. Until recently, the meetings had been held in Lexington, partly because there were no facilities in the county to accommodate a crowd of one hundred or more. Saturday morning, June 13, dawned bright and sunny and quite hot, but the mood was festive as we awaited an expected guest list of nearly 150.

Much work went into the preparation for the occasion. Mrs. Cloma Moore 'mobilized' the Women's Auxiliary, many interested women in Hyden and from the area, to bring food: beans, potato salad, cole slaw, pickles, and relishes. The Appalachian Motel cooked the fried chicken and donated the use of three warming pans to keep the beans hot. Women of the MBH Dietary Staff cooked and sliced the ham, made rolls and a large pan cake, and loaned serving utensils. The Couriers and Volunteers made cakes and cookies, iced tea, and walked a marathon serving refreshments inside the gym at the Nixon Center. Dr. Wasson sent dolls, sweaters, prints of the Big House, note cards, FNS T-shirts and sweatshirts, ceramics and cookbooks. Copies of the newly republished *Wide Neighborhoods* were also on sale as were quilts made by craftswomen from the area. Mrs. Fay Farmer took care of reservations and of checking-in at the door. James and Peggy Sizemore, brother and sister 'team' in the Health Careers Program run by Betty Huff, came in uniform to help with serving. (James gave a speech, here reprinted as **The Great Endeavor**.) Many, many thanks are due all the people mentioned above as well as many more who have not been named. And, of course, much is due C. Allen Muncy, County Judge Executive, for allowing us the use of the gym and his assistant, Ronny Barrett who saw to it that carpeting was put on the floor and enough tables and chairs were provided.

It was an especial treat to have about fifty of the large Breckinridge clan down for the day from Lexington where they were celebrating a family reunion. The three or four generations were well represented. Also, members came from many of our district committees as well as the Advisory Committee and the local Board of Governors. In all, the number of friends and supporters totalled nearly 175.



Fay Farmer checking in guests for lunch. Marvin Breckinridge Patterson in foreground.



Mrs. Elizabeth Breckinridge Graham, Washington, DC., Sr. Virginia Taylor, "Elizabeth Camby Bradford Dupont Memorial" District Coordinator, and Dr. Anne Wasson.



Mrs. Job (Anne) Turner, Bluegrass Committee, Mr. W. Johnston, Lexington, and Caroline Carter Stanfill, Lexington.



Pat Campbell at the crafts table with Henry Heyburn in center background.





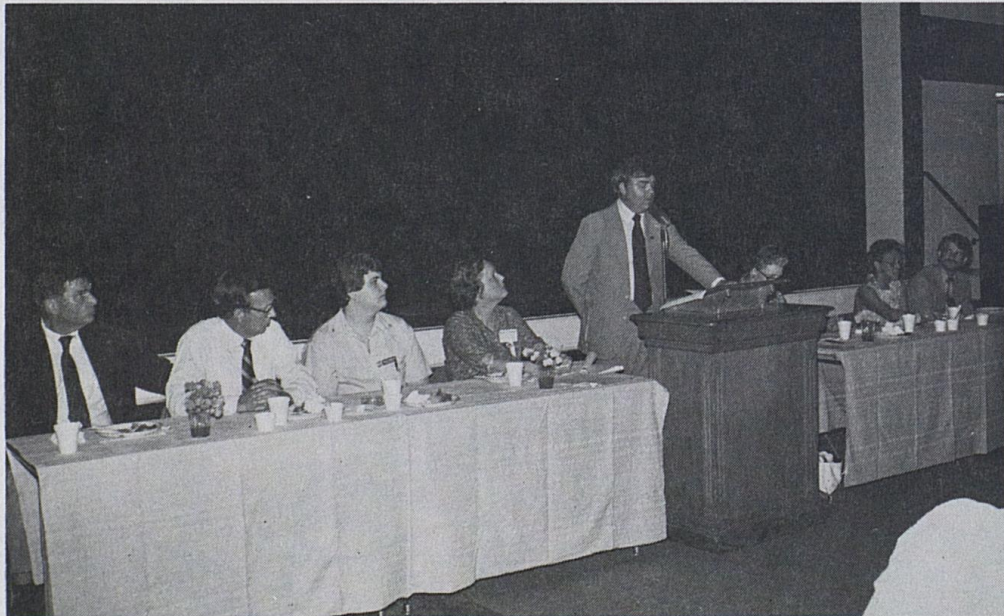
Lunch line in the Nixon Center gymnasium.



Mr. and Mrs. Perle Estridge, Miss Rose Thompson, and Miss Virgie Farmer, all of Hyden.

Guests visited Wendover, the Beech Fork and Wooton Centers, the hospital, and the Leslie Co. Public Library where an exhibit on loan from the University of St. Louis on the history of midwifery was on display.

Rev. Bob Schaeffer of the Methodist Church, Thousandsticks, gave the blessing and Miss Kate Ireland, National Chairman, dispensed with business expeditiously. The following were nominated for and elected as Trustees: Mr. S. Gordon Dabney, Louisville, Ky.; Mrs. Edward N. (Fay) Farmer, Hyden, Ky.; Mr. J. L. Jackson, Jr., Lexington, Ky.; Mrs. Henry Ledford, Marcum, Ky.; Mrs. Lewis Scheffey, Haverford, Pa.; and Mr. Galen J. White, Jr., Louisville, Ky. Mrs. Albert T. (Kitty) Ernst, Perkiomenville, Pa., was re-elected for a one year term as a member of the Board of Governors and the following were re-elected to the Governors with a three year term: Mr. Homer Drew, Lexington, Ky.; Dr. Stuart Graves, Jr., Louisville, Ky.; Miss Kate Ireland, Wendover, Ky.; Mr. Edward A. Mattingly, Hyden, Ky.; Mrs. Alfred R. (Mary) Shands, III, Louisville, Ky.; and Patience White, M.D., Washington, D.C. Elected to the Board were Mrs. John E. (Liz) Dawson, Dover, Mass., and Ms. Ruth Watson Lubic, New York, New York. After James Sizemore spoke on the Health Careers Program, Judge Muncy gave a welcome to those assembled.



Dr. Graves, Homer Drew, James Sizemore, Kate Prewitt, Judge Muncy, Kate Ireland, Elaine Pendleton, and Rev. Bob Schaeffer at the podium table.

“The Frontier Nursing Service,” he said, “through its dedication, devotion and service has embedded upon the hearts of our people its inevitable mark. Through the generations its work and couriers have reached out and touched our lives in unforgettable ways. Our grandparents, our parents and our children have been the benefactors of your generosity. The toil, the suffering — through rain and hail, snow and ice and floods, on foot, on horseback, in jeeps — you have brought your healing care.

If we were a kingdom, we would want the Frontier Nursing Service Couriers to be our palace guards. We feel this way because you have served us well.

Mary Breckinridge said that the body politic of Leslie County belongs to the citizens. I believe that I can say that the love, adulation, and eternal gratitude of the people of Leslie County belongs to the Frontier Nursing Service.

I welcome you to Leslie County on behalf of past and present generations. Stay with us as long as you wish; come back as often as you can — for you are among friends.”

The meeting closed with a report of activities of the Service and hearty thanks from the National Chairman to all those who had helped make the day possible and to those who had travelled so far to make the day a success. Indeed, everyone seemed to have enjoyed their ‘day in the mountains.’



Lunch in the gym.

## THE GREAT ENDEAVOR

by James Sizemore, Health Careers Student

The Leslie County Vocational Health Careers Class had its beginning in August, 1976 and grew out of the need for local people to supply the manpower needs of hospitals and health facilities. It is one of twenty such programs across the state. The program is a) exploratory in that we explore the various health occupations, and it is b) preparatory in that we are prepared as nurses' aides and orderlies. The Health Careers Program would not have been possible without the cooperation of the Frontier Nursing Service in providing the clinical experience.

But the program involves much more than clinical and classroom training. We take part in many community and civic projects. Such activities over the years have included: collecting money for the Heart Fund and the American Cancer Society; assisting FNS staff with the biannual ears, nose, and throat surgery and clinics; holding blood pressure clinics; recruiting donors for Leslie County blood drives; helping with mock disaster drills; hosting parties for the Adult Activity Center for the retarded and handicapped of Leslie County; and helping with 4H vision screening of all fourth graders in the county.

Over the past five years, approximately 150 Leslie County students have completed the Health Careers Program; of these, five are licensed practical nurses of which three are employed at FNS. Eight students are working as nurses' aides, four employed at FNS. Several other former Health Careers students are now enrolled in some type of training program.

I am fortunate to be a member of the FNS. While a student at Leslie County High School and Vocational School, I have worked part-time the past six months as an orderly in the Emergency Room. This has proven to be a very valuable experience for me since I plan to attend Berea College and enter the health field as a doctor.

I feel that the FNS has provided Leslie County people with a commendable service and the least the young people of Leslie County can do is to join in this great effort — to continue to provide the kind of quality health care that FNS has been dedicated to.

To all of you who have been instrumental in the great endeavor that has impressed me and other young people, I say, "Thank you."

## TALK BACK

[From TALK BACK, a call-in show on the Hazard radio station, aired every Wednesday evening about five o'clock and hosted by Charlie Wilson.]

On July 1, Dr. Zerzavy, one of MBH's OB\*GYNs and Susan Baker, CFNM and graduate of the school, were Mr. Wilson's guests on "Talk Back" to discuss the "Miracle of Life" . . .

*Charlie:* In Leslie County, for example, there's a baby born or delivered every day or 635 days per year on the average. Let's say if there's none today, perhaps there would be three tomorrow. Is that a safe assumption?

*Dr. Z.:* I think that is a safe assumption. In the last fifty years, there has been an increase in hospital facilities in the area — Hazard, Harlan, Manchester. Doctors have moved into the area and midwives have increased in (number) so we actually have to refer to the state for statistics for how many babies are born. More than half of these are (yet) born in MBH.

*Charlie:* One statistic I found interesting is that you've had one maternal death in the last thirty years at (FNS).

*Susan:* NO, no mothers have died in the last thirty years.

*Dr. Z.:* Compare this to some kind of historical records — some 150 years ago there was a Doctor Zimmerwise and . . . one of his famous notes was that if he could make childbirth so safe that only one of 300 mothers would die in childbirth, we would call it a big success. Today the average figure is one mother out of 300,000 and today childbirth is a very safe affair . . . The same success we have had with maternal mortality, we are now having with babies surviving.

. . .

*Caller:* . . . I was referring to while you are pregnant for the nine months. I know I wasn't feeling well and my husband, on the days I wasn't feeling well, and I had the blues, would take me for a ride or he'd take me out walking. I think a husband can play a big role in that.

*Susan:* I think that's a very good point and we do recommend that whenever possible the husband comes along to the clinic visit so that we can explain to them what's going on with you — why you are feeling bad one day and good the next, why you're happy

one minute and low the next. That way they can fully understand what's going on. I think that's a real good point.

*Charlie:* I'm glad you brought that in because the husband is a part of this thing, too, isn't he, Dr. Z.?

*Dr. Z.:* As an experienced father and grandfather, I know what men go through when they're pregnant. We should not forget, that, particularly when women go into labor, the husbands get very similar symptoms. They get worried, they can't sleep, they get cramps, and we call them 'a pregnant husband.'

*Charlie:* You heard it on "Talk Back" that there is such a thing as a pregnant husband! . . . .

*Charlie:* About the birthing room. I know that FNS's (MBH) is about three years old —

*Susan:* About five.

*Charlie:* You have how many district posts?

*Susan:* (Five.)

*Charlie:* You have nurse-midwives working out there, a referral system going back and forth, medications and everything. The unique thing about Mary Breckinridge and organizing FNS over fifty years ago, it's still alive and kicking today. Most demonstration projects leave, don't they, after a few years?

*Susan:* The unique thing about FNS is that it was one of the first organizations in the country to use nurse-midwives and has continued to use the nurse-midwife even until 1981. It was also one of the first schools to start training nurse-midwives.

*Charlie:* You have a school of midwifery.

*Susan:* (Yes.) I am a midwife and I practice midwifery.

*Charlie:* You would be offended, Susan Baker, if I said all you do is catch babies. You're much more trained than that.

*Susan:* That's true!

. . . .

*Caller:* I'd like to ask Dr. Zerzavy a question. First of all I'd like to say that I had all three of my kids over at Hyden and I think they take very good care of you and also they let Manuel, that's my husband, whenever I had the last two, go in with me. Before I even had them, they let him listen to the heartbeat and stuff when I went for a visit.

*Charlie:* What did he think about listening to the baby's heartbeat before it was born?

*Caller:* Naturally, he thought it was great! . . .

. . .

*Caller:* This is the first evening I've listened to "Talk Back" and found it very interesting and appreciate your information. I understand what you are saying and I just wanted to get some kind of answer or some more information.

*Charlie:* One thing I want to ask before we quit. Being overweight — somebody will say, "Come in here, honey, and eat some more beans and eat some of these taters and have you a pepsi," and the mother will say, "Well, I'm eating for two now, you know." Tell me about that, Susan and Dr. Z., what about 'eating for two'?

*Susan:* The mother is eating for two; it's very important, especially in the beginning that she concentrates on eating the RIGHT kinds of food. She doesn't need to limit her diet in any way except to limit the amount of foods that don't have vitamins and minerals such as pop, junk foods. She really needs to watch these. Other than that, she can pretty much eat unlimited amounts of meat, fruit, vegetables . . .

*Charlie:* Smoking during pregnancy. We hear all these things from the heart and lung associations. What are the facts?

*Susan:* Smoking is very bad for your baby when you're pregnant and I recommend that any pregnant woman who is smoking, stop immediately.

*Charlie:* Because you're really harming your baby.

*Susan:* You are harming the baby. The baby is not getting the proper amount of oxygen to grow and develop properly. Women who smoke have smaller babies.

*Charlie:* Alcohol. Can a woman drink a couple or three beers while she is pregnant even though she didn't feel like she was intoxicated? . . . What's your philosophy?

*Susan:* Alcohol is a drug just like any other drug and you need to avoid it if you can. I think moderation is the key also. If you are going to drink anything, do it in moderation. But it is a drug and if you are worried about the development of your baby, you should avoid it . . .

*Charlie:* You know, it's getting daylight here and we've not even talked about . . . breast feeding and a whole bunch of things I wanted to talk about — episiotomy, C-sections, . . . and more about FNS. Let me ask you this. I would like to schedule someone back again on the program to talk more about this, because I think we've opened up an area that needs more discussion, more frankness, and I think we can share and learn.

*Susan and Dr. Z.:* We'd be glad to!

These are just a few excerpts from one program in which FNS staff has participated in "Talk Back". The "Miracle of Life" show went on for longer than was scheduled and it is a credit to both the host and the guests that it was as successful as it obviously was that evening. The whole tone of the program, in general, is involved with sharing information. The questions asked by the callers and by Charlie are typical of the questions our patients ask during their clinic visits, and the way the questions were answered is also typical of how the nurse-midwife (and the doctor) here likes to teach both parents, so that in explaining what is taking place to mother and child, in dispelling some of the 'mysteries', the miracle itself becomes more apparent.

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## STAFF OPPORTUNITIES

### Physicians —

Family Practice

### Nurses —

Registered Nurses

### Couriers and Volunteers —

Senior nursing students

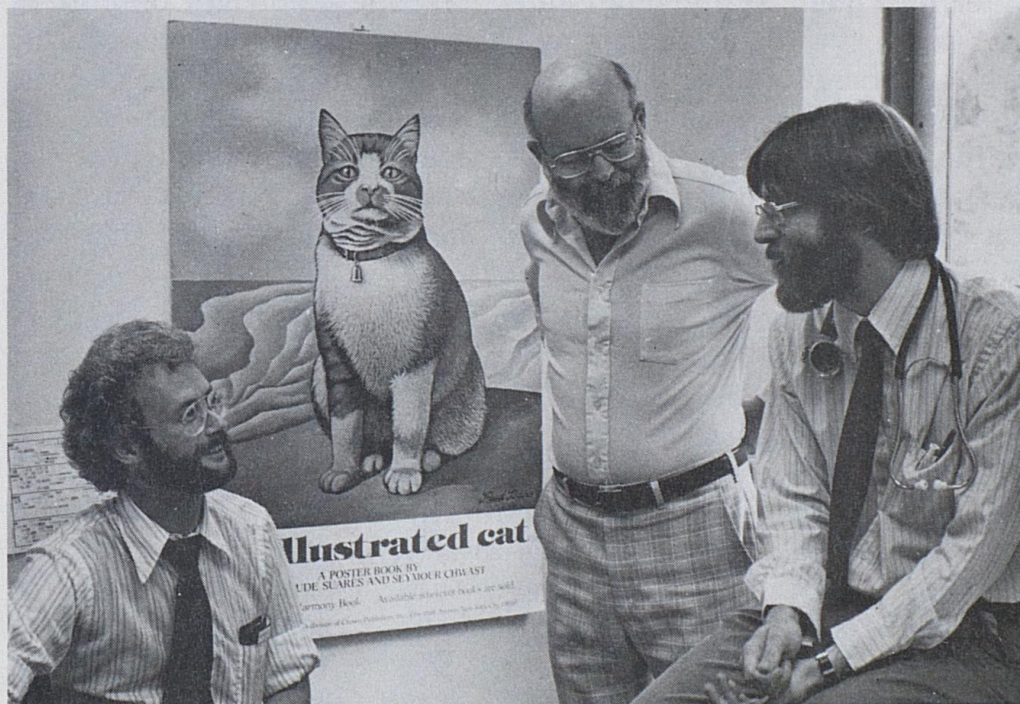
Gardeners and forestry students



### NEW STAFF AT MBH

With the arrival this summer of Dr. Peter Morris and Dr. James Santacroce the FNS can boast a medical staff that is all Board eligible or Board certified. Peter Morris comes from Brooklyn, New York and studied at Georgetown University in Washington, D.C. He went to the University of North Carolina at Chapel Hill for his medical studies and completed both his internship and residency at the North Carolina Memorial Hospital. Dr. Morris is our new Pediatrician — much needed, warmly welcomed, and by all indications, well-received.

James Santacroce hails from Connecticut, received his undergraduate degree from Williams College, and also went to medical school at Georgetown University in Washington, D.C. His internship and residency were both done at Waterbury Hospital, Waterbury, Connecticut with a specialization in Internal Medicine. Both Dr. Morris and Dr. Santacroce are seeing inpatients at the hospital as well as making scheduled patient visits at the district nursing centers.



Dr. Peter Morris, Charles Coleman, and Dr. James Santacroce.

Charles Coleman also came this summer — to replace Ron Hart as Director of Support Services and hospital administrator. (The Harts moved to Georgia where Ron is involved with management for the Georgia Power Company.) Mr. Coleman comes from Florida but has spent a long time in Kentucky and his wife, Nancy, grew up near Hazard. He received his B.S. in Nutrition from the University of Kentucky and served with the U.S. Air Force for many years. He has worked with the Lee Owsley Health Exchange Primary Care Center, the Kentucky River Foothills Development Corporation, the Estill Health Care, Hazard Family Health Services, and is a member of the Kentucky Primary Care Association and the National Rural Primary Care Association.

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### NEW MEMBERS OF THE BOARD OF GOVERNORS

**Mr. Alden Gay** has served the FNS for many, many years, first as a member and chairman of the Brutus Committee and, later, as a member and now chairman of the Advisory Committee. His support and his criticisms have been useful in determining what course to take and it is his longstanding acquaintance with the Service that makes his membership on the Board of such value. It is not always easy to be both a friend and a critic, but Mr. Gay has managed the role well. We are grateful for his continued participation in the Service in his new role and in the years, to come.

**Mrs. Horace F. Henriques** (Claire) of Greenwich, Connecticut comes to us from a wide variety of experience over a broad range of fields. She was first known to some of us as 'the mother of Horace' — prized Courier from the summer of 1979. Besides Horace, the oldest of her four children, a fourth year medical student at the University of Cincinnati, are Alice, news editor and camerawoman at Channel 5 TV in New York; Peter, an English teacher with the Peace Corps in Zaire; and Lisa, a senior at Harvard University. Mrs. Henriques is currently working with The Family Center, Inc. in Greenwich which is a private agency providing casework services. She has been its past president and done a great deal of work with finance and development.

"I grew up hearing my mother, Dorothy Clay, talk about Mrs. Mary Breckinridge and the Frontier Nursing Service," says **Mrs. James W. (Mary) Stites, Jr.** Mrs. Stites had worked with the Louisville Committee for a long time as member and chairman before being asked to join the Board. She also serves on the board of the Norton-Children's Hospital with Mrs. Mary Shands and Dr. Stuart Graves. Much of her time is spent in her new business venture, Clayton Nye, Inc., making jewelry of semi-precious stones. She has three children: Dorothy Norton, 22, graduate of Williams College; Walker, 20, a junior at the University of Virginia; and John Clay, almost 16, who attends Trinity Pawling in New York. "And last, but most important, John Stites," who is a Louisville attorney.



Preston Grandin leads the way as the Breckinridges arrive at Wendover walking up the Garden Path with the daylilies in full bloom.



Family portrait of the over 60 Breckinridges and their spouses who came to the Annual Meeting.



Sue Grandin, Boston, talking on the new front terrace of the Big House with Breckinridge Thomas.



Lt. Col. Horton resting in the shade with Dr. and Mrs. Frank Heck.



Gen. William M. Breckinridge, Mrs. E. Graham, Washington, DC., John Grandin and Sue Grandin, Boston, walking up the Garden Path with others of the Breckinridge clan: Elizabeth Agard, George Taloe Ross, and Breckinridge Thomas.



Joe Carter, first male courier, Versailles, KY., and Preston Grandin, Boston, at the Big House.



Mrs. John Upshear Smith, Concord, Mass., and Mrs. Sarah Stanfill, Lexington, outside the Barn at Wendover.

## THAT VACATION FEELING

by Elizabeth Washak, R.N.-C.

[Editor's Note: Ms. Washak was back again to volunteer for three weeks this summer.]

Here I am again, steering my vehicle slowly through a massive traffic jam laughingly called, "rush hour". One of the less interesting aspects of my faculty position here at the medical center is facing this big city traffic pattern twice a day.

Fondly I recall my recent booby days at Frontier Nursing Service where I was more aware of the hairpin mountain turns than the number of cars on the road. I suppose being part of these contrasts makes life more interesting.

Last spring my dormant fondness for the life and work at FNS was aroused when Ellen Hartung, a nurse practitioner mid wife from Beech Fork Clinic arrived for a visit. After spending a wonderful day reminiscing together, I thought, "I need to go back."

I called Hyden and arrangements were made for me to have a short working visit in the Primary Care Center. I was very anxious to get involved again in the work I enjoy and the place I cherish. I looked forward to seeing the birds again. I was always fascinated by their activity and delighted to see them flying by or feeding just outside my window. The bird feeder that I had when I was last there still hangs at the window and is still visited by the local warblers I am told.

I was surprised to see how the kudzu was slowly covering the mountain and the telephone poles and wires. There seemed to be more coal trucks, more of the time and still as noisy. I was pleasantly surprised to discover that Leslie County had an ambulance service, and a Fire Department.

When I arrived in the PCC on my first day at work, my anxiety approached panic when I was glibly told that I had evening clinic — alone! Things worked out well however, with Lois, the clinic aide, kindly instructing me on rules of procedure. My confidence soared as I successfully tackled forgotten tasks head on, learning again to function independently — almost! A treasured event on my first day in the clinic was seeing a former patient I had managed during my residency as a graduate student in my nurse practitioner program. We had a friendly chat as she told me about events that have changed her life. It was good to be remembered — for more than my Boston accent!

I have always had a desire to ride in an ambulance, so when I was asked to ride transport, too eagerly I said "yes". The page for me to get going was received in the dining room, so I grabbed my most favorite eating, a hunk of corn bread, and dashed off to get my final instructions from the E.R. nurse. She told me to take the patient's vital signs as often as I could, probably at every stop-light would be my best chance. "If his condition changes, tell the EMTs to get off at the nearest E.R." Well! Someone needs to work up a better procedure for novice nurses riding the trip! Monitoring vitals in a moving ambulance is like riding the mechanical bull! At least that's what was on my mind as I tried to avoid knocking over the swaying I.V. bottle or falling on top of the patient, which by the way, he didn't seem to mind! During this new experience I wondered when I would get a chance to check the map to prepare for a hasty retreat off the main road, should that be necessary. Being unfamiliar with the work of EMTs, it never occurred to me that they would know what to do. What a relief! The trip was a "piece of cake" after that. Of course we never stopped for a light, or anything else it seemed.

I met Mary Weaver and Doctor Wasson in the dining room one day where they asked me if I would mind going out to Buckhorn Clinic. "The regular nurse practitioner has been stranded in an out of town airport by the controllers strike. We need to cover the clinic until she gets back," I was told. "It's a double trailer" Mary said. "I don't know if the sign is up" said Dr. Wasson. After travelling a long time, afeared I had or would miss the clinic, I began to ask everyone I saw on the road if I was on the right track. They all knew where the clinic was. I saw lots of double trailers without signs. There is something very comforting about street signs and house numbers. Few things can throw this city person into a funk quicker than remembering being lost up in Possum Creek, or wherever.

Being able to work in PCC and being in the country is such a change of pace for me that it may seem whimsical for me to say "it's like being on vacation." Getting to drive the ambulance part of the way home, that's a vacation feeling. A client returning to the clinic, introducing you to his relatives as "my nurse," that's a vacation feeling. Sharing a very personal moment with a client, having your counsel accepted and appreciated by the family members, helping a family cope with and make changes in their life style, these are vacation feelings.



## BEAVOR — on the Spur, Good Buddy!

by Valerie Chaplain, CFNP

That was the big news on CBs around Hyden on the morning of July 6. The anagram stands for Blood Pressure Evaluation and Verification On the Road, which was the realization of an idea conjured up by Marty Bledsoe, CFNP, and Dr. Tim Carey.

Hypertension is a well established fact in this mountainous region of Kentucky. Some of the most susceptible subjects are among those with the least time for health care, i.e. truck drivers who spend 10 to 12 hours, or more, on the road five to seven days a week. Realizing this, the Primary Care Center at MBH decided to set up a one day blood pressure check on the Hyden Spur in an attempt to identify this potentially hypertensive population. It was intended as a screening tool not a treatment program, and any elevated blood pressures identified would be advised to seek periodic pressure checks with FNS or a private facility in order to confirm or eliminate a diagnosis of hypertension.



Peggy Wooton, Perle "Grizzly" Adams on the CB, and Sr. Valerie Chaplain on the spur.

So, on the morning of July 6, with the help of our ever-ready Fred Wilson of hospital security, and some volunteer muscle, the chairs, tables, lemonade, and blood pressure reading equipment was moved into place on a small grassy spot at the top of the Hyden Spur. Shade was provided by a canopy from Walker's Funeral Home which, it turns out, more than earned its grateful place in our memory! The Leslie Co. radio station WSLK, provided the populace with some advance notice of the event and DeeDee, daughter of one of our aides, Glenda Estep, as well as the Leslie Co. Agricultural Extension Office provided some colorful posters strategically placed throughout the town.

The nurse practitioners and aides in the PCC drew names to see who would 'woman' the check station, and Peggy Harmon and I landed the job.

It was a wet, foggy Kentucky morning with a promise of more rain in the forecast that day, but Peggy was undaunted and as soon as the equipment was set up, she was on the CB sweet talking the truckers into stopping at the top of the Spur to say hello to "Morning Glory" and "Tulip" (yours truly) as they checked their 'bp' and gave them tips on how to avoid the risks of hypertension. Peggy was soon relieved by Pearl "Grizzly" Adams, well known among Hyden's CBers, who fast talked his way into the truckers cab and convinced a good many to pull off for a five minute stop at the BEAVOR station as they came down the spur.

How could they miss that Walker Funeral Home canopy in the middle of a vacant lot with Peggy at the side of the road, waving her arms frantically in the foggy, summer rain? Me? I stayed under the tent, though far from dry, knee deep in chiggers and slicked up with 6-12 Plus, drinking in coffee and the view with an ever open eye for the unbelievable.

Was it a success? Well, that remains to be seen, we feel. Our statistics keeping records left something to be desired, but I would guess that 75% of the truckers who passed stopped, either coming or going, and of that estimated number, about 25% had elevated diastolic pressure readings. Appointments were given to the latter to come to the PCC on an evening visit a week later to re-check their blood pressures, but none returned. Most, however, promised to follow up with a check at a future time.

Each driver, regardless of his pressure reading, was given flyers from the National Institute of Health on hypertension and

how to prevent and/or control it. And I tried to give each a pointed, if not brief insight into the value of low salt diets, exercise, weight loss, and decreasing cigarettes and coffee.

We hope in the next month or so to repeat BEAVOR. After learning a few lessons about where we fell short on the last one, in hopes of being able to catch those drivers again who need follow up and to encourage them all to seek regular health care checks in an effort to prevent the disastrous effects of hypertension — which lurks, often unseen, among this new breed of coal workers.

### URGENT NEEDS

Bronchoscope repairs ..... 2,000

Glucose analyzers ..... 500

A cheaper and faster way to get blood sugars for the nursery and med-surg and the electronic reading is more accurate than the usual paper test.

Electronic thermometer ..... 325

More sanitary and would help improve patient flow in the Primary Care Center.

Copiers for the districts ..... 6,800

The district nursing centers will be running screenings for diabetics, doing hermaticrits, checking blood pressures, eyes, ears, doing pap smears, etc. as a way of spotting medical problems before they require specialist care. They would like to run these screenings free of charge to those who come, but need help in raising funds to cover the cost of lab tests and diagnosis. Any contribution towards general operating funds for this purpose would be of great service to the people our district nurses serve.

## OLD COURIER NEWS

**Sue Williams Beckhorn ('73),**

**Hampstead, New Hampshire—**

Best regards to all at Wendover. My husband Wiz and I are busy building our stone house, planting an orchard and garden, etc. I'm a newspaper reporter these days. Love to the Morgan family.

. . . . .

**Sue McIntosh Lloyd ('52), Andover, Mass.—**

Now, before it's too late, we should find a way to birth and raise a courier . . . . I hope you're fine. I really enjoy keeping up with FNS through the *Bulletin*, and wish I could visit. Maybe I'll find a way this year, since I'll be on sabbatical doing research in Kansas, and at almost no one's beck and call.

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**Pat Sweney duPont (Mrs. George) ('66), Rocky Point Rd.,  
Roawyton, Conn.—**

We move September 1 back to our little shack on the end of Bell Island in Roawyton. **Jill (Davenport Gilbert, '66)** is visiting us in Connecticut over Columbus Day and we'll get **Judy (Wakeman Ferenbach, '66)** there too. We'll take a gruesome-threesome picture for old times' sake and send you a copy. Without FNS I wouldn't know my two best friends!

. . . . .

**Marie Betts, Boston, Mass. ('79)—**

I'm living in Boston now. Next year I'm going to be teaching chemistry, physical science, and earth science at a private school in Chestnut Hill. A few weeks ago I saw **Tracy Munn ('79)** in Princeton New Jersey. She's in Philadelphia this summer working in a Rape Crisis Center.

. . . . .

**Tina Stalberg Arlee, Montana ('75)—**

Hi! I just received the spring *Bulletin* and it's a real pleasure as usual. I was a courier in '75 and, much to my surprise, went to nursing school at Montana S.U. a few years later. Now I've graduated, am signed up to go with the Peace Corps in January, and meanwhile am resting and reading in my tipi here on the Jack River; enjoying the incredible beauty of Montana summer.

**BABIES! BABIES! BABIES!**

Mr. and Mrs. Max L. Doty, Route 1, Box 109, Glasgow, KY.

“Maxybil Productions — Notice

Max, Sybil and Brent Doty are happy to present the latest creation of Maxybil Productions.

Catalog number: 2

Item: Baby Boy

Name: Brandon Wilson

Size: 20 inches

Weight: 8 lbs., 3¼ ozs.

Date of Completion: August 19, 1981

\*Note: This item is not for sale. It is for display and personal enjoyment only.”

. . . . .

“In case you haven’t heard the word,

We thought we’d spell it out —

We have a little baby girl

we’re overjoyed about.”

Sarah Anne Parker born September 10, 1981, 9 lbs. 3 ozs. to George and Carrie Lou (Morgan) Parker.

. . . . .

Born to Mona Lydon-Rochell (FSMFN '78) Rachel; 8 lbs., 13 ozs., on June 18, 1981.

. . . . .

A second child born to Joan (Whitman) Johnson (Staff '71) a 6 lb., 9 oz. daughter, Mary Jo Hannah on June 27, 1981. Her boy, Jeffrey Jon Johnson, II, was born November 11, 1979.

### OLD STAFF NEWS

#### **Elaine Waters, Rt. 1, Box 139-2A, McKee, KY 40447**

Lance is very active now. He does push-ups on hands and toes and is almost crawling. I think by five months he will be crawling everywhere. His first two teeth came in the last of June and I cannot keep him from biting — OUCH! Say hello to everyone for me.

. . . . .

#### **Kevin and Jan (Tobey) Calos, 9256 Westwood Village, Houston, TX 77036**

Kevin has moved to the corporate office in TX. We are thrilled with being in a city again. I still have another two months of school yet to go. Then, hopefully, I can find a challenging position in TX. Am anxious to get a garden in down there!

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#### **Mrs. Richard Henderson, Wayne, PA**

On January 23, 1981, Alice (Henderson Funk) gave birth to Alisan MacNeal Funk — with Mark's help of course. She is of course a precious baby. Mark graduated from University of Cincinnati Medical School in June. They miss all their wonderful friends in Cincinnati but are now happily settled in Syracuse, New York where Mark is in General Surgery Residency at Upstate Medical Center. They are only five hours away now so we get to see more of them.

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#### **Mary Ann Quarles, Newton, Mass. ('47 Ex-Staff)**

I have received the latest *FNS Bulletin* and discovered some good friends have gone to their beyond. . . . I am glad to know the work on the Big House progresses well. I shall be anxious to see it . . . . I had a very busy year last year a top of my teaching; I did some substantial work for the Adult Correction Institutions in Rhode Island for which I received an award from Governor Ganaby. I was, needless to say, very pleased! . . . I am having a relaxing July at the beach home of a friend doing a lot of reading and work I put off all last year. . . . I expect to go to China the end of October for three weeks with a group of people from various parts of the criminal justice system in the U.S. to look at the criminal justice system, or parts of it, in China. Sounds very exciting and interesting to me.



Graduating class, September 1981: top, left to right, Karen Kudia, Carolyn Schuessler, Rose Ann Yoder, Susan Hedrick, Wendy Wagers, Amy Lauffer, and Debby Wagers; bottom: Marianne Towler and Betsy Greulich.



Riley Clay Baker and Clarity Wolf look on at the ceremonies.

## ALUMNAE NEWS

### **Doris Wall, Georgetown, Guyana**

(November, 1980) Our mail has been coming so slow from the States — takes a month and a half even if marked air mail. There are about 14 babies to deliver in the next two months. A young woman and her four year old son are living with me. She does the cooking and housework. I help. My diet has greatly improved since she took over — before I resorted to peanut butter and jelly when I had a long delivery. While typing this letter my chair leg went through the floor. A man is coming to repair the house next month and it won't be too soon. He also plans to give me a porch and an extra bedroom. (May, 1981) I have a new house with some old and new boards — two bedrooms and a side porch — lovely to me. It would be great on the hill at Hyden, but the view here is lovely too. I decided to take a three month furlough. Expected to go to town on Tuesday, but the plane didn't come and we don't know when to expect it. I will have to reschedule the international flight when I get to town. A plane crashed with six people on board in the mountains near here. They haven't been found and the search is off — it seems. That has caused the pilots to be more careful. Two months of my furlough I hope to be in language school in Oklahoma. That leaves very little time with my mom and dad. I doubt if I will get to hyden. Wish I could and also to Cutshin. (June 2nd) We were informed that there would be no flight out of Guyana until June 9 — that may change my plans.

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### **Cathy Carr, 1609 Charnelton, Eugene, OR 97401**

I'm finally in Eugene! The practice is great. Cindy (Kaufman) and Ida (Laserson) are wonderful to work with and the clients are terrific. Home births are so beautiful. We had a four generation one last week. The woman's mother and grandmother were in attendance as well as a sister, a friend, her husband and three midwives (I'm orienting). It was a cast to rival Cecil B. DeMille! ACNM Convention was a wonderful reunion. **Kathy O'Dell, Carol Tracy** and I shared a room. I also saw **Candace Vanderbeek** and **DelRose Eisenmenger**. Saw **Ann (Shaw)** in NYC. She's doing well. She volunteers with Ornithology Dept. of the Museum of Nat'l History so she can go birding with them.



**Joanne Rizzo, 44 Cranmore Rd., Braintree, MA 02184**

It's always nice to get the *FNS Quarterly Bulletin* and see what people are up to! Went to the Rural Health Conference in Denver and saw lots of people I hadn't seen in ages . . . **Dr. Tom and Kathy Dean, Laura Pilotto, Ellen Hartung and Sister Valerie (Chaplain). Genia (Morse)** and I will be leaving soon to take off on a world travel adventure. We'll be traveling to Europe, Russia and Asia for six months. We'll leave June 23 and hope to visit **Beck Ruohoniemi** and her family in Nepal. We will return to the U.S. just in time to spend Christmas with our families. Then it will be lots of job hunting for both of us. Sure wish I could transport FNS to Boston. It seems like Dr. Wasson is as busy as ever — she'll never settle down. I bet Wendover is just beautiful now. Please drop me a line if you get a chance. Hello to all!

. . . . .

**Rayna Yatsko, 9335 N E Schyler, Portland, OR 97220**

Received the list of names and addresses. Am corresponding with **Marcia (McDonald)** now to make plans for the "Newsletter". It will take a while. Good to hear the School is in good shape. I have a new job — midwife at a health department. Do prenatal care, gynecology and family planning. I'm busy with organization, etc. I am able to get hospital privileges later on. Have moved to a house — three bedrooms, big yard and a wood stove, which I love. I have a garden, and have been busy painting and cleaning. Enjoyed the last *Bulletin* — it is packed with so much news and information. Congratulations to Dr. Anne — never a dull moment. Happy summer.

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**Susan Willis, P.O. Box 264, LaConner, WA 98257**

Did you hear about our earthquake in March? I had just gone to bed with the kitty at the foot of the bed — for a few seconds I thought the shaking was just the cat scratching. Soon the bed was sort of hopping about, the windows rattling and the house shaking — so I realized what it was. No damage and just a ground swell, but enough for me. Really, volcanos, floods, and earthquakes are more excitement than I need! (5-11) We are finally having some much appreciated sunshine after two months of clouds and rain! The garden is finally in and growing (I admit two

months behind my neighbor's, but I still plead ignorant of the WA climate — truth is I just can't bring myself to work outside unless it is sunny.) Our ducks have raised one brood — now safely growing up in new homes and now they are sitting on another nest! After this I will ignore the protests of my family and daily collect duck eggs — if not for breakfast, at least for baking and souffles (they are afraid a baby duck will jump out of the shell into the frying pan. Ho!) I hear ACNM Convention will be in Lexington next year — I am going to try to come. What fun to see old friends and also be so close to my own family. **Rae (Cottrell)** did an internship with our clinic and is now on staff. It sure is nice to have another FNSer around. My most recent excitement was delivering a baby in the back of a VW bug — great fun and room to spare. Congratulations to Dr. Anne — she deserves the recognition. Mary (Weaver) must be proud of herself too.

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**Marsena Howard, Box 371-A, R.D.#2,  
Quarryville, PA 17562**

All is well here, although I'm keeping busy as ever. Best wishes to Dr. Anne in her new responsibilities! I have a friend getting married in TN (September) and am hoping to stop by Hyden sometime after that. Y'all take care.

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**Dianne Lytle, 224 N. 5th St., Reading, PA 19601**

May was a very busy month. I was on first call four days in the past week and had ten laborers who yielded three sections, one forceps, two pit inductions, with a couple of normals scattered through to keep my spirits up! What a week. At least I passed the 100 delivery mark this week with a comparatively normal birth.

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**Catherine Carr (continued from page one)**

(7-9-81) It's early on a hot summer day, which is to say it will reach the upper 80s and Eugenians will think they're frying. I just got back from a trip to the coast. It's really rugged here — sort of like Maine in spots, especially the northern part. We hit all the tourist spots I'd never seen — the sea lion caves, the cheese factory (with samples), a winery (more samples) and all the tiny little

coastal fishing towns. I'm trying to be restrained this summer about putting up Oregon's wonderful produce. Strawberries are in, as are raspberries and blueberries. Cherries are next and it doesn't end til Oct. I froze 25# of strawberries and am plotting more. I think of smoothies in January and keep on slicing. Work is great. We must be doing something right as we have 1 LPN, 4 RNs and a CNM among our clients. My love to all.

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**Margaret Wise, 5600 Bayou Grande Blvd., NE,  
St. Petersburg, FL 33703**

There have been several changes in my plans for employment and relocation. I have accepted a job with a private practice in St. Petersburg. It involves more family planning and less midwifery than I would prefer, but there is promise for an increased OB load in the future. We found a lovely home near the water in St. Petersburg and it has a great swimming pool and a perfect location. We are moved and on our way to being settled. Of course we are thoroughly enjoying the pool and back yard. Whenever I get uncomfortably hot I just jump in the pool. Evening showers and strong breezes make sleeping at night, with the windows open, very comfortable. My best wishes to Dr. Anne. I started to work on July 1. I turned in my application for privileges at the hospital the end of June. I plan on attending the ACNM Convention in Lexington next year and will most likely manage a visit to Hyden.

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**Kathy Heimerdinger, Thompson St.,  
Middleboro, MA 02346**

It has taken me this long (since December) to find a FNP job. Everyone in New England wants someone with experience and a lot of community education and involvement. So I'll be working in a rural clinic in Shuqualak, Miss. I'll be the first practitioner there, but there is an M.D. there all the time. So it sounds like a good experience. I'll be writing protocols, etc. It's been good to be home for seven months and I look forward to when I can find employment as a FNP in northern New England. Please say hi to everyone for me.

**Rae Cottrell, 245 Sudden Valley, Bellingham, WA 98225**

It's always good to get news from FNS. It seems it's taken me quite a while, though, to get myself settled into a comfortable daily routine. It took me a while to find the sort of midwifery job I wanted, but now I have a fantastic job in a birth center — the one Susan Willis works at. Washington — at least this far, northwest corner — is a beautiful place. The summer has been quite cool — 60s and 70s —, and rainy, but when the sun does come out it's magnificent. Can see Mt. Rainier on clear days, the Cascades and Olympics on either side. I have a few days off and we are going camping in British Columbia on a glacier lake — there is much hiking, climbing, back packing, canoeing, sailing, kayaking, biking and running in these parts. Real outdoor folks! Best regards to everyone.

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**Michele Bouche, Box 259, Ft. Defiance, AZ 86504**

I appreciate the education I got there again and again. I think it's a good move to go to the old hospital for classes. Maybe we'll visit next year around ACNM Convention time. The work is very good — getting lots of deliveries — one 10# 7oz. baby girl with hardly an episiotomy! Lots of four minute second stages. I've been giving an in-service on use of vacuum extractor, but there is rarely an indication for it here. Must be the altitude . . . Frank has a remodeling job he is enjoying. Hope to hear from you soon. Love and prayers for you all — please say hello to Molly and everyone.

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**Ann Shaw, 600 W. 218th St., Apt. 36, New York, NY 10034**

I will spend this summer working in the Bronx. We are super busy as usual. 2,700 deliveries last year — 90% midwifery deliveries. Please give my love to all in Hyden, I was sorry to miss the ACMN Convention, but somebody had to stay in the Bronx and take care of business. Next year's convention in Lexington is a must. Best wishes for a pleasant and fruitful summer.

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**Susan Berry, 207 McGreger, Harlington, TX 78550**

It's been wonderful the past few months, we've had several visitors to FNS South. **Arlene Bowling** on her way to Monterey,

Mexico to study Spanish, also **Linda Kilheffer** who was visiting her brother. It amazes me how much FNSers get around. Things are pretty good here, slow as the summers usually are. I'm taking three weeks in August for vacation; first stop is Clay County to see how old friends are. I'm looking forward to it. Then up to NY to visit family. I'll be coming to Hyden and will come up to say hello. I'm considering graduate school. Say hello to **Betsy (MacMillan)** and everyone.

. . . . .

**Sylvia Gregory, 1160B Centre Parkway,  
Lexington, KY 40502**

I have given up looking for a job as CNM or FNP in Lexington, but I'm enjoying my work at a large United Methodist Church. In addition to some responsibility in ordinary pastoral duties, my job involves working with socio-economic difficulties in the Lexington community, coordination of volunteers from among church members, and participation in the administration of the church. I am learning a great deal in this experience. AND there is something else new in my life — Larry and I are anticipating the arrival of a child in late January. So far the pregnancy has been comfortable and enjoyable. May it continue in this vein! Best wishes to all.

. . . . .

**Paulette Hunt, 1429 W. Gambrell, Fort Worth, TX 76115**

Have just finished summer school here at seminary and have started a new job part-time that I really enjoy. Am leaving in a few hours on a short vacation. Hope to visit **Elsie (Maier Wilson)** and **Kathy Smith** in Florida and swing by Hyden early in August. **Margaret Hill** has just come to Ft. Worth to start seminary and find a job.

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**Linda Kilheffer, 918 Kreps Rd., Lancaster, PA 17603**

I'm home for four months this summer and will be returning to Bangladesh the beginning of September. I've been happy to be able to visit with many of my FNS friends this summer, including:

**Dr. Gilbert, Carol (Read) Andersen, Sandy Sanchez, Susan Barry, Julie Gorwoda, Karen Slabaugh, Jean Barker, Nancy O'Donnell, Sister Roberta Neagle.** And I hope to see **JK** in August. It was good to see them all. Hope to hear from you from time to time.

. . . . .

**Sr. Yvonne de Turenne, St. Rose Mission, P.O. Box 35,  
Peka, 340, Lesotho, S. Africa**

I'm still alone in our clinic and small hospital and trying to do both clinical and all administration is a bit much. Easter for us seemed like any working day. We had five deliveries on the day shift, but all turned out well. Our cook was one of those deliveries, who is a fantastic lady. She cooked a big Easter dinner for us all and then quietly announced she thought she was starting labor. I remember when **Karen (Slabaugh), Ida (Laserson)** and I came here for the internship. Ida made the weary comment "Everyone here is either pregnant or has a baby. With all the pregnancies and deliveries that may hit your staff, and maternity leave you must give, it can really give you a strong case to hire only male nurses". That wouldn't work out too well because of the culture. Recently I heard from **Caroline Miller** in Liberia. Our winter (this was written in May) is setting in with a vengeance, and I do dislike it. It's so hard to get warm, as our buildings have no heat. We do have individual paraffin (kerosene) heaters and a fireplace in the community room, but we usually have to wear winter underwear, plus two or three sweaters at a time and a ski jacket besides when we go outside. Won't start to get warm until September. Ugh! I love to get news from and about FNS as it holds a very special place in my heart for all it gave to me. Please greet everyone I know there very specially.

## A SUMMER SPENT WITH FNS

by Patty Reinking, Berea College student

This summer I have had the opportunity to work with the FNS Oncology Department. I am a senior pre-med student at Berea and was here on a work-study program to do research on the hospice program which is a philosophy of care for the terminally ill patient and his family where the patient remains at home as long as possible or desired and where the patient's comfort takes precedence over everything else. As well as researching this program, I took the opportunity to learn about the way of life in an area by visiting cancer patients and community people and by conducting patient satisfaction interviews. I also did other jobs helpful to the department and, occasionally, acted as a courier.

In my research of the hospice program, there are several different areas in which I have been collecting information. One area has been to define the purpose and functions of a hospice program. To determine this, I have used books and articles available in the Oncology office and have talked with people involved in the home-based hospice in Perry County and to those involved in the Ephraim McDowell Community Cancer Network (located in the Old Hospital). Another aim of my research was to familiarize myself with the goals of the (FNS) Rural Oncology Demonstration Project, the grant under which the Oncology Department is working, and especially those goals pertaining to the "Hospice Without Walls" program.

The third area of research was to look into the need for a hospice program in Leslie County. This involved interviewing FNS staff members about the adequacy of the existing services for the care of the terminally ill, namely home health care and care on the medical-surgical floor. This included talking to patients and families of patients who have received some of this care.

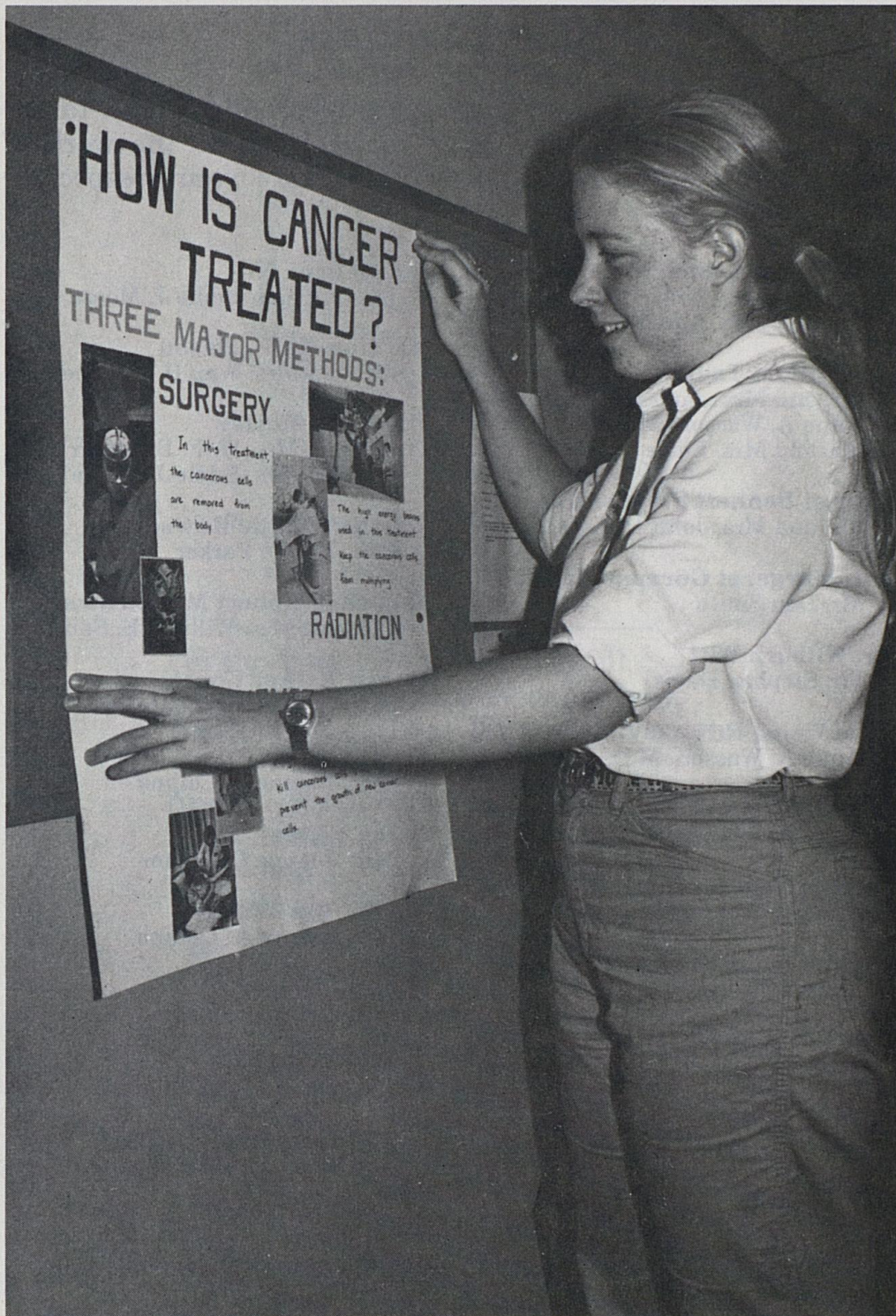
Another of my reasons for coming to Hyden was to get to know some of the people in the community and learn about their lifestyles. I have enjoyed visiting several local people with some of the couriers and have been able to visit two cancer patients on a regular basis. I have really enjoyed meeting and visiting with people in the area and it's been wonderful to sit on a porch, talk about gardens, politics, or life in general, to listen to some banjo

music (I'm trying to learn myself!), to admire a handmade quilt or chair, or just enjoy the beauty of the area.

It has been most rewarding, however, to visit regularly with two cancer patients. One of them has lived in the area all of her life and has eight children, thirty grandchildren, and twenty-three great-grandchildren. She has been a housewife most of her life, but has also gone outside the home to cook to help support her family after the death of her husband. I've learned a great deal from her especially about the changes in the life of the county as she has seen them over the years. The other patient is from New Jersey and has only been living in the area for three years. She is homebound and has no family and few friends in the area. She has few visitors and there is not much she can do. From her situation, I have learned of the problems of moving into a rural community and have seen a real need to bring people like her into contact with others who are willing to take the time to visit.

This summer has been a most valuable experience for me not only in terms of learning about hospice and meeting different people, but also in terms of having had the opportunity to observe the remarkable compatibility and mutual respect between physicians, nurses, and nurse-practitioners here at FNS. This unique mode of health care delivery has broadened my own perception of the medical field and will help me in making future decisions about the direction of my own medical career. I thank the many people at FNS, in the community, and at Berea who have made this experience possible.





Patty Reinking, work study volunteer from Berea College, demonstrating one of the projects she helped the Oncology Department with this summer.

## 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 love and respect for their friends.

**Mrs. Frank A. Sparrow**

Mr. and Mrs. Wray H. Callaghan  
Mr. and Mrs. Alfred K. Sparrow

**Mr. William Taylor**

Mr. and Mrs. James F. Pendleton  
Anne A. Wasson, M.D.  
Mr. and Mrs. Eddie J. Moore

**Emabel Bennett Stephenson**

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

**Mrs. Margaret Gorman Martin**

Mr. Don Smith

**Mr. Wilburn Witt**

Mr. Stephen Davis

**Elsie Wells, R.N.**

Anne A. Wasson, M.D.

**Dorothy Hein, R.N.**

Anne A. Wasson, M.D.

**Burnice Tansey, R.N.**

Anne A. Wasson, M.D.

**Mildred Holmes, R.N.**

Anne A. Wasson, M.D.

**Mrs. Louis Brock**

Anne A. Wasson, M.D.

**Mr. Victor Banks**

Mr. and Mrs. W. T. Cahoon

**Mrs. Hope S. Branch**

Mrs. Harvey J. Eggeman

**Mrs. Julia F. Crane**

Southern Woman's Alliance

**Mrs. Dewey Daniel**

Hyden Citizens Bank

**Mr. Delmer Witt**

Mr. and Mrs. Eddie J. Moore

**Mr. Horatio P. Mason**

Mr. and Mrs. Wm. H. P. Robertson

**Mr. Kelly Mosley**

Mr. and Mrs. W. F. Brashear  
Mr. and Mrs. Eddie J. Moore

**Martha Maxine Rawson**

Mrs. Norma Parker

**Maj. Gen. Robert McCutcheon**

Col. and Mrs. William E. Sault

**Nancy Walker Couch**

Miss E. Dorothy Booraem

**Daisy Griffin**

Mrs. Joanne L. Collins

**Leroy Fields**

Mrs. Joanne L. Collins

**Minnie Vae Banks**

Mrs. Joanne L. Collins

**Wallace Kincer**

Mrs. Joanne L. Collins

**Janice M. Hogg**

Mrs. Joanne L. Collins

**Mrs. Robert Dagg Willison**

Mrs. Robert L. Kittredge

**Mrs. Floyd H. Wright**

Mr. and Mrs. John H. Kerr, Jr.  
Mr. and Mrs. R. W. P. Johnston

**Mr. Hobert Cornett**

Dr. and Mrs. W. B. Rogers Beasley  
Miss Gabrielle Beasley

Miss Agnes Lewis  
 Miss Rose K. Avery  
 Mrs. Robert W. Hawkes

**Mr. R. Livingston Ireland**

Mr. and Mrs. V. Anderson Coombe  
 Kelvin Smith Unitrust  
 Mr. and Mrs. John W. Mettler, Jr.  
 Mr. and Mrs. John H. Kerr, Jr.  
 Mr. and Mrs. George D. Kirkham  
 Mr. and Mrs. Norbert F. Stammer  
 Mr. and Mrs. Eric F. West  
 Ms. M. Elizabeth Culbreth  
 Mrs. Jefferson Patterson

**Mrs. Morton McCutcheon**

Dr. and Mrs. Henry E. Clare  
 Mrs. Thomas P. McCutcheon  
 Rev. Elwood F. Reeves, Jr.  
 Mr. and Mrs. Christopher McCutcheon

**Mrs. Henry Cheshire**

Mr. and Mrs. Eugene Flood  
 Mr. and Mrs. D. R. Harney  
 and Beth

---

For those we love within the veil,  
 Who once were comrades of our way,  
 We thank thee, Lord, for they have won  
 to cloudless day;  
 And life for them is life indeed,  
 The splendid goal of earth's strict race;  
 And where no shadows intervene  
 They see thy face.  
 Free from the fret of mortal years,  
 And knowing now thy perfect will,  
 With quickened sense and heightened joy,  
 They serve thee still.  
 O fuller, sweeter is that life,  
 And larger, ampler is the air:  
 Eye cannot see nor heart conceive  
 The glory there;  
 Nor know to what high purpose thou  
 Dost yet employ their ripened powers,  
 Nor how at thy behest they touch  
 This life of ours.

—W. C. Piggott, 1915

**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. EUGENIE SNOW CARO  
Wilmington, Delaware

MRS. HENRY PARSONS ERWIN  
Warrenton, Virginia

MRS. C. E. LEWIS  
Nokomis, Illinois

We wish to remember here those who have touched our lives with their service, or were in the circle of family and friends of those who served.

MRS. NANCY (WALKER) COUCH  
Florence, Kentucky  
Former Courier, fall 1960

MR. JAMES R. GIBBONS  
Greenwich, Connecticut  
Husband of old Courier, Hope Foote Gibbons

MRS. HOPE S. BRANCH  
Providence, Rhode Island  
Mother of Mrs. Harvey J. Eggeman, old Courier Linda Branch

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MRS. MERRILL L. (GRACE DAYLE MORGAN) TURNBOW  
Hyden, Kentucky  
Former Wendover staff and committee member

MRS. JOHN (NORA) CORNETT  
Wendover, Kentucky  
Former Wendover staff

MR. WILLIAM TAYLOR  
Father of staff member, Peggy Hacker

MR. ATTA WISE  
Lexington, Kentucky  
Former Hyden Committee member

MRS. CLARENCE H. CLARK  
Kennett Square, Pennsylvania  
Former Philadelphia Committee member

DR. HUGH C. WILLIAMS  
Louisville, Kentucky  
Louisville Committee member

MR. HENRY P. ISHAM, Jr.  
Lake Forest, Illinois  
Former Chicago Committee member

MRS. KEITH MERRILL  
St. Croix, Virgin Islands and  
Pride's Crossing, Massachusetts  
Former Washington Committee member in the early years until  
the beginning of the 1940s and former FNS Trustee from 1964 to  
1978.

## FIELD NOTES

The summer is a time of fulfilling winter's dreams. There is a garden to tend, fixing and repairing one thing and another, and, sometimes, moving. Respiratory Therapy moved down to the Mary Breckinridge Hospital to one of the old business offices next to the mail room and across the hall after a storage room for Housekeeping was converted into office space. The Business Office moved to the third floor MBH — now with room to breath in — and the school moved up the hill to the Old Hospital. The Print Shop moved down into town, and District Records and the Oncology Project to half of the duplex. The rest of the business office which was located behind the front desk will be converted into more useable space for the Primary Care Center, mainly for examining rooms.

Labor Day weekend saw the celebration of another graduation on the Grassy Spot at Wendover. Eight family nurse-midwives received their diplomas: Amy Laufer, Wendy Wagers, Susan Hedrick, Betsy Greulich, Carolyn Scheussler, Rose Ann Yoder, Marianne Towler, and Karen Kudia. Betsy Greulich and Karen Kudia had been the recipients of the Burroughs Welcome Fund scholarships for the last trimester. The Daughters of Colonial Wars also sent scholarship monies which were divided among Mary Ellen O'Brian, Belinda Pendleton, Wendy Wagers, Kathleen Haverfield, and L. Joy Schroeder. Karen Kudia was also the recipient of a donation made by the Hyden Citizens Bank to the Scholarship Fund.

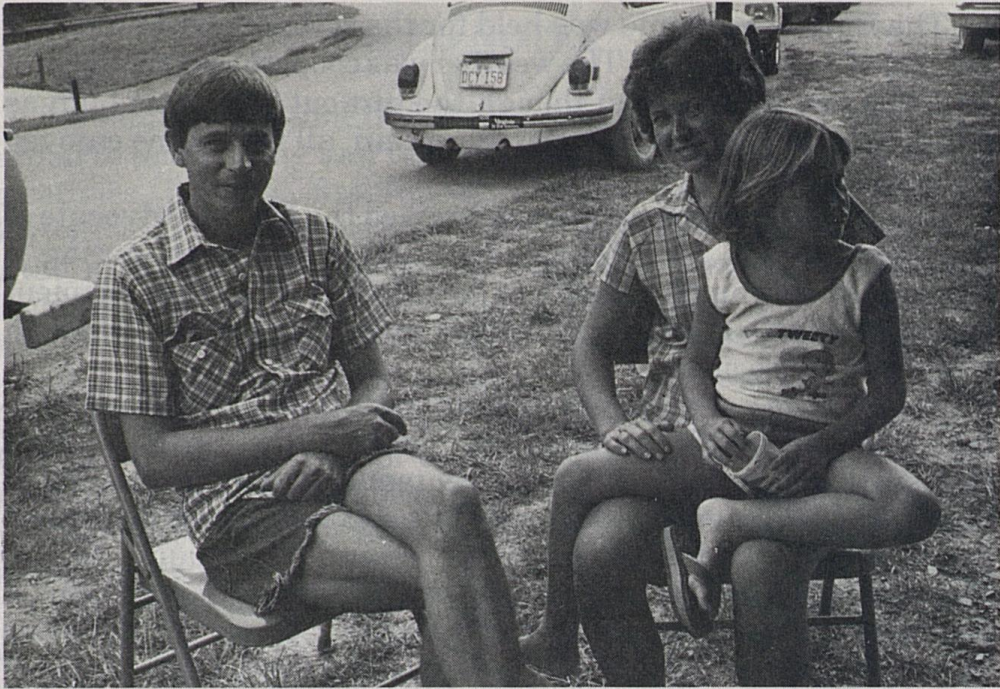
There were several new employees over the summer: Kim Simpson, LPN, and Lena Bishop, LPN on Med-Surg; Pauline Fields and Charlotte Gibson on Front Desk; Polly Roberts to Housekeeping; Phillip Howard on Security; Billy Sue Day as Ward Clerk; Donna Napier in Medical Records; Edna Dean at Oneida; Deborah Boggs in Purchasing, Jackie Sizemore in Pharmacy; and Dallie Mitchell and Janet Lewis in Respiratory Therapy. Gertrude Morgan, FNP, is the new nurse at the Pine Mt. Clinic, Robert Wright is the new dentist for MBH, Laurel Erzinger, RN, fills a vacancy in Home Health, Eugene Spence is the new x-ray technician, Charlotte Wilder and Lonnie Adams have come on board at Wendover, and Joselyn Bacon, FNM, is the new midwifery instructor for the school.

The Employee Picnic was held for the second year in a row at the end of July this year. The weather was cooperative, though not until the last minute, and though the turnout wasn't as high as last year's on account of threatening rain, all who came enjoyed themselves.

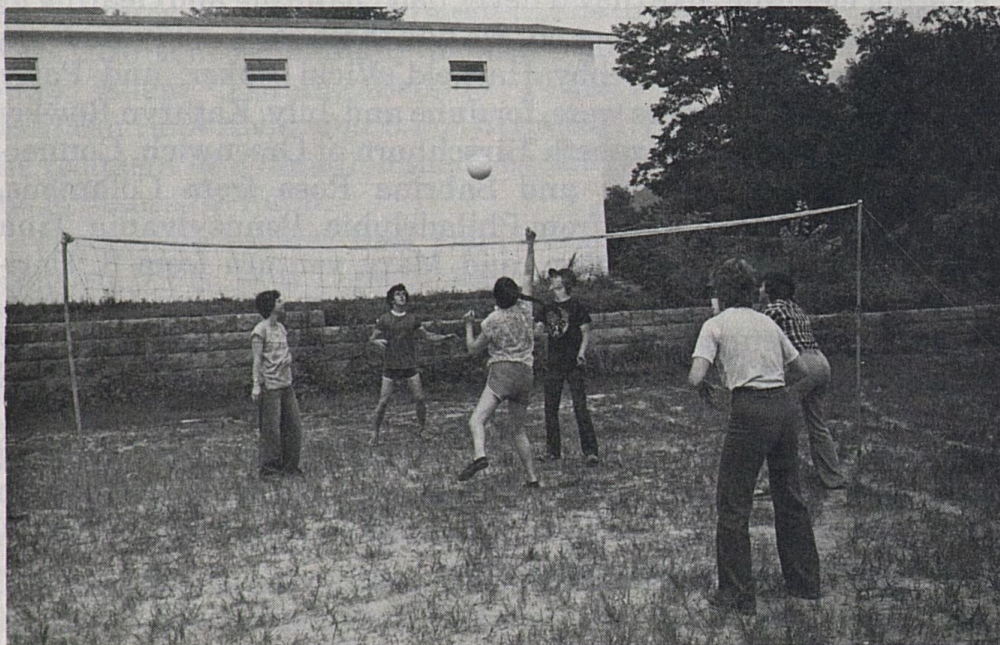
The Frontier Nursing Service received the Health Advocate of the Year Award for 1981 on June 20 at Hindman during a conference on women's health in Appalachia. The other recipient in the state of Kentucky was the Big Sandy Family and Childbirth Education Association.

This year is a centenary in more ways than one: it is not only the one hundredth anniversary year of the birth of Mrs. Breckinridge, but it is also the centenary year of the Royal College of Midwives in England. "One of its earliest members" **Nora Kelly** "had the honour to present the bouquet to Her Majesty the Queen. It was truly an overwhelming experience." A recently published history on the Royal College of Midwives called *Behind the Blue Door* was written by Betty Colwell, one of Nora Kelly's former "pupil midwives."

Courier and Volunteer work spanned a wide variety of projects this summer from gardening to oncology to giving district clinics a spring cleaning 'like they'd never had', painting and clearing at Wendover, and the list goes on. We had three work study students from Berea College: Debby Hatfield, Vicki Baker, and Patty Reinking; and Couriers were, for June and July, Kathryn Rowley from Kansas City, Elizabeth Hirschhorn of Greenwich, Connecticut, DeAnne Andrews and Sabrina Ross from Columbus, Indiana, Lisa DiGiorgio from Philadelphia, Pennsylvania, Tina Stambaugh from Lexington, and Mary ventura from S. Dartmouth, Mass. August brought us help from Carolyn Cavalier, Sewickeley, Pennsylvania, Cindy Grever from Dayton, Ohio, Jill Anderson of Williamstown, Massachusetts, and Mabel Churchill from South Ponfret, Vermont. Angela Vance, Washington, D.C. and Jennifer Mumma, Larchmont, New York have been holding down the ship for September and will get some much needed help from Polly Morrow, Spokane, Washington and Lucia Gardner, Brattleboro, Vermont come October.



Darrell Moore, Director of Personnel; Ruby Moore, Medical Records; and their daughter Charity taking a break at the Employee's Picnic.



Students and staff playing volley ball.





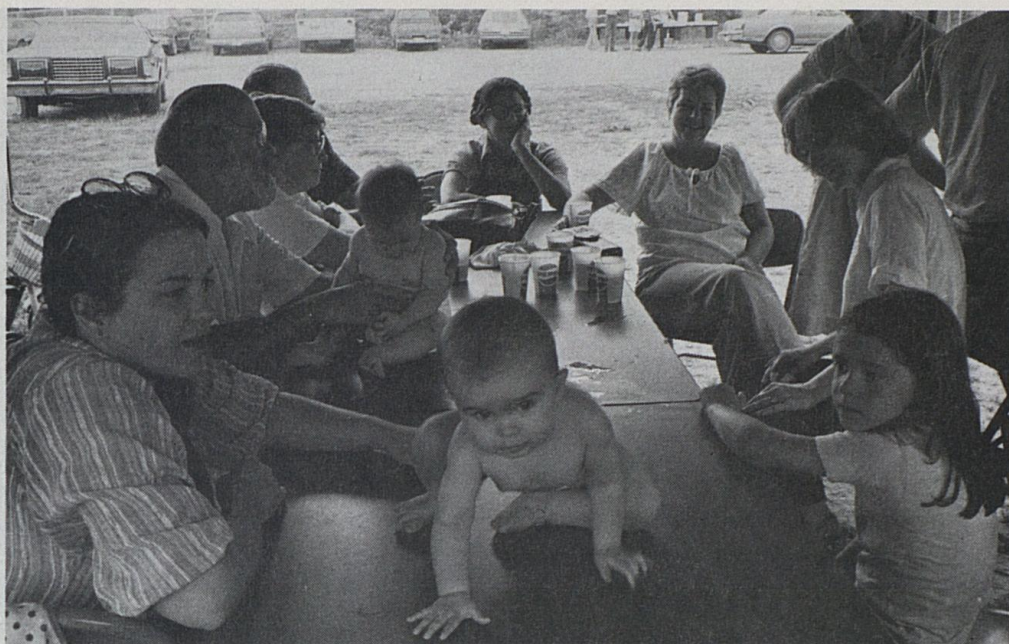
Jim Click, Physical Therapy, holding his daughter Kendra Beth and trying the Close Pin Drop while Sr. Virginia Taylor takes care of the 'stats.'



Kent and Kelli Asher, twins, children of Judy Asher, secretary at Wooton Nursing Center; David Wilson, son of Home Health Director, Diane Wilson; and Wayne Colyer, son of Pam Colyer Vanover in Accounting.



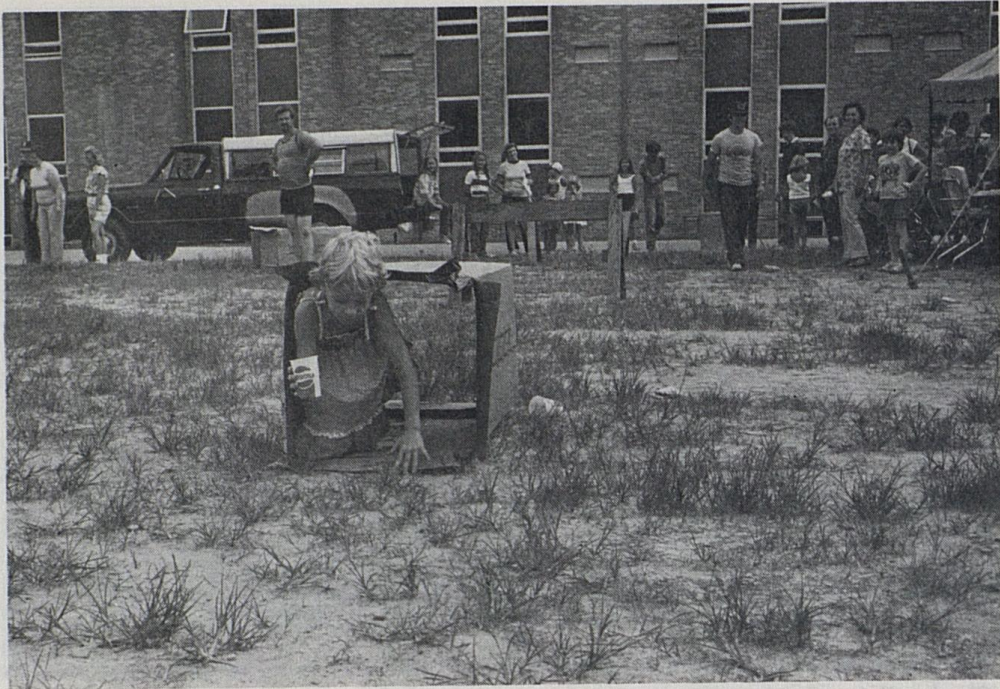
Burt Pitre, Nurse Aenesthetist; Wanda Feltner, PCC; Blossom Morgan, Med-Surg, and her husband; and Dr. Zerzavy, OB-GYN.



Little Sarah Coleman, center front, with Nancy Coleman keeping her in balance, next to Charles Coleman, Director of Support Services; Dr. Anne Wasson; Susie Baker, MTD; Mary Weaver, Director of Nursing; Deidre Poe, Instructor; Kathleen Dalton, Director of Finance; and Jenny Bledsoe.



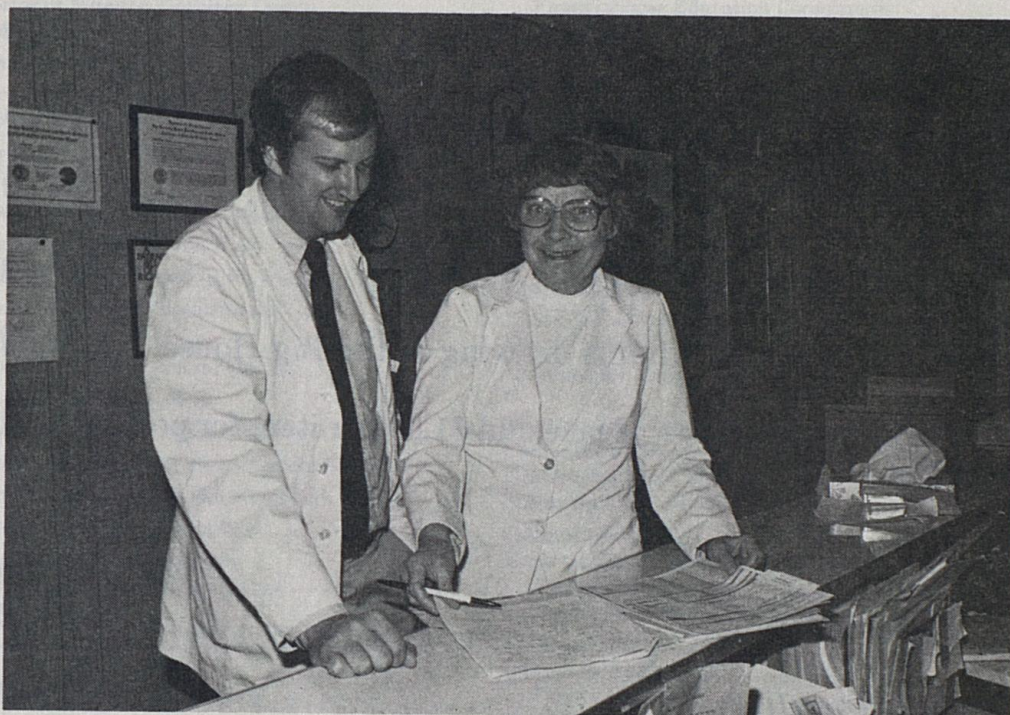
Clifford Whitehead, Security, and his grandson; Danny and Rufus Morgan.



Running the obstacle course without spilling the water was no easy thing, but this girl had a steady hand.



Horse shoes! John Hacker, husband of Peggy Hacker, PCC Manager and Ray Harmon, Director of Social Services.



Daniel Smith, University of Illinois Family Practice Resident, with Dr. Anne Wasson. Dr. Smith is one of many interns we teach during the year in a variety of disciplines such as physical therapy, dentistry, family practice, internal medicine, and the like. It is one way in which we reach beyond our county and beyond the mountains and continue to influence and train professionals for rural primary health care.

## ORDER FORM

The following items are available for sale at the Mary Breckinridge Hospital or through a mail order. The proceeds from all the items except *Wide Neighborhoods* and the *Medical Directives* go to the District Craft Fund for continuing education for the district nurses.

FNS Cookbooks .....	\$3.50
Note Cards of the Big House, Wendover ...	\$2.00 (8 to a pkg.)
T shirts with FNS logo .....	\$4.50
Sweatshirts with FNS logo .....	\$10.00
Prints of Carolyn Williams drawing of the Big House ...	\$4.00

For all items above, please add \$1.00 per item for postage and handling.

<i>Wide Neighborhoods</i>	
Cloth .....	\$19.50
Paperback .....	\$8.00
<i>Medical Directives</i> .....	\$10.00

For the two items above, please add \$1.25 for postage and handling per item.

Checks or money orders should be made payable to the Frontier Nursing Service. All orders should be sent to:

Office of the Director  
Frontier Nursing Service  
Mary Breckinridge Hospital  
Hyden, KY 41749

Please include your name, address, and zip code.

**FRONTIER NURSING SERVICE, INC.**

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Social Work: Ray Harmon, M.S.W.  
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Respiratory Therapy: Diane Fortney, C.R.T.  
Medical Records: Betty Helen Couch, A.R.T.  
Food Service Manager: Mae Campbell  
Housekeeping: Lillie Campbell  
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Timothy Carey, M.D.  
Gregory Lynne, D.D.S.  
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Coordinator-Maternity  
Anne Richter, R.N., C.N.M., M.P.H.,  
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**Pine Mountain Center**

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Lisa Ratico, R.N.

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

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

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 examination.

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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  
Frontier Nursing Service, Article III.

## 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

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

