

FNS

FRONTIER NURSING SERVICE

Volume 85 Number 3 March 2010



FRONTIER NURSING SERVICE

US ISSN 0016-2116

TABLE OF CONTENTS

Introduction to FNS	1
The Journey - <i>Nathan W. Lee</i>	2
Beyond the Mountains	4
Field Notes	6
Courier Program Update	9
Former Courier and Staff News	9
Footprints - <i>Mary Breckinridge</i>	10
Frontier School of Midwifery & Family Nursing Update - <i>Dr. Susan Stone</i>	12
A Courier's Diary - <i>Anne Eristoff</i>	17
Legacies	18
In Memoriam & In Honor Of	22
Urgent Needs	32
Cover Photo - Wendover Cabin - Winter Scene	

Frontier Nursing Service Quarterly Bulletin is published at the end of each quarter. Subscription Price \$5.00 a year for Donors/\$15.00 for Institutions. Periodicals postage paid at Wendover, Kentucky 41775 and at additional mailing offices. POSTMASTER: Send address changes to FNS, Inc. 132 FNS Drive, Wendover, Kentucky. Copyright FNS/Inc. All Rights Reserved. **The Frontier Nursing Service does not share its donor mailing list.**

Introduction to Frontier Nursing Service (FNS)

Mary Breckinridge spent her early years in many parts of the world - Russia, France, Switzerland and the British Isles. After the deaths of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of others, particularly mothers and children.

After graduating from St. Luke's Hospital Training School for Nurses in 1910, Mrs. Breckinridge established the FNS in Leslie County, Kentucky, in 1925, as a private charitable organization serving an area of 700 square miles. It was the first organization in America to use nurses trained as midwives under the direction of a single medical doctor/obstetrician, based at their small hospital in Hyden. Originally the staff was composed of nurse-midwives trained in England. They traveled on horseback and on foot to provide quality prenatal and childbirth care in the client's own home.

Today, Mrs. Breckinridge's legacy extends far beyond Eastern Kentucky. FNS, Inc. is the parent holding company for Mary Breckinridge Healthcare, Inc., Frontier Nursing Healthcare, Inc., which includes five rural healthcare clinics; Mary Breckinridge Home Health Agency and the Frontier School of Midwifery and Family Nursing which offers a Master of Science in Nursing degree with tracks as a Nurse-Midwife, Family Nurse Practitioner, Women's Healthcare Nurse Practitioner and a Doctor of Nursing Practice (DNP) degree.

Mary Breckinridge's home, The Big House, located at Wenderover, is a licensed Bed & Breakfast Inn. For more information or reservations, call 606-672-2317 or e-mail: information@frontiernursing.org. You can also access our website:

Frontier Nursing Service - www.frontiernursing.org

The Journey

by Nathan Lee, President & CEO



As I write this article, it's cold outside, very cold. There is an icicle, easily approaching three feet long, hanging from my porch. There's snow on the ground, lots of snow. As bad as we think we have it here in Kentucky, there are others who have it much worse. At last count, there was almost three feet of snow in Washington DC. A vendor based in Ohio recounted similar statistics. According to a recent news report, snow was on the ground in forty-nine of fifty states (ah, to be in Hawaii just now). We're not used to this kind of weather here in Kentucky!

I've heard some friends and colleagues decry the recent weather as an irrefutable evidence that global warming is but a myth. Others emphatically assert that our unusual weather is proof positive that global warming is real and already wreaking havoc on our lives.

From what I can tell, the best scientific evidence to explain what we've experienced here in the "lower 48" this winter is El Nino. That's right . . . El Nino. Unusually warm waters in the

equatorial Pacific, through weather patterns far more complicated than my simple mind can comprehend, have resulted in sledding in Texas, snowmen in South Carolina, and three-foot icicles here in Kentucky.

And it's not just the weather. As I watch our nation work to pull away from the worst recession in decades, I have found myself staggered by the decimating effects that the domestic problems of nations thousands of miles away can have on our own fragile economic recovery. How can it be that the sovereign debt of countries like Portugal and Greece can have so much bearing on our own national economy?

In truth, I know the answer to that question. It is the same reason that weather in the South Pacific can have so much impact on what happens here in Kentucky. Ours is truly a small world. What happens in one remote corner does affect what happens in another. I shouldn't be surprised by this. Mrs. Breckinridge knew it. If she hadn't, I can only imagine she would have chosen a title other than "Wide Neighborhoods" for her autobiography.

And you know it as well. What other reason could there be for your concern for the health of the folks we care for here in Kentucky's Appalachian Mountains? Why else would it matter to you how our graduates take the message of the FNS to the communities they serve? Whether you read this in Boston or San Francisco, Dallas or Des Moines, London, Kentucky, or London, England, you have shown you recognize that the work we do at the FNS has meaning throughout the world. A life made healthier here in the mountains is a life made healthier in the world. And as Mrs. Breckinridge knew, our small world is really just one shared Wide Neighborhood.

The journey continues . . .

Beyond the Mountains

Kentucky Hospital Association Hospital Preparedness Program

January 20th, Kevin Cook, Hospital Preparedness Program Region 10 Chairman, attended the Kentucky Hospital Association (KHA) Hospital Preparedness Program Meeting in Louisville, Kentucky. Mary Breckinridge Healthcare will receive a Blanket/Fluid Warmer for the Emergency Room and several Oxygen Regulators totaling more than \$10,000.00. The Hospital also received many HINI supplies including masks, gloves, hand sanitizers, vaccine refrigerator and syringes.

During a December snow storm Mr. Cook and Frank Baker, Chief Information Officer, assisted Mary Breckinridge Hospital by bringing generators for power and water. As part of the Hospital Preparedness Program, they took the "Medical Surge" trailer with cots and supplies to serve as a shelter for people at the 911 Center.

Kentucky Hospital Association (KHA) District Meeting

February 12th, Nathan Lee, President & CEO, Mallie Noble, Mary Breckinridge Healthcare, Inc., Administrator and Robert Besten, Vice-President of Finance, attended the Kentucky Hospital Association (KHA) Cumberland District Meeting in London, Kentucky. Mike Rust, KHA President, presented an update on issues concerning the Kentucky General Assembly, Healthcare Reform and the State Health Plan.

Women of St. James Episcopal Church

During February, Susan Stone, DNSc, CNM, FACNM, President & Dean of the Frontier School of Midwifery & Family Nursing (FSMFN) and Denise Barrett, FSMFN Director of Development, recently visited friends and alumni in Connecticut. They traveled to West Hartford at the invitation of the Women of St. James Episcopal Church group.

The Women of St. James are long-time supporters of the FNS and it was a distinct pleasure to meet with them personally. The group hosts a monthly luncheon and featured FNS during their February event. Dean Stone provided a wonderful, in depth history of the Frontier Nursing Service complete with historical photos, an informative video and an audio recording of Mrs. Mary Breckinridge.

A reception preceding the event provided time to visit with the women's group members, several whom were retired nurses! FSMFN graduates Elizabeth Benson (CNEP 23, DNP 3) and Carol Gerjuoy (CNEP Class 18) also attended the event.

Many thanks to Mrs. Edwina Bosco, President of the Women of St. James, for extending the invitation to speak and for coordinating the event.



*Women of St. James Episcopal Church,
West Hartford, Connecticut*

Field Notes

First FNS Baby for 2010

Mary Breckinridge Healthcare, Inc., is proud to welcome the first FNS Baby for 2010. Baby Girl Chloe Sue Miller was born January 11th at 11:26 A.M., weighing six lbs, 13 ounces. Proud parents, Nicholas and Bertha Miller, along with Chloe, were presented with a Congratulatory Gift Basket on behalf of the staff.



Dr. Ric Ascani, OB/GYN Physician, Baby Chloe Sue and mother Bertha Miller

Pediatric Rewards Program

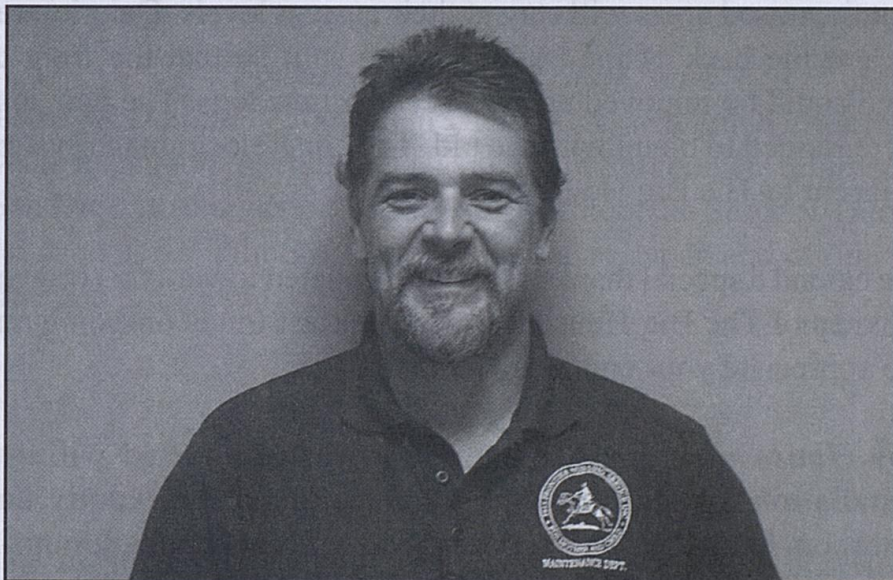
Pediatric patients brought to the Mary Breckinridge Healthcare, Inc. Emergency Room (ER) are rewarded with a toy from The Treasure Box for being brave during painful procedures. The idea originated from Marlene Maggard, RN, ER Manager. The toys go really fast and Marlene has been having bake sales and soupbean lunches to keep it stocked. She has also received several donations which are much appreciated!

Wendover Guests

From December 1, 2009 - March 1, 2010, Wendover hosted a total of 356 guests. This number includes overnight guests, tour groups and special luncheons/events. The Bed & Breakfast Inn was closed from January 1st to mid-March due to renovations.

Mary Breckinridge Healthcare (MBH) Employee of the Year

The (MBH) 2010 Employee of the Year is Michael Feltner, Maintenance Project Director. Michael has been employed at MBH since 2001 and has shown much hard work and dedication. He is also well known throughout the community for his volunteer work with the Thousandsticks Fire Department, Boy Scouts and the Mason's Chapter. Congratulations, Michael!



Michael Feltner, 2010 Employee of the Year

Frontier Nursing Healthcare Clinics

Visit volume is down 8% at the Anne Wasson Clinic. The Kate Ireland Healthcare Center continues to grow at a steady pace. Growth continues at the Beech Fork Clinic and at Community Health Center. Christian Family Health is showing consistent improvement in monthly volume compared to the previous year.

Housing Maintenance Update

The Big House - Skilled craftsmen from Leatherwood, Inc. which specializes in historic preservation came from Nashville, Tennessee to Wendover to restore the foundation and various portions of Mrs. Breckinridge's home, The Big House (Nathan Lee wrote about this project in the *Quarterly Bulletin*, Volume 85, Number 1).

Renovations at The Big House (Bed & Breakfast Inn) began January 1st. The windows in the Dog Trot were removed and the wall behind the large refrigerators was cut from the bottom. The floor was raised up to the normal floor level. Numerous supporting pillars have been installed under the weight bearing walls to ensure that the raised areas will stay at their current levels. Deteriorated logs at the back of the building were split so that the front of each could be removed and replaced by new logs. The new logs were sanded to blend with the old. The concrete drainage system adjacent to The Big House was replaced.

We extend a special thanks to all who donated toward this project. Upkeep of The Big House Bed & Breakfast Inn is on-going and we appreciate your continued support.

Joy House - The master bathroom was remodeled with the installation of new linoleum flooring, aqua tub, vanity and bathroom fixtures. Also remodeled was the first floor bathroom. A new dishwasher was installed in the kitchen. Water leaks that had occurred in the living room ceiling were patched and painted.

The Frontier School of Midwifery & Family Nursing - The Maintenance Department is designing a new layout for community bathrooms in Haggin Dorm. In Mardi Cottage, the kitchen will be removed for installation of new dorm rooms. A new heat pump was installed in Apartment Four of Morton Gill (old hospital).

Mary Breckinridge Healthcare - Patient rooms received a new coat of paint. Chair railing and baseboard were installed in the hall between the Anne Wasson Clinic and Admissions. Renovations, including new paint, chair railing, baseboard, cabinetry, countertops, sink and ice maker, have begun in the Emergency Room.

Courier Program Update

Laura Gagnon, Pittsford, Vermont, arrived at Wendover February 21st. She formerly attended State University of New York at Albany and now attends a local community college where she plans to apply to nursing school. Laura is excited to be able to shadow providers and to work in the local schools.

Former Courier and Staff News

Luke McDonald, ('2000) San Diego, CA, wrote that after three years in general practice as a Naval Flight Surgeon, he returned to San Diego to complete a residency in Orthopedic Surgery. During his time as a Flight Surgeon, Luke lived in Japan and during the last year was deployed to Iraq.

Quotes

The most important thing about getting somewhere is starting right where we are. *-Bruce Barton*

A journey of a thousand miles must begin with a single step. *-Chinese Proverb*

If you don't place your foot on the rope, you'll never cross the chasm. *-Anon.*

Footprints

Excerpts from Wide Neighborhoods

by Mary Breckinridge, Founder

***Chapter 13 - Reasons for decision to work for
rural children and their mothers***

In France, midwives were not nurses. In America, nurses were not midwives. In England, trained women were both nurses and midwives. After I had met British nurse-midwives, first in France and then on my visits to London, it grew upon me that nurse-midwifery was the logical response to the needs of the young child in rural America. Although my life was dedicated to the service of children, there was no partiality in my regard for them. Whether in city or country, they mattered more to me than all the world beside. But in America much had been done for city children, whereas remotely rural children had been neglected. My work would be for them.

Work for children should begin before they are born, should carry them through their greatest hazard which is childbirth, and should be most intensive during their first six years of life. These are the formative years - whether for their bodies, their minds or their loving hearts. Our health records in America have no name for children between the ages of one and six years. At one year and one minute old they cease to be babies - save the mark! They become school children at the age of six. During the intervening years they have no title of their own but are called pre-school, as one might say sub-deb.

In England, they call little children toddlers on their health records. The French called them "jeunes enfants" (young children). Their word for schoolchildren is "ecoliers," a nomenclature of a different root. But whatever we call them, their short span of years after babyhood are the formative ones.

Thus reasoning, I came in time to see that I could be of use to children if I worked for them in a remotely rural area and, most intensively, from the period preceding their birth to the school age. But I realized that I would be faced with a staff problem even more difficult than the one I had had in France. Over there we left childbirth and early infancy in the hands of the splendidly trained French midwives. My difficulty then had lain in getting nurses qualified to take on the job where the midwives left off. For work in rural America, on the other hand, I could get nurses but the lack of qualified midwives would be total. This led my thoughts to England and the nurse-midwife. But first, I need to learn more about America.

It seemed to me, as I relected further, that I would do well to spend an entire school year in Teachers College, Columbia University, to get abreast of developments in public health nursing and allied subjects. After that I should spend a summer riding through the Kentucky mountains to learn, at firsthand, of conditions there and to become acquainted with leading citizens. Only after these two things had been done would I go over to England to take my training as a midwife and to study the work of nurse-midwives in the rural parts of the British Isles. It will seem from all of this that my plans were practical.

I had the same conception of the way to go about my work for the children in the Kentucky mountains as I had had for the children in the devastated countryside of the Aisne (France). In both cases I thought it would be better to do something before talking about it. It was not until our demonstration in France had been successful and had produced results elsewhere. The same reasoning applied to America. First, we must give a demonstration in a remotely rural area of the value of nurse-midwives and only then, backed by statistical findings, would we be ready to awaken public interest in the development of the nurse as a midwife.

Frontier School of Midwifery & Family Nursing News

by Dr. Susan Stone, President & Dean

***Increasing Technology to Improve Both Learning
and Healthcare***

Federal initiatives are pushing the adoption of electronic medical records (EMRs) throughout all healthcare institutions by 2014 (NLN, 2008). This initiative will change the way nurses practice. Therefore FSMFN has the responsibility to ensure its graduates are prepared to utilize the EMR to record patient data and, more importantly, to analyze health outcomes in their practice. Additionally, recommendations to schools of nursing from the National League for Nursing, based on input from the Institute of Medicine, the Technology Informatics Guiding Education Reform (TIGER) Initiative, and the Robert Wood Johnson Foundation include: faculty development in nursing informatics; developing an informatics champion; incorporate informatics into the curriculum; and partner with clinicians to help students develop competence in informatics.

Based on this information, the Frontier School of Midwifery & Family Nursing (FSMFN) has plans to enhance the nursing informatics through the increasing use of technology within the curriculum. The ultimate goal is that graduates will be able to use technology to make their practice more efficient and more effective.

FSMFN has offered distance education since 1989 and as technologies have advanced, the School has worked to adopt the most up-to-date systems. Faculty are continuously working to improve and maximize their use of technologies to deliver quality education. All faculty attend a bi-annual on-campus faculty meeting where there is a focus on presentations and discussions of distance learning strategies.

In 2008 work began to implement new technologies, including the ANGEL course management system and a student management system named PowerCampus. All courses have been transitioned to the ANGEL system and the response from students and faculty has been very positive. Comprehensive faculty training through on-site sessions, on-line courses, webinars, and conference calls with ANGEL consultants helped to make the transition to the new system a success. As with the implementation of any new technology at FSMFN, the goal of training is for faculty to understand all of the capabilities and functions for delivering their courses.

FSMFN is also in the process of implementing a new student management system, PowerCampus. PowerCampus provides improved admissions management, student data collection and transcript services, financial and student billing management and financial aid services. Most importantly, faculty will be able to access secure student information appropriate for advising while students are able to access personal information such as transcripts and financial aid status over the internet from wherever they might be.

These systems improve the functional operation of the School in both the business administration and curriculum delivery and interaction. The systems also orient students and faculty to the potential that technology has to improve operations.

Faculty are being encouraged to include a variety of technologies in their courses in a direct effort to reach many different learning styles and make the learning more realistic. To prepare faculty for this effort, they attend meetings, conferences, and/or workshops for continuing education specific to distance education methods. They share best practices with each other during informal discussions in the Faculty Lounge forum online as well as through conference calls. Faculty utilize taped video lectures, live chats, voice recordings, and interactive exercises to further engage

students and enhance their learning. The goal is to emphasize introduction of the “real world” technology that students will encounter after graduation.

Efforts are made to maintain and foster scholarly dialogue and interaction between faculty and students. Continuing communication is fostered in their academic work through learning assignments that require critical thinking such as concept analyses, critique of research and practice articles, use of evidence-based practice guidelines, and graded and ungraded case study learning assignments in all courses with clinical content. Some of these assignments are done in course forums that lead to asynchronous debates on issues and problems.

Students may be assigned leadership roles in a course forum, as well as being required to participate in discussion. Faculty also provide content, particularly recent research findings related to practice or political developments related to advanced practice nursing. At most times the faculty role will be as the guide to keep discussion focused, relevant and accurate. FSMFN currently uses social forums in addition to course forums for discussion and sharing.

An example is the very active “Group” forum open to all members of the FSMFN community - students, alumni, faculty, staff, and preceptors - which allows for the type of interaction one would have at an on-campus student union. Topics include everything from political and personal discussions, arranging study groups, discussing recent professional articles of general interest and sharing personal news.

The site undergoes continual expansion and improvement. These types of activities act as role models for students methods that they may use when they are in practice, to stay up to date in current practice information.

FSMFN is in the process of implementing the ANGEL Portfolio to complement the course management. Electronic portfolios can be valuable learning tools. An E-portfolio is a digitized collection of student work. Students can reflect on their experiences and their accomplishments. The ANGEL Portfolio function offers students a method to record and reflect on their accomplishments. E-portfolios provide an opportunity for constructivist learning that can lead to deeper learning and greater understanding. E-portfolios encourage personal reflection and can also involve the exchange of ideas, including faculty feedback. From their latest scholarly paper to photos and comments posted during clinical experiences, ANGEL E-Portfolio enables students to integrate scholarly work, life, and work experiences. Blogging capabilities woven throughout ANGEL E-Portfolio enhance course requirements and enable the self-evaluation that reinforces understanding, engages learners and places learning in a broader context.

With the technological capabilities of the ANGEL system, FSMFN has been able to incorporate a wealth of information via streaming video. With the previous systems, video was not reliable, could prove too large for user's systems, was slow to load and did not provide a high quality and user friendly experience.

Many faculty have recently begun using the video functionality to record themselves with the touch of a button from their laptops and then stream the video to particular classes or groups of students. In order to build on the success of utilizing video with courses, beginning in 2009, FSMFN plans to self-produce various videos for use within the ANGEL system. Produced videos will include demonstrations of clinical scenarios through reenactments. These videos will be shared with students and viewed in pieces to allow students to participate in discussions about the scenario and proceedings. Other videos will be used to provide lectures, announcements or updates from faculty. The increased video content will serve to provide students with an additional method for receiving and building upon curricular content.

FRONTIER NURSING SERVICE

Most recently FSMFN received a grant from the Health Resources and Services Administration Division of Nursing which has allowed the implementation of the IPOD project. Two groups of students and the academic faculty were provided with IPODS in order to facilitate the adoption of the project. The IPODS provide point of contact information to the students regarding drugs, current practices, information regarding health, disease and management best practices. Students may also access the FSMFN website, ANGEL and PowerCampus through their IPODS. These tools are providing students with methods to improve practice as the most up-to-date information is at their fingertips no matter where they are.

Last, the FSMFN is currently reviewing software and seeking funding to adopt an Electronic Medical Record (EMR) simulator. This software will allow students to participate in practice simulations while learning critical content and learning to use an EMR. These are exciting times and the changes that occur each year are challenging to keep up with. But the dedication of FSMFN faculty, staff and students allows us to do just that.

PLEA FOR LAP QUILTS AND SCARVES

The Frontier School of Midwifery & Family Nursing Nurse-Midwifery students present lap quilts or Baby caps to the first baby they deliver and the Family Nurse Practitioner students deliver lapquilts or scarves to their elderly patients. FNS receives these items from our "knitting" friends. As our School continues to grow in leaps and bounds, we need more and more lap quilts, baby caps and scarves.

The size needed for lap quilts is approximately 40" by 42". Yarn should be worsted weight. Thanks for your continued interest in our work.

A Courier's Diary

Excerpts from letters of Anne S. Eristoff - 1951 Courier

August 7, 1951 - . . . I was sleeping peacefully at 2:30 am when Katie (Kate Ireland) burst into the room yelling at me to get up and dressed. Anna May (Anna May January, Nurse-Midwife) came out and I helped her load her saddlebags into the jeep and we set off. She had not expected to be called that night, as the baby wasn't due for six weeks. The fog was as thick as could be and, of course, Bounce's (the jeep) windshield wipers didn't work. I had to drive with my head out the side and quite slowly.

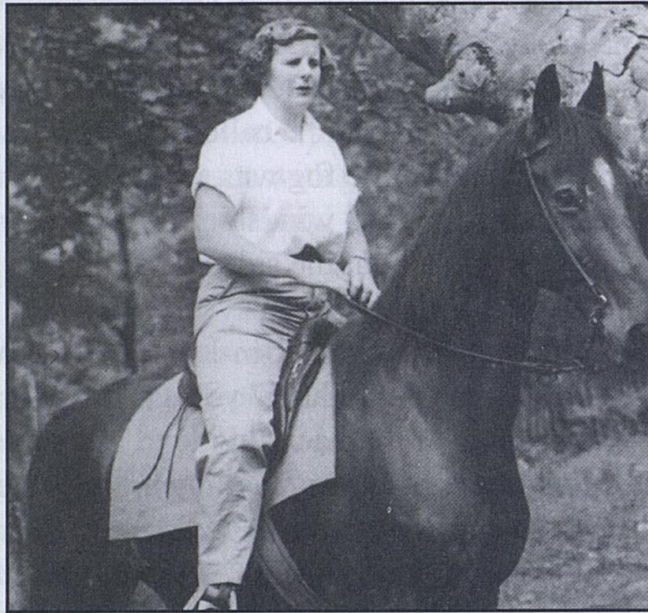
. . . Mother, grandmother and sister-in-law were all present. The girl couldn't have been more than 17 years and this was her first baby. Around 6:30 am Anna Mae told me to go into Hyden and fetch the doctor as the baby was a "footling breach" meaning feet first and facing the wrong way.

. . . The baby eventually appeared after a good deal of trouble. I had the honorable position of flashlight holder and general hander of tools. The flies were something fierce! Anna May was very much mortified because in seven years of service this was the first time she had had to call the doctor!

August 16th - . . . A call came from Brutus (outpost center) to the effect that one of their horses, Doc, had been kicked in the hock by its stable-mate and was lame. Katie called me and we set off in Bounce. The last seven miles are dirt and what a road! Mud puddles, 45 degree tilts and ruts. The seven miles took 45 minutes. After inspecting Doc it was decided that I should stay at Brutus and take care of him until he cured. I stayed five nights and had a grand time. My orders were to give his leg a cold water treatment for 20 minutes every two and a half hours during the day so I had plenty of free time.

Legacies

*Excerpts from Kate Ireland's Biography Entitled
"Full Speed Ahead - The Life and Legacy of Kate Ireland"
by David Treadwell*



Miss Kate Ireland

... If Mary Breckinridge hadn't pursued her impossible dream, then Kate Ireland wouldn't have spent over three decades helping bring healthcare to the mountain folk of Kentucky.

... Kate's mother served as chair of the Cleveland Chapter and Kate's sister, Louise, had been a Courier in 1938. So, as Kate now says, "Going to Kentucky had always been in the cards for me."

... Kate's formal connection to FNS began in March 1951 when she went to Wendover to be a Courier for two months. ... In the 1920's, 30's and 40's, Frontier Nursing was 30 miles from a rail head and the only way to get there was by horseback or a wagon pulled by mules or oxen. "My first spring I couldn't believe the two methods of transportation were horseback or jeep and in

the spring of 1951, the Frontier Nursing Service had 22 horses and 10 jeeps. There were only three paved roads into Hyden, the county seat - the one from Hazard, one from Harlan, and together they went out to Manchester; FNS was just right for me, as I was so intrigued by the work with the horses, care of the cows, the countryside and the public health work.”

... As serendipity would have it, the relief head Courier couldn't come that summer and Mary Breckinridge decided that Kate might fill the bill. “Mrs. Breckinridge said to me, ‘you're too young, but you're all we've got.’” Clearly, Mary had spotted a strong leader early on, someone who, history proved, shared her own traits of determination, leadership, discipline and frugality. Kate herself had no qualms about taking on such responsibility at such a young age. “Our family has always been filled with born leaders so it didn't bother me at all to oversee girls who were my age or just a little younger.”

... It was during the six week visit that she met Anne Cundle, a nurse-midwife from England, and thus began an extraordinary life long partnership.

... By October 1960, Kate was expanding her role as a volunteer for FNS. She worked closely with Rufus Fugate, the Leslie County Extension Agent, on soil conservation for the betterment of the few pieces of arable land. She contributed improvements at some of the outpost centers; a pasture fence for the Wolf Creek Clinic, fencing and clearing work at Wendover and Beech Fork, and lastly funds for clearing the pasture at Brutus of rock.”

... Kate divided her time between Cleveland and Kentucky for the next two years, but fate intervened. Peg Ireland, Kate's mother, died very unexpectedly in October 1961, and Kate then had the added Cleveland responsibility of her father. She kept a balance between Cleveland and Kentucky until her father happily remarried in 1966.

FRONTIER NURSING SERVICE

. . . In 1963, Kate was named to the FNS Board of Governors. In 1967, she was named Chairman of the Development Committee, a position she held until 1975. In 1968, Kate was named Vice-Chairman of the Board of Governors, serving in that capacity until she was named National Chairman in 1975.

. . . Kate was, indeed, a perfect fit to meet her various and constantly expanding responsibilities with FNS. She was the right person at the right time to follow the vision of Mary Breckinridge after the founder's death in 1965. . . . When one talks to Kate's friends and family members, one gets the sense that, to update an old adage, the Courier didn't fall far from the founder. When one hears Kate recount the touchstones of her life, her years with the Frontier Nursing Service top the list.

. . . "You could always count on Kate," recalls George Wooton, a 91-year-old local legend raised on Hell for Sartin Creek in Leslie County. She was a powerful member of the Leslie County Development Association at a time when there was no public water supply, few roads and no public library. She was very involved here during the War on Poverty when the area got funds from the federal government to spend on improvements such as parks and roads. She had a brilliant mind and she was easy to get acquainted with. In fact, Kate was instrumental in having a hand in doing everything that was good for this county!"

. . . Kate's contributions encompassed issues that related not just to the health and economy of Appalachia but also to education. Berea College in Berea, Kentucky, thrives today as a prime example.

To read more about Kate you may purchase her biography from the Wendover Gift Shop by e-mailing: information@frontiernursing.org. Cost is \$30.00 which includes postage and handling.

In Memoriam

If you wish to make a contribution to the Frontier Nursing Service in memory of a friend or loved one, please complete and return this section to the Development Office at FNS, 132 FNS Drive, Wendover, Kentucky 41775.

In memory of _____

Contributor's name _____

Person (s) to whom you wish acknowledgment sent

Name _____

Address _____

In Honor

If you wish to make a contribution to the Frontier Nursing Service in honor of someone's accomplishments or achievements, please complete and return this section to the Development Office at FNS, 132 FNS Drive, Wendover, Kentucky 41775.

In honor of _____

Contributor's name _____

Address _____

Person (s) to whom you wish acknowledgement sent

Name _____

Address _____

In Memoriam

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

Carolyn A. Banghart, 84, of McElhattan, PA, died December 7, 2009, after a long battle with cancer. Carolyn was a graduate of the Frontier School of Midwifery & Family Nursing (FSMFN) and served as Dean of the FSMFN during the 60's. Carolyn's friend, Valerie Jewell, also a Nurse-Midwife, said that Carolyn always had a very warm place in her heart for the FNS, the patients and the many friends she made here.



Carolyn A. Banghart - Nurse-Midwife at the Frontier Nursing Service

Jacquelyn Hope Chapman, 62, of Long Beach, MS, died January 9, 2010. Mrs. Chapman was a graduate of the Frontier School of Midwifery & Family Nursing.

Randolph A Brown, 95, Louisville, KY, died December 18, 2009. Mr. Brown was the husband of FNS Louisville Committee Chairperson, Betty Dabney Brown. Mr. Brown was a founding and retired partner at Frost Brown Todd LLC law firm and was a former member of the Kentucky General Assembly.

Margaret Hamblin Williams, 54, London, KY, died January 3, 2010. Margaret worked at FNS first as a Certified Nurse Assistant, then as a Registered Nurse from 1976 until 1995. She served as Director of the Mary Breckinridge Home Health Agency from 1992 - 1995. Margaret was ill at the time but was able to attend the "Old Timer's" dinner held at Wendover during October 2009.



Margaret Hamblin Williams

QUARTERLY BULLETIN

The following people gave contributions to the FNS **IN MEMORY OF** their friends or loved ones. The names in bold are the deceased

IN MEMORY OF:

Carolyn Banghart

Miss P. Anne Cundle

Miss Kate Ireland

Miss Jane Leigh Powell

Gertrude & Ed Longstreth

Linda & Steve Longstreth

Ruth & Ernie Wright

Linda & Steve Longstreth

Ruth Wright

Ann Walker

Elizabeth & Adam's Baby

Ann Walker

Randolph A. Brown

Mrs. R. Bruce Bass

Mrs. Patricia Kirchdorfer

Dorothy Chase

Mr. & Mrs. Michael Dirrane

Nancy B. Doan

James & Dorothy E. Getty

Ruth Ann Settlemyre Wright

Newman & Annabelle Walker

Larry Stone

Dr. Susan E. Stone

Jacqueline Morrill

Aggie & Bruce Gregg Hoeger

Jane Norton Haldeman

Mr. & Mrs. Bruce Haldeman

Mary Ellen Houston

John W. & Sally McDougall

Betty Lou Johnson

Rhonda M. Johnson

Aline Massey

Jennifer C. Urquhart

Mary Dow

Ms. Patricia S. Dow

Irene Moore

Linda & Steve Longstreth

Eva Giltner McDonald

Mr. & Mrs. William O.

McDonald

Jeanne Walker

Fred & Paula Rominger

Dr. Anne Wasson

Lucas McDonald

Jacquelyn Hope Chapman

Sandra Kay Goodman

Karen Sader Watt

FRONTIER NURSING SERVICE

The following people gave contributions to the FNS **IN HONOR OF** their friends or loved ones. The names in bold are the honorees.

IN HONOR OF:

Vicki & Pat Friel

Beverly & Bill Friel

Dr. Susan Stone

Laraine Guyette

Linda & Steve Longstreth

Beverly & Bill Friel

Peggy Foiles

Linda & Steve Longstreth

Karen Budd

Dr. Jacob Palomaki

Alice Hendrickson

Mrs. Mary Francillon

Martha & Bob Trocin

Bill & Beverly Friel

Sarah A. Longstreth

Linda & Steve Longstreth

Jane Leigh Powell

Robert & Lee Phipps

Marilyn Wright

Linda & Steve Longstreth

The Johnson Family

Linda & Steve Longstreth

Beverly & Bill Friel

Linda & Steve Longstreth

Linda Roach

The Cottage Gardens

Molly Sharon

Ms. Katharine Kent

Frontier Nursing Service Foundation, Inc., is registered with the Florida Division of Consumer Services, Registration #CH8792, to solicit contributions in the State of Florida. A copy of the official registration and financial information may be obtained from the Florida Division of Consumer Services by calling 1-800-HELP-FLA, when calling within Florida, or 850-488-2221, when calling from outside Florida. Registration does not imply endorsement, approval, or recommendation by the State.

FRONTIER NURSING SERVICE

FNS, Inc.

(the parent)

BOARD OF GOVERNORS

National Chairman

Miss Jane Leigh Powell, Ridgeland, SC

Vice-Chairman

Mr. Kenneth Tuggle, Louisville, KY

Treasurer

Mr. John Foley, Lexington, KY

Secretary

Mrs. Nancy Hines, Shepherdsville, KY

Board of Governors

Mrs. Rhonda Brashear, Hyden, KY

Dr. Michael Carter, Tumbling Shoals, AR

Mrs. Marion McCartney, Silver Springs, MD

Dr. Charles Mahan, Temple Terrace, FL

Mr. Michael T. Rust, Louisville, KY

Miss Mary Ethel Wooton, Hyden, KY

Honorary National Chairman

Miss Kate Ireland, Tallahassee, FL

Auditors

Dean, Dorton Ford, P.S.C., Lexington, KY

Trustees

- Mrs. Tia D. Andrew, Wellesley, MA
 Governor & Mrs. Steven L. Beshear, Frankfort, KY
 Miss Sarah Bacon, New York, NY
 Mrs. Ruth Beeman, Lexington, KY
 Mrs. Heather Bernard, Hamilton, NY
 Dr. Robert Botkin, Lexington, KY
 Dr. Wallace Campbell, Pikeville, KY
 Mrs. Juan Cameron, Washington, DC
 Miss Anna Carey, Hyden, KY
 Ms. Carlyle Carter, Evanston, IL
 Mrs. Charles M. Chapin, III, Oldwick, NJ
 Dr. Holly Cheever, Voorheesville, NY
 Mrs. Charles S. Cheston, Jr., Topsfield, MA
 Mrs. John Dawson, Dover, MA
 Mrs. John J. Dete, West Liberty, OH
 Mr. Joseph C. Donnelly, York Harbor, ME
 Mrs. Peter R. Ehrlich, Bedford, NY
 Mrs. Noel Fernandez, Pomona, NY
 Former Governor Ernie Fletcher, Frankfort, KY
 Mrs. Jackie Graves, Lexington, KY
 Dr. John W. Greene, Jr., Lexington, KY
 Dr. Joyce Fortney Hamberg, Southgate, KY
 Dr. Horace F. Henriques, III, Lyme, NH
 Mrs. Mary G. Hodge, Philadelphia, PA
 Mr. Frank B. Hower, Jr., Louisville, KY
 Mrs. Kenneth C. A. Isaacs, Walpole, MA
 Mrs. Donald E. Jones, Bellefontaine, OH
 Mr. Clinton W. Kelly, III, Bethesda, MD
 Mrs. Robert A. Lawrence, Dedham, MA
 Mrs. Henry Ledford, Big Creek, KY
 Mrs. Marian B. Leibold, Cincinnati, OH
 Mrs. Frances Lockett, Louisville, KY
 Mrs. Theodore R.P. Martin, St. Louis, MO
 Mrs. John Lambert McPhee, Potomac, MD
 Mrs. E. Townsend Moore, Darling, PA
 Mr. Wade Mountz, Louisville, KY
 Mr. Spencer Noe, Lexington, KY
 Mrs. Frank O'Brien, Jr., Boston, MA

FRONTIER NURSING SERVICE

Mr. Dean Osborne, Hyden, KY
Mr. Ed Parsons, Harlan, KY
Former Governor Paul Patton, Pikeville, KY
Mrs. Charles S. Potter, Grayslake, IL
Ms. Helen Rentch, Midway, KY
Mrs. John Richardson, Washington, DC
Mrs. Linda Roach, Lexington, KY
Miss LouAnne Roberts, New York, NY
Mrs. George L. Robb, East Orleans, MA
Mrs. Georgia Hart Rodes, Lexington, KY
Mrs. Mollie B. Sizemore, Hyden, KY
Mrs. Joseph M. Smith, Dedham, MA
Mrs. Austin L. Smithers, Greenwich, CT
Mrs. Burgess P. Standley, Medfield, MA
Mrs. Robert N. Steck, Washington, DC
Mrs. James W. Stites, Jr., Louisville, KY
Dr. W. Grady Stumbo, Hindman, KY
Mrs. Mary H. D. Swift, Upperville, VA
Mr. Richard Sturgill, Lexington, KY
Ms. Mary Frazier Vaughan, Lexington, KY
Mr. Elmer Whitaker, Lexington, KY
Mrs. Carrie M. Whitcomb, Oviedo, FL
Dr. Patience White, Bethesda, Maryland
Mrs. Pendleton P. White, Savannah, GA
Harvie & Nellie Wilkinson, Lexington, KY
Mrs. Dudley H. Willis, Sherborn, MA
Dr. Emery Wilson, Lexington, KY
Mr. Ray Wilson, Hyden, KY
Mr. George Wooton, Hyden, KY

Honorary Trustees

Mrs. Charles W. Allen, Jr., Glenview, KY
Mrs. Richard M. Bean, Lexington, KY
Mrs. Ralph E. Becker, Bethesda, MD
Mrs. Robert W. Estill, Raleigh, NC
Mrs. Gilbert W. Humphrey, Miccosukee, FL
Mrs. Samuel E. Neel, McLean, VA
Mrs. James N. Rawleigh, Jr., Louisville, KY
Mrs. E. H. Scott Rumely, Birmingham, MI

QUARTERLY BULLETIN

Mrs. Ernest R. von Starck, Bryn Mawr, PA

Ms. Erskine P. Wilder, Barrington, IL

Miss Barbara Wriston, New York, NY

National Nursing Council

Ms. Mary Ellen Amato, Lexington, KY

Dr. Frances C. Dalme, Little, AR

Mrs. Albert T. Ernst, Perkiomenville, PA

Dr. Joyce Fitzpatrick, Cleveland, OH

Dr. Loretta C. Ford, Rochester, NY

Miss E. Jane Furnas, Phoenix, AZ

Dr. O. Marie Henry, Cookville, MD

Mrs. Betty Huff, Hyden, KY

Miss Mary Lee Mills, Watha, NC

Ms. Barbara Nichols, Madison, WI

Miss Evelyn M. Peck, Columbia, MO

Mrs. Elaine Pendleton, Falls, PA

Dr. Marjorie Ramphal, W. Nyack, NY

Miss Christine Schenk, Cleveland, OH

Dr. Elizabeth Sharp, Atlanta, GA

Dr. Lillie M. Shortridge, Pleasantville, NY

Dr. Helen Tirpak, New York, NY

Ms. Joyce Wiechmann, Sylacaug, AL

Dr. Carolyn A. Williams, Lexington, KY

Mrs. Elsie Maier Wilson, Gainesville, FL

Ms. Cora Winthrow, Lexington, KY

FRONTIER NURSING SERVICE

FNS and Subsidiary Corporations

FNS, Inc:

Nathan Lee, *President & CEO*

Robert Besten, *Vice-President of Finance*

Sue Wells, *Director of Reporting & Treasury*

Barb Gibson, *Assistant to CEO*

Beulah Couch, *Human Resources*

Starla Selby, *Controller*

Frontier School of Midwifery & Family Nursing (FSMFN):

Dr. Susan Stone, *President and Dean*

Dr. Julie Marfell, *Chair of Family Nursing*

Dr. Suzan Ulrich, *Chair of Midwifery & Women's Health*

Aggie Hoeger, *Clinical Director*

Dr. Joyce Krestrick, *DNP Program Director*

Dr. Trish Voss, *Director of ADN to MSN Bridge*

Michael Steinmetz, *Chief Financial Officer*

Mary Breckinridge Hospital:

Mallie Noble, *Administrator*

Linda Craft, *Director of Nursing*

Frontier Nursing Healthcare, Inc. (Clinics):

Benjamin Peak, *Director*

Providers at Hospital and Clinics:

Linda Ahrens, *FNP*

Enrico Ascani, *OB/GYN*

Karon Champlin, *FNP*

Latha Chanrashekar,

Family Practice

Anita Cornett, *Internist*

Julie Daniels, *CNM*

Heidi Froemke, *FNP*

Sr. Joan Gripshover, *FNP*

Nancy Hinesly, *CNM*

Clara Jefferies, *FNP*

Andrew Krasuski, *OB/GYN*

Celeste Lindahl, *PA*

Janessa Melton, *FNP*

Larissa Miller, *PA*

Dorrita Mullins, *FNP*

Srinivas Naval, *Internist*

Sarah Noggle, *FNP*

Meredith Snyder, *CNM*

Roy Varghese, *Internist*

Mary Breckinridge Home Health Agency:

Willa Morris, *Director*

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 Fund 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 life insurance - you may have life insurance made payable direct to the Service.

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

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

Merrill Lynch
Attn: Travis Musgrave
301 East Main Street, Suite 1200
Lexington, KY 40507
859-231-5258

FRONTIER NURSING SERVICE

URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. We sometimes receive more gifts for a particular item than needed. In those instances, your gift will be applied toward another need.

Admitting Department:

Admission Document Scanner	1,300.00
----------------------------	----------

Beech Fork Clinic:

Exam Tables (2)	1,200.00
Suction Machine	200.00

Community Health Center:

Suction Machine	200.00
-----------------	--------

Emergency Room:

Littman Stethoscopes (4)	68.38
IV Totes (3)	24.90

Frontier School of Midwifery & Family Nursing:

Magnavox HD TV x 2	2,396.00
Cabinet for FNP Clinical Supplies	655.00

Home Health Agency:

Stethoscopes (3)	274.92
Blood Pressure Cuffs (3)	125.37
Thermometers (10)	36.11

Maternity Services:

Body Pillow for Labor Patients x 2	142.72
Corometrics Fetal Ascoustic Stimulator	995.00
Boppy Nursing Pillow (2)	69.98
Aromatherapy Ultrasonic Nebulizer (2)	136.50
Handheld Muscle Massager (4)	40.00
Newborn Tee Shirts (10 dozen)	83.40

QUARTERLY BULLETIN

Maternity Services Con't:

Pillow Body Wedge (4)	168.00
Portable Wrist BP Monitor (3)	132.00

Medical Surgical:

Otoscope & Ophthalmoscope Desk Set	702.00
Pediatric Patient Gowns - Small & Medium	305.00
Welch Allyn Rechargeable Pocketscope Set	619.00
Drop Arm Commode	138.00
Carescape V100 Vital Signs Monitor	1,984.00

Operating Room:

Easy Lock Sockets for Allen Stirrups	798.00
Scissors (10)	142.90
Pean Artery Forceps (10)	177.80
Knapp Iris Scissors (10)	169.20

School-Located Clinics:

Handheld Wood's Lamp Plus Supplies (2)	900.00
Exam Table	999.00

FNS WEBSITE
www.frontiernursing.org

*WE THANK YOU
FOR YOUR SUPPORT*



Postage
Required.
Post Office will
not deliver
without proper
postage.

FRONTIER NURSING SERVICE INC
PO BOX 890653
CHARLOTTE NC 28289-0653



Loose Item

- Please send me more information about the Frontier Nursing Service and its subsidiaries

Name _____

P. O. Box or Street _____

City & State _____

Zip Code _____

Phone and/or e-mail _____

Enclosed is my gift of \$ _____ restricted to:

- | | |
|--|--|
| <input type="checkbox"/> Mary Breckinridge Hospital | <input type="checkbox"/> Wendover |
| <input type="checkbox"/> FNS Rural Healthcare Clinics | <input type="checkbox"/> Children's Christmas Fund |
| <input type="checkbox"/> Frontier School of Midwifery & Family Nursing | |
| <input type="checkbox"/> Frontier School of Midwifery & Family Nursing
new multi-purpose facility and renovation
project | |
| <input type="checkbox"/> Unrestricted (your gift will be applied to other needs) | |

Your gift is tax deductible

Visit us at our websites:

www.frontiernursing.org www.midwives.org www.frontierschool.edu

Loose Item

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

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

From the Articles of Incorporations
of the Frontier Nursing Service.
Article III as amended April 1999