

FNS FRONTIER NURSING SERVICE

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Cover: In the early days, Couriers groomed, fed and kept the horses prepared for the nurses to make their daily rounds or for emergency calls in the middle of the night. *Photographer unknown.*

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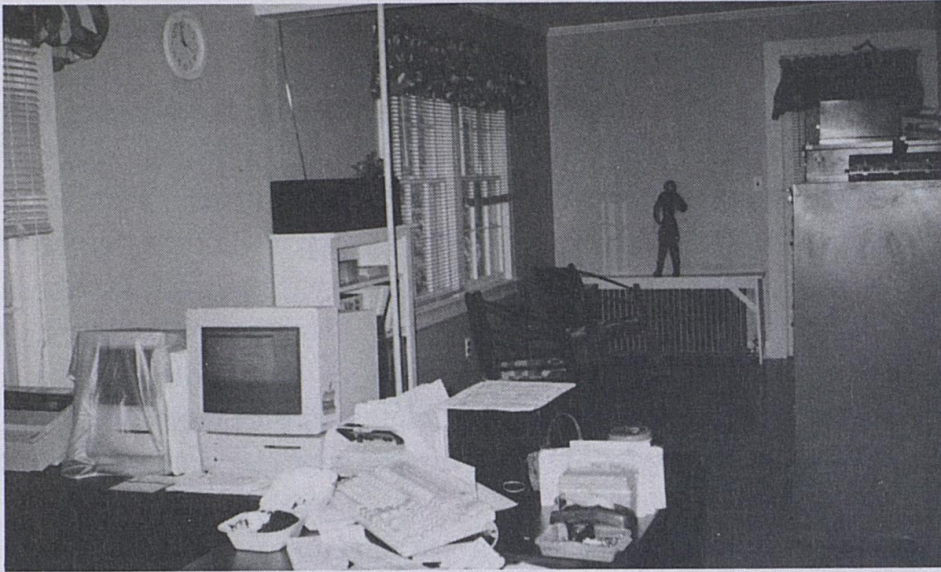
Field Notes

Wendover seemed to spring forth with the weather this year. Along with the daffodils blooming came a large number of students on tour. I spoke to an average of two groups each week including students from Prestonsburg, Eastern Kentucky University, Lees College, University of Kentucky, Somerset, Northern Kentucky and John Hopkins University. I had the good fortune to travel to the University of Tennessee in Knoxville to give a presentation to the Public Health students. Kathie Cook, FNP and I spoke to the Kentucky Student Nursing Association Convention in Louisville.

In March Chris Jackman (former courier) organized three fellow nursing students and two instructors from the University of Wisconsin to come for a week. They all enjoyed learning about our model of rural health care along with the fun. Instructor Susan Peck gave an in service for FNS personnel on Therapeutic Touch. My wrenched ankle certainly benefited - amazing! Wendover seemed very quiet after they went home and we hope they will visit again.

Just to keep the staff on their toes, we also hosted Chris and Diedre Brookings from ENGLAND (see Barb's note under miscellaneous news) for a weekend, four Level III groups from the School for dinner, two Midwifery Bound festive evenings, the April Board meeting, a dinner to honor the Mary Breckinridge Healthcare physicians, and Damonica Huff (former courier) brought a group for dinner while they were here helping repair homes in the area.

Meanwhile, Junior and Michael (maintenance) have been just as busy with all of their projects. It took a while but the Development Office turned into a silk purse. Lots of paint, new light fixtures, new floor, pretty new valances and the transformation was accomplished. Throughout it all, Mae kept her sense of humor and coped with having the office in three different locations! Since we had enough floor left over, we decided to freshen up the bathroom next door as well. As soon as they finished inside,



Re-modeled Development Office

the sun came out and the grass started growing again. Lots of winter debris was collected and the drains were cleaned. May 1 we welcomed Jerry Adams to the maintenance crew for the summer. He will be working here at Wendover as well as on the Hospital Hill helping to keep both looking pristine.

Recently, mother nature gave us another one of her surprises when a large hickory tree decided it was time to go. Over it went one calm evening taking a part of the driveway with it. Though the power lines went none were broken, so Wendover continued as usual. The men repaired the driveway and have been practicing their woodsmen skills with chainsaws and chippers.

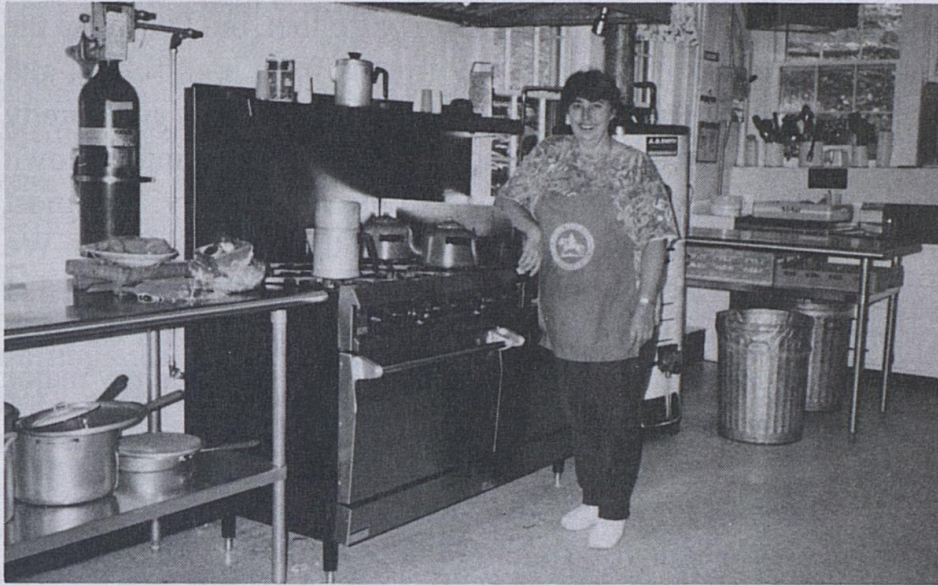
With summer almost upon us we're looking forward to friends coming to visit and reminice during their vacations.



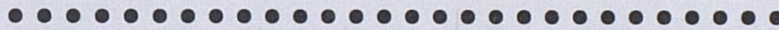
We have recently been organizing the Garden House attic and found that we have an excessive number of *Quarterly Bulletins* dating back to 1930. Anyone interested in purchasing a particular issue or several issues may contact me, Susie Hudgins, with the date or issues you wish to purchase.

Thanks to all of you who helped make the new stove for the Big House possible. So many donations were received we were able to purchase the stove as well as two stainless steel tables and more cookware. Cassie has got to be the happiest lady in all of Leslie County!

-Susie Hudgins



Cassie and the new stove



New Courier Coordinator

Effective June 1, Emily Davis, former courier, will begin work as Courier Coordinator. Please direct all inquiries to her attention at FNS, Inc., 100 Wendover Road, Wendover, Kentucky 41775, 606-672-2317. I will continue to be director of the program but Emily will be coordinating activities until August 1 at which time we hope to hire a permanent coordinator.

-Barb Gibson

Courier News**Former Courier News:**

Grove City, PA - **Jessica Rice** (June '94) wrote during March, "I will be working at beautiful Estes Park in Colorado. Not the most fun job, and not that great of pay either, but I've heard the location is worth it. Some of my friends from high school and college are working there too. My freshman year has gone pretty well so far. I have done well enough to be accepted into "Crown and Sceptre" which is a freshman women's honorary. The most fun part of my year has been singing in the Touring Choir. We went to tour in New England in February which was a blast. I recently tried to meet up with Michael Todd and Dascha Weir but missed them. One more piece of news, I have switched my major from Biochemistry to English."

Lewiston, Maine - **Anne Kelsey** (June '94) wrote, "I hope all is well at Wendover. I seem to have started an FNS trend at Bowdoin! I keep showing all of my friends the pictures I took in Kentucky and telling them how great it is! I hope to return some day."

Minneapolis, Minnesota - **Christina Frazel** (April '94) wrote in February, "I'm sure that Spring is pushing it's way back to Hyden and all the trees are starting to bloom and birds are chirping away. School is plugging along. I'm volunteering with a local prenatal program and working for an MD on an immunization study. I'm becoming more and more interested in family practice medicine - so, we'll see!"

Farmington, Minnesota - **Julia Swanson** (September '94) wrote during February, "I miss you all so much. I miss peeking in to say 'hi' to Beulah every now and then trying to make her laugh; walking past Susie's office on my way out and making funny faces (and having her make them back);! tripping over Bandit; de-stapling and making tons of copies for Barb; saying

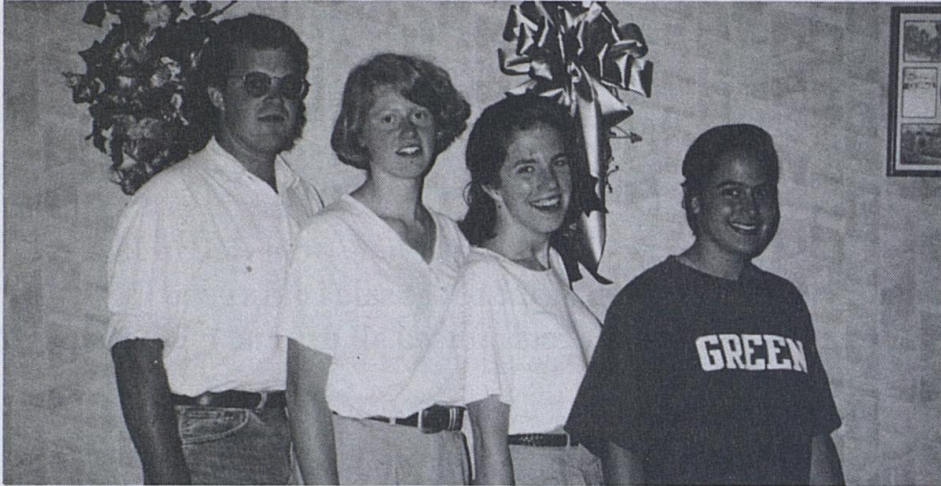
"Kit did it" every time something went wrong. I miss whatever it was Mae had for me to do; I miss Dr. Anne's stories and, of course, Susie's too; but most all, I miss the wonderful candy we made!

"My life has kind of settled down for now. I bought my first car in January. It's kind of like the 'heap' at Wendover. I found a job working with mentally and physically handicapped children. It's challenging and I really enjoy it. I work one on one in their homes. I had my medical school interview from Hell in January. My interviewer was tough on me but he said I did a good job in the end. Now I sit with my fingers crossed all day and night waiting to here from them."

Towson, Maryland - **Susie Quinlan** (July '93) wrote during April, "Just a quick note to say hello. All is well here and I'm keeping as busy as ever. I'm finishing up a photography class this week and soon I'll be starting a program to learn how to write children's literature. This weekend I planted a big garden. It's the old Kentucky influence coming out. Amy and I reminisce frequently. I now have a very serious boyfriend who I'm certain I'll marry. He already asked his mother if he could have the engagement ring his dad had given her. Just a matter of time."

Itacha, New York - **Sarah Galbreath** (January '95) wrote during May, "I am writing to thank you for such a fabulous time this winter. It was an experience far greater than I had expected. It seems so strange now to think that just a month ago I was seeing babies born and helping in the operating room. I miss the Southern hospitality (and cooking) that the North just seems to lack.

"In two days I'm going to Baltimore to visit Catie Fisher (courier, January '95). I am trying to find a summer job as a tennis coach. I am also looking to volunteer at the local hospital's maternity ward. It will be weird not having a Dr. Baucom running things. I spent a week last month learning how to hang glide on North Carolina's outer banks. I was surprised I wasn't scared at being over the ocean at fifteen hundred feet."

Spring Group of Couriers:

Left to right: David Randall, Krista Nickerson, Betsy Carter and Caroline Leis.

Betsy Carter, Long Green, Maryland was here from March 27 - May 12. She attended Bowdoin College. While here, Betsy worked with midwife Betsy MacMillan, observed surgery, tutored, shadowed physicians and went on home health visits. Betsy's future plans are to find a summer job and apply for medical school.

Caroline Leis, Framingham, Massachusetts was here from Mary 17 - May 24. Caroline attended Dartmouth in New Hampshire. She had the opportunity to shadow Betsy MacMillan, midwife, work in Muncy Elementary School, observe surgery, shadow nurse practitioners and physicians and to tutor. Caroline plans to apply to medical school.

David Randall, St. Johnsbury, Vermont stayed from March 16 - May 23. Before coming to FNS, David worked on a dairy farm and also at a woodworking company. During his time here he worked a lot with local woodcraftsmen Sherman Wooton and Carl Woods. He also spent time with local quiltmaker Alabam Morgan. David's plans are to begin college in the fall.

Krista Nickerson, Andover, Massachusetts arrived March 30 and will be here until mid-June. Aside from shadowing practitioners and physicians and going on home health visits, Krista will be assisting with the orientation of the new group of couriers arriving in June.

New Couriers Arriving in June:

Mitch McClure - Thayer, Kansas, age 21, graduated from Harvard. He says his interest in becoming a courier is primarily based on his future plans to pursue a career in medicine. He wants to become a family physician and to someday practice in an area similar to Leslie County. He feels the courier program will provide him with a good basis for examining the realities of rural medicine.

Albert Nguyen - Buffalo, New York, age 21, attended Cornell University. He says, "This sort of experience will give me a chance to do health care with hands on experience and working in a rural community will add diversity and fresh perspective to the knowledge and experience that can be gained."

Elizabeth Bird - Condado, Puerica Rico, age 22, attended Bowdoin College and states the following. "Working as a courier would be a tremendous learning experience for me. I think it will give me a great deal of perspective into the sorts of things I might want out of a career. The fact that all this will take place in rural Appalachia is an added bonus to me." Elizabeth is considering a career in medicine.

Danielle Stanko - Lower Burrell, Pennsylvania, age 20, graduated from Allegheny College and says that medicine is her future ambition. She is from a rural area and wishes to gain medical experience in a rural area.

Kenneth Dunn - Olmsted Falls, Ohio, age 23, graduated from Stanford University in California. He is also planning to attend medical school. He arrives in July.

Reflections on The Journey to CNEP

by Mayri Sagady - Class 11

I can't remember where I got the Childhood Graphics catalogue but I can remember the feel of it in my hands. The tall glass windows looking over my backyard are near, and it is a sunny day because I can feel the sun warming my hands as I gaze at the words before me. It's an announcement of some sort and it says I could become a nurse-midwife and stay in my own community. The possibility begins as a gentle glow, and explodes into a shimmering star in the distance for me to follow. I say out loud to no one but myself, "This is my school."

That was 1989, the year after Crystal's birth cleared my ears so I could hear the calling to midwifery. After 15 years in the entertainment industry I had little on board to give me hope that only six years later I would be dining at Wendover as part of CNEP's Class 11. I was not a nurse. The waiting list at my local college was four years long, and I didn't even have the prerequisites in place.

The ride up the hill was filled with switchbacks. I fell off my horse a couple of times and then there were some fallen trees across my path. The first time I was thrown, I had just started my prerequisite classes when a drunk driver came down the wrong side of the highway one night and put me in the ICU with more parts broken than working. My husband asked me later, after I had been to the edge of life and back, if it had changed anything about what I wanted to do. It didn't. In fact, I felt more sure than ever that I was meant to be a midwife. I had to ride a bit slower then, pausing for six separate hospitalizations along the way.

I sent for packets from the school at regular intervals, laboring over each requirement. In the beginning I had none of them. As I approached my starting date for nursing school I kept telling myself, one step at a time - you set your sight on the star you want to follow and you take one step at a time. Meanwhile, I had become a childbirth educator and began attending births as a labor support provider in the hospitals and as an apprentice midwife for homebirths.

When at last I started nursing school in 1991, I nudged my horse onward once again up the hill only to be thrown again. This time by Hepatitis "C" from my blood transfusions. I made it through one semester of nursing school and then spent the next year on Interferon studying midwifery on my own. I felt like one of those tin ducks in a shooting gallery who gets knocked down, goes under, and comes up on the other side only to get shot at again. I kept attending births when I could and I kept looking at midwifery school options only to wind up with a warm feeling in my heart when I looked at anything to do with CNEP.

In 1992, I went to the ACNM conference in Arizona and hung around the CNEP booth like a circling hawk. With the revision of some admission policies, I learned that some trees across your path clear themselves away. I walked away with a Banyan Tree pin which to this day sticks on the bulletin board above my desk saying "Meet the Need".

Finally, I got back on my horse and stayed on. The hill was unbelievable steep but nothing lay in my way. The application process felt like that last, steepest part of the climb where you can't breathe anymore and muscles refuse to move. I knew it was a long shot but, I felt my rope around that star was sturdy and I kept seeing myself in Kentucky in March.

When the letter came, I wept at my kitchen table with no one home to tell. It was another sunny day in my house.

So here I sit, Friday night at Midwifery Bound. I reflect on the tears that sprang to my eyes last night when Kitty's words brought back the feeling of the sun shining on my hand holding the Childbirth Graphics catalogue. I look down the steep hill from where we stand and it seems I am looking back at the last six years. Yet behind me as I gaze over the trees below is the rest of the hill which I must now turn around and face. I know I will make it up that hill too, one step at a time, just like before. This time I won't be climbing alone though, for I can see 37 others on this hill, each with their rope around that same star. Together we'll get there, each on our own path with warm sun from this weekend shining on our face.

A Nurse's Diary



Ruth Ann Settlemyre Wright

Dear Friends of the Frontier Nursing Service,

Last summer, I saw the wonderful photographs of the Frontier Nursing Service taken in 1930 by Marvin Breckinridge Patterson. The curator of The Patterson Memorial Museum showed a most interesting video, "The Forgotten Frontier".

The photos and the video were of special interest to me as I had spent part of the 1936 summer months there at Wendover and Hyden. Mrs. Breckinridge had been the speaker at the graduation services of The Miami Valley School of Nursing held at The National Cash Register School House, Dayton, Ohio and I was one of the young nurses in the class. Mrs. Breckinridge was a fine speaker saying later that the Frontier Nursing Service could use a summer replacement for an RN who was on vacation. So, that is how I came to the FNS and I remember it ever so fondly.

First, a relative drove me from Dayton, Ohio to Hazard, Kentucky. Then, I took a bus to Hyden, population of 313, where I was met by a young courier with an extra horse to guide me to the hospital in Hyden. My scant diary notes record: "I rode Ned." At the hospital, I met dear "Mac", Miss Annie McKinnon, assistant director of the FNS. She was very gracious to me; served the nurses tea at 10:30 and 4:30. She asked, hopefully, if I played bridge as they needed a fourth. I didn't play then, sorry to report. She was

Scotch and very energetic, efficient and happy.

The hospital consisted of the nurses' living quarters and about 20 beds for the patients. I'm quoting now from my diary: "Changed to my uniform and went on duty at 11:00 to care for three babies with diarrhea, a woman who had secondary anemia from vaginal bleeding, a postpartum who had delivered a still born and a prenatal with complications." These were my patients.

From my diary notes again, including personal detail about the people living and working in Hyden: 'Charlie' (Miss Mowbry), a graduate of Boston who was in charge of the hospital; 'Wally' (Miss Waller), middle-aged small English midwife and very nice; Miss Delany, a recent graduate from Lexington, Kentucky; 'Bee' (Miss Zachaeveli), young, graduate from Lexington; Sally (Miss Powell), night nurse, young, redhead, a clinic relief nurse; Pat (Miss Gauntly) from Maryville, Kentucky; Janet (Miss Coleman) an English midwife; Mill, an English Midwife and a district nurse; Mary, (Miss Cummins) from Wisconsin, a young district nurse and midwife; Mattie, Rose and Ruth all wonderful cooks; the dogs were Ski and Twig; there is Dr. Herin, wife and two children; Donna and Dorothy, and a relieving M.D., Dr. Kooser, who is from Nebraska and very capable."

Still from my little diary: "The atmosphere here is informal, warm, friendly and homey. The living room has a large fireplace, easy chairs, desks, piano and the food is excellent."

Tuesday August 11, 1936, "Worked 8-10:30 and 4-7:30. Babies quite sick - most of them are on skimmed lactic acid milk formula with bismuth subcarb ac, giving infusion B.I.D. of 250 cc saline. On 'off hours' went for a walk. Took some pictures. Passed the Lewis cabin. Mrs. Lewis asked me to 'step in and set awhile'. Very hospitable, gave me a drink of cool water. Went down to Hyden in the evening with Eva - had a coke! Hyden has a court house, school house, drug store, and dry goods store."

Wednesday: "My day off; went riding, had a nap, read and helped serve tea."

Thursday: "Two more sick babies. Helped in clinic. To bed early."

Friday: "Still busy. We lost one of the sick babies. His

older brother came after the body on a mule. Sad. No baths today as the water supply is very low."

Saturday: "Pat and I worked in a.m. Played the Victrola and danced in the evening. Very warm."

Sunday: "Worked in a.m. with Charlie and Pat. Not so busy now. Had a lovely dinner. Went riding with Pat in the afternoon. Rode 'Little Bea'. Went up over the ridge and called on Susie Howard. She wants us to come back and spend the day with her. A rain and gorgeous sunset later."

Monday: "Worked until noon. Left at 4:00 with Dorothy, a courier from Mobile, Alabama and Penelope from New York City. Rode Bobette to Wendover, a wonderful ride along the creek. Arrived at 5:15. Met Mrs. Breckinridge. She is most gracious and welcomed me warmly. Have a nice room on the Upper Shelf. It is Bland Morrow's cabin (she is on vacation). It's a small charming cabin with four rooms, comfortable, cozy and cool. I can almost touch the side of the mountain from the window. Grand dinner, then to the Garden House for some ice water."

Tuesday: "Breakfast at the Main House at 7:30. Met Margaret Watson, midwife, tall, scotch. A month ago, a horse fell on her, rolled on her leg, so she is unable to do much riding. Went up Hurricane Creek and made two prenatal calls and several sick calls. Most of the way, the road is the creek bed."

Wednesday: "Out alone this a.m. - up Hurricane Creek. Dinner with the Fields family. Spent an hour with Lawton Bowling. While there, the baby fell and cut his eye so I walked down the creekbed where I had left the horse, got in the saddlebag and put on a sterile dressing. Entire family very hospitable. They want me to come back and spend the day. 'We'll sure fix a chicken.' Home at 3:30, charted with Margaret. Dinner at 8:30. Mrs. Breckinridge called at 10:00 p.m., Margaret is going up Hurricane Creek for a delivery. She asked if I wanted to go and I spent the night there. Baby delivered at 3:30." (Note: I remember how efficient Margaret was and so very kind keeping the young husband busy with the horses. The cabin was primitive, immaculately clean. The delivery was done with full sterile conditions and the baby came with no tearing of the peritoneum.)

Thursday: "Breakfast with Mrs. Breckinridge and Margaret. Wendy, Mrs. Breckinridge's favorite dog, was operated on - cysts removed by Dr. Herin. Got a sick call from up John's Creek. Margaret couldn't go because of an OB delivery. I went four miles. Little boy was quite ill. Looks like scarlet fever. Dr. Turner will see him Tuesday. I went back to John's Creek. Dr. Turner says it is scarlet fever. Left gown and instructions for nursing care to an older sister as the mother is in Hyden Hospital. Back for lunch. Helped Margaret with charting. Had guests in the evening. Dave and Ed, two medical students from Ann Arbor, Michigan. To Garden House after dinner, music, dancing."

Saturday: "Slept until 10:30. Pat and Sally came from the hospital and I rode to meet them. Then lunch. Helped water the horses. Took some pictures. Helped Mrs. Breckinridge feed the chickens. Dressed. Tea. Guests from Wisconsin. Read and wrote letters in my cabin."

Monday: "To Muncy School about four miles with Margaret. We gave about 20 typhoid shots. Back at 12 for lunch, then up John's Creek to see Little Wilbur. He is much better from the scarlet fever. Rained most of the way back. Rode Gloria today. Charted with Margaret, then a bath, then tea."

Tuesday: "Out in the district at 7:00 a.m. with Margaret to Greenup Creek School. We gave 30 typhoid inoculations. The school house is one room - primitive, few desks, a few arm chairs, four windows. Two teachers, enrollment 74. Average attendance about 50. Then on up to John's Creek. Home for lunch, helped Margaret sterilize and pack the midwife saddlebags. Then we got ready for a grab sale tomorrow. Dinner at 7 p.m. To the Garden House with Dorothy, one of the secretaries, from Cincinnati. Then to my cabin on the Upper Shelf and to bed."

Wednesday: "Had the Grab sale at the clinic today. Prices: shoes 5 cents, dresses 10 cents. Had about 4 customers. The front terrace was full when I got up. Finished at 1:30. Then helped Margaret make out monthly reports. Charlie and Pat came from the hospital at Hyden. We had cokes with ice!!!"

This is the end of my notes in the diary. Sorry I did not continue with it. I am now 81 years old but the years have not

dimmed the fond memories and admiration I hold for the Frontier Nursing Service. I was privileged to have known Mrs. Breckinridge and also my dear mentor with whom I usually rode, Margaret Watson. The entire staff was well-trained and most friendly and helpful. I corresponded with Margaret but as England became involved in World War II, I heard she had left for London to be in the ambulance corp. I never heard from her again. If any of the present staff, after these many years, would have heard anything about her, I would be grateful to have word of her.

My daughter, Linda Longfellow Longstreth, found a book *Wide Neighborhoods* for me and became interested after Marvin Patterson's exhibit of photos, and especially in trying to obtain a copy of the video, "Forgotten Frontier," which you graciously agreed to send to her. It has brought back many pleasant and poignant memories to me and I thank you very much.

With tender thoughts and my best wishes for the continued success of the Frontier Nursing Service.

-Ruth Ann Settlemyre Wright



Margaret Watson, midwife

Notes from the School

What do you need to learn in order to be a nurse-midwife in the 1990's? Many people wonder what is expected of nurse-midwives in this era of high-technology and specialized sets of knowledge. The curriculum of the School undergoes frequent scrutiny from the faculty who constantly wonder what to include or delete from the basic curriculum.



The curriculum of the Community-Based Nurse-Midwifery Education Program (CNEP) reflects a mixture of the basic knowledge that underlies nurse-midwifery practice with some new areas of expertise needed to practice in today's health care arena.

Included in the basic knowledge are the courses in prenatal care, labor and delivery, newborn and postpartum care. These areas of practice have always been within the purview of midwives, throughout history and across the world. These courses are the heart and soul of midwifery practice. In our current curriculum there is an increasing emphasis on care of women in between pregnancies and after the child-bearing years are over. As our population ages and as more women defer childbearing, it is critical for the nurse-midwife to expand her care of women to areas such as peri-menopausal care, family planning and routine gynecology. And, in the days of managed care, nurse-midwives must be known as caregivers to women throughout the life cycle or risk being excluded from the referral systems of big health maintenance organizations.

A new addition to the core knowledge expected of nurse-midwives is pharmacology. More than half of the states now recognize the capability of the nurse-midwife in prescribing medications for her clients. States rightfully expect that each school adequately prepares their students for this responsibility.

Aside from these core areas, the CNEP curriculum emphasizes a number of important other areas. Professional role development includes content areas such as the history of the

profession and ethical issues within childbearing and midwifery. More and more the students are interested in preparation for the real world: from resumes to interviews to negotiating their first job, our students are aware of the competitive nature of health care today. To balance all of this reality shock, we have a course entitled "Health and Wellness". In it the students focus both on themselves and on the wellness issues that affect every woman's life. We never want to lose sight of the goal of modeling health to our clients by living a balanced life ourselves!

The final creative edge to the CNEP curriculum is provided by the Birth Center course sequence. In these three interrelated courses the student is challenged to understand the history and possibilities that birth centers present to the practice of midwifery and obstetrics. They then make a comprehensive needs assessment in their local communities and write a proposal for starting a new birth center. By the end of the three courses, students have the expertise to go forth and seed the country with new birth centers. This very reality-based course is characteristic of the school's pragmatic philosophy regarding educating midwifery practitioners who are prepared for action, not words!

As the years go by, the faculty will continue to scrutinize the curriculum. Some possibilities that we may share with you in the future include a streamlined accelerated course of study of students who already have been educated as advanced practice nurses.

-Kate McHugh

Beyond the Mountains

Dr. Wasson has served in these mountains 26 years. I have directed the work of the FNS for six years. Both of us agree that this spring has been the most beautiful we have ever seen. Recently, I was at the Mary Breckinridge Hospital speaking to LPN Bethelene Gibson who has lived in Leslie County all her life. She said the mountains have never been more spectacular. The redbud trees bloomed in mass. The hillsides paralleled the most fabulous garden you can imagine. While the redbud, were in full bloom, the dogwoods blossomed forth. Master designer, thank you! My hope is all of you may at one time visit this beautiful place!



The Robert Wood Johnson Foundation has called for a proposal "Partnerships in Training". This proposal will allow institutions to develop collaborative community-based distance learning programs for nurse-midwifery, nurse practitioner and physician assistant education. If one of the greatest honors bestowed is that of having one's work replicated, then indeed the Community-Based Nurse-Midwifery Education Program (CNEP) of the Frontier School of Midwifery and Family Nursing (FSMFN) is honored. CNEP, as a certificate-granting program, was unable to be a lead agency for the grant. However, we were asked by many groups to be a partner in their submission. Our sister school, the Frances Payne Bolton School of Nursing at Case Western Reserve University (CWRU), submitted a proposal which will allow us, if funded, to begin work on the implementation of a distance learning family nurse practitioner program. We had meetings in Louisville and Washington, D.C. preparing for the submission. Board members Leigh Powell, Ken Tuggle, Bill Hall, Robert Johnson, Dr. Anne Wasson and Dr. Joyce Fitzpatrick were instrumental in the launching of this proposal. The good news is, the CWRU proposal is a finalist!

The Daughters of Colonial Wars (DCW) held their annual champagne brunch honoring the Frontier Nursing Service at the Mayflower Hotel in Washington, D. C. April 16. I was honored to be the speaker this year. Many special thanks to outgoing president Mrs. William Hudgins for the scholarship support she gave to the FSMFN during her tenure. All of us at the FNS look forward to working with the new president, Mrs. Jurgeleit, from Alaska. Many of the local chapters have asked for names of FSMFN faculty, graduates and students in order to ask them to speak at state meetings! The video, "For Mothers and Babies," whose development was funded by the Boston Committee, is being widely distributed to DCW members and FNS City Committees.

Two CNEP classes have enrolled this spring, one March 23 and the second April 20. The April 20 enrollment coincided with the spring meeting of the FNS Board of Governors at Wendover. Friday evening the Board, administration, faculty and students shared a meal at the Big House. Board members and students alike commented on how much they enjoyed getting to know each other.

On May 6, Mrs. Jefferson Patterson (Marvin Breckinridge Patterson) very generously opened her home to the Washington Committee of the FNS for another Derby Day Party. Highlights of the party were the attendance of Miss Kate Ireland and Senator Mitch McConnell and his wife Elaine Chao. A birthday celebration was held in honor of FNS's 70th year and in honor of Mrs. Patterson's soon approaching 90th year. Committee members who attended included Beth Hadley and Kate Sedgwick, members of the FNS Board of Governors, Katherine Wilkens, Trudy Miffon, Nina Richardson, Donna Martin, Missy Kelly, Ruth Neivell, Regina Blake, Jeannie Urquhart, Margaret Coftan and Catherine Davis.

May 16, Mr. Jim Smith, Assistant Vice President and Trust Officer of Fifth Third Central Kentucky Trust, drove Dr.

Wasson and I to Cincinnati to meet with members of the trust and investment services at Fifth Third Bank. Fifth Third Bank is rather unusual in the fact that they have an interdisciplinary group of professionals dedicated to serving not-for-profit organizations. Ms. Carolyn F. McCoy, Assistant Vice President and Foundation Officer; Ms. Patricia Borger, Foundation and Endowment Representative; and Mr. Dave Garber, Vice President and Trust Officer, provided information and wise counsel to us that day. We discussed the mission of the FNS and how Fifth Third Trust and Investment Services can help us with our goals. In this day of mergers and acquisitions, it is reassuring to work with a bank which takes such a personal interest in clients!

May 25, Dr. Wasson and I traveled to Dallas for the annual convention of the American College of Nurse Midwives. The faculty held a meeting Sunday morning, and an alumni reception was held Monday afternoon. Because our faculty resides nationwide, this educational meeting provides an excellent vehicle to professional planning as a faculty and continuing education.

Mrs. Theodore Perry (Mardi) has revived interest in Boston and active planning is underway for an October 12 meeting there!

At the FNS we are always interested in news from beyond the mountains. Please keep in touch with us!

-Deanna Severance

Miscellaneous

FNS Board of Governors Member Dr. Patience White was honored as a recipient of the First Annual Newsweek American Achievement Awards. Dr. White is among the nine honorees named by the editors of Newsweek Magazine and CBS TV, chosen for making extraordinary contributions to her community in Washington, D.C.

Dr. White founded the Adolescent Employment Readiness Center (AERC), a job readiness program at Children's Hospital for adolescents with chronic illnesses and physical disabilities. During the past ten years, more than 500 such adolescents have been served through AERC. AERC provides early intervention to those teenagers, including career and physical capabilities assessments, career and job counseling, and job placement.

Dr. White is the Director of Rheumatology and also Chair of Adult Rheumatology and a Professor of Medicine and Pediatrics at the George Washington University Medical Center. Dr. White is a resident of Bethesda, Maryland. She is married to Dr. Jonathan Silver and has two children.

The Newsweek American Achievement Awards ceremony was taped at the Kennedy Center and broadcast on CBS. Actors Jimmy Smits and Meredith Baxter served as celebrity hosts of the show and among entertainers performing were John Denver, Jennifer Holliday, Julio Iglesias, Aaron Neville and The Spinners.

Dr. and Mrs. C. H. Brookings visited Wendover during March. Mrs. Brookings' mother was FNS midwife Sybil Holmes who was here in the late thirties.

Dear Barb,

Chris and I are sending this contribution to the FNS at Wendover to thank the whole organization for the welcome you extended to us on our recent visit. Our gift also celebrates my relationship with two very intrepid FNS women and their friend

ship. The first, my mother, Sybil Holmes who was a midwife with whose association with the FNS has spanned nearly 60 years. I am so proud to be part of the lives of these very special women and through them my connection with the FNS. Chris and I hope you go from strength to strength but that the core of what makes you so special remains unchanged.



Mr. and Mrs. C. H. Brookings



Amy Campion

Amy Poston Campion, former secretary to Dr. Waters at the old hospital and later secretary at Wendover, visited during March. Amy lives in Bastrop, Texas.

During her visit Amy reminisced about her days at FNS. She worked as postmistress at Wendover part-time and remembers that the mailman couldn't read or write. He would put each family's mail in a different pocket. He took 12 pockets worth at a time and never got it confused. Amy said when people sent postcards to someone at Wendover they always wrote her a little note because they knew she read everyone else's mail. While living in the Upper Shelf at Wendover she said it was so cold she had to sleep with the dogs or they would have frozen to death.

-Barb Gibson

My Courier Experience by Caroline Leis

March 17, 1995 - I check out of my motel room in Abbingdon, Virginia and head west into the Appalachian hills. The winding, empty highway offers endless dim silhouettes, made visible by the early morning moonlight. These hills are unknown to me and I am bewildered. I cry out to the still figures.



May 25, 1995 - I am leaving Leslie County, Kentucky. Passing through the hills this time, the silhouettes bring forth practiced exaltation. I am alive with them. With everything. Today I call out to the familiar hills. "Thank you, thank you, thank God."

It is impossible for me to describe the change, even calling it "change" isn't quite right. An awakening, a spiritual renewal, a blessing, an earned accomplishment. I just don't know. But a feeling has come over me in my time as a Courier in Leslie County and it will never go away.

I graduated from Dartmouth College in June of 1994 with a degree in Russian Studies and I was hopeful. Not long afterwards, I felt like I had been tossed into a world in which all was uncertain. I had no place, no identity, I was stunned and lost. I knew of my strong, but unfocused, desire to "help people" and I enjoyed speaking Russian. If I could find a "real job" which seemed interesting, the rest would surely fall into place.

My job in New York City was unfulfilling and I began to search for other options. Applying to medical school was an option all along, but I couldn't honestly say that I wanted to be a doctor. Looking back I can see that I couldn't have made any clear decision in my state of mind, especially one as momentous as becoming a physician, a healer of people. So in putting off the decision of medical school, I finally made a truthful move. I admitted that I just didn't know.

I had read about FNS back in August, but dismissed the notion of an internship in Kentucky. A job in New York City would be more real, and would lead to better opportunities. When

this proved untrue and even a bit debilitating, the FNS Courier program seemed welcome. At least, the couple of months away would be a nice escape, giving me ample time to read good literature. At most, it would bring me to a decision.

An escape it was indeed. But an escape from one lifestyle became the discovery of another. The decision came also, but only as a by-product, albeit a welcome one. My move towards medical school is secondary to the spiritual awareness, the awakening that has come over me.

Throughout my time here, bit by bit, I took notice of the grand simplicities. I listened to the birds, watched a snake eating a toad, attended the birth of a baby girl, discovered a horse's mouth, sat around with a pack of butterflies, laid in the creek, slept among crickets, laughed at chickens sleeping in a tree and argued with a goat. I consciously inhaled air. Instead of doing, doing, doing, I *spent* my afternoons. I did things when they seemed like the thing to do for my mood. I relearned "How extraordinary and accidental it is to be alive (Barbara Kingsolver)."

As Annie Dillard puts it, "As you sit on the hillside, or lie prone under the trees of the forest, or sprawl wet-legged on the shingly beach of a mountain stream, the great door, that does not look like a door opens. That great door opens on the present, illuminates it as with a multitude of flashing torches...my God, what a world. There is no accounting for one second of it."

I couldn't hold back tears when all of the brown hills surrounding me burst forth fresh, green leaves. Just regular old spring. Where have I been all this time?

Living with the people of Leslie County, I received elementary kindness which I did not know still existed. I was accepted and cared for unconditionally. I now feel part of the Feltner family, and Cassie, the Wendover cook, is a mother to me. Returning this kindness to others comes naturally.

It was early May when I started reading Mary Breckinridge's *Wide Neighborhoods*. It seems that she had an experience similar to mine. "In my halting way - with failures to come innumerable - I began at York and adventure in the life of the spirit. It is as though one went through the Looking Glass, not to

travel to a land of phantasy but to reach the only country where things are real ... All values are turned inside - out on this grown - childishness, with its instabilities, to childlikeness."

The world I now live in is more real for me than any suburb or city in the Northeast. Families, the whole town, it seems, comes out to baseball games on the weekends. Nothing beats a bright sunny afternoon at the baseball field.

When I stop by to watch a game one day I feel uncomfortable, not knowing anyone. Then a 4th grader from Muncy school grins widely and reminds me that he's the boy whose class I taught some Russian last week. Walking toward the field I notice that I know half the team, and they all shout hello. I had judged one of the player's 4-H cooking project last week, and I ask if she has any brownies for me. Behind home plate, I teach younger kids to play frisbee, and discover that children have excellent tossing wrists. My friend Matthew is calling the game, and his little brother BJ, my best buddy, tags along. This is real life!

Now healed of my restlessness, I have turned my focus to others and found that I am gifted in caring for and connecting with children. I agree with Mrs. Breckinridge who stated that "there lies deep in the heart of every child lover a feeling of responsibility which will not let him put the thing aside."

In my preparation to return north, I express my concern to Mom Feltner that I might forget the lessons I've learned, perhaps come unraveled again. She tells me that if I forget, then I had never seen. I sit up on the cliff and watch the water twenty feet below. Her words solidify.

I also express concern to Cassie about being a doctor and losing the care-free part of me, whether for lack of time or to uphold the doctor image. She laughs at me, and with a tight hug, tells me to never change. I won't Cass, I won't.

And to Matthew, who has been one step ahead of me all along, I tell how sad I am to leave this place that seems like home. I express my fear of change, and my temptation to cling to the past. He says he tries not to think about the past too much, it blurs the future. And whatever is meant to be will be...

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.

Mrs. Mary Bingham, Louisville, Kentucky died April 18, 1995. Mrs. Bingham and her husband, Berry have been generous to the FNS throughout the years.

Mrs. Dorothy Breckinridge, Hubert, North Carolina died April, 1995. She had been living in a nursing home in the hills of Virginia for the last 15 years. Mrs. Breckinridge is the mother of Col. James T. Breckinridge. She has been a dear friend to the Frontier Nursing Service and to the staff of the fifties and sixties.

Juan C. Martinez, Quarryville, Pennsylvania died from congestive heart failure on April, 1995. He was the husband of Rita Miller Rhoads, a graduate of the Frontier School of Midwifery and Family Nursing.

Carter Couch, Manchester, Kentucky died May 16, 1995 from a battle with cancer. He served on the Redbird and Community Health Center committees of FNS for many years.

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.

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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: _____

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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).

URGENT NEEDS

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
Adult Scale	300
Community Health Center:	
Ear Probe Thermometer	750
Emergency Room:	
Stethoscopes	200
Instruments	200
Electrocautery	500
Refrigerator	150
FSMFN:	
Used Fax Machines	1,000
Desk Top Copier	1,000
Home Health Agency:	
2 Otosopes	400
Centrifuges (3)	1,000
Hyden Clinic:	
Instruments	200
Educational Material	200
Drug Handbooks	50
Kate Ireland Women's Center:	
Adding Machine	150
Office Desk	650
Stetoscopes	100
Lab:	
Chairs	400
Medical Surgical:	
Cardiac monitor	
Obstetrics:	
Ear Thermometer	750
Baby Scales	600
Refrigerator x 2	400
Radiology:	
Copier	1,000
Wendover:	
Vacumn Cleaner	550

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