

FNS

FRONTIER NURSING SERVICE

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WENDOVER TODAY

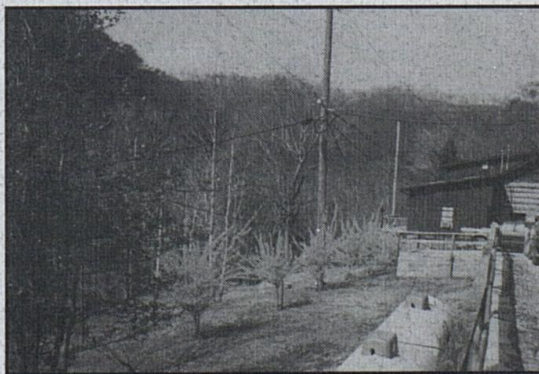
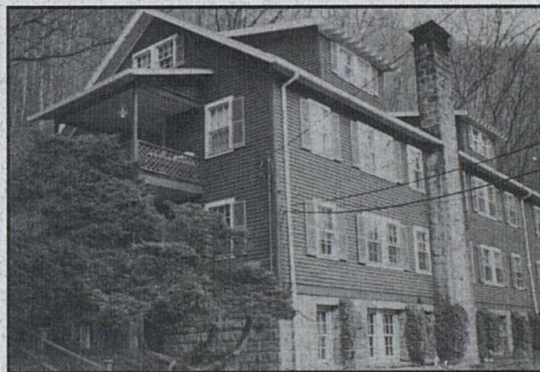
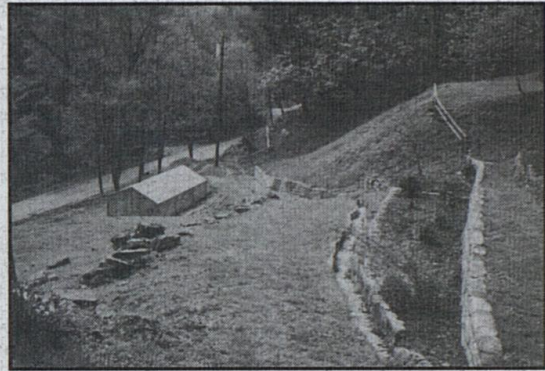


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Cover: Until a few years ago Wendover, the home of Mary Breckinridge was overgrown with kudzu and shrubbery. Today, Wendover is a beautiful park with grounds keepers working contantly to keep it looking that way.

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Midwifery at the Frontier Nursing Service

Now, more and more women are coming to the Kate Ireland Women's Clinic for their prenatal and post partum care because of these two midwives. Marina Alzugaray and Betsy MacMillan are providing the unique care that causes women to choose a midwife attended birth.



Betsy and Marina

Marina was born and raised in Cuba. Her professional history includes: AS degree in Nursing in 1975; Certificate as an OB/GYN Nurse-Practitioner in 1978; Certificate in Midwifery in 1981; BA in Health Science from Antioch University in Santa Barbara, California in 1984 and completed post graduate work at the University of California in 1994 graduating with a MS in nurse-midwifery leadership.

Marina has worked at several hospitals and also worked as a locum tenum midwife. Prior to coming to FNS she had a private practice in Santa Barbara, California doing home and hospital births. She is an acknowledged expert on the subject of labor and birth in water, a process which allows the mother to endorse her own pain through the warmth, comfort and relaxation of the water effect. She is a midwifery educator and featured speaker at conferences throughout the world. Marina joined our staff in June 1995.

Betsy MacMillan has contributed to the work of Mary Breckinridge since 1980 when she graduated from the Frontier School of Midwifery and Family Nursing and began working at FNS as a midwife. She grew up in Ipswich, Massachusetts. Betsy has an incredible story of how she became spiritually inspired to become a nurse-midwife. In looking at brochures from schools across the United States, she was guided to the brochure from the Frontier School of Midwifery and Family Nursing with the motto

on the front "He shall gather the lambs with his arm and carry them in his bosom and shall gently lead those that are with young." She knew then that FNS was where she would go. For the last 15 years, Betsy has totally dedicated her life to midwifery at FNS.

At the Kate Ireland Women's Center, Marina and Betsy along with two OB/GYN physicians who totally support midwifery in every aspect, are dedicated to women's healthcare. This not only includes the care of the mother from conception until after delivery but also newborn care up to four weeks of age. Betsy and Marina focus on providing a natural environment for the mother during her birth by allowing siblings and other family members to be involved in the birthing process.

Both CNM's are committed to midwifery service in Leslie County. Betsy said she appreciates the fact that the spirit of Mary Breckinridge lives on in Leslie County through Mrs. Breckinridge's traditions and principals, which encourage family attended births and does not disrupt the family atmosphere.

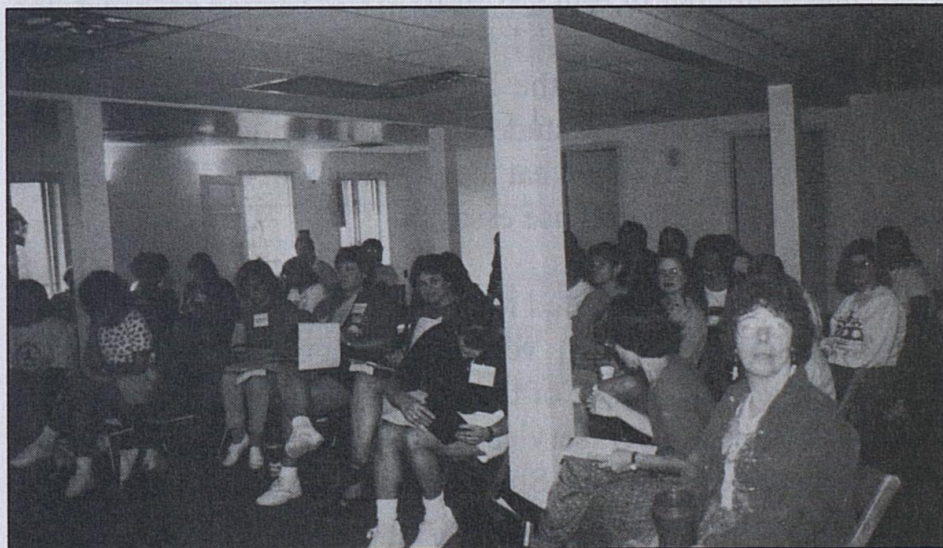
Marina says at FNS she has extensive privileges. Here, the birth center context is promoted from caring for the mother to caring for the newborn. Marina stated that in other hospitals it is extremely hard for a midwife to obtain newborn privileges. Because of FNS midwifery history she is able to provide a wide range of perinatal care. Marina says "at FNS I can truly practice full scope midwifery from natural to high risk care for both mother and child."

Betsy and Marina share the same beliefs about midwifery. Marina says "at FNS, for midwifery, the history is great, the ground is fertile and all we need to do is nourish it." Betsy is the last FNS graduate to still be practicing midwifery here. Both Betsy and Marina want to commend their two OB backup physicians, Dr. Karan Baucom and Dr. Horrell Townsend, and the neonatologist, Dr. Damodara Rajasekhar, for their skills and for their support of Mary Breckinridge's vision of midwifery. -Barb Gibson

Field Notes

I am pleased to announce that Mother Nature has treated Wendover kindly since my last report and the trees are still standing! Along with so much of the country we were extraordinarily hot and dry, so much so that even the drought hardy marigolds bowed over. October brought us some much needed rain for which we are very grateful.

The maintenance men stayed busy 'til mid-September working on the multipurpose room for the Frontier School of Midwifery and Family Nursing. Though it was not totally finished for Midwifery Bound weekend, it was usable and used it was! Everyone was delighted to have enough room for 60 people to move about and not bump into each other. The last project for the room will be the curtains which Wendover's head housekeeper, Christine Collins, is awaiting to make. As I once mentioned, the maintenance guys are real pros at converting sow's ears - both the Mardi classroom and this multipurpose room are really quite spectacular.



New multipurpose room

Along the way we've had some wonderful visits from folks far and wide. Jill Ash Nichols, former FNS midwife, and her husband Graham came from England (see miscellaneous).

Phillip and Betty Vaughan from California came for a few days while on a 50th anniversary trip for themselves. We enjoyed showing them around FNS and making various *Quarterly Bulletin* articles come alive for them.

Along the way, Marvin Breckinridge Patterson with John and Priscilla Becker spent a weekend here while visiting Berea College. All of us enjoyed her tales and reminiscences of the early days of FNS.

On Friday night of the Mary Breckinridge Festival weekend, Wendover had a reunion dinner for former professional staff. Dr. Richard Guerrant, his wife Judy and their two children attended along with many local practitioners. The Big House was alive with everyone swapping stories about when they were here, renewing friendships and making new ones. Hopefully, we will be able to make this an annual event.

Somehow, all this coordinated with dinners for two Midwifery Bounds, Level III students, a dinner for Eastern Kentucky University nursing students, a Board of Governors meeting and a faculty meeting during graduation. Of course, being fall season, we've had a number of tours as well.

During the Festival I was asked to give presentations about FNS to students at the Leslie High and Middle School. During the presentations, students were asked to write an essay about the FNS describing what they knew about it. The following are some excerpts from those essays.

..... Mary traveled to Leslie County, Kentucky and founded a very important establishment for the people of that area and surrounding counties. Her services were highly convenient to her patients. She and her assistants traveled through harsh storms, snow, and creeks to reach those in need. The rugged wilderness and bitter cold winter months made it difficult for patients to travel to clinics, so the nurses and midwives bravely traveled to them. Mrs. Breckinridge also engaged in child welfare. She was determined to see children live strong, stable lives.



After reading this essay, try to understand that no words, no matter how large or difficult to pronounce, could ever describe the impact she had on Leslie County. She set aside most of her life to come and give the people of this area a second chance at life. Though she was a simple looking lady, to many, she was a miraculous blessing, a legendary heroine, and a true life saver. No one will ever forget Mary Breckinridge. She has inspired hundreds of people through the years. Stories of her courageous actions and sacrifices have been passed along, generation after generation. She was and forever will be a legend. *-Jenna Farmer, 5th grade*

. . . . I feel as if I knew Mrs. Breckinridge. Many members of my family worked for her at Wendover. My grandpa and grandma Cornett and my mom knew her personally. My mom gathered eggs with Mrs. Breckinridge many times. Grandpa Cornett was foreman at Wendover for 42 years. He took her outside for her last walk before she died. She helped my grandparents build the house I live in today. Even though I never got to meet her, I still appreciate her kindness to my family and to the mountain people.



-Amber Melton

Mary Breckinridge's book *Wide Neighborhoods* is available for purchase from the gift shop at Wendover. To order, contact Susie Hudgins, FNS, Inc., 100 Wendover Road, Wendover, Kentucky 41775.

-Susie Hudgins

Beyond the Mountains

"Travel, in the younger sort, is a part of education; in the elder, a part of experience." -*Francis Bacon Of Travel*

Because the Fall *Quarterly Bulletin* consisted primarily of the annual audit of the Frontier Nursing Service, I did not write "Beyond the Mountains". Certainly the time since my last writing to you in May has been full of travel! It is always wonderful to see friends and supporters beyond the mountains and to have you visit us in the mountains.

Robert Wood Johnson Foundation

In June I traveled to The Frances Payne Bolton School of Nursing at Case Western Reserve University in Cleveland to meet with the site visiting team from the Robert Wood Johnson (RWJ) Foundation. Although this particular project was not funded, the Community-Based Nurse-Midwifery Education Program (CNEP) is participating in three of the RWJ projects which were funded.

The Practicing Law Institute

Mid-July found me at The Practicing Law Institute in New York City continuing my education in several areas of interest to the FNS. Directors of today's charitable organizations must stay current in areas such as conflicts of interest, the Prudent Investor Rule, Implementation of the Federal Accounting Standards Board Statements relating to charitable giving, recent developments in fundraising, etc. This institute was extremely well run and valuable information was imparted which we will use in planning.

Vacation in Atlantic City

My husband and I spent several days of August vacation in Atlantic City. We had a marvelous time, and did not lose any money in the casinos!



Deanna speaking at the Bluegrass Luncheon

Bluegrass Committee Annual Luncheon

September 13 the Bluegrass Committee held their annual luncheon meeting at the Louisville Country Club in Louisville. Many thanks to Frances (Pani) Luckett, Marjorie Vogt and Betty Christie for putting so much time and effort into this event. This year Miss Jane Leigh Powell was able to attend. So much enthusiasm was generated! Our courier coordinator Dan Eldridge was introduced to the group. Last year four supporters from Louisville, Joy and Walter Bennett, Ruth Devine and Helena Mink visited Wendover on a day trip. This year the interest was in staying a night at Wendover. Plans were in the works when the luncheon ended.

CNEP in Conshocken

September 26, I traveled to our CNEP office in Conshocken, Pennsylvania to meet with the CNEP director and her administrative staff. We met in Ms. Kate McHugh's home to discuss creative ideas for future implementation.

Washington Committee

Mrs. Elizabeth (Beth) Hadley, Chairman of the Washington Committee, member of the FNS Board of Governors and member of the Frontier School of Midwifery and Family Nursing

Board of Directors, and I met in Washington, DC on October 6 to discuss Washington Committee issues. Afterwards, we had tea in the home of Mrs. Jefferson Patterson, Honorary Member of the FNS Board of Governors and past Chairman of the Board. Joining us were Mrs. Isabelle Breckinridge and Mrs. John Becker. As always, Mrs. Patterson was a gracious hostess. Mrs. Patterson visited Wendover September 22. The staff was delighted with her visit!

Boston Committee Luncheon

The Boston Committee hosted a FNS luncheon at the Dedham Country Club October 12. Miss Kate Ireland was the keynote speaker. How wonderful it was to be present with Kate. She is in excellent health and sends her thanks to all of you who have sent your prayers her way! Many thanks to Mrs. Lois Cheston, Mrs. Carolyn Coolidge, and Mrs. Arthur Perry for constituting this affair. The Boston Committee is well on the way to establishing an endowed scholarship fund for the Frontier School of Midwifery and Family Nursing. This fund will be named in honor of Mrs. Arthur Perry (Mardi Perry). It was marvelous to see friends Liz Dawson, Carlyle Carter, Caroline Standley, Sally Willis (who hosted the Derby Day Party at her home for so many years), Debbie Smith, Sue Gradin, Cathie Cook and Muffin O'Brien who have for so many years upheld the work of the Frontier Nursing Service. Over 50 people attended. I am only sorry to be unable to thank each of you individually on these pages.

Mrs. Breckinridge - Women's Hall of Fame

October 13 my daughter Sarah and I drove to Seneca Falls, New York to accept the medallion as Mrs. Breckinridge was inducted into the National Women's Hall of Fame. This was a very emotional time for me, for many members of Mrs. Breckinridge's family, and the many nurse-midwives who attended the ceremony. I wish to pay special tribute to the following members of Mrs. Breckinridge's family who attended the ceremony: George and Cynthia Dunn, Pam and Graham Ellis, Louise Robson, Catherine Ryan and Lees Breckinridge Yunits. Eighteen women were inducted into the Hall of Fame on Saturday October 14. This is a

list of the inductees and a brief description of their contributions.

Virginia Apgar (1909-1974) Development of the Apgar Score, a system to determine whether a newborn infant needs special attention to stay alive.

Ann BanCroftt (1955-) The first woman to travel across the ice to the North Pole.

Amelia Jenks Bloomerr (1818-1895) The first woman to own, operate and edit a newspaper for women.

Mary Breckinridge (1881-1965) The nation's foremost pioneer in the development of American midwifery and the provision of care to the nation's rural areas as founder of the Frontier Nursing Service.

Eileen Collins (1956-) The first American woman to pilot a spacecraft.

Elizabeth Hanford Dole (1936-) Central to both the national campaign (serving as National Director) and the critical struggle in her home state of Tennessee, which was to become the 36th and final state to support women's suffrage, thus making the Amendment the law of the land.

Mary Baker Eddy (1821-1910) The only American woman to found a lasting American-based religion, the Church of Christ Scientist.

Ella Fitzgerald (1917-) The nation's greatest jazz and pop artist and an inspiration for her lifetime of good works, becoming the first woman to receive the Whitney M. Young, Jr., Award of the Los Angeles Urban League, for those who build bridges among races and generations.

Margaret Fuller (1810-1850) Her thoughts and writings inspired leaders of the women's movement. She became the editor of *The Dial*, the Transcendental journal, and advocated the philosophy of liberation and fulfillment of the highest potential of all human beings.

Matilda Joslyn Gage (1826-1898) The co-author (with Elizabeth Cady Stanton and Susan B. Anthony) of the first three volumes of *The History of Woman Suffrage*.

Lillian Moller Gilbreth (1878-1972) Her ideas helped encourage the development of industrial engineering curricula in

engineering schools. Her family is recalled by humorous reminiscences by her children in the book *Cheaper by the Dozen*.

Nannerl Overholser Keohane (1940-) The first contemporary woman to head both a major women's college (Wellesley) and a great research university (Duke).

Maggie Kuhn (1905-1995) Organized and founded the Gray Panthers.

Sandra Day O'Conner (1930-) The first woman to be named to the U.S. Supreme Court.

Josephine St. Pierre Ruffin (1842-1924) Best known for her central role in establishing and sustaining the role of clubs for African-American women.

Patricia Schroeder (1940-) The most senior woman in Congress who has worked tirelessly to establish national family policy.

Hannah Greenebaum (1858-1942) Organized a nationwide Jewish Women's Congress which became the National Council of Jewish Women.

By request, I am printing the remarks given by the Hall of Fame at the ceremony and my acceptance speech. For the acceptance speech I was asked not to give biographical information, but rather to talk about what Mrs. Breckinridge's life has meant to me.

Ceremony remarks by Hall of Fame

Mary Breckinridge, as founder of the Frontier Nursing Service, you saw a great need and your will and energy to fill that need played a transforming role in American public health and medicine.

The child of a distinguished family, including a United States Vice President, your career as a public health nurse during the first World War came about after the tragic deaths of your first husband and two children. Determined to live a useful life, you received nurses' training and went abroad. There, you realized that the nurse-midwife health care approach could be of life saving help to rural areas of America.

You began your great experiment in rural Leslie County, Kentucky, underwriting the early years with your own money.

You hired and trained nurse-midwives, who traveled on horseback over more than 700 miles each year, bringing health care to people who had never received any in their lives. Your hospital, opened in 1928, served as a hub of the Frontier Nursing Service. You gave your time to raise funds, traveling nationally to do so. And, as you said so simply, "The glorious thing about it is that it worked." Infant mortality declined in the face of prenatal and postnatal care; mothers learned how to care for their families and to improve sanitation -- and in time, Nurse Midwifery became widely respected. Today, the Frontier Nursing Service lives on, continuing to provide quality care in rural America -- and the hospital you founded now bears your name.

Because you have directly contributed to the saving of thousands of lives; because you overcame personal loss to contribute to the betterment of mankind; and because your vision helped improve American public health, you are inducted into the National Women's Hall of Fame.



Joyce Roberts, University of Illinois ACNM president, Deanna Severance and daughter Sarah at induction ceremony

Deanna's acceptance speech

I never met Mary Breckinridge. She came to the Kentucky mountains when she was 43 years old, and she died in 1965 when I was 16 years old. All nursing students who attended Baylor University in the 1960's heard about the Frontier Nursing Service the romantic image of nurses riding through the mountains on horseback delivering babies and caring for the poor and infirmed, British nurse-midwives coming to the United States, and a school of nurse-midwifery far back in the Appalachian mountains. My personal life pilgrimage found me in Mrs. Breckinridge's Wendover home at age 41 interviewing for the position of FNS Director. Her portrait by William Draper hangs over the fireplace there. It is one of those paintings where her eyes follow you no matter where you are in the room. If there are spots on earth more enveloped in mysticism than others, then Wendover is one of those places. I returned.

Since that time Mary Breckinridge and her life's work have changed my life. Life is hard, and it is harder for some beings than others. Mary Breckinridge was an heiress. Her father a foreign diplomat, her grandfather vice-president of the United States under Buchanan. Yet her first husband, an apparent love match, died during their first year of marriage. Her second marriage produced two children both of whom died, and the marriage ended in a divorce based on her husband's adultery. But after each tragedy, Mary Breckinridge picked herself up and set forth on a goal to serve others. She would become a registered nurse, a volunteer in devastated France after World War I, and then a nurse-midwife.

Some creatures have no choices. Babies have no choice about to whom they will be born, whether they will be born to parents who love them. Will they be fed, will they have AIDS? I have a choice. Mary Breckinridge had a choice. She found her niche in developing a system of healthcare to improve the lives of babies, women, families. Life is full of choices. Some of which are scary. I can imagine how it was in the late 1920's. Money was coming in to support the FNS and the great depression struck. There was not enough money to pay staff. British nurse-midwives

came and worked for the experience, room, board, a horse and stipend. Then World War II struck and they went home. There would be no staff. Mary Breckinridge started her own school to train her own staff for her health service in the mountains.

Do the right thing, even when you are afraid - - I've heard her voice in that house whisper to me on more than one occasion. Transcend the present circumstance and carry on, move forward.

It's not to say today's problems are the same as those faced by Mary Breckinridge. It's not to coopt Mary Breckinridge and say this is what she would do. My relationship to her and her beloved FNS has been to learn lessons of grace, love and faith. To step forward when life is difficult. To look through that telescoping lens into the kaleidoscope of the future, never knowing or controlling where the prisms will fall. To choose to serve.

Thank you Mary Breckinridge for the honor of accepting this medallion on your behalf today. Thank you Women's Hall of Fame for recognizing the contributions of this great woman. Thank you my beautiful daughter Sarah for sharing this gathering, recognizing powerful, passionate women.

Upon my return from the induction at Senaca Falls, I received these two notes from family members of Mrs. Breckinridge who attended the ceremony.

Dear Deanna,

You did a tremendous job of accepting Mary Breckinridge's medallion and speaking about her. We were proud to be there. The whole ceremony was uplifting.

-Pam Ellis, niece

Dear Deanna,

Thank you for such an eloquent acceptance on Aunt Mary's behalf. It really made me quite proud of not only her achievements, but that her efforts are still effecting a community and a profession thirty years after her death.

You are obviously touched by this woman you've never met, and that is certainly a tribute to Aunt Mary. But even more so, Deanna, it is a tribute to your own tenets, that somehow you have chosen to be visited by her character, and pursue your profession

through continuing her work.

She was a very gracious woman - as was my grand mother Lees. I was only 15 when Aunt Mary died and during her life, I was not immediately effected by her accomplishments, unfortunately, but by her access to horses! I wanted to be a courier, like my mother had been, and spend the summer in the mountains riding horses through rain and snow and sleet.

Before I came of age to apply, jeeps had taken over. Being a courier in a jeep just didn't have the same appeal. Some horses remained for a time, though, and my mother, my brother, and I did have at least one opportunity to ride together through the Kentucky hillside - in a recreational manner. I rode Marvin, I believe his name was - a big swayback. Rather ugly, but a lot of fun to ride.

Even at that age, the romance of Aunt Mary's home and work weren't entirely lost on me. A screened-in sort of bunk house had been added just prior to one visit, between the Big House and the nurses's quarters and clinic. Am I remembering this correctly? I fantasized about living there, and eating breakfast in the Big House with all the nurses. I would have loved being a part of the the camaraderie that existed.

We visited not long after Aunt Mary's death, as I recall "Brownie" was in charge at the time. I don't remember the occasion prompting our visit, but I do recall that the tone was decidedly different. The Big House was no longer Aunt Mary's home, but the command post for the Frontier Nursing Service, as, in fact, it always had been. I missed being a special visitor there, but also - for probably the first time - Aunt Mary's contributions became visible to me. And I was a little embarrassed that I hadn't seen them before. God save me from ever being a teenager again.

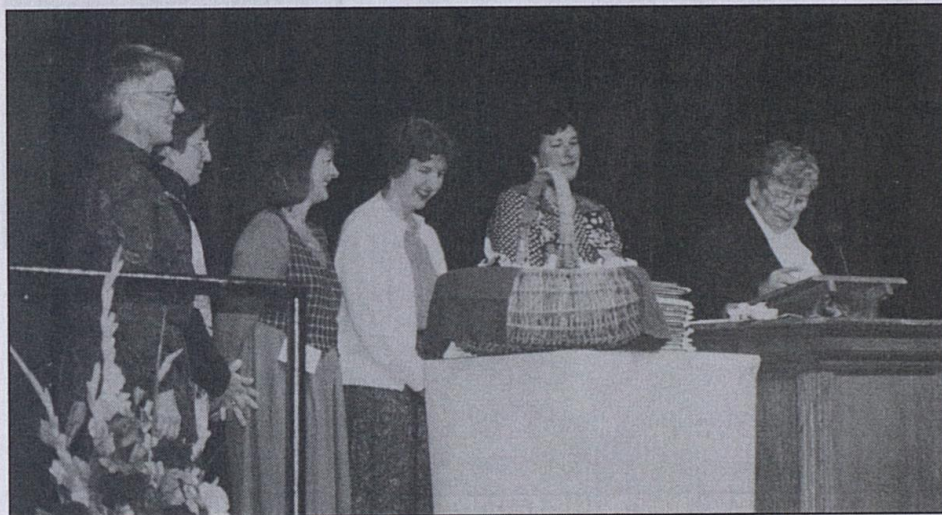
-Louise Robson, great-niece

Visit to Berea College

Wednesday, October 18, Dr. Anne Wasson and I were invited to lunch at the Berea College Boone Tavern by Mrs. Judy Stammer, Director of the Berea College Appalachian Fund. Under Mrs. Stammer's direction the Fund provides needy programs to carry out remarkable work in the mountains of Eastern Kentucky.

CNEP graduation

One of the greatest days in the history of nurse-midwifery education was October 21, 1995. On this Saturday the Frontier School of Midwifery and Family Nursing Community-Based Nurse-Midwifery Education Program graduated sixty-seven students in Hyden, Kentucky. This is the single largest class of nurse-midwives to graduate in the United States. 200 family members arrived in Hyden to celebrate graduation! Ms. Carol Roe, Associate Professor of Nursing at the Frances Payne Bolton School of Nursing, attended graduation on behalf of Dean Joyce Fitzpatrick.



Kitty Ernst distributing awards at graduation

Bluegrass Committee members visit Wendover

Finally, I want to thank our wonderful Louisville supporters who came and stayed at Wendover October 24: Frances Luckett and daughter Susan Treitz; Julia McGee; Florence Rawleigh; Betty Christie and daughter Betsy Penta; Frances Frost; and Margaret Ratliff. What a wonderful time we had sitting in the living room with a radiant, warm blaze in the fireplace. Our kitchen staff created a wonderful meal featuring fried chicken. When I am in this wonderful house I often feel spell bound. This committee has created "The Big House Fund". The purpose of the Fund will be to care for our National Historic Landmark and Kentucky treasure, Mary Breckinridge's home, the Big House. The first project, spearheaded by Mrs. Betty Christie and Mrs.

Frances (Pani) Lockett, is the replacement of the dining room chairs with new, locally crafted chairs. We need twenty to forty new chairs. As the old chairs last, supporters may receive one of them with a donation of \$200.00 or more. Mrs. Julia McGee is initiating a campaign to replace the freezer in the kitchen and has already collected \$1,000.00! We still need \$1,400.00.

From all of us at the FNS, thank you for making 1995 a grand year!



Left to right - back row: Susan Treitz, Betsy Penta, Betty Christie, Dan Eldridge. Front row: Dr. Anne Wasson, Frances (Pani) Lockett, Florence Rawleigh, Julia McGee, Deanna Severance, Margaret Ratliff, Frances Frost.

Grant Awarded from the Jacob G. Schmidlapp Trusts Fifth Third Bank

On June 15, 1995, The Frontier Nursing Service received notification from Ms. Carolyn F. McCoy, Foundation Officer, that a grant of \$30,000 had been awarded by the Trust Committee of the Jacob G. Schmidlapp Trusts, Fifth Third Bank, Cincinnati, Ohio.

The check was presented to Miss Leigh Powell, Chairman of the FNS Board of Governors, by Mr. Sam Barnes, President of Fifth Third Central Kentucky Trust.



Leigh Powell receiving check

The funds were for replacement of 1) a postage meter at Wendover, 2) a dishwasher and steam table at Mary Breckinridge Hospital and 3) new wiring in the Garden House at Wendover.

Fifth Third has managed private trusts and foundations for over 100 years. Throughout this time, the income from charitable entities has supported thousands of institutions which work to improve their communities. Fifth Third was one of the first financial institutions in the country to establish a Foundation Office.

Jacob G. Schmidlapp (1849-1919) founded the Union Savings and Trust Company in 1890, which later became Fifth Third Bank. He was widely respected for his business acumen. The final decade of Mr. Schmidlapp's life was devoted largely to his philanthropic interests and to helping individuals in need. His Cincinnati Model Homes demonstrated a successful example of housing for low-income people. Jacob Schmidlapp said, "How one is influenced to do charitable giving is difficult to say; it comes, as do most of our commendable accomplishments, by degrees." He stated he was greatly influenced by Andrew Carnegie's philosophy that the duty of a person of wealth is "to consider oneself as trustee of funds and to use them to produce the most beneficial results for the community."

At Mr. Schmidlapp's death, a charitable trust was established naming Fifth Third Bank as trustee. In the past 75 years, grants from the trusts have indeed produced good things for the community. The Frontier Nursing Service is honored to be the recipient of an award from the Jacob G. Schmidlapp Trusts.

-Deanna Severance

Courier News

The Courier Program continues apace with everyone keeping themselves busy. This fall has been marked by the numerous guests that have been passing through Wendover keeping us all entertained. There have also been the added distractions of the Mary Breckinridge Festival, football games, and all of those other things that the Courier Program typically affords.

Jane Leigh Powell ('54) visited us recently for the Midwifery Graduation and spent a great deal of time running around (in typical Courier fashion) looking for Tipper Gore (it later turned out she was only looking for a Dipper Gourd). **Mrs. Patterson** ('28) also spent a weekend with us in September and filled the role of Most Distinguished Cheerleader for the High School football game.

We recently talked with **Rosie Perea** ('93) at Smith College who seems to be, as always, enjoying herself. She is busy thinking about transferring to McGill University (in Quebec or Canada depending upon your personal views on sovereignty) to satisfy her long developing love for Canada. We also checked in with **Elaine Rabin** ('93) who is still working in Boston, but applying to various medical schools around the country. **Danielle Stanko** ('95) has been keeping in constant contact since her departure with various calls and letters that are all heartily appreciated. She too is applying to various medical schools. We wish them both the best of luck.

We would love to hear from any of you Past-Couriers (PC'S) if you get a chance. We love to hear what you are up to after you leave the "Hills".

The Present Flock

Michelle LaFleur, 22, came to us in August from New Orleans and has been busy ever since. She has been spending a great deal of time with Marina, the midwife, in the Kate Ireland Women's Health Care Center (KIWC). In addition to this she also attended the Level III training sessions of the CNEP.

Bhavin Mehta, 23, hails from Gastonia, North Carolina where he recently graduated from UNC-Chapel Hill. Bhavin has been here since the start of September and has spent a great deal of time with the radiologists. He also spends time with the pediatrician and helps out at the Beechfork Clinic. In his spare time, Bhavin tries to convince Tim Couch (our local high school quarter back Star) that UNC-Chappell Hill, is the place to be.

Liz Baldwin, 18, comes to us from Nobleboro, Maine during her interim year before attending Mount Holyoak. In addition to her valuable help in and around FNS, Liz has been spending time at the local elementary school. The rest of Liz's free time seems to be taken up fixing her car which seems to have taken a distinct dislike to the mountains.

Sara Krause, 20, arrived here from New Hartford, New York in what can only be described as a tank. Sara trundles around the hills in her Land Cruiser (A perfect Appalachia vehicle) spending time at the hospital, KIWC, Wooton Clinic, Stinnet Elementary School, photo shots of swinging bridges, and just about anywhere else her car will take her.

Jennifer Galvin, 22, has recently arrived from Port Washington, New York. She is a recent graduate of Brown and has an interest in Public Health.

-Dan Eldridge



(Liz's car) Liz, Bhavin, Michelle, Sara and Jennifer

Notes from the FSMFN

The fall of 1995 has brought much exciting news to the faculty and staff of the Frontier School of Midwifery and Family Nursing. We celebrated the 300th graduate from the Community-Based Nurse-Midwifery Program, Pam Pepperell from Houston, Texas! Pam says, "As the 300th CNEP graduate, I would like to thank all of those connected with the Frontier School of Midwifery and Family Nursing. Your dedication and commitment to midwifery education has helped make my dream a reality, and I am grateful for all your words of inspiration. I am eager to move on in my new profession and proud to be a Frontier graduate". It is truly amazing that the CNEP could produce this many graduates in six years. Nothing represents the commitment of the faculty, preceptors, administration and Board of Directors more than seeing these numbers swell.

During the calendar year 1995, CNEP admitted 149 students and graduated over 100. This is now our third year of large admissions and we feel confident in our faculty and the infrastructure in Hyden. The faculty continues to creatively look for the most exciting way to deliver the curriculum to students in 50 states!

Our September Midwifery Bound orientation weekend and our October faculty meeting were held in the new multipurpose room in Aunt Hattie's barn. The large, comfortable room contributed to the success of both events. During the October faculty meeting we also held a graduation ceremony for anyone who graduated from CNEP since last October. Close to 70 grads and their families, from all over the United States, made the trip to Hyden. Many had graduated months ago and were already successful in their first jobs as nurse-midwives. Many said they came to graduation to bring closure to a vigorous school experience and have some quiet time at Wendover. At the end of graduation all of the faculty and preceptors in the room encircled the new grads and welcomed them into the circle of nurse-midwifery. It was a moving event, full of symbolism.



Staff and family members at graduation

The Frontier School also learned this fall that we will be participating in three exciting new projects financed by the Robert Wood Johnson (RWJ) Foundation. These projects are part of a nationwide program called "Partnerships in Training" which will look at efficient ways to collaborate in the education of nurse-midwives, nurse-practitioners and physician assistants. We are pleased to be part of projects with the following: 1) Idaho State University; 2) Planned Parenthood Federation of America; 3) Arkansas State University. These projects will be looking at education and increased utilization of nurse-midwives in Idaho, Pennsylvania and the Delta areas of Arkansas, Tennessee, Louisiana and Mississippi. As you can see, all of these areas continue our commitment to serve women and children in underserved, rural and urban areas.

The Directors of the CNEP are engaged in a Strategic Planning process with the Board of Directors. This process has been a challenge to all as we debate directions in which to take the school for the twenty-first century. As the largest midwifery education program in the country, our impact is great and our role as leaders cannot be taken lightly. Moving into the new year we will be reflecting on our responsibilities as midwives and educators of the midwives of the future. May I wish you all a Blessed Christmas and a Happy New Year!

-Kate McHugh

Call A Midwife

**202-728-9860 - American College of Nurse Midwives
(They will direct you to a midwife in your area)**

Miscellaneous

This letter was sent from Kate K. Bevendge, MSN, MPH, CNM, with a donation in memory of Prue Montague.

During the 1950's three girls grew up in Kentucky traditions; attending the summer horse show in Harrodsburg, Kentucky, having those young girl dreams, and hearing about the Kentucky mountain poverty and those nurses who rode horses.

We went our separate ways but became friends again while living in the Washington area. Kate became a nurse-midwife and then a CNEP preceptor. Hannah Cox and Prue Montague were supportive friends and gave me the crazy name "super nurse". What special people! Prue died this spring after a courageous struggle with lung cancer. I send this donation in Prue's memory and for those special friendships among women.

I can remember being about five years old and going from Warrenton, Virginia to Lynchburg, Virginia to visit my aunt Dorothy May Hawkins who was at that time a frontier nurse.

My memories are sketchy. I have a mental picture of the radiator of a Model T Ford boiling up as we drove up a dirt mountain road and of a large horse with saddlebags and of my aunt in riding breeches.

Dorothy May Hawkins was born in England in 1890. I don't know how long she stayed with the nursing service. She later spent some time in South Africa and still later moved to New Zealand where she died in 1970.

-Peter J. Long

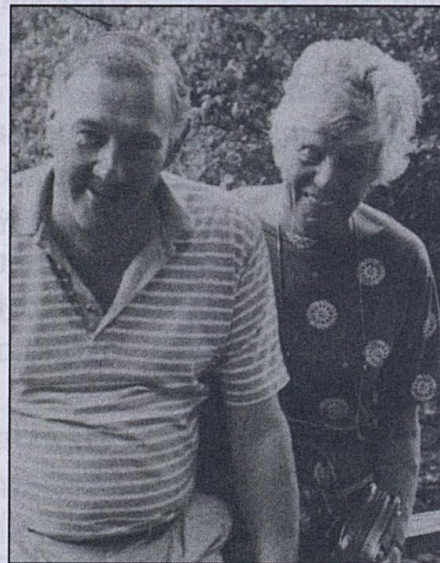
Sharon (Mossie) Koser worked for the Frontier Nursing Service for 26 years until she was forced to retire due to her knees becoming "worn out" from arthritis. She had knee replacements about a year ago and "came back to life"! Recently, the staff held a retirement dinner at Wendover for Sharon in honor of her years of service to the FNS and in honor of her "new knees". Someone wrote the following poem:

Mossie came to FNS in 1969
She thought riding a horse would be mighty fine.
She came to the country to live on a farm
Little did she know, she'd have to clean out the barn.
She worked every clinic and knew everyone.
She loved all the people and had lots of fun.
Twenty-six years wore out her knees,
But not her spirit, she's still ready to please.
A better nurse would be hard to find,
Especially one so sweet and kind.
Her place in FNS will be written in history
And we just want her to know,
Our admiration for her is no mystery.

During August Jill Ash Nichols, former nurse midwife at the Frontier Nursing Service, and her husband Graham came to visit. Jill was a midwife at the FNS in 1960 and 1961.

In the early 1950's, Jill was in East Britain practicing midwifery. She heard about the FNS through another midwife who was talking about nurses in Kentucky who rode horses to deliver healthcare. Jill said it took her a few years to make it to Kentucky but she finally made it in 1960.

After leaving FNS in 1960, Jill went back home and joined the Navy for four years. She worked in a hospital in Plymouth and Portsmouth while in the Navy and after getting out, practiced "bush nursing" in Australia. She worked in nine different hospitals throughout western Australia. Later she returned to Somerset, England and worked in health visiting and with the elderly. Jill and Graham had a wonderful visit at Wendover!



IN MEMORIAM

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

Elizabeth Fagg Olds, age 81 of Washington, DC died September 3. Mrs. Olds was a former Washington Committee member of the Frontier Nursing Service. Mrs. Olds was an editor and author who wrote *Women of the Four Winds*. She edited books for U.S. News and World Report. She has been national and international president of the Society of Woman Geographers. Mrs. Olds was a friend and supporter of the Frontier Nursing Service and will be missed by the Washington Committee members.

Kermit K. Abbott, Cranks, Kentucky died October 16, 1995. He was the stepfather of Mae Irvin, Development Office secretary at Wendover.

Merida Gibson, Sizerock, Kentucky died November 9, 1995. He was a friend of the Frontier Nursing Service for 90 years. Merida was the grandfather of Barb Gibson, editor of *QB* and Beulah Couch, Director of Human Resources, Wendover.

MEMORIAL GIFTS

We wish to express our deep appreciation to these 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.

Macon Dalton

Frances M. Lockett

Jessie Belle Schenk

Jessie L. Schenk

Margaret (Peggy) Foster

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Pam and Graham Ellis

Lt. John C. Breckinridge

James T. Breckinridge

Elsie M. Warner

Margo Warner Curl

Margaret R. Boyer

Anne B. Shepherd

IN HONOR OF:**Dan Roznowski**

Grace Roznowski

Mrs. Marvin Patterson

John and Priscilla C. Becker

Mrs. Marie Cross Wigginton

Linda Nugent

In Memoriam

If you wish to make a contribution to the Frontier Nursing Service in memory of a friend or loved one, please fill out and return this section to the Development Office at FNS.

In memory of: _____

Contributor's name: _____

Address: _____

Person(s) to whom you wish acknowledgments sent:

Name: _____

Address: _____

In Honor of

If you wish to make a contribution to the Frontier Nursing Service in honor of someone's accomplishments or achievements, please fill out and return this section to the Development Office at FNS.

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For the convenience of those who wish to remember the Frontier Nursing Service in their Wills, this form of bequest is suggested:

" I hereby give, devise and bequeath the sum of . . . dollars (or property properly described) to the Frontier Nursing Service, a corporation organized under the laws of the State of Kentucky."

HOW ENDOWMENT GIFTS MAY BE MADE

The following are some of the ways of making gifts to the Endowment Funds of the Frontier Nursing Service:

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By 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 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:

FRONTIER NURSING SERVICE
Mr. William Hall, Treasurer
Fifth Third Bank
269 West Main Street
Lexington, Kentucky 40507

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.

Staff Opportunities: Family Nurse Practitioners, Registered Nurses, and Physicians. For current information or to apply for a position, contact Department of Human Resources, Wendover, KY 41775 (phone 606-672-2317).

Courier Program: 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 minimum of 8 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator/Courier Program, FNS, Inc., Wendover, Kentucky 41775 (phone 672-2317).

Nursing Volunteer Program: This is a program that has been recently designed to meet the needs of nurses and nursing students who only have a short length of time in which to come to FNS and gain experience. In this program if accepted, there is no required amount of time. For current information, write or call Glenna Combs, Director of Nursing, Mary Breckinridge Healthcare, Inc., Hyden, Kentucky 41749 (phone 606-672-3162).

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Because of your generosity, we sometimes receive more gifts for a particular item than we need. In those instances, your gift will be applied toward another urgent need listed below. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

| | |
|-------------------------------------|-------------|
| Beechfork Clinic: | Cost |
| Children's Toys for Lobby | 200 |
| Community Health Center: | |
| Ear Probe Thermometer | 750 |
| Emergency Room: | |
| Blood Pressure Cuff for Datascope | 350 |
| Large Blood Pressure Cuff | 75 |
| Infant Blood Pressure Cuff | 70 |
| Cauterizer | 800 |
| FSMFN: | |
| 10 Floor Lamps for Haggin Quarters | 1,000 |
| Hyden Clinic: | |
| Large Blood Pressure Cuff | 75 |
| Infant Neonatal Blood Pressure Cuff | 70 |
| Kate Ireland Women's Center: | |
| Fetoscope Doppler | 500 |
| Doppler Speaker Boxes (2) | 250 |
| Large Blood Pressure Cuff | 75 |
| Lab: | |
| RPR Rotator | 400 |
| Obstetrics: | |
| Television for Education | 300 |
| Blood Pressure Cuffs (2) | 300 |
| Adult Stethoscopes (4) | 200 |
| Newborn Stethoscope (4) | 300 |
| Medical Surgical: | |
| Four (4) Blood Pressure Cuffs | 600 |
| Eight (8) Stethoscopes | 400 |
| Operating Room: | |
| Ear Thermometer | 500 |

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.
- Visiting and Touring the FNS.
- Books and other literature concerning FNS.
- Change of address.

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

Phone () 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