CORRESPONDENCE
Hellebrandt, Frances A. 1985-1992
Re: 40th Anniversary
Remarke + Correspondence

Proud of our past
Confident of our Future!

F. A. Hellebrandt, M.D.
First Community Village
1800-229 Riverside Drive
Columbus, Ohio 43212

Dr. H.

Susanne Hirt
7301 Normandy Drive
Richmond, Virginia 23229

1985
40th Anniversary
This is a day of celebration. A day for remembering the past. The vistas that lie ahead for this Department of the Medical College of Virginia shall grow out of your own dreams and aspirations, but the foundations upon which they rest were laid 40 years ago.

The War had just ended. The WACS we had trained at the University of Wisconsin and the Navy Nurse Physicists from the Medical College of Virginia were re-entering civilian life. A flood of men and women from all branches of the armed forces flocked to colleges and universities. Some knocked on the doors of our professional schools. Many had been Army corpsmen. They were eager to get certification in the new ancillary health service called Rehabilitation, that had blossomed during the War years. This influx of mature students with a variety of experience and backgrounds had a profound effect on Physical Therapy Education.
In the beginning physiotherapy was almost exclusively a woman’s profession. Most of the pioneers came into it with a B.S. degree in Physical Education or as Teachers of Corrective Gymnastics. Degree courses in Physical Therapy per se were unknown. Training programs were essentially practical service-oriented apprenticeships with master craftsmen as teachers and little or no formal classroom work. The university with which I was affiliated had a highly respected Physical Therapy School but it was an incidental adjunct to the Department of Radiology of the School of Medicine and had no formal faculty or curriculum.

The War changed all that. Schools under contract to train Physical Therapists for the armed services, had to have a qualified faculty, a formal curriculum, classroom and clinical practice facilities. In slow stages this led, in my University, to the establishment of a degree course, meeting the standards, obligations and responsibilities of all collegiate programs.

This is the movement that was stirring
in the clinical application of the Basic Sciences as well as experience in one 3rd. If one could be found, the Physical Therapy School must have academic base, especially in Anatomy. The Physical Therapist is not the hand maide of the doctor. Physiology. Therapy. The School was in its own right.

What I believed - no years ago; these were more than a dozen students. In the pre-war days, so students were admitted and one-half of the person the exact figures, but approximately 50. I do not mind and I know who was trained in this, persons distinguished School. When the Medical College of Virginia opened its school.
that every student must master.

4th. The Principles and Practices of Physical Therapy must be taught on a collegiate level with adequate space and equipment for sound training.

5th. Clinical practice shall proceed under the surveillance of a staff indoctrinated in preceptorial teaching methods.

6th. The faculty shall be encouraged to attend the annual meetings of the American Physical Therapy Association, participate in its deliberations, and add to human knowledge through the establishment of an on-going research program offering opportunities for student participation.

Thus I believed 40 years ago.
Thus I believe — today.
Nothing gives me more satisfaction than the direction in which this school has developed, knowingly or not, it has subscribed to the principles and philosophies
of its founders, by the Virginia Commonwealth Univ.,
that you have been approved for
graduate work on a doctorate level is
a significant achievement.
I salute you and wish you well
for the decades ahead.

Francois A. Nelliebrandt
November 1986
November 4, 1985

Dear Sue:

I send some handwritten remarks. I still type but when I do something "official" I am sure to make mistakes. Since I won't accept a badly typed copy, the job grows tedious and frustrating. I'm sure you will understand and forgive the eccentricities of an 84 year old.

Use what you think is appropriate of the remarks. Give a good talk yourself! Trusting that the event will warm your heart —

Yours,

Frances
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A day for remembering the past.
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Department of the Medical College of Virginia
shall grow out of your own dreams and
aspirations, but the foundations upon
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(The War had just ended.)
The WACS we had trained at the University
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were re-entering civilian life. A flood of
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This is the movement that was stirring
when the Medical College of Virginia opened its school.

It is fitting and proper that you who were trained in this distinguished school know what was in the heart and mind of the person who set your course. I do not remember the exact figures, but approximately 50 students were admitted and one-half of these were men. That in itself was phenomenal. In the pre-war days few schools had more than a dozen students.

This I believed—40 years ago:

1st The Physical Therapist is not the handmaiden of the doctor. Physical Therapy is a profession in its own right.

2nd The school must, therefore, have a strong academic base, especially in Anatomy and Physiology.

3rd If one could be found, the (Technical) Director of the Physical Therapy School must have high-level, post-graduate training in one of the Basic Sciences as well as experience in the clinical application of the craft skills.
that every student must master.

4th, the Principles and Practices of Physical Therapy must be taught on a collegiate level with adequate space and equipment for sound training.

5th, clinical practice shall proceed under the surveillance of a staff indoctrinated in preceptorial teaching methods, and

6th, the faculty shall be encouraged to attend the annual meetings of the American Physical Therapy Association, participate in its deliberations, and add to human knowledge through the establishment of an on-going research program offering opportunities for student participation.

This I believed 40 years ago.
This I believe today.

Nothing gives me more satisfaction than the direction in which this school has developed. Knowingly or not, it has subscribed to the principles and philosophies
of its founders, by the Virginia Commonwealth Univ. That you have been approved for graduate work on a doctorate level is a significant achievement. I salute you and wish you well for the decades ahead.

Francis A. Hellman

November 1985
Dear Frances,

I am sending you my best wishes for your birthday. I hope you are well and will enjoy the occasion.

We returned from Israel after 6½ months in that country and 6 weeks in Europe in May and are only slowly readjusting to the American life. It was an extraordinary experience, both professionally and personally. The people are exciting.
warm and receptive and gave a kind eye with much courtesy and conviviality. It became a home for us with friends and relatives inviting us to stay. We saw much of the country which is truly beautiful and awe inspiring.

We spent 6 weeks with friends and relatives in Europe. In Germany, London, Paris and learned a great deal about the human side of the Post War era. We had not heard this before. M.C.V. is celebrating its 40th Physical Therapy Anniversary in November. Best wishes and love — Bob and Margaret
September 1, 1985

Dear Sue and Marguerite:

How can I thank you for the gorgeous roses you sent. By general consensus they were the most beautiful ever received by anyone at the First Community Village. I can't tell you how much pleasure they gave. After enjoying them intact for a few days, I shared some. You will remember Hella Freud Bernays. She stands in awe before growing things and was in ecstasy over the few I shared with her. I eat luncheon with her today and suspect she will bring them to the dining room to put on our table. She did that for herself yesterday at breakfast and I was glad. Her son wanted to know what florist they came from, they were so unusual. As for myself, I know the message they bring and appreciate the warmth of your feeling. When one gets very old, the eyes turn inward and one is made to face the meaning of the life he has lived.

I was interested in what you had to say about that memorable half year in Israel. I thought of you often and wondered what it was meaning to you. I know exactly what you mean when you said months after returning home that you were only slowly readjusting "to the American life". I felt the same way after spend the year before the War in Middle Europe. The remotness and indifference at home was incredible. I am always moved by the devotion of a people to a belief in something outside the self. I thought that you might be very much drawn to the people of Israel.

I remain in relatively good health - very alive and fit for a person now moving toward 85. I am getting forgetful, sometimes have difficulty getting out of a low chair etc. When I have time, I repeat the sitting down and getting up five or six times just to keep the right muscle groups in trim. I've had a much less comfortable winter, with several bouts of arthritis in the right hip and left shoulder. Now I have fibrositis of the neck muscles and don't like it a bit. I still ride the bike and have covered well over 15,000 miles. I try to walk a half hour before breakfast every morning. Weight bearing exercise is much more difficult that the bike. Why doesn't someone study the degree to which we lose proprioception and the extent to which that troubles our ambulation. We are building a new 5½ million dollar Healthcare Center and I am excited about that. I still "work" in the Convalarium. Things are essentially as they were when you visited me. Hope this finds you and Marguerite enjoying retirement.

Love,

[Signature]
8/26/85 - Keep

Susanne Hirt
7301 Normandy Drive
Richmond, Virginia 23229
My dear Sue:

Thank you for your holiday greetings. You must forgive me for never thanking you for the lovely birthday roses that came while I was in Florida. A village friend nurtured them for me, and I was able to find joy in them when I finally returned.

We have had a difficult half year. My brother, who is the last of the family, had an uneventful knee joint replacement. During his convalescence, he began to hemorrhage from the GI tract. They could not...
discover the cause. He had 53 transfusions, and being a tough Holebrandt, made a miraculous recovery. I was in Florida for a month in the late summer and have only just returned from a second brief visit. We are counting our blessings.

As you see from the enclosed - I am OK and hope you and your dear sister are also doing well. Love

Frances

SNOW DRAPERY
George Hallowell, American (1871-1926)
Watercolor, 14 1/4 x 20 inches
MUSEUM OF FINE ARTS, BOSTON
Gift of Frederick L. Jack
35.1233 02.85
75 AZ 21
Christmas Greetings!
Peace, joy and good health this holiday season.
I remain well, keep fit, continue my usual activities, and nurture what residual abilities remain.
Nothing hurts. I can still read and write, think, keep up with the current scene, and find hope in the future.
Now beyond "young-old" and "old-old," I feel the challenge in being a pioneer among the "extremely aged," and exploring its limits. May your tomorrow be as full of blessings.

Happy New Year!

[Signature]

Frances
January 10, 1989

Dear Sue,

Thank you for your holiday greetings. My cards, ordered in November, just came!

Lest you wonder: I am still among the survivors, relatively fit in spite of a full share of what comes naturally to the very old, secure, and still doing my "thing" at the Village, to the extent permissible.

Have a good New Year.

Frances

1/13/89

Dear Sue: It has been a rough year. I am just recovering from a bout of cardiac fibrillation. Feel great today. It's a beautiful, cold, bright, lovely winter day. You must remember those from your Wisconsin days. Be of good cheer.

Frances
F. A. Hellebrandt, M.D.
First Community Village
1800-107 Riverside Drive
Columbus, Ohio 43212

1989

Keep

Susanne Hirt
7301 Normandy Dr.
Richmond, VA 23229
First Community Village
October 18, 1985

My dear Sue:

I have been slow to answer your letter. I do not travel well and as you know, am not the kind of person who finds delight in grand ceremonial celebrations. No, I won't come. Yes, of course I will send you a few words to read.

I leave reluctantly on the 23rd for Florida - with a niece to see me thru the exigencies of modern air travel. I want to see my brother who was for years a close friend. He has had eye surgery and suffers from the usual disabilities of aging in spite of which he has been to the Holy Land and to Alaska within the year. I shall be back in a week.

I have been much too busy and am trying to embark on a determined effort to "retire" so time will permit proper attention to my private affairs and so that I can still do a few of the things reserved for retirement. I feel uncentered and dissatisfied because there is too little time to study, to meditate, to read the few professional journals I still get. I have taken on the chairmanship of the Healthcare Center Committee - my first "political" office. For 10 years I have avoided such entanglements. But we are in the process of building a new 5½ million dollar Healthcare Center to replace the Convalarium in which I have worked for a decade. I have promised myself that when the new facility opens its doors, I shall step-down and relinquish the things that have occupied so much of my attention since I came to the Village to live.

Another reason why I have been so preoccupied concerns my brother. He is the newly elected President of the Men's Club at the Retirement Center in Delray Beach where he lives. Until he saw Abbey Delray he was quite sure he would never be caught dead in a segregated community for the elderly. It was OK for me. I was older and alone. I was so pleased by the way he has responded to the sheltered life he is now living that I could not refuse him when he asked me to give a talk to the Men's Club and invited spouses. I arrive late next Wednesday and give my talk on Thursday afternoon. After that is over I may have the inner quiet necessary to write a little message for MCV. OK?

Love

[Signature]

Frances
Dear Frances,

Thank you so very much for your wonderful letter. I am glad that you and your friends enjoyed the roses.

I hope the day was as enjoyable for you as it was for me.

I am also glad to know that you keep that bike running.

How I would like to ask a question to you that I mentioned to celebrate our 40th anniversary on Nov. 15th. It would be wonderful to have you with us in person, but if that is not possible would you consider sending...
is a few words that
I would feel terribly honored

to read to the assembly. I
believe that a few words
from you would add some-
thing very special to our
celebration. Much has
evolved in those 40 years
but there are some basic
foundations that you plant-
ted that can still be recog-
nized and are, I
believe, largely responsible
for the excellent reputa-
tion this school has
enjoyed—and still does—
throughout the years.

If you are interested and
wish to talk to me I'll
be glad to call you at a
time convenient to you.

With good wishes and
love

[Signature]
Dear Frances —

First, I must apologize for being so late with responding to your beautiful comments. Thank you so much for sending them so quickly.

My excuse is, that Margarette had cataract surgery on Wednesday with a lens implant. All went well and we can relax now. It was a bit scary, because she has only one eye. The doctor now had a good look at the retina and is satisfied.

The Anniversary went off very well. We had almost 150 people, almost all classes were represented.
It was a very strange feeling for me, I was the only one who knew all of them.

Your comments fit in beautifully; my talk was mainly history with giving credit to the people past and present. It was not easy to prepare.

I think the administration was impressed with our alumni showing so much loyalty to their alma mater and their profession. You were on my mind much of the time. I hope all is well, Francis, and wish you a happy Thanksgiving.

Love, Lyle
Re'd 9/13/91
Re: Dr. Hella brandt
Letter to (Maggie) Hulet
Reggie! 9/17/91
Died 2-2-92
September 11, 1991

Norma Jean Finissi, Exec Officer
Ohio Chapter APTA
4355 N. High St. #201
Columbus, Ohio 43214-2611

Dear Norma:

Here’s a voice from the past! Greetings from sunny (and hot) Florida. My wife and I moved down here in late ’90 to retire from Long Island and all the problems of New York. It’s been great! We are kept very busy with activities here in central Florida and are enjoying ourselves. You may have noticed that I am still involved with the PT Bulletin and do a lot of writing. It keeps me out of trouble and close to the word processor.

Now, here’s the reason for my writing you. I had a call a few days ago from Susanne Hirt, PT of Richmond, former director at MCV PT program. She had a very good suggestion for an article about an individual who has done so much for physical therapy and rehab. The individual is Frances Hellebrandt, MD, PhD. a contributor to all our journals and the one who was in charge and created the PT department in Richmond, Va. between 1945-53. She was made an Honorary Member of APTA in 1965.

I just happened to check my Brunnstrom text and found several physiology references to Hellebrandts work. I did the same with the PNF book by Knott, Voss and Ionta and found six references to Hellebrandt.

The problem for me is that Dr. Hellebrandt is now in a nursing center in Columbus. She is 90 but evidently very alert. She resides at the First Community Village 1800-107 Riverside Dr. Columbus. Sue Hirt said she spoke with her recently.

I wondered if you or one of your PT members would be interested in doing an interview and a story. There must be someone in your area who likes to delve into a bit of history and enjoys writing. I have done several interviews of our "pioneer" people and found it fascinating.

Please ask some of your officers or spread the word. We shouldn’t wait too long! I would appreciate whatever you can do on this.

Hope to see you at CSM in San Francisco.

Sincerely,

cc: Sue Hirt
Let see what happens. Jay
September 11, 1991

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Hope to see you at CSM in San Francisco.

Sincerely,

[Signature]

cc. Sue Hirt
Susanne Hirt
7301 Normandy Dr.
Richmond, Va 23229
August 26, 1990

My dear Susanne:

Thank you, thank you once again for the lovely Birthday roses. And once again they graced the altar in our Village Chapel—this morning on which I began my 89th year. Not the least of the blessings I was remembering was the caring concern of friends like you.

My year of travel started on the 11th just one year ago when I was hospitalized with auricular fibrillation and a severe paroxysmal tachycardia. Several doctors remarked on my "enormous liver" but no one looked at or felt my belly. It was not until February, after a series of unexplained massive hematomas of the R buttck, that a CAT scan was done and they discovered a cyst the size of a basketball in my abdomen. It had pushed the R kidney to the midline where it had been resting on top of the vena cava. It was tapped and a liter of fluid drained off in the first 8 hours. Diagnosis: a rare hepatic cyst—only 87 in the literature. It was too big to remove. At surgery in April they estimated its capacity was 3 liters. About 50 cm. bowel was run from the cyst to the gut for continuous drainage. I was hospitalized for 7 weeks and am now well on the mend, back in my apartment on minimal
Assisted living, in voice contact with the Clinic, under night surveillance and nurse controlled medication. Have a marvelous 3-wheel walker. Walk to meals, do a mile a day of exercise in 1/4 mile boots, starting before breakfast. I still play in the Bell Choir, practice the recorder, and keep up the weekly Health and Nutrition Bulletin Board in the Reading Room outside the library. They photographed the surgery and are writing up the case — so at long last I will have a real chance to add to human knowledge!

QUEEN ANNE'S LACE
E. A. Seguy, French, n.d.
Commercial lithograph from the portfolio Les Fleurs et leurs applications décoratives
Published by Librairie des Arts Décoratifs, Paris, ca. 1900-40(?)

THE METROPOLITAN MUSEUM OF ART
Purchase, Leon Lowenstein Foundation, Inc. Gift, 1976 1976.581 (22)
© 1986 MMA

FAH
F. A. Hellebrandt, M.D.
First Community Village
1800-229 Riverside Drive
Columbus, Ohio 43212

Miss Sue Hirt
7301 Normandy Dr
Richmond, Va 23229

Be 26/1981
10/5/84

Please forward if necessary
My dear Sue:

your lovely roses came just a week ago. They lasted exceptionally well. Hella Bernays, my friend, thought they were the most beautiful roses she had seen. I shared mine with her. We both live now at Hillside and are close neighbors. Thank you.

My 83rd was a good birthday. I continue in very good health. My visual deterioration has not progressed and my hearing aids give no trouble. I did 7.9 miles on my stationary bike and ambulate pretty well. Being relatively able-bodied for the Assisted living unit, I am kept busy. I continue "work" at the Convalescent and have just started limiting my visits to the sickest ones and the custodians. The latter are now concentrated in one unit and it is a little over-
I haven’t completely gotten over the mental image of you and your sister. Life has been good for me, but I miss you. My brother lives now in Florida. Have you retired yet? He’s doing well. I’m always on the go to some event or other. I get stamps more often and collect them more. He’s a big fan of the arts and often goes to the opera. I wish I could do the same, but my health isn’t as good as it used to be. I do a lot of reading now. I suppose I’m getting older. I don’t want to think about it.
August 30, 1991

My dear faithful Sue - who never forgets. The roses were lovely, lovely. They came a week ago. The first greetings for my 90th birthday. I should say my incredible 90. My blessings outspread the inevitable dissolutions of aging. Without my hearing aids I don't even hear the fire alarm, see badly, walk with a great 3-wheeled "mobiler" and am virtually housebound. But I can read large print.

walk indoors in 42 mile boots 4 times a day, starting before 7 a.m. still play with the Bell choir, continue recorder duets, put up my weekly Health & Nutrition Bulletin Board and am working diligently on the Wellness Committee which plans to change few attitudes toward maximizing what is left in our aged bodies.

We feel the pressures of inflation since we retired when my salary as a full Prof. and Dept. Head was 16,000 (two) and Dep't Head was 16,000 (two) and my original pension is $35 a month! We got $20,000 less for our
Frank Lloyd Wright designed and hand build house than we paid for it. I also acquired unexpected family responsibilities when my brother's new Florida wife diverted his Maggie seats to Karoon family. It is frightly expensive living at RV now but I have never regretted coming here. Am on Assisted living now, first stages, and living well. Love it. My cyst remains in place (3 liter capacity at operation) but drains little the gut. Abdomen is far from normal but all is well. Hope the same for you.

IRIS PALLIDA, 1813

G. Forster, after J. M. French, 1759-1804
Stipple engraving, printed in color and handcolored 12 1/4 x 13 3/4 inches
Bequest of Estate of George P. Dike, Eliza R. D. Collection
MUSEUM OF FINE ARTS, BOSTON
69.273 03.89
FRANCES A. HELLEBRANDT, M.D.
26 August 1901 - 2 February 1992

Memorial Service 10 am 9 February '92
HILLESIDE CHAPEL
1ST COMMUNITY VILLAGE
1900 RIVERBANK DRIVE
COLUMBUS, OHIO 43212

Please send contributions to the Health Care Center Fund
of the Hellebrandt Alumni Society

Surviving nieces:
Mrs. Mary H. Russell
81 Briarwood Drive
Athena, Ohio 45701

Cremains: Bohemian Resting Area
Chicago, Illinois