

FNS **FRONTIER NURSING SERVICE**

Volume 70 Number 3 March, Winter 1995



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Cover: Honoring Mrs. Mary Breckinridge, founder of the Frontier Nursing Service. February, 1881 - May, 1965.

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Notes from the School
CNEP Development and Research - *Cathy Carr*

Kate McHugh, CNEP Program Director, asked me to fill our readers in on some of CNEP's development and research activities. As the largest and one of the most innovative nurse-midwifery education programs in the country, it is unique to fund and operate an actual department dedicated to faculty, curriculum and program development and on-going research projects. However, after you review the departmental activities, I think you will see why this department is essential.

As the director of the CNEP Department of Development and Research, it is my job to coordinate projects that relate to technological innovation in communications and curriculum; oversee and develop grant applications (such as Professional Nurse Trainingships and Division of Nursing Program Grants or Special Projects); oversee, develop and coordinate CNEP Program Evaluations and participate in the on-going management of the school through the CNEP Administrative Council. To accomplish these tasks, I am frequently working with Paul Choitz, CNEP Communications Specialist; Gabrielle Beasley, Instructional Designer; Jerri Hobby, Academic Director and Penny Armstrong, Clinical Director, as well as other faculty and consultants.

In the technology area, we are currently working on some very exciting additions to the CNEP electronic bulletin board system (BBS), including on-line course/faculty evaluations, electronic grading and student "charts", where course faculty can electronically record student evaluations in a central location. Paul recently completed the addition of an Internet E-mail gateway for faculty and students - opening up the possibility to E-mail, the world beyond CNEP through the Banyon Tree BBS! This should facilitate communication with our midwifery colleagues in other programs and other countries. In the future we may establish the first **On-Line Journal of Midwifery**, where midwifery related publications will be accessible throughout the world.

We are also involved with the on-going improvement in curricular materials through appropriate technology. Several videos are under production, including **Abdominal Assessment, Uploading and Downloading on the BBS**, and a remake of the **CNEP Recruitment Video**. The first two videos will be used as supplementary material to courses - as we know, a picture is worth a thousand words in some cases. We are also beginning the production of audiotaped lectures on selected topics that students find challenging. Computer aided instruction (CAI) is also under development with a CAI **Introducing Telecommunications on the BBS** and another on **Abnormal Uterine Bleeding**, both funded by the Rural Health Grant. These projects will gently move CNEP's curriculum into the world of multimedia.

Faculty development has also been an area of focus. Continuing education for the faculty is provided by the department. Courses have included content and demonstrations related to computer basics, word processing basics, the Internet, Introduction to Telecommunications, use of off-line mail readers and Use of the BBS for Teaching/Learning. Future plans include a session on conducting on-line literature searches.

In addition to the technology focus, at least two major grants are written each year to obtain external funds to support the activities of CNEP or obtain scholarship funds for students. Grants received, such as the Rural Health Grant, must then be managed and monitored carefully so that projects are accomplished in the given time frame and budget. Periodic reports and a final evaluation of the specific project is another responsibility related to grants received. This department is responsible for two of the four objectives of the Rural Health Grant - the educational technology objective and the program evaluation objective.

Program evaluation is multifaceted and on-going. Evaluation data about CNEP are necessary in order to determine if we are accomplishing our objectives and to assist with program planning. The first step was to develop an overall plan for program evaluation and identify what was already in place, what needed revision/improvement and what needed to be developed. This was a very complex process as it involved all aspects of CNEP. Dr.

Judith Fullerton, CNM, FAAN, FACNM aptly assisted us with the development of a comprehensive evaluation plan. This year we have moved into revision/development of evaluation forms and data collection. Data collection has focused on assessing student progress through CNEP (Classes 1-4) and two research projects - the follow-up of graduates and the follow-up of "drop outs" from the program. Results of the two studies as well as additional information will be reported in an Annual Evaluation Report, scheduled to be completed in September, 1995. Additional research projects such as faculty surveys and a clinically related survey conducted on the BBS, which included rural CNMs and preceptors have also been coordinated by the Department of Development and Research.

From this review of departmental activities, I think you can see this is an exciting, creative and busy department that keeps CNEP on the frontier in nurse-midwifery education.



Field Notes

The past few months have really been peaceful and calamity free around Wendover. The new boiler in the Garden House is up, running, works like a charm and was a total blessing during the recent icy weather. The Big House, too, is all toasty and warm since the new duct work to the existing heat system was installed along with a new heat pump.

Thanksgiving arrived along with a number of guests. Dr. and Mrs. Cross, parents of courier Julie Cross, drove over from North Carolina along with their twin daughters. Cari Micheals, former Courier Coordinator/Wendover Manager, and a friend visited, and two of the couriers were visited by their special guys. Everyone was designated a part of the Thanksgiving meal to prepare and with her great sense of timing Mrs. Cross had us all finished together! Who says too many cooks spoil the broth??? We had a wonderful time reminiscing about past Thanksgivings and shared with one another the things we were thankful for this year.

It was a very memory making day. Friday evening we had a party, lots of munchies and dancing with some local musicians providing the best. Unfortunately, the rest of the weekend passed much too quickly and we were saying good-bye all too soon.

Of course, the next project on our agenda was decorating for Christmas. Pine cone wreaths were hung, the maintenance men found the "perfect" tree for the living room and yes, the instant tree once again appeared on the mountain side. The couriers and I had a fun evening decorating the tree while Cassie whipped up a special dinner. A very festive time was had by all. The Home Health Agency held their Christmas "get together" with us one evening. Corsages were presented during tea and by the time we had finished dinner we could hardly move from the table. The Wendover party was held shortly thereafter with all the staff contributing their favorite dishes. Another feast! Afterwards we had a fun time exchanging gifts and then I left for New England to spend a very special holiday with my two-week-old grandson.

January blew in and we've had a chance to get caught up. Maintenance has started renovating the courier bedrooms in the Garden House. One at a time, and as they become vacant, each room has the ceiling repaired, the walls patched and sanded, and two coats of paint. Dr. Anne donated lots of cheerful colored material which Christine is making good use of. As each room nears completion she is making new valances and throw pillows. Last but not least, the floors are being stripped of wax and repolished. We will be able to buy small carpets for the rooms with all those green stamps the local market distributes.

Along with the bedroom renovations, we decided that it was high time to do something about the Development Office. Mae Irvin, development secretary, has been most patient waiting for us to get to her. As I write, Michael and Junior are busy moving everything out of the area and I'm amazed at what is being uncovered from various shelves and cabinets. Mae is flying around trying to decide just how she's going to organize herself in bits and pieces until this project is finished. This is an enormous undertaking. Major repairs are needed on the windows, walls,

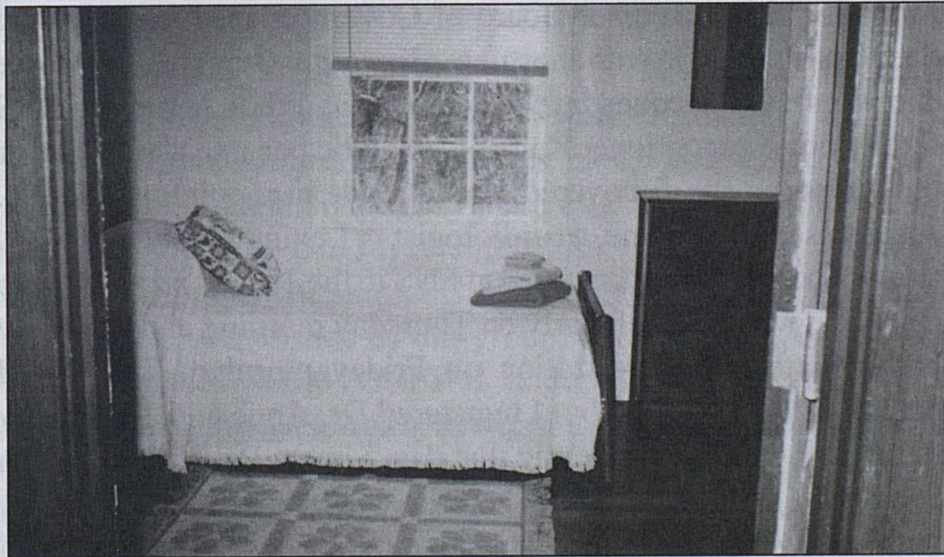
and cabinets, and we need to take up the old floor tile. Yes it is a mess now but I know when we're through, that office will be a showcase. Wendover's maintenance men are pros at transforming sow's ears!

Soon, we will be able to get to work cleaning up the winter debris outside and we look forward to little green shoots appearing.

-Susie Hudgins



Michael and Junior (Development Office)



Courier bedroom with "new look"

Beyond the Mountains

The holidays have come and gone. All of us at Wendover are back to business as usual. This winter has been temperate compared to last year. I am certain the couriers of 1994 will talk for years about their "mountain experience" of being iced in at Wendover for one week without electricity.



Dr. Anne and Bandit

For those of you who know and love Dr. Anne Wasson, she had triple bypass surgery Monday, December 19, three days following the December Board of Governors meeting. She had been having trouble with shortness of breath and was feeling worse and worse. On Wednesday, December 13, I took her to see FNS family nurse practitioner Kathie Cook who became alarmed over the symptoms she discovered. Kathie made an appointment for Dr. Anne to see Dr. Wayne, a cardiologist in Lexington, the next day. (Note: Dr. Wayne had lectured at FNS in the 1970s and knew who Dr. Anne was.) We left early on Thursday morning and Dr. Anne had a cardiac catheterization on Friday morning. The Board meeting started at 8:30 but I registered Dr. Anne at 6:10 a.m. By the end of the Board meeting that day, I knew Dr. Anne was in a room at St. Joseph's Hospital and she would have bypass surgery on Monday. The Cardiologist said to me, "She is a sudden death waiting to happen." You can imagine my concern! All went well.

Dr. Anne was concerned about her newest "addition", a Pomeranian dog named Bandit. Bandit spent some time with the veterinarian in Hazard. Although he returned to Wendover missing a part, he is doing well following his surgery! Dr. Anne has had an amazing recovery and feels better than she has in years. The cardiologist told me the FNS should get another good 10 years of work from her!!

There were many meetings of the Strategic Planning Committee of the Board of Governors beyond the mountains this fall. Their work culminated at the winter Board of Governors meeting. Many thanks to Committee members Ken Tuggle, Bill Hall, Jim Klotter, Bob Johnson, Dr. Anne Wasson and Leigh Powell for preparation of the plan and presentation to the Board of Governors. The Board deliberated over the recommendations and prepared a final draft at the December meeting. More will follow as the plan is finalized for distribution. Personally, this is the first Board I have worked with who has had the vision to go to the mountain top and look to the future, planning for the longevity of this organization in order to continue to serve. I am thankful for this marvelous experience.

January 30 through February 1, I was fortunate to attend a retreat of the Community-Based Nurse-Midwifery Program (CNEP) administration and faculty at the Quaker Retreat Center outside Philadelphia. Joining the group was Dr. Jeanne M. Novotny, Assistant Dean to Dr. Joyce Fitzpatrick of the Frances Payne Bolton School of Nursing at Case Western Reserve University. The work accomplished by this group was inspiring. As you, our supporters, are aware, CNEP is nontraditional because it is a distance learning nurse-midwifery program for adult learners. The challenges facing the faculty in the areas of integrating students and faculty who are separated geographically are enormous. The approach to problem definition, criteria development and solution proposals was systematic and creative.

On February 15, Wendover hosted guests from beyond the mountains from Fifth Third Bank in Cincinnati. Richard A. Dineen, Vice President, and Carolyn F. McCoy, Assistant Vice President and Foundation Officer, toured Wendover with Jim Smith, Assistant Vice President of Fifth Third Bank in Lexington. The FNS moved accounts to the Trust Department of Fifth Third Bank last summer. One of the reasons for the move is the marvelous nonprofit division established at Fifth Third Bank in Cincinnati. Three years ago we stopped offering information regarding Charitable Remainder Trusts and Pooled Income Funds because the bank handling our trust accounts was not able to help us in this area. Fifth Third Bank is able to re-establish both these options for our donors who may wish to pursue these areas.

A Charitable Remainder Trust is a method for making a generous deferred gift to charity, while obtaining immediate tax and non-tax benefits. To establish a Charitable Remainder Trust, you irrevocably transfer property (cash, securities, real estate, etc.) to a trustee for deferred contribution to one or more charities. A written trust agreement directs that the trustee manage the property and pay income annually to you and/or other individuals. A Charitable Remainder Trust can take one of two forms, an Annuity Trust which pays a specific sum each year, or a Unitrust which pays income equal to a fixed percentage of the trust property's value and is re-determined each year. Upon the death of the donor and any other individuals with income interest in the Trust, the income benefits cease, and the charities receive the property outright. You can benefit your favorite charities while also taking advantage of an immediate federal income tax charitable deduction. Even though the charities will not receive benefits until the termination of income interest, you can immediately deduct the deferred gift's present value as a charitable contribution. In addition, the amount of the property gifted to the Trust is not included in your taxable estate at your death. This is also an excellent vehicle for converting appreciated, low-yielding property, such as

low basis stock, into higher-yielding investment without incurring capital gains taxes from the sale of property. For example, you are 65 years of age; single; your marginal federal income tax rate is 28%. You own stock with a basis of \$100,000, now worth \$1,000,000. You would like to convert the stock into an investment yielding an annual income equal to 8% of the property's current value, but you would like to do so without incurring a large capital gains tax liability. Compare the results of selling the stock, then investing the proceeds at 8% vs. establishing a Charitable Remainder Unitrust:

	Stock sold and proceeds reinvested @ 8%	Charitable re- mainder Unitrust 8% return
Stock sold-----	\$1,000,000	-----0
Gift to Charitable Remainder Trust -----	-----0	----- \$1,000,000
Basis of stock -----	(100,000)	----- 0
Taxable gain -----	900,000	----- 0
Income tax @ 28% -----	-(252,000)	----- 0
Net after-tax proceeds ----	648,000	----- 0
Year 1 income @ 8% -----	51,840	----- -\$80,000
Charitable deduction-----	0	----- \$342,990
Income tax savings on charitable deduction -----	0	----- \$96,037

A Pooled Income Fund is actually a trust set up by a charitable organization with Fifth Third as Trustee. It allows you to make an irrevocable gift to a charity and also receive regular income throughout your lifetime as well as the lifetime of another beneficiary, if you wish. Later the appreciated principal is contributed to the charity. Your gift is invested with other gifts and managed by Fifth Third's experienced investment professionals. You will receive a certain number of "income units" in the fund based on the amount of your gift. These "income units" determine your share of the income. As the fund grows, your income may

increase as well. If you contribute stocks that yield low dividends, the fund can increase your income by reinvesting your money in higher yielding securities. In the first year that you contribute, you will not only receive a charitable tax deduction and avoid potential capital gains tax, but also have the possibility of higher income. Fifth Third distributes all income from Pooled Income Funds annually or quarterly, according to the number of "income units" owned by donors to the fund. For example, at age 65 you transfer \$10,000 to a charity's Pooled Income Fund. Based on the rate of return of the fund (6% for example), you will receive an estimated gross annual income of \$600 during the first year and are entitled to an income tax deduction of \$3,161. Income in future years will vary according to the rate of investment return.

Donation to Pooled Income Fund:	\$10,000
Immediate Income Tax Deduction:	\$ 3,161
Estimated Gross Income (first year:)	\$ 600

For more information, please call James C. Smith at 606-259-4999.

I am looking forward to spring in the mountains. As always, you are welcome to visit us at Wendover!

-Deanna Severance



Urgent! The Big House kitchen has a need for a commercial restaurant type gas range with two ovens. The existing one is so old, replacement parts are no longer available. Through the generosity of our donors, one third of the money has been donated. We still need \$1,500.

-Susie Hudgins

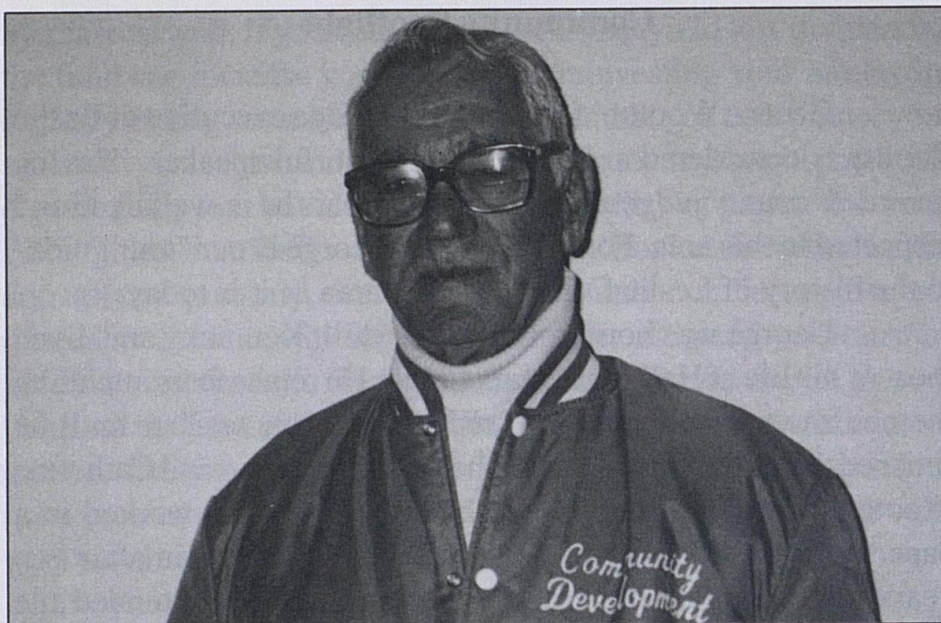
Community Spotlight

George Wooton, former county judge executive of Leslie County is considered a humorist and colorful speaker. Having served as county judge executive for 12 years he is well liked and respected in this area. For newcomers, George is our "tour guide" to the history of Leslie County and the area as it is today.

George was born in 1915 at Dryhill, Kentucky and lived most of his life at Hell for Certain Creek. He remembers attending the one room school with 40 students and one teacher until he finished the sixth grade. At that time his parents, Curt and Catherine Wooton, moved to Hamilton, Ohio where his dad worked in a paper mill. The family moved back to Hell for Certain after two years and George, with his brothers and sisters, attended the Oneida Baptist Institute. He attended high school at Buckhorn and worked on the farm there for 7 1/2 cents per hour to pay for his tuition. After graduating from high school, George attended the University of Kentucky majoring in vocational agriculture.

Later, during World War II, George served in the army with the rank of Staff Sergeant and was assigned to the Third Army in the European Theatre of Operations, where he participated in three major battles.

On his return to Leslie County, he married Sally Melton, then was elected "high sheriff" of Leslie County for 4 years. He was elected county judge executive in 1962 and served in that capacity for 12 years. During his time in office, George highly supported progress in Leslie County; the consolidation of six elementary schools, construction of a public library, construction of a public health building, development of the Leslie County water and sewage system, the construction of 15 road side parks, organization of the Leslie Civil Defense Program, organization of the Leslie County Road Department, chaired the East Kentucky Housing Development District and helped promote war on poverty programs by bringing in the home repair program known as the "Happy Pappy Program". Throughout his career in politics he received numerous awards and certificates. In 1963, George was selected to represent his country on a Good Will Tour of Europe and the Iron Curtain countries.



George

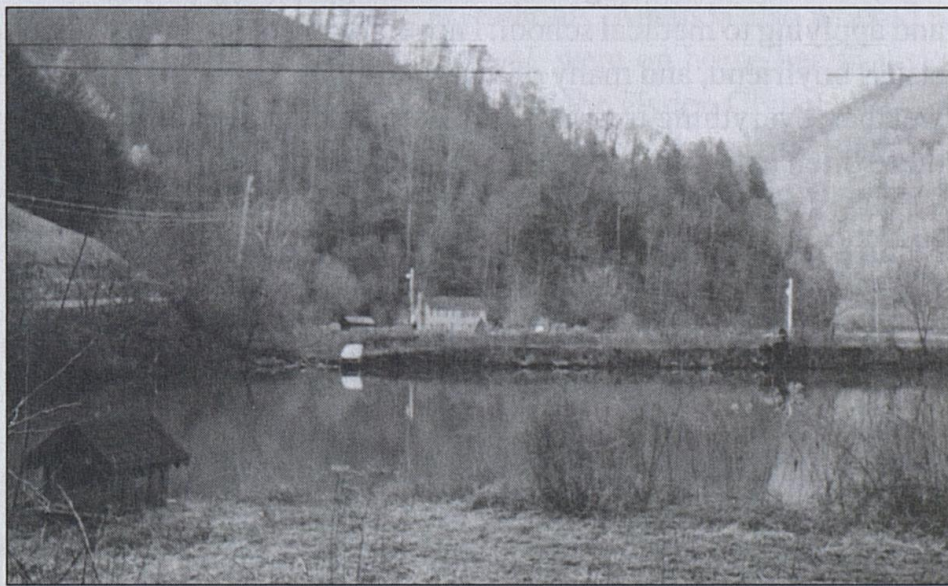
George was a friend of Mrs. Mary Breckinridge, founder of our organization. He first met her through his father who Mrs. Breckinridge used as a tour guide to the community for her New England nurses. George and his brother Ed were the music providers for Mrs. Breckinridge's square dances which she held at the Wendover Barn. George admires Mrs. Breckinridge for her courage in coming to this isolated area where there were no roads, no phones, no electricity, and where it took days to bring in a load of supplies to run the clinics and Wendover. George said in order to get supplies, wagons had to cross the river seven times before reaching the railroad at Krypton, Kentucky. Then, if it rained, the drivers had to stay with the horses and wagon, sometimes for days, until the river went down.

George remembers that he was one of the last people to donate blood to Mrs. Breckinridge before her death. He said when he thinks of Mrs. Breckinridge, he remembers a lady with the love and desire to lend her support, intelligence and labor for the good of mankind. He said Mrs. Breckinridge led a very organized life and demanded that those around her live the same way. George said she was just an ordinary lady who loved nature. No one was allowed to mistreat animals or to cut timber on her property.

Although retired and 79 years old, George lives a very active healthy life taking care of his farm on Camp Creek, raising corn for the Senior Citizens, and raising a huge garden each summer. His motto has been "have 'stick ability' and courage and you can reach whatever goal you desire. *-Barb Gibson*



George's farmhouse on Camp Creek



"The Farm"

Courier News

Former Courier News:

Lisa Cobb (September 1993), Kingston, Rhode Island wrote in February, "Happy belated new year! I have found myself running around like crazy, trying to get myself together for next year, which I hope will be spent in the Peace Corps. I am working hard at school and I also have an internship at Cambridge Cares About AIDS. I am hoping after graduation this spring I may get a chance to go for a little road trip and if I do I will swing by FNS."

Anne Kelsey (June 1994), Lewiston, Maine says, "School is keeping me busy but I'm looking forward to graduating. I'm not sure what I'll be doing next year, but I plan to do something relating to health. My summer at FNS was very inspiring - I really miss Wendover and all of you."

Susie Quinlan (July 1993), Carney, Maryland says, "Things are great here. Marilyn (the Kentucky cat Susie took home with her) is doing very well and is a wonderful companion. I frequently think about Kentucky and the time I spent there."

Elaine Rabin (April 1994), Somerville, Massachusetts says, "I am still working in Boston doing health policy research and applying to medical school. I am enjoying being here with my sister, boyfriend, and many of my old friends. Other than the cold weather, everything is going well. I think about FNS and my time there often and want to visit when I get the chance."

Jessica Rice (June 1994), Grove City, Pennsylvania says, "Things are alright here in Pennsylvania. I've made it through my first semester at college. It has been hard work but I've had fun too. I've been singing in a choir and playing guitar which helps me survive. I think of you often and hope to return to Kentucky someday."

Dan Eldridge (February 1994), Ontario, Canada says, "Oh, how I miss you guys!! I was thinking recently how weird and wonderful a place FNS is. I hope all is bouncing along well. I'm off to Switzerland in January to visit my sister. Other than that, my life is still lacking much direction."

Tommy Doran (April 1994), Grove City, Pennsylvania wrote during January, "I've been keeping in touch with Christine Frazel and Rosie Perera. I find myself missing the experiences and people from Kentucky more than any of my other locales."

Sarah Bacon (September 1993), Washington, DC is attending Amherst College, Amherst, Massachusetts. She wrote during February to say, "My first semester was hectic to say the least. My professors were wonderful, welcoming, brilliant, accessible and available. Everything seems to be presented to us on a silver platter. It is a providing multi-faceted community with every kind of opportunity. I find it so strange that my time at FNS was a year ago. My mother's radio show is going national, my father switched from journalism to holding the position as a Pentagon Spokesman and my sister is working for the Atlantic Monthly."

January - March 1995 Couriers:

Amanda Chapin arrived January 5 from Wayland, Massachusetts. She attended Bard College and came to FNS to explore her interest in midwifery. Along with observing in midwifery, she spent many volunteer hours working with the Rape Crisis Center assisting with presentations on rape prevention to students in the local elementary schools. Amanda also worked at the WB Muncy Elementary School, went on home health visits and shadowed Susan Ziegler, FNP in the Hyden Clinic.

Kate Layman, Temple Terrace, Florida arrived January 4. She just graduated from high school and already has an interest in nurse-midwifery and women's healthcare. She had the opportunity to shadow nurse-midwife Betsy MacMillan. Kate also volunteered with the Rape Crisis Center, went on home health visits, tutored and worked with FNP Kathie Cook at Community Health Center.

Amitabh Bharadwaj, Shorwood, Wisconsin arrived January 4, and due to unforeseen circumstances regarding his school, he had to leave January 26. His stay was far too short but he still went away feeling he had learned a great deal. He hopes to return sometime this summer.

Tarl Hamisch arrived January 3 from Arlington, Texas. Tarl attended A&M University and plans to attend medical school. He had some experience observing in a medical center but wanted to explore medicine in a rural area. While here, he had the opportunity to work very closely with internist Dr. Roy Varghese, and did a lot of volunteering in the emergency room. Tarl also observed surgery and worked with Kathie Cook, FNP at Community Health Center.

Catie Fisher from Butler, Maryland arrived January 22. She came here to explore different areas of medicine to help her choose a career. Catie worked with Sr. Sonia Miley at the Beechfork Clinic, Dr. Varghese in the Hyden Clinic, observed surgery and went on home health visits.

Sarah Galbreath arrived January 20 from Ithaca, New York. Like Catie Fisher, she came to explore all of the different opportunities FNS has to offer and before she left mid-March, she had made a definite decision to go into the field of medicine. This decision came about through her experience here.



Left to right: Tarl, Sarah, Kate, Catie and Amanda. (Amitabh not pictured).

We, the winter batch of FNS couriers, have been here for about six weeks now and have made it through a week of being snowbound, endless patching and sewing for our first handmade quilts, and the recent sunny Saturdays on the sleeping porch.

We all came for different reasons and definitely with different goals in mind. Strangely enough, the majority of these goals have been re-directed through experiences. Tarl, who's going off to medical school this fall, has decided he'd like to become an ER General Practice physician; Amanda wants to become a midwife; Kate, an FNP and Sarah and Catie have definitely decided to go to pre-med in college. It is so good to finally have direction!

More than anything else, it has been wonderful to observe and sometimes even participate in the medical practice. We spend most of our weeks shadowing doctors, scrubbed up in the operating room, in ER watching "code blues", going with aides on home health visits deep into the hollers, working with midwives and nurse practitioners out at the clinics, dealing almost daily with radiologists at the Hazard ARH Medical Center (we transport x-rays from Hyden to Hazard to be read) and for some of us, being on call as medical advocates at the Rape Crisis Center.

There is something for everyone here and we are some of the luckiest students. There are not many other places that will allow questioning minds the opportunities that FNS allows before graduating from medical school.

So perhaps we should thank all of the courier program's supporters. Know this experience has been invaluable to us.

-Kate Layman

-Catie Fisher

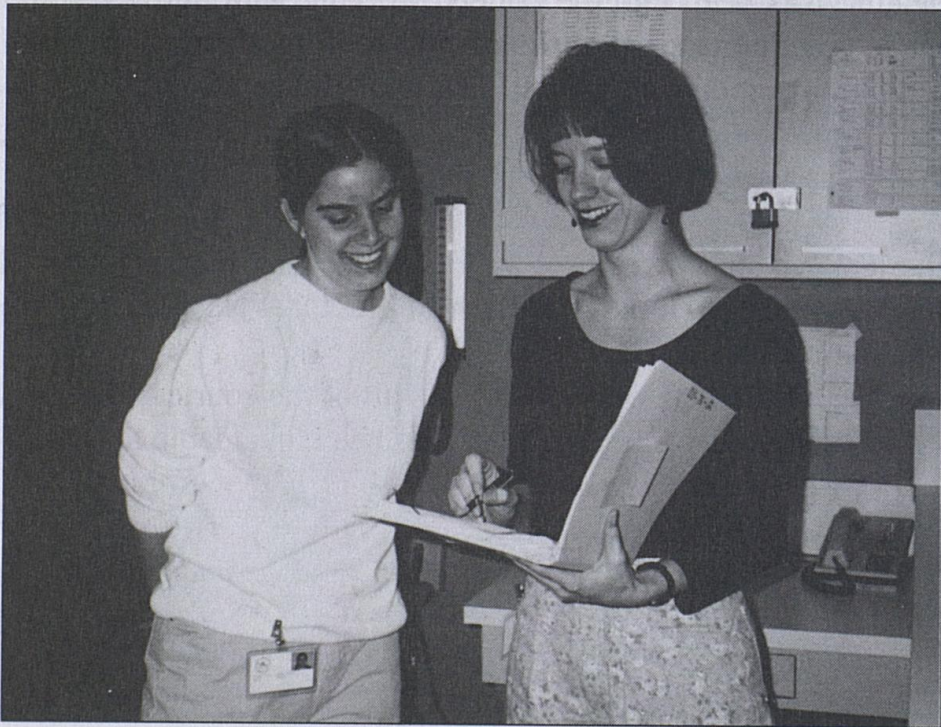
-Amanda Chapin

-Sarah Galbreath

-Tarl Hamisch



Tarl shadowing Dr. Varghese at Mary Breckinridge Hospital



Amanda shadowing FNP Susan Ziegler at the Hyden Clinic



Catie and Kate preparing to observe surgery



Sarah tutoring local woman

Miscellaneous

Alabam Morgan has been busy as ever quilting and telling wonderful stories to curious candy loving couriers. We (couriers of fall 94) spent some of our favorite times with her just sitting and quilting pillows and eating peanut m & ms. Although her eyes are getting tired, she is finishing up a beautiful wedding ring pattern quilt for her granddaughter.

Recently she received a letter in the mail from Susan Buckey informing her of her new fame in quilting circles up north. "I'm sort of famous," she told us with a little smile on her face. Her quilts have been put in the "Three Centuries of Quilt Making" show sponsored by The Simsbury Historical Society in Simsbury Connecticut. The program is written proof of Alabam's skill and magic with a needle. Alabam is a face I know will not forget for a lifetime.

-Kit Aldrich

Kate Ireland heard from former courier **Susan Jones** during the holidays. Susan wrote, "I am living in Silver Springs, Maryland as a full time Ph.D. student at the University of Maryland. I am in the last stages of writing my dissertation. My mom and dad are spending more and more time in Florida. My dad is still very busy, especially for a guy who is supposed to be retired!"

Miss Molly Lee, CNM who was at FNS for 23 years wrote during February. For those of you who wish to keep in touch with Miss Lee, her address has changed. Write to her at: 22 Barton Close, Waterside Park, Kingsbridge, Devon, TQ7 1JU. Miss Lee wrote, "Nora sustained a stroke in May 93 losing the use of her right arm and leg, so unable to use the artificial legs. She went from the hospital to a nursing home. I visit every day to keep up with her needs and to take her out whenever possible. We have a car roof hoist to get from the wheelchair. Despite many frustrations with speech, etc, she keeps cheerful with her ready laugh."

We would like to take this opportunity to thank the following people who have given us "**Gifts in Kind**" during the last three months.

Mr. Jerry Santani, Cincinnati, Ohio
George and Isabelle Bauer, Paxton, Illinois
Erma Schnabel, Harris, Alaska
Mrs J. Wood-Muller, Boulder, Colorado
Cis Chappell, Princeton, New Jersey
Joan Carvijal, Staten Island, New York
Wednesday Sewing Class, Oyster Bay, NY
The Body Shop, Wake Forest, NC

Susan Hull Bowling, former Family Nurse Practitioner at FNS and her two daughters (7 and 8 years old) recently attended a wedding in Egypt. The girls had a great time but asked their mom why everything was broken in Egypt.



Christina and Malissa in Egypt at "Valley of the Kings"

In Memory of **Nola Irene Blair**, Pontaic, Michigan who passed away February 6, 1995. Ms. Blair worked as a registered nurse and certified nurse midwife at the Frontier Nursing Service in the middle forties.

This is a reprint from an article in the Spring, 1945 issue of the *Quarterly Bulletin* mentioning Ms. Blair. A Cadet was a nurse who came to the FNS to be trained in rural district nursing under the terms of the Bolton Act. This, like the training of graduate nurses in midwifery, was a measure brought about by the war to equip nurses for work in rural areas.

A Cadet's Day in the Mountains - by Olen M. Boyer

It was the last day of January and a cold one indeed. Miss Nola Blair (my supervisor) and I were getting ready for a long trip up Camp Creek. There were several prenats to be seen, a four-year-old girl who had been "bad off" with the flu, and Aunt Rebecca, a wrinkled little old lady who was suffering from extreme hypertension. She had several strokes during the past few years and there wasn't very much we could do for her, but the family did appreciate our coming in and looking after her. There were also health calls to be made on one or two families, but they might have to wait another day if we didn't have time for them today. Health calls, like the poor, are always with us. If we can't see a family one day we are quite sure of getting in that neighborhood again in a few days.

As it happened, however, this wasn't at all what our program included for that day. We had been expecting Chloe to call us for the past three weeks. Chloe is married to Jim and they had five children. Now Chloe was waiting for the sixth. We had been visiting her regularly - sometimes every two to three days, even though she lived at the end of the district. She presented symptoms of mild toxemia which is the dread of every nurse-midwife. Preparations had been made for Jim to call us from the nearest telephone when she began "punishing." for Chloe had a history of too short labors for us to take any chances.

Just as we were mounting our horses, Erin and Gypsy, Jerry called from the Garden House saying that Jim had called and wanted us to come right away. Blair quickly changed the general nursing saddlebags to the midwifery saddlebags, told Miss Buck where we were going, and off we went. Erin knows the air of excitement and he didn't need to be coaxed. With him leading the pace, Gypsy was quick to follow.

Even if the sky had been clear it would have been too early for the sun to shine; and even if the sun had shone, it would hardly have given us warmth for the River Road is shady and cool on the warmest days. But it worked very much like snow, and we knew we had a cold ride ahead of us. It is almost four miles to Chloe's house over a rough and rocky road. The farther we went the longer it seemed. I was convinced it was ten miles that day.

We finally did get there, however; that is, almost there. To get to the house one had to cross the river at a deep ford. Normally it can be crossed with not too much trouble. But there had been a "tide" earlier in the week and we didn't like the looks of it today. Besides, the weather was growing colder and colder and the ice was fast freezing over the river. So we left the horses on the bank and called Jim. He quickly came down on the opposite shore and paddled across in their homemade skiff to meet us.

We entered the front door, which was the only door, and found Chloe in bed just inside. After about an hour we knew that Chloe was going to deliver soon for, as Blair said, she had gotten into the "O Lordy" stage. Just thirteen minutes after twelve a sweet little 8 lb girl was born. Too bad! She had wanted a boy they were less trouble to raise but she would love it just the same because it was the "least one".

While Blair cleaned up, I bathed the baby with warm oil. The room was warm now; the little one was dreaming heavenly dreams of the land from which she had just come, in her mother's arms, and Chloe gave us each a look that told us better than words how much she appreciated our help. Then she closed her eyes for a much needed rest. When we said good-bye we had a feeling of thankfulness for being able to be of help at such a time. It was not a new feeling, but it was good nevertheless.

Poor Erin and Gypsy! They must have had icicles in their veins. We never did decide whether their welcomes were for us or for the fact that they knew they were going home. We strongly suspected the latter. After Jim had, literally, broken the ice, he again paddled us across the river to the other side. The welcomes were mutual, for our coming meant home for both us and the horses.

By this time the snow was no longer a threat but an actuality. It had begun while we were at Chloe's and was already half an inch deep. It was coming thick and fast and we knew we would have another long, cold trip back. But the ride was beautiful, though cold. The snow lay quiet and still so that we almost felt as if we were intruding in the fairies's paradise as we rode through the holly grove.

The day wasn't ended, however, as far as excitement was concerned. The road was becoming more treacherous by the minute, for the loose rocks were being fast covered by the snow. But I was oblivious to everything except the beauty of the mountain sides and the new fallen snow. Suddenly Gypsy slipped and momentarily went down. Before I knew what had happened I found myself lifted off the saddle, hanging on to poor Gypsy's neck. It was all I could do to retrieve the reins to keep him from running away with me or without me. I called Blair, and when she could stop laughing long enough to do something about it she helped me back into the saddle. The memory of the picture I made "hanging on" kept us laughing the rest of the way home.

When we finally did get to Wendover there was Brutie, Blair's little black shadow, to welcome us home with the wags of what tail he has and many fancy steps. Oh yes, a black cocker's life is wonderful when Blair is around to help enjoy it.

There were still the calls to be made on Camp Creek, but it was too late to do them today. Tomorrow would be another day, not like today, we hoped!

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. Marion E. Shouse Lewis, Matamoras, Pennsylvania died August 7, 1994. She served at the Frontier Nursing Service as a courier and was a honorary trustee until the time of her death.

Mr. William Small, Tucson, Arizona died during October 9, 1994. His wife Susan Spencer Small served at Frontier Nursing Service as a courier in 1948. Mr. Small was publisher of the Tucson Citizen and president of The Stonewall Foundation.

Mrs. Anne George Nims Nixon Ball, Pebble Beach, California died during January, 1995. Mrs. Ball was a longtime figure in Monterey County Republican politics and a prominent community volunteer. She served as an Air Corps nurse during World War II and helped commission the first "Miss Nightingale", a C-47 medical evacuation plane. Mrs. Ball was a nurse at the Frontier Nursing Service in the late 30's and continued to be a supporter of FNS until her death.

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.

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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 Barb Gibson, Director of Public Relations/Courier Program, FNS, Inc., Wendover, Kentucky 41775 (phone 606-672-3280 or 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.

	Cost
Beechfork Clinic:	
Adult Scale	300
Baby Scale	300
Community Health Center:	
Ear Probe Thermometer	750
Instruments	750
Emergency Room:	
Stethoscopes	200
Instruments	200
Home Health Agency:	
2 Otoscopes	400
Centrifuges (4) @ \$375 each	1,500
Hyden Clinic:	
Instruments	300
Peds Blood Pressure Cuffs	300
Synamap	800
Kate Ireland Women's Center:	
Glucometer	200
Educational Materials	200
Carpet for Office	500
Shutters and Window Box	800
Lab:	
Chairs	400
Medical Surgical:	
Chairs x 6	700
Obstetrics:	
Ear Thermometer	750
Baby Scales	600
Refrigerator x 2	400
Wendover:	
Lawn mowers x 2	500
Tile for Development Office	325

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