

FNS

FRONTIER NURSING SERVICE

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QUARTERLY BULLETIN



'Wendover Big House'
FRONTIER NURSING SERVICE

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COVER:

This lovely sketch of the Wendover Big House last appeared on the cover of the Spring 1941 Quarterly Bulletin. The artist, Miss Caroline Williams, recently departed this life. We wished to offer new readers an opportunity to enjoy her drawing which is so familiar to FNS friends of long standing.

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SOCIAL SERVICE TODAY FROM "GIVER" TO "BROKER"



Ruth Ann Dome was born and raised on a farm near Sidney, Indiana. She earned her BA in Social Work at Goshen College, Goshen, Indiana. Ruth Ann joined the FNS staff in 1971 and continued with the organization until 1979 when she left to enhance her career as a social worker with Leslie Juvenile Court. She returned to FNS in 1982 and, today, provides FNS patients and their families with much-needed social services.

The other day I was prowling the halls of Mary Breckinridge Hospital, as is my wont, when I encountered an old acquaintance. Our association dates back several years to the time when she was living up one of the hollers served by the old Flat Creek District, and I was the new Frontier Nursing Service social worker. We sat in the hall and talked a few minutes, catching up. I found out where she's living now and what she's doing; how the children and grandchildren are making it; how many great-grandchildren she's accumulated, etc. She found out where I live now and what kind of work I'm into - the same. She knows I'm still around if she

needs my services and I know she's getting along pretty well these days. It's a demonstration of my longevity as a social worker here and a style of "doing business".

My tenure at Frontier Nursing Service spans the time from jeeps and Wendover and Hospital Hill to computers and Mary Breckinridge Hospital and "that doctor across the bridge" (Hyden Medical Center). In my early days, Brownie and Peggy Elmore and Anna Mae January were still with us. The service aspect was district centered and all the midwives lived at Mardi Cottage. No "brought-on" personnel lived off campus.

In the Wendover days, Social Service occupied an office in the Garden House, overlooking the river. I lived in the Cabin and tended a grate fire for heat. In those days, FNS Social Service was closely identified with Miss Betty Lester. Many families could recall seeking aide from Miss Lester and would report to me just exactly what Miss Lester did and how she did it. Much of Social Service at that time involved direct aide in the form of garden seeds, used clothing, school fees and medical transportation. Although transportation systems had progressed beyond mule and riverboat, getting to appointments, especially outside the area, could be difficult. Taking patients to Lexington and Cincinnati was commonplace. Out of necessity, emergency transportation also sometimes fell to Social Service. I recall a trip over Pine Mountain, taking a patient with acute breathing problems to the hospital in Harlan. The only medical personnel along for the trip was a student nurse who was coaching the patient to "Breathe, Harold, breathe!" Fortunately our trip was successful.

As service providers we were more mobile back then. A jeep was provided to Social Service and daily rounds to the old hospital were made as well as regular visits to districts. Much of my work was done via home visits.

The last jeep assigned to Social Service was an early 70's model. By then a jeep wasn't really a jeep any more. They just didn't seem as rugged or low-g geared as their forerunners. But it was a pretty red thing. I was given the opportunity to name the vehicle, but Kate Ireland didn't think "Jezebel" would be appropriate. I presented my dilemma to a young client whom I transported often. She suggested "Rudolph" and it stuck. A caricature of the "deer" adorned the dashboard. His last year was spent mostly in

the repair shop, having been wrecked twice - once by another Social Worker and once by a doctor (and they wondered why I hated to loan out my jeep).

For my part, I took a certain amount of pride in my jeep driving record. Skip Spell always maintained that if you drove one long enough you would have a wreck. The worst incident I was involved in occurred during the construction of the Daniel Boone Parkway. The roadway would change from day to day and often was a cloud of dust or a sea of muck. On this particular occasion it was the latter, and I was trying to steer out of a slide as I'd been admonished to do. But the jeep just kept pulling to the left until it was "sort of" over the hill. A wrecker came and got it back on the road. It seems a rock had lodged between the axle and the wheel thus preventing any steering to the right. Total damage - a step half torn off. I went on about my business.

Although the provision of Social Services has been an intent of the Frontier Nursing Service from its initial incorporation, it seemed to me, early in my time, that perhaps Social Services needed some updating. It seemed that the same few clients would depend on and benefit from direct services, one year to the next. At the same time, more public agencies were providing for the material needs of the less fortunate. Of course, records had always been kept and there were plenty of files. (I've kept a cross reference file from the early 50's). But, I felt, maybe our records needed to be expanded. It was a point in time when Home Health services were being separated out for billing and requests for records of patient encounters were routine. Suffice it to say that the need for detailed records has gone full speed ahead since that time.

And so Social Services began to develop and change. At times, though not now, this has meant a two-person department with a full-time secretary to keep us and our paperwork straight. But most of the change has related to *how* our services are delivered and also to government and insurance provisions and constraints.

Most direct aide is now provided by government agencies, churches and the family and neighborhood. Generosity remains a trait of folks hereabouts. As I was once told, "If one of us eats, we all eat." The role of Social Service in all of this becomes one of working with the local and area agencies, maintaining a knowledge of services available and passing that knowledge on to other

providers and clients. I serve on local and area boards and planning councils, and work to promote the development of services. From early on, I have tried to teach people to advocate for themselves; to learn how to deal with agencies and bureaucracies. Social service today plays more of a "broker" role than a "giver" role.

Much of what Social Service has done over the past dozen years or so has dealt with contemporary issues and broad-based medical social work. At about the time Mary Breckinridge Hospital opened, we became involved with the issue of child neglect and abuse. We have tried to maintain a high awareness in this problem area and to cooperate with the local agencies that are empowered to deal with this issue. This concern naturally expands into the area of family violence. Area services have been developed to provide assistance to victims.

Care of the chronically ill and elderly is also a contemporary issue which confronts us these days. I am fond of saying that with the increasing longevity of persons- even with debilitating illnesses- we have encountered a situation where the caretaker spouse and children are no longer young. The caretaker network may spider off into extended family members. I was rather taken aback a couple of years ago when I visited a home on an ordinary day and found five generations present. So we are left with issues of how to provide care for folks through collecting and assessing information, biding time, listening, confronting, supporting and assisting folks to make needed changes.

These situations present themselves on a regular basis. A person becomes seriously ill, possibly debilitated, and will be needing ongoing care. The family gathers and reality begins to set in. They begin to seek answers. "How are we going to take care of daddy?" "Most of us are working or live out of state." "We don't want him in a nursing home." "Maybe he'll get better." Through all of this I'm reviewing the patient's chart, talking with the nursing staff and generally making myself aware of the care required and assessing the ongoing needs.

Families need listening to, information, support and sometimes a little pushing in order to make decisions. The process is compacted by today's shorter hospital stay. Referrals may be needed to financial aid agencies, home health, medical equipment and

supply stores, long term care facilities and so forth. Families need to set priorities, change schedules, and emotionally contend with a member's decline. Sometimes it takes more than one spell of acute illness to get a plan set. Sometimes the person recuperates and returns to independence or needs only minimal continuing assistance.

I could probably write a book about needs. But most needs trace back to the need for an improved economy and cash flow. Adequate income to live out the American Dream relieves stress and stress-related illness. It takes money and adequately supported institutions and agencies to provide needed care and services.

Several years ago I heard one of my co-social workers remark of me, "I don't know what she does but it works." I came out of a rural background and a good undergraduate program. I came to FNS with few preconceived notions of what I was getting into or how I should proceed. (Face it, FNS is different anyway). I found a service organization that was "muddling through" and a population that was capable, schooled on hard-knocks and family oriented. It seemed that people were tired of bureaucratic social services that required the filling out of endless forms. And while the forms are necessary, they never seemed as necessary as listening. So the forms waited, and still do, while I listen. With a few open ended questions and given the opportunity to talk, people will let you know what their concerns are and you will also discover what you need to know.

Being family oriented is generally coming back into vogue. I don't think it ever went out of style around here. Blood is blood. The family has remained the first line of defense and support. I have learned all sorts of family connections - halves and steps and in-laws. I know families from all over the area. I maintain contact with folks even when no immediate needs are presenting and continue to build on past associations. It all works into an intentionally relaxed style of doing business that seems to work.

Things are changing again, both in the area and within the Frontier Nursing Service. The area is opening up - better roads and better vehicles to drive on them. We have a quality TV station which represents and promotes the area. Leaders are working to diversify the economy. Specialty medical services are available closer to home. At the same time, people routinely travel out of the

area to vacation, shop, pursue an education or take in social events.

Social Service is now based in the Mary Breckinridge Hospital. Since early 1982, in the neighborhood of 1350 individuals have come in contact with social service. The days of the jeep are gone so my mobility about the area is a sometime thing and contact with the district clinics and home health is difficult. I do try to maintain visibility and keep my eyes and ears open. Keeping up the communications with providers within and without FNS remains a priority.

As for the old Wendover days - every spring a group of us "Old Timers" get together. Some have remained at Wendover, some, like myself, have been transplanted to the hospital or elsewhere in the FNS system and some have gone on to other things. But we all get together and enjoy Wendover food, throw our financial support to the maintenance of The Big House and reminisce. Betty Lester is our most honored Old Timer.

* * * * *



FNS maintenance men Joe Hacker (left) and Kenny Bowling at work renovating the old log barn at Wendover. The small apartment will be home to David Lee and Stacey Wilson.

FROM COURIER TO COURIER COORDINATOR

David Lee is now the Coordinator of Wendover and Couriers and Volunteers. He was born and raised in Portland, Oregon and attended college in Boston where he received his degree in Biology and Comparative Religion. After graduating, David spent a summer teaching cell biology and photography at a boarding school in Connecticut. For the past six months, he has worked as a counselor at Pine Street Inn, Boston's largest homeless shelter. David will eventually study medicine and probably go into family practice.

Stacey Wilson works as an RN on the Labor and Delivery unit at the Mary Breckinridge Hospital. She was born and raised in Eden Prairie, Minnesota and attended St. Olaf College in Northfield, Minnesota where she earned her BSN. After graduating, Stacey moved to Boston where she worked on Beth Israel Hospital's surgery and gynecology ward. She has aspirations of becoming a nurse midwife and/or family nurse practitioner.

David and Stacey will be married in June and return to live in the old log barn at Wendover.



David Lee discusses the day's work load with courier Laura Schleussner.

Three years ago, I served FNS as a courier, and now I've come back as the Coordinator of Wendover, Couriers, and Volunteers. I'd like this article to serve as my introduction to those who don't know me. I would also like to describe my experience as a courier and the plans I have for the Courier and Volunteer Program as its new coordinator.

I was a courier between my sophomore and junior years in college. Like many couriers today, I was in a period of transition in my life, a time of defining myself and my relationship to the world around me. My

I was a courier between my sophomore and junior years in college. Like many couriers today, I was in a period of transition in my life, a time of defining myself and my relationship to the world around me. My summer with FNS has played a crucial role in determining my future. By the end of my two month stay, I had decided to study medicine and had also become engaged to one of the other couriers! (Stacey Wilson).

Becoming involved in a relationship was honestly the last thing on my mind when I came to FNS. I was actually considering the priesthood as well as medicine before I met Stacey. I guess the world works in strange and wondrous ways. Some of my life's best memories are of falling in love at Wendover. Wendover is so "Edenic" with its cardinals singing and tiger lillies blooming. Nestled in the mountains, we felt far away from the bustle of our urban lives and the pressures of school. We were free from other distractions, and after our day's work as couriers, we had time to build a firm foundation for our relationship. I remember long talks atop Pine Mountain and in the living room of the log cabin Big House. It didn't take long to get swept away by the mystical tides of romance. Three weeks after we met, we became engaged. We will marry in Minneapolis this June on the exact three year anniversary of the day we met.

Many things fell into place for me that summer. My life went from being a period of exploration and confusion to one of focus and structure. Not only did I find a lifelong companion; I also became more committed to pursuing a career in medicine.

Before coming to FNS, I had developed some cynical views about medicine. Many of the doctors I had known were either researchers at major medical centers or private practitioners in well-to-do suburbs. At that stage in my life, the former seemed preoccupied with advancing their academic careers, and the latter with earning economic security. Observing the care providers at FNS changed some of my negative conceptions about medicine and showed me how potentially fulfilling health care can be.

I found a staff that really cared about the patients. Dr. Lijoi made house calls. The family nurse practitioners were sensitive to their patients' concerns and took time to explain their diagnoses. The outpost clinics were involved with many aspects of the community, not just with medical care. All of this encouraged me to study medicine. I plan to attend Dartmouth Medical School in the fall of 1989.

Since I was curious about health care, activities involving patients interested me. During my two months as a courier, I had the opportunity to observe and assist in the hospital and outpost clinics. By observing the family nurse practitioners, I learned about giving a physical exam and making infants less afraid of stethoscopes. I also was able to observe a

caesarean section and serve as a support person for a woman in labor. These experiences captivated me; I only wish there had been more of them. During my two month stay I only spent about eight days helping in a medically oriented capacity.

About a third of my time was spent doing what seemed to me to be fruitless activity. One day, somebody directed me to the hillside behind the Garden House and said, "Would you please trim the kudzu? Be careful of rattlesnakes and copperheads." Kudzu is an insidious vine that can grow up to twelve inches a day. After several days work and one copperhead, I realized that I was fighting a jungle with a pair of scissors, and began to accept the kudzu as part of Nature's beauty. Other unexpected yet necessary chores included gardening, xeroxing, filing, and counting coins.

The other two-thirds of my courier duties seemed to help the community more directly. I went on "rounds" delivering mail and supplies to the outpost clinics. I also transported patients and doctors, picked up guests at the bus station, and washed dishes after FNS dinners at Wendover. These simple tasks made me feel as though I were helping the FNS to help the community.

Teaching week-long classes about preventive health practices was my most fulfilling courier duty. Stacey and I had school children dissect beef hearts while explaining how eating cholesterol clogged the arteries in their own hearts. We also had them run with 20 pounds of coal on their backs to show how being overweight made their bodies work harder.

The best part of being at FNS, or second best to falling in love with Stacey, was meeting people from the community. I spent most of my weekends eating watermelon on the front porch of Walker Fugate's, a Yerkes Clinic patient. "Walk" told me many tales about escaping from his nursing home, digging coal in the deep mines, and getting shot by his brother over a game of cards. He also gave lots of advice and encouragement about marriage.

"Hurry yup and git hitched before Stacey and you tire of one another. If two people love one another, then married life's the best life there is."

I compared sitting in a rocker with Walker for a whole day to cramming into the Boston subway at commuter hour and not talking to anyone. The pace of mountain life is much calmer, and the people are so genuine. The warmth of the people is one of the biggest reasons that Stacey and I have moved from Boston back to Leslie County.

I was all ready to begin medical school when the former Courier Coordinator, Elizabeth Wilcox, wrote asking if Stacey and I were interested in taking her position. The more we thought, the more we realized how unwise it would be to begin medical school and marriage at the same

time. Before us lay the rare opportunity to return to Wendover and the organization that has been so influential in shaping our lives. So we set medical school aside and left behind the knots of Boston traffic to make the ride down Wendover road, and here we are.

This first month has been much more frenzied than the idyllic Wendover I remember. Part of my job is managing Wendover. There've been lunches for 20. (Hats off to Cassie the cook who does all the real work.) There've been many overnight guests. (Hats off to Hazel and Marilyn who keep things tidy.) There've been sinks and showers to unclog. (Hats off to Kenny the maintenance man.) And there's been the shopping, gardening, budget meetings, bill paying, and letter writing, not to mention the little tasks that no job description could cover, like chasing a bat out of the Garden House. It's been hectic here, but I've enjoyed the variety of responsibilities. Everyday, I learn something new, from IBM word processing to reassuring a courier who feels he's an outsider.



A courier helping out at the Mary Breckinridge Hospital Primary Care Clinic.

As an administrator, I've also learned much about the organization of FNS and seen the larger structure in which health care is given. My view of FNS is much less romantic now than the view I held as a courier. I'm not sure if FNS has changed substantially during the past three years, or whether my new position no longer shelters me from the financial and political issues which have faced FNS for some time.

As a courier, my image of FNS was that of the nurse on horseback, altruistically riding into the back hills. After observing at the hospital

and outpost clinics, I felt the primary goal of FNS was to provide health care to areas that would otherwise have had none. Although FNS has a relatively modern hospital and its nurses and doctors have changed from horses to Toyotas, the spirit of service to the community has remained the same.

As the Coordinator of Couriers and Wendover, I still believe that FNS's primary goal is to render medical care to an area of need, yet I've become aware of an almost equally important goal: to survive financially.

As a young doctor to be, my thoughts have always been focused on surviving medical school and providing health care rather than on the business aspects of medicine. Now that I'm beginning to see how government regulation and the rising cost of medical technology can restrict the health care one can give, I sometimes wish I could have been a doctor on horseback in Mary Breckinridge's day, or at least held on to the naive view of medicine I had as a courier.

Many couriers today are young idealists interested in medicine or the health allied professions. I see many similarities between them and the person I was three years ago. I don't want to shatter their idealism, and yet I do wish to share with them what I have learned about the changes in health care that have occurred at FNS and nationwide. Perhaps then, we can more realistically devote our energies towards the problems that will face us as the future generation of health care providers.

I believe most couriers have good experiences here, but the experience isn't always what they might have expected, and some aren't quite satisfied. What are some common expectations of couriers? Well, when I first thought of volunteering for FNS, I had envisioned more direct interaction with the patients and the community and hoped to be of service by administering health care, delivering medical supplies, and transporting patients.

When I arrived, expectation and reality were not the same. I found a small, yet modern, hospital with a well trained staff. Consequently, I wasn't needed or competent enough to do very much medically. Most of the ways I helped did not involve direct interaction with the patients. Hence, even though xeroxing and counting coins helped FNS, and therefore indirectly helped the community, I didn't find the actual work very emotionally or intellectually rewarding. Traditionally, couriers cleaned the horses' stalls and rode with the nurses. Although this may not have been very rewarding either, at least it was fun. Perhaps couriers in the recent past have been a little disappointed because they feel that some of their activities are neither rewarding nor fun. Cleaning kudzu amongst snakes is a good example.

Although the majority of couriers feel that the current program is worthwhile, a major goal of mine is to improve the experience for the couriers. I hope to achieve three objectives:

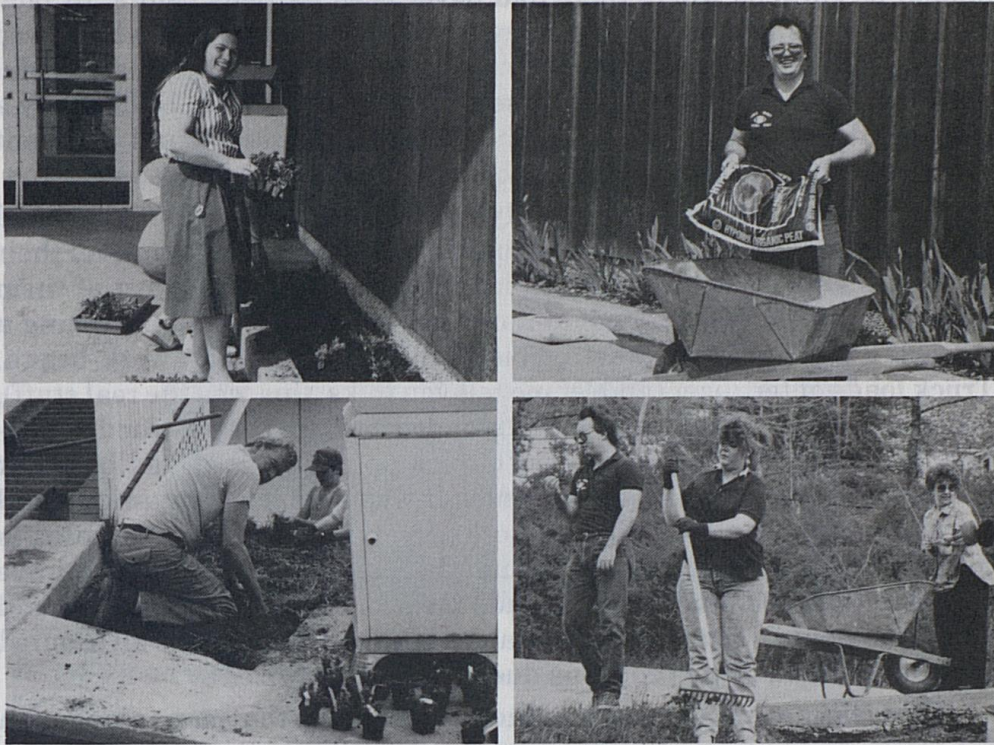
1. Provide couriers with opportunities to perform more fulfilling service.
2. Give couriers pre-professional counseling and greater exposure to health care providers.
3. Provide exposure to this region's rich, unique and changing culture.

Couriers have always had catch-all positions, and couriers will continue to do whatever the organization needs, but I'd like to de-emphasize counting coins and other business related, clerical work. Couriers have also transported patients and delivered medical supplies and X-rays, even at all hours of the night, and will probably continue to serve FNS in these patient related ways. Couriers really do want to help, but often lack medical training. Therefore I'd like to see couriers provide more direct service to the community in a variety of ways, like tutoring people to read, delivering meals to the elderly, building houses for the homeless, teaching preventive health classes, participating in litter cleanups, running a distress line for abused women, and assistant-teaching childbirth classes with Stacey. However, I'd also like to see couriers providing direct service in health related areas, perhaps as home health nurses' aids, labor support persons, or emergency medical technicians, if qualified.

Many of the couriers are interested in exploring medicine, nursing, and midwifery as possible careers. Couriers in the recent past have usually observed family nurse practitioners, doctors, and midwives, but not for a very large percentage of their time here. I'd like couriers to be able to observe in the emergency room, operating room and clinics more frequently and with greater direction and guidance. I'd also like to invite people from within FNS to have dinner with the couriers and describe their professions and how they chose them. Many care providers here, especially the family nurse practitioners and midwives, have a unique philosophy of health care which many couriers might find unfamiliar and interesting.

I hope that I can meet these goals. Right now, they are ideas which are just beginning to germinate. I felt I served the FNS well as a courier and that my experience helped to give my life a good direction. I hope to be able to give future couriers the same. If you are interested in the Courier/Volunteer program, please write to:

David Lee
Coordinator of Wendover, Couriers, and Volunteers
Wendover, KY 41775



The Gardening Crew: Upper left to right: Barb Gibson, front desk; George Wyatt, administration; Lower left to right: David Hatfield, administration and Teresa Turner, Women's Center and Judy Sizemore, medical records.

HOW DOES YOUR GARDEN GROW?

On April 23, the C.A.R.E. Committee spearheaded the first of its annual grounds beautification days. In conjunction with the Leslie County Clean-up Program, employees of the Frontier Nursing Service, FNS auxiliary and board members and a dedicated Boy Scout, George Sparks, (who came just because he wanted to help) worked for hours to make the Mary Breckinridge Hospital complex a gardening delight.

All of this sounds like a great idea. Just go to the garden and plant in the cool of a Spring morning! Prior planning necessary to get everyone and every thing ready exceeded everyone's expectations. It would not be a bad idea, while we were at it, to provide the workers with some food around noon and, come to think of it, let's have a little local music. Somehow, it all happened!

The grounds were prepared for flower beds and for the placement of Redbud and Dogwood trees. This little task would normally take a few minutes of work around the average house because of the garden that was there last year. This clever group of garden decorators decided that there

should be gardens where there had never been gardens before. In fact, that gardens should appear where only rocks and crab grass had lived before. In addition they thought that a few trees would be a colorful addition so they calmly asked for some thirty odd holes to be dug only a few feet deep. No big job! This should be simple labor and excellent exercise for all the people that do this type of work as a routine.

A few of the volunteers (generally speaking, those who are considered crazy anyway) started arriving at 8:00 a.m. with shovels slung over their shoulders and hoes and picks loaded in their car trunks. Most of them were still half asleep and would have preferred being at home eating a Saturday morning breakfast of biscuits and gravy. The work began. Truck loads of fertilizer (and let me tell you folks, this was the real stuff), peat moss, flowers and trees were unloaded early in the day for distribution. Busy hands worked together to pick up papers that had been left behind or had blown onto the grounds. It was time to get organized and work the ground, and work it, and work it. Now what you have to realize is that when you are working the ground there is little notice that you have placed additives from the truck loads mentioned above into the ground—that is not until after you have watered the soil. So we were all assured that there would be no problems due to lack of fertilizer.

What was not anticipated was the amount of fun that came along with the work. As the areas became completed, smiles broke out with pride. Chrysanthemums come in many sizes and colors, so do Geraniums, Azaleas, Zinnias and many other annuals that were planted around the perennials. Everything started looking bright and cheerful.



Taking instructions from the garden's designer Elizabeth Wilcox (far right) are Darrell Moore, personnel and Diana Fortney, Respiratory Therapy.



Taking a short rest break are Debbie Browning, FNP at the Women's Center and son Kriston

Flowers and trees were watered by bucket and cup as they were planted, but the plants were not the only things that got thirsty. When the limeade that Sharon Hatfield had prepared was gone, it became "okay" to get a cup of water from the water hose. . .if you were holding the hose. Laughter could be heard when the watering hose became a toy instead of a tool.

Satisfaction was the mood as people ate a picnic lunch of hamburgers and hotdogs that were cooked on charcoal grills while listening to the music provided by local musicians. It was a huge success any way you look at it (except for the sore muscles that were evident the next morning). About half an hour after the last tree was planted the rains came! It was perfect timing.

Each area has been "adopted" by various departments or persons to keep clean, watered and generally tended. As the flowers and trees grow, plaques will be placed by them to identify the caretakers. Visitors and patients will be able to compare the gardening skills of the different departments. It will be a competition that will be fun to watch.

Many thanks to the volunteers. Another special thanks to the Mary Breckinridge Hospital Auxillary who generously provided the original "seed" money, and to all the other individuals who donated time and money to the project. It's nice to know that so many people C.A.R.E.

— Mary Weaver

Outstanding "Employee of the Month" Program

Here at the Frontier Nursing Service, we believe that our employees are the heart that keeps this institution on its feet. In the last issue of the *Quarterly Bulletin* our readers were introduced to C.A.R.E., the new Guest Relations Program that has been implemented throughout FNS. Out of C.A.R.E. a program has developed that affords employees, visitors and patients the opportunity to recognize, on a monthly basis, an FNS employee who is outstanding in demonstrating the qualities of courtesy, respect, enthusiasm and a positive attitude to those around them.

Ms. Ruby Moore, chairperson of the C.A.R.E. Committee, introduced the program to the organization and found the idea enthusiastically received. Once guidelines were established, the nominations began pouring in from employees, visitors and patients and the C.A.R.E. Committee found itself facing into a seemingly awesome task.

It was gratifying to discover that nominations represented all facets of the organization and, since the onset of the program last November, every department has been represented with a nominee. The nominations were so numerous and the comments so touching that the committee has had great difficulty making final choices. There are so many dedicated people who give their best efforts all the time.

The following people have thus far received this honor and indeed it is an honor and achievement to be so selected by those you work with each day. November, 1987, **Mae Campbell**, Dietary Department; December, 1987, **R.C. Osborne**, BiO Med; January, 1988, **Teresa Napier**, RN at Hyden Medical Center; February, 1988, **Jewell Sizemore**, Housekeeping at Community Health Center; March, 1988, **Betty Helen Couch**, Medical Records; April, 1988, **Rhonda Combs**, RN at Hyden Primary Care Clinic, May, 1988, **Charlotte Gibson**, Admitting, Mary Breckinridge Hospital and June, 1988, **Mary Howard**, X-ray.

The Frontier Nursing Service acknowledges the Employee of the Month with a check for \$50 dollars. The employee's name is placed on a permanent plaque which is on display in the lobby of the Mary Breckinridge Hospital. Each month the newly chosen recipient's photograph is placed next to the plaque. The C.A.R.E. Committee submit a newspaper article for publication and of course, posters throughout the organization announce the month's choice. Perhaps the most coveted reward is the reserved parking space right next to the hospital - a guaranteed spot for the month of the reign.

This recognition program has brought many smiles of surprise from the chosen employee and a real satisfaction comes with the feedback from staff that those chosen have long been seen as unsung heroes by those around them.

From all of us at Frontier Nursing Service - Congratulations to all of you. You make us proud.

— Mary Weaver

GRADUATING SENIOR HIGH SCHOOL GIRLS HONORED BY THE KATE IRELAND WOMEN'S HEALTHCARE CENTER

If you were soon to be graduating from high school, its likely your thoughts would be filled with all you were leaving behind and also with plans for your future. Its not likely that, at such a young age, you would be particularly concerned with issues of health. The staff of The Kate Ireland Women's HealthCare Center decided that its never too early to learn that continued good health throughout life rests on the foundation of the early establishment of good health habits. And while we were anxious to deliver our message, we also wanted to help celebrate the upcoming graduation with the young women, extend our best wishes and provide the graduates with an informative and fun afternoon. We think we came up with a plan to accomplish all of our goals and, judging from the enthusiastic response of our guests, they thought so too.

As the group gathered at the Kate Ireland Women's HealthCare Center, they enjoyed wonderful delicacies from the Wendover kitchen - all selected with an eye to nutritious as well as tasty. Sharon Hatfield, manager of the KIWHCC, welcomed the young women and offered congratulations and best wishes on behalf of the staff.

The program was provided by midwives and family nurse practitioners, all of whom are members of our faculty practice. The topics were "weighty" but the staff kept their remarks short and to the point. Carol Schriedel, FNP, led off with a discussion of the importance of regular self-breast examination and pap smears. Her presentation included a video and Carol passed around a breast model and asked the women to try to locate the five lumps it contained.

Nurse midwife Carol Hanus discussed human sexuality and contraception. Her relaxed, humorous and matter-of-fact delivery soon put her audience at ease so, at the close of her remarks, her invitation to ask questions and enter into discussion received considerable response.

Our final topics were considered very important by our staff as many of these young women will be moving from home and going out on their own to work or attend college. Debra Browning, FNP, sensitively presented the difficult subjects of date rape and Aides. We discovered our guests had a high awareness and keen interest in these subjects and again there was active discussion.

We wished to end the program on an "up" beat and so saved the fun part until the last. Donna Rulon, a beauty and fashion consultant from Danville, Kentucky presented a slide show on the importance of body image and use of color. She pointed out that "who we are" has a lot to do with our selection of clothing styles. If you love lace collars and ruffles, you're probably a romantic. It was easy to identify the casual - L.L. Bean

-types among us and then there are those who go for drama and the sophisticated look. Donna also discussed warm and cool colors and demonstrated the difference using swatches of fabric. Our door prize was a free color analysis and the group watched with fascination as Donna wrapped various colors around her subject. It really does make a difference.

Everyone enjoyed the program - except perhaps the young woman who discovered that black was just not her color and sighed thinking of her new black prom dress at home. The problem was resolved with Donna's suggestion that bold, colorful jewelry at the neckline would save the day.

We were very pleased with the success of the Teen Reception and do think we have a winner of an idea that should be repeated and perhaps expanded upon. We are considering "rap" sessions - perhaps on a monthly basis - for teenagers in our area. Leadership would rotate among the staff and our brainstorming has produced a remarkable list of possible topics. We plan to get this program off the ground very soon.

* * * * *

SCHOOL NOTES

This will be my last opportunity to write the School Notes as Dean of the Frontier School of Midwifery and Family Nursing. On July 1, 1988, I step aside and Dr. Nancy Clark, who has been our Associate Dean this past year, becomes Dean.

When I became Dean in January 1983 I was overwhelmed by all that had to be done, but our committed staff and highly motivated students pitched in to make what seemed to be impossible, possible. This past month, five of the ten students in that first class came together for a reunion at the American College of Nurse-Midwives convention in Detroit, and we wondered how those five years could have passed so quickly. In spite of all the problems of those earlier years, they all expressed so much pride in being a part of the FNS tradition. Their achievements make us proud to have them as alumna.

One of my first major efforts when I arrived more than five years ago was to work with the Frances Payne Bolton College of Nursing, Case Western Reserve University to develop an academic affiliation between their master's degree program and our certificate program.

During these past years, our faculties have become close friends as we have met to explore issues and concerns, to share resources and materials, and to resolve problems inherent in the distance between our two campuses. Finally a legal document was drawn up and signed that offers our Frontier graduates the opportunity to complete their graduate degree with just nine additional credits at the FPB campus in Cleveland.

On May 16, 1988, six of our Frontier School graduates along with Kate Ireland, Dr. Nancy Clark, and Wendy Wagers, our Education Coordinator participated in the university-wide graduation ceremony and again in the Frances Payne Bolton School of Nursing commencement ceremony. I was invited to help place the masters' hoods on our graduates in this very meaningful and historic ceremony. One of our graduates, Sharon Leaman, was also chosen to receive the Mary Ann Flynn award, an award given by the FPB faculty to the nurse-midwife who most exemplifies excellence in her nurse-midwifery practice.

And now, everyone asks what will I do when I retire. I deny that this is retirement, but rather stepping aside into other responsibilities. Recently most of my time has been spent trying to help strengthen the systems required to be supportive of nurse-midwifery practice through our cooperative relationship with the Franklin Maternity Hospital and Family Center in Philadelphia.

I have also been working for the past several years on a task force to develop an innovative educational program to prepare nurse-midwives for birthing center practice. This effort has been spearheaded by a group of us representing Maternity Center Association, the National Association of Childbearing Centers, the Frances Payne Bolton School of Nursing, Case Western Reserve University and the Frontier School. Together we have formed a consortium to develop materials that will permit students to complete most of their course work in their own communities under the direction of a faculty advisor. Selected clinical preceptors in birthing centers will provide the opportunities to learn nurse-midwifery practice.

There is tremendous interest in this program and we have a large file of interested applicants. On July 11, 1988 we expect to appoint Carol Davis to be our full time program director for the Community Based Nurse-Midwifery Education Program which will be located in Philadelphia. Carol worked on this project when she was on faculty and a doctoral student at FPB and brings many years of experience in graduate education to her nurse executive background. I will be assisting Carol and the faculty in launching this new program and we plan to start admitting students in September 1988.

I'm hoping that some of my continuing contributions to FNS and nurse-midwifery education can be managed from my Lexington, Kentucky home base through such innovations as modems and fax machines. I'm looking forward to a bit more relaxed schedule that will allow me to spend more time exploring all the options open to senior citizens on the University of Kentucky campus. My goal is to become computer literate and business savvy since my greatest challenges these days come from trying to understand the economics of all these new innovations in health care and professional education. I don't think I'll be bored.

— Ruth Beeman

Beyond the Mountains

Spring is always the busiest time of year for Frontier Nursing Service fund-raising "beyond the mountains" and 1988 was no exception!

On March 10th, I was invited to present a program about FNS to the Virginia State Society of the Daughters of Colonial Wars. We remain the national philanthropic project for the DCW's—who provide financial support for our general operating needs, the children's Christmas Fund, our scholarship program at the Frontier School of Midwifery and Family Nursing, as well as many important special projects through the National President's Project.

Virginia State President, Mrs. G.H. Bryan, was a lovely hostess. She arranged a very successful and well-attended meeting at a local club.

A few weeks later, Heidi Sulis, who works with the FNS district nursing clinics and home health agency, was the keynote speaker at the annual national meeting of the DCW's in Washington, D.C. Heidi reported on the many new happenings at Frontier Nursing Service including the addition of a "district doctor" to provide back-up for our family nurse practitioners and home health nurses.

On April 18, our National Chairman, Miss Kate Ireland, and I spoke to the members of the Smith College Club of Cincinnati. Our great friend and former courier, Marian Barrett Leibold, introduced our program by recalling some of the highlights of her courier experience. The members were fascinated by our historic film "The Forgotten Frontier" which depicts the early days of our Service.

As always, the eyes of the horse racing world were focused on Kentucky during the first Saturday in May for The Kentucky Derby. Our focus, however, was in Boston, Philadelphia and Washington, D.C. for our annual "Derby Day Fund-Raising Benefits." Chairpersons Whitney Robbins, Mary Hodge and Trudy Musson are to be congratulated—and our sincere thanks are extended to all of the dedicated committee members who work so hard to make the annual benefits possible. Our special thanks must go to our hosts: Mr. and Mrs. Dudley Willis of Shearborn, MA; Mrs. David Dohan, Darling, PA; and Mrs. Jefferson Patterson, Washington, D.C. (who provided leadership and inspiration for our first Derby Day in 1981).

All in all, it has been a very eventful, challenging and successful spring for meeting with our friends and supporters of Frontier Nursing Service.

— Ron Hallman

A Special Invitation

Mark your calendar and plan to attend our first "Appalachian Fall" tour, September 25 - October 1, 1988. This tour has been arranged in conjunction with Passages Unlimited of Wakefield, MA and Mrs. Pendleton White, member of the FNS Boston Committee.

Our tour will allow you to explore three distinct regions of Kentucky ranging from the manicured horse farms of the Bluegrass to the rugged log cabins nestled among the beautiful Appalachian mountains.

You will experience the mecca of thoroughbred horse breeding, a traditional Shaker Village, nationally known Berea College including the southern hospitality of its Boone Tavern Hotel, and the Frontier Nursing Service.

As an added bonus, the final week of September is typically the peak of spectacular fall foliage among these southern Appalachian mountains. Our tour begins in the gentle rolling Bluegrass of Lexington, continues through the foothills of Berea following the trail of Daniel Boone, and concludes among the steep mountains of southeastern Kentucky in the Daniel Boone National Forest.

For a brochure and complete details, write to:

Mr. Ronald G. Hallman
Vice President for Development
Frontier Nursing Service
Wendover, KY 41775
(606) 672-2317

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

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IN MEMORIAM

We wish to acknowledge our appreciation and personal gratitude to this friend who, by including FNS in her Will, has made a continuing affirmation of interest and belief in the care of mothers and babies and their families by the Frontier Nursing Service. Such legacies are added to the endowment fund.

Mrs. Henry Harvey Pike
New York, NY

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

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Former FNS Trustee, member of Board of Governors and Philadelphia Executive Committee.

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FNS staff nurse Eva Delaney (1930's)

Miss Caroline Williams
Burlington, KY
Artist, whose sketch of the Wendover Big House has been enjoyed by many since it first appeared on the cover of the Spring, 1941 Quarterly Bulletin.

MEMORIAL GIFTS

We wish to express our deep appreciation to those friends, who have shown their love and respect for the individuals named below by making supporting contributions in their memory to the work of the Frontier Nursing Service:

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STAFF OPPORTUNITIES

Because text for the *Bulletin* must go to the printer several weeks before publication, it is not possible for any issue to contain an up-to-date list of job opportunities. Instead, we list types of positions that are most likely to be available and invite anyone qualified and interested to write for current information.

FNS Staff. Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, family practice physicians, laboratory technicians, X-ray technicians, and others. For current information, write Darrell Moore, Director of Personnel, Mary Breckinridge Hospital, Hyden, Kentucky 41749 (phone 606-672-2901).

Couriers and Volunteers. This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a 6- to 8-week minimum period and would like to be exposed to the work of the Frontier Nursing Service. ("You tell us what you can do, and we'll find a job for you.") For current information, write Elizabeth Wilcox, Coordinator of Wendover and the Courier/Volunteer Program, Wendover, Kentucky 41775 (phone 606-672-2318).

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Head Nurse, Med/Surg: Marie Mitchell, RN

Head Nurse, OB: Glenna Gibson, RN

Nurse Anesthetist: Earnest Orr, CRNA, BA

Hyden Clinic

Margaret Carr, RN, BS, MS, FNP

Barry Gibbons, RN, AA, AD, CFNP

Medical Staff

Chief of Staff: Ira J. Azizpour, MD, Obstetrics/Gynecology

Ernesto D. Cordova, MD, General Surgery

Richard Guerrant, MD, Internal Medicine

Mohammed H. Kharsa, MD, Cardiology and Internal Medicine

Paul Moody, MD, Pediatrics

James Parshall, DO, Obstetrics/Gynecology

Timothy Todd, M.D., Family Practice

DISTRICT NURSING SERVICE

Clinics Coordinator: Gertrude Morgan, BSW, RN, CFNP

District Records: Nancy Williams

Jessie Preston Draper Memorial Nursing Center (Beech Fork):

Sue Lazar, RN, MSN, CFNP, Project Director

Lorrie K. Wallace, RN, MS, FNP

Community Health Center (Big Creek) — successor to The Caroline Butler Atwood Memorial Nursing Center (Flat Creek), The Clara Ford Nursing Center (Red Bird), and The Betty Lester Clinic (Bob Fork):

Susan Hull Bowling, RN, BSN, CFNP, Project Director

Carol M. Schriedel, RN, MS, FNP

Wooton Center:

Sr. Joan Gripshover, RN, BES, CFNP, Project Director

Sr. Katharine A. Donohue, RN, MS, FNP

Pine Mountain Center:

Gertrude Morgan, BSW, RN, CFNP, Project Director

Sharon D. Koser, RN, BSN, CFNP, District Float

HOME HEALTH AGENCY

Glenna Allen, RN, Coordinator

Clara Jefferis, RN, BSN, CFNP

M. Sandra Mathis, RN

Susan Snider, RN

Sandra Gross, RN

COORDINATORS AND DEPARTMENT HEADS

Development: Ruth O. Morgan

Dietetics: Linda Campbell, RD

FNS Quarterly Bulletin: Sharon N. Hatfield

Food Service: Mae Campbell

Housekeeping: Lillie Campbell, CEH

Laboratory: Ruth Rushby, MT (ASCP)

Maintenance: John C. Campbell

Medical Records: Betty Helen Couch, ART

Pharmacy: Joe R. Lewis, BS, RPh

Physical Therapy: Evangeline Z. Goss, BA, PT

Purchasing: Nannie Hornsby

Quality Assurance/Risk Management: Ruby Moore, RRA

Radiology: Glen Hammons, RT

Respiratory Therapy: Diana Fortney, CRT

Social Work: Ruth Ann Dome, BSW

Wendover and the Courier/Volunteer Program: David Lee

Frontier Nursing Service, Wendover, Kentucky 41775, 606-672-2317**Mary Breckinridge Hospital, Hyden, Kentucky 41749, 606-672-2901****Frontier School of Midwifery and Family Nursing, Hyden, Kentucky 41749, 606-672-2312**

URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

At our Home Health Agency and District Clinics:

- Eight pediatric blood pressure cuffs \$ 98.00 each
- Four adult blood pressure cuffs \$ 98.00 each
- Four portable scales \$ 20.00 each
- One addressograph machine \$430.00
- Assorted text books \$500.00

At The Kate Ireland Women's HealthCare Center and MBH Lab:

- One binocular microscope w/plan achromate \$2074
- One binocular microscope with achromate \$1500

* * * * *

An Update on "Julie's Van"

"I have never before experienced such a warm and generous response by our donors." That was the comment by FNS Vice President for Development, Ron Hallman, in describing the reaction of our readers to the article in our last Bulletin about Julie Maggard, the little girl with Cerebral Palsy.

At the end of that article, we described a special fund which has been created to assist the Maggard family in purchasing a van with a "lift" to accommodate Julie and her special posture chair. Just a few weeks after the article appeared, our Development Office received dozens of contributions and several letters of encouragement about this endeavor. So far, we have received \$4,000 toward the \$15,000 cost of the van. We have begun some local fund-raising activities—and hope that anyone who is interested in this project will send a special contribution to our Service restricted to "Julie's Van."

We will keep you informed on our progress in this very special project.

WE THANK YOU
FOR YOUR PARTICIPATION



The Frontier Nursing Service
Wendover, Kentucky 41775

Loose Item

Please send me more information about:

- The FNS Courier and Volunteer programs.
- Estate Planning.
- Life Income Gift Opportunities.
- Visiting and Touring the FNS.
- Books and other literature concerning FNS.

As an interested friend, my subscription of \$5.00 a year is enclosed.

- New
- Renewal

As a supporter, you will receive the *Frontier Nursing Service Quarterly Bulletin* unless you request otherwise.

Enclosed is my gift of \$ _____



Mary Breckinridge's home at Wendover.
Historic Landmark — Restored in 1981.

Name

Address

City

State

Zip

Your Gift is
Tax Deductible

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 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 midwife training schools for graduate nurses; 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 Incorporation of the
Frontier Nursing Service, Article III
as amended June 8, 1984