

FNS FRONTIER NURSING SERVICE
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Cover: Couriers and staff having dinner in the Big House Dogtrot
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Frontier Nursing Service

If you have never been introduced to the Frontier Nursing Service we would like to take this opportunity to brief you on the history and the on-going work of the Service. Please share this information with a friend.

Born in 1881 into a prominent American family, Mary Breckinridge spent her early years in many parts of the world - Russia, France, Switzerland and the British Isles. After the death of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of others, particularly children.

Mrs. Breckinridge established the Frontier Nursing Service (FNS) in Leslie County, Kentucky in 1925, then one of the poorest and most inaccessible areas in the United States. Mrs. Breckinridge introduced the first nurse-midwives in this country. Riding their horses up mountains and across streams in blizzard, fog or flood, the FNS nurses brought modern healthcare to families throughout an area of 700 square miles.

Until her death in 1965, Mary Breckinridge was the driving force behind the work of the Service whose influence today extends far beyond eastern Kentucky. Through the Frontier School of Midwifery and Family Nursing, hundreds of nurses have been trained and this important concept of family healthcare has been carried throughout the world.

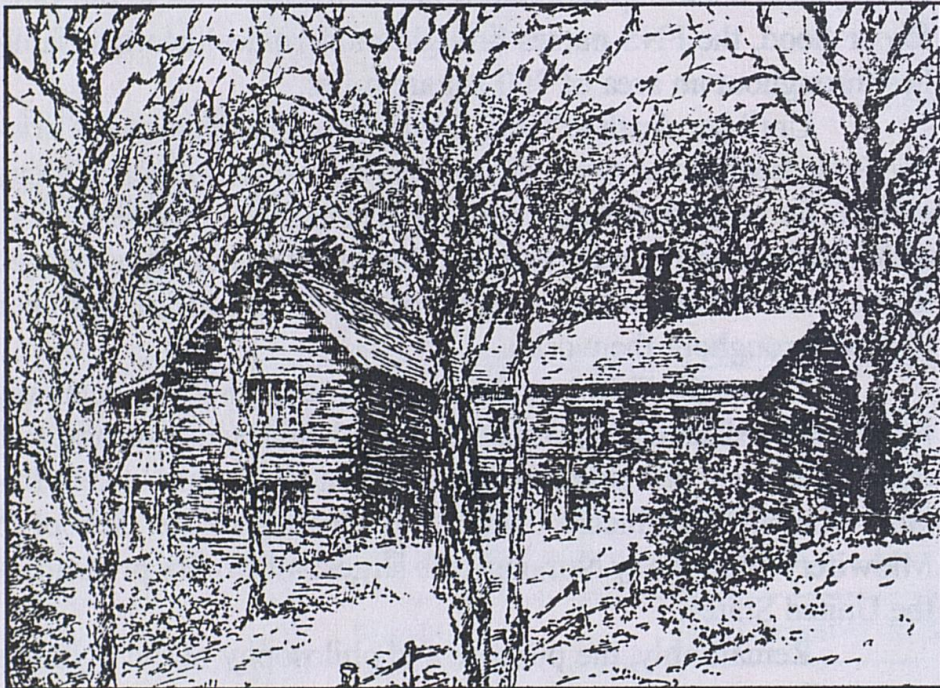
Today, the FNS is organized as a parent holding company for Mary Breckinridge Healthcare, Inc., (home health agency, two out-post clinics, one primary care clinic in the hospital, Kate Ireland Women's Healthcare Clinic) and for the Frontier School of Midwifery and Family Nursing - the largest midwifery program in the United States.

Remarkably, the purpose and philosophy of the FNS has remained constant since 1925.

-Deanna Severance, CEO



Mary Breckinridge - founder of Frontier Nursing Service



The Big House - home of Mary Breckinridge

Beyond the Mountains

by Deanna Severance, CEO/President

"A teacher affects eternity; no one can tell where his influence stops." Henry Adams

A Call to Knit!

I have written many times about the baby caps which members of the Daughters of Colonel Wars knit for the students in the Community-Based Nurse-Midwifery Program (CNEP). Each student is given a cap in Kentucky during their Level III course. This is the time when faculty determines that students



have assimilated didactic work and are ready to begin clinical training. At the apex of clinical training, the student midwife "catches" her first baby. Another "FNS Baby" is born, and the student places the cap upon the baby's head. This lovely ritual of "losing one's cap" became FNS lore immediately.

The FNS re-initiated the Family Nurse-Practitioner Program in 1999, and our first group of students is about to enter clinical in the spring of 2001. These students will spend more time with older patients, and it would be great to have lap shawls knit for these students to give to a special person during their clinical rotation. Please let us hear from you if knitting for our family nurse-practitioner students is possible!

Pikeville College of Osteopathic Medicine

In June Mallie Noble, Mary Breckinridge Hospital Administrator; Susan Stone, Dean of the Frontier School of Midwifery & Family Nursing; and I met with John Strosnider, Vice-President and Dean of the Pikeville College of Osteopathic Medicine; Charles Baker, Executive Director of the Buckhorn Presbyterian Children's Home and Sharon Bird, Vice-President of Major Gifts, of the Presbyterian Children's Home, to discuss identification of mothers at risk in Eastern Kentucky. This meeting was an

outgrowth of a meeting with the Thompson Charitable Foundation. We are now in the process of implementing a needs assessment to determine if this project may be a viable partnership for our two organizations.

July Board of Governors Meeting

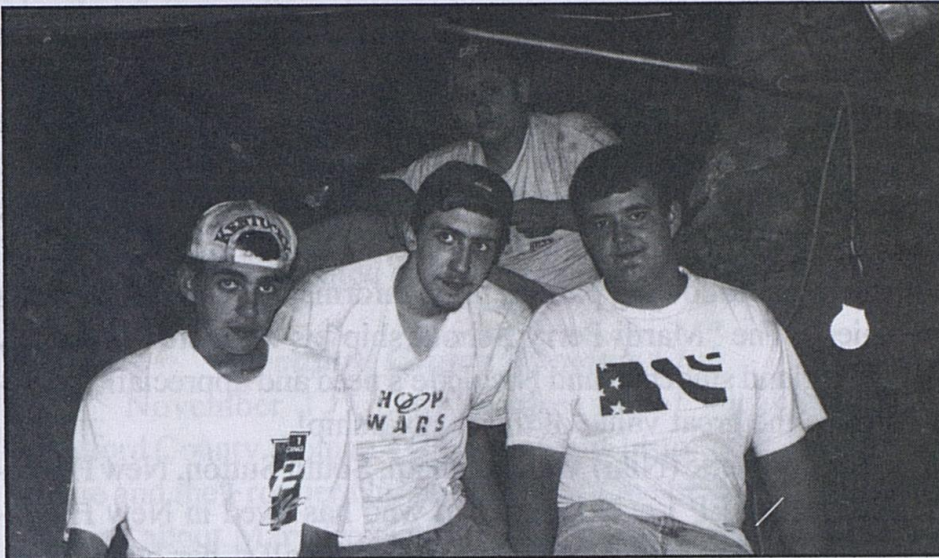
The Board of Governors met in Lexington July 28 and 29. Chaired by Leigh Powell, the Board made a commitment to enter strategic planning. We are looking forward to the future of the FNS during this new century. William Hall and Robert Botkin co-chair the Strategic Planning Committee. As we made this decision I was reminded of the Reggie Leach quote; "Success is not the result of spontaneous combustion. You must set yourself on fire." Certainly that has been the history of our fine organization. This committee will be looking at many areas of policy ranging from financial to program policies. The process will last approximately one year. We'll keep you posted on our vision of the future!

"Healthy Babies" Task Force Meetings

Thanks to Senator Robert Stivers, I had the pleasure of attending the Kentucky "Healthy Babies" task force meetings. This task force is to review the strategies for improving care to mothers and babies statewide. During one of these meetings I was introduced to Mr. V. J. Krishna who assisted in the development and implementation of the Kentucky Child Health Improvement Program which increased enrollment in Kentucky's Medicaid program. Kentucky captured 70% of eligible children.

Big House Foundation Update

The foundation of the "Big House" continues to be evaluated. In August a tunnel was dug in order to evaluate the foundation. Mr. Campbell told me to think of the movie "The Great Escape", and indeed it turned into that sort of a project! Many thanks to the following foundations for assisting in the completion of this project: E. O. Robinson; Parker Poe; Keeneland; Kentucky Colonel and the Gheens Foundation. On the following page is a picture of the crew who dug the Big House tunnel.



*Left to right - Gillis Burns, Anthony Collett, Marty Jones
In back - Gusty Burton (the tunnel digging crew)*

American College of Nurse-Midwives Meetings

Kerri Schuiling, CNEP Faculty, and I have attended several meetings with the American College of Nurse-Midwives (ACNM) in Washington, D.C. Joyce Roberts, President of ACNM and Deanne Williams, Executive Director, have ably led these meetings. We are evaluating strategies to improve the image of nurse-midwifery in the United States. The number of women engaging nurse-midwives for their maternity care has increased; however, we believe the choice of nurse-midwifery will continue to increase if women understand the benefits of care delivered by nurse-midwives. We are meeting to collaboratively plan methods to get the message to women of childbearing and pre-childbearing age. Mr. Krishna may be able to help with the development of this project. I am always fascinated with the network of people who are interested in improving the lives of mothers and babies!

Boston Committee Meeting

October 17, Dr. Anne Wasson, Susan Stone and I attended the Boston Committee luncheon at the Dedham Country Club. Mrs. Arthur (Mardi) Perry was present to confer this year's Mardi Perry Scholarship to recipient Nicolette Vollandigham. Susan Stone and

Milree Keeling, CNEP Regional Clinical Coordinator, from the Frontier School of Midwifery & Family Nursing, were guest speakers. Many thanks to Rose Lee Bloom, Caroline Standley and Joyce Rickman for the hard work of arranging the luncheon and raising the scholarship fund to \$87,007 on September 30 of this year. The goal is \$100,000! Certainly Dr. Anne, Sue and I had a wonderful time! In the following paragraph is information about this year's recipient. The "Mardi Perry Scholarship" is restricted to worthy New England students, and Nicolette's need and appreciation demonstrates the great value of this scholarship!

Nicolette (Niki) Vallandigham, South Sutton, New Hampshire, is a CNEP Level III student who has lived in New Hampshire since 1982 and says she is proud to call it her home. Mrs. Vallandigham was first introduced to midwifery during her first pregnancy. She didn't want to receive routine care from the local hospital and searched for something more. She found it at a free standing birthing center in Concord, New Hampshire. Chris Kuhlman, CNM, and her staff supported Mrs. Vallandigham through "one of the most amazing experiences of her lifetime".

Typical of most CNEP students, Mrs. Vallandigham encountered financial difficulties along the way and has great appreciation for the assistance of the "Mardi Perry Scholarship" award.

October Board of Governors Meeting

October 20 and 21 the Board of Governors held their quarterly Board meeting at Wendover in conjunction with graduation of the Frontier School of Midwifery & Family Nursing (FSMFN). Friday evening the Board hosted a dinner for FSMFN faculty and on Saturday the Board hosted a luncheon for the professional staff of Mary Breckinridge Healthcare. Saturday afternoon students and their families attended the graduation ceremony, which was held at the Richard Nixon gymnasium. The average age of our student is 39 years old. Therefore, many students arrive with their husbands and children. The students plan much of the graduation, and it is very touching to see their pre-adolescent children rushing up to the stage to take mom's picture as her certificate is conferred. Many thanks to Dr. Georgia Norsavage, Director of the MSN Program at Case Western Reserve's Frances Payne Bolton College of

Nursing for attending. Approximately 80 percent of our students complete their Master of Science degree at CWRU/FPB. The highlight of the graduation was Miss Kate Ireland's graduation speech. Miss Ireland spoke of her days as a courier, and changes which have occurred at the FNS. Miss Ireland was very inspiring. She congratulated students on achieving this important goal. Miss Ireland's speech is printed elsewhere in this *Bulletin*.

Woodford County Woman's Club

November 1, I had the pleasure of speaking to the Woodford County Woman's Club about the history of Mary Breckinridge and the Frontier Nursing Service. One of my great loves is speaking about Mary Breckinridge and the history of the Frontier Nursing Service. A delicious luncheon was served with many great comments and questions from members.



Second from left - Deanna Severance, guest speaker at the Woodford County Woman's Club. Also pictured are Josephine Barrows, Sharon Hardin and Judy Tinsley (Photo by Bob Vlach)

Other Comments

It has been a busy year of celebrations and planning for our next 75 years! My wish is for each of you to have a healthy and happy holiday season and I thank you for generously helping us serve mothers, babies and families!

Wendover News

by Barb Gibson

Wendover continues to stay very busy with hosting dinners and special functions for our guests, students, faculty and our many friends. The FNS Board of Governors had the opportunity to stay at Wendover during their annual October meeting. Below is a list of guests during the last few months.



Wendover Guests/Special Functions

Wendover staff has hosted the following guests and dinners since August 24, 2000:

August 24, Level III dinner with 16 CNEP faculty in attendance. August 25, Thomas Mathew, medical student, Montgomery, Alabama, spent a week at Wendover while working with Dr. Roy Varghese at Hyden Clinic. August 24-26, Carol Chisinhall, Lindale, Texas, and Beulah Mosley, London, Kentucky, were here doing research on Mary Breckinridge. August 28, Mr & Mrs. Michael Brindle and Mr. & Mrs. Don Eby, Chambersbury, Pennsylvania, spent the night while on vacation.

September 6, Karen Bergan, New York, New York, spent the night while doing research about Mary Breckinridge. September 7, former FSMFN graduates and staff, Sally Rinehart and Linda Jo Hansen, Jupiter, Florida, visited Wendover while on vacation. September 7, Wendover hosted a dinner for the Mary Breckinridge Festival Committee. September 10-22, Loren Crawford, Writer, Chicago, Illinois, stayed at Wendover while working with the Middle School children on a screenplay about FNS. September 13-15, Philip Silverthorn, North Carolina, stayed at Wendover while teaching native art at the Leslie High Middle School. September 15, Wendover hosted a dinner for Midwifery and FNP Bound with 60 students and faculty in attendance. September 25, Eric Moghadanmian, medical student, Lexington, Kentucky, stayed at Wendover while working with Dr. Roy Varghese.



Former FSMFN graduates Sally Rinehart and Linda Jo Hansen

October 1-13, Philip Silverthorn, North Carolina, Terry Corcoran, Ireland, and Don Weber, Paintlick, Kentucky, stayed at Wendover while teaching art at the Middle School. October 2-3, John Rose and Matt Hacker, Lexington, Kentucky, spent the night while working on the Honeywell security system. October 3, Rudy Hamblin, Sellersburg, Indiana; his brother, Ralph Hamblin, Colorado Springs, Colorado, and Audrey Howard, Manchester, Kentucky, visited Wendover. Rudy Hamblin was an FNS baby and holds FNS in high esteem. October 4, Wendover hosted a "Tea" for the Mary Breckinridge Festival Beauty Pageant participants. October 5, former FNS RN Carol Etherington, Nashville, Tennessee, and a friend visited Wendover. October 7-8, Loren Crawford, Writer, Chicago, Illinois, stayed at Wendover while enjoying the Mary Breckinridge Festival. October 9, former Courier Cynthia (Spink) Bray, England, her son and a friend visited. Cynthia was a Courier in 1975. October 11, Wendover hosted a special dinner for The Women's Leadership of Kentucky group. Martha Coombes and Angie Woodward, Frankfort, Kentucky, spent the night at Wendover while visiting with the group. October 13, FNS Boston Committee member Caryle Carter, Boston, Massachusetts, and a

friend spent the night; October 20, Wendover hosted a dinner for the Board of Governors and CNEP Faculty; October 22, Wendover hosted a dinner for the CNEP Faculty. October 23, Wendover hosted a dinner for the CFNP Faculty and also on the 23rd, William Taff, Susan Ulrich, CNEP Faculty, and Susan's daughter stayed at Wendover during Midwifery Bound; October 23, Candance Corrigan, Writer, Nashville, Tennessee, stayed at Wendover while working at a nearby school. October 27; Georgia Norsavage, Cleveland, Ohio, spent the night while attending Midwifery Bound. Mrs. Norsavage works at Case Western Reserve in Cleveland, Ohio; October 27, Wendover hosted a dinner for Midwifery Bound students; October 30, Wendover hosted a dinner for students from Eastern Kentucky University; October 31, Mr. & Mrs. Richard Tennis and Mr & Mrs. Don Tanner, Eurka, Illinois, spent the night while visiting family in the area.

November 2, Wendover hosted a dinner for the Mary Breckinridge Festival Committee; November 9, Wendover hosted a CNEP Level III dinner; November 11-20, Noel Fernandez,



***Former Courier ('75) Cynthia (Spink) Bray, ENGLAND
(visited October 9)***

Pomona, New York, stayed at Wendover while writing Dr. Anne Wasson's biography; November 17, Wendover hosted its annual Thanksgiving employee luncheon. Attending were staff from the Frontier School of Midwifery & Family Nursing in the Lexington and Hyden offices; administrative staff and department heads at MBHC and Wendover staff and Couriers.

Wendover Tours

Stacey Collett hosted tours as follows:

August 28	Carol and Jack Rose, Somerset, KY
September 14	Junior Class 80 students/faculty, Leslie County High School
September 19	Linda Gibson and friends, Bimble, KY
October 4	Lincoln Memorial University, 12 students, Harrods gate, TN
October 10/17	Somerset Technical College 31 students/faculty, Somerset, KY
October 11	Morehead State University 25 students/faculty, Morehead, KY
October 21	CNEP graduates' families across U. S.
October 30	Wayne County Area Tech Center, 11 students/faculty, Monticello, KY
October 31	University of Tennessee College of Nursing, 14 students/faculty, Knoxville, TN

November 27	Eastern Kentucky University 7 students/faculty, Richmond, KY
Nov. 30/Dec. 1	Carson Newman College 25 students/faculty, Jefferson City, TN

Other Wendover News

The staff at Wendover will greatly miss Marylin Hoskins, Wendover Cook, who has resigned after 18 years of service. Marylin's position hasn't been replaced yet. Kendra Brock, Rotating Clerk, is getting married and moving to Tennessee. AnnDraia Maggard, Essie, Kentucky, replaced Kendra.

Wendover housekeeping staff has been very busy decorating for Christmas. We will have our annual employee Christmas luncheon on December 15. FNS staff from the Lexington office will join us. Happy holidays to everyone!

Courier Program News

Christine Guth, Wellesley, Massachusetts, was here from August 1 - October 21. Christine is a graduate of Wellesley College. While here, Christine's primary interest was midwifery.

Jennifer Balkus, Acton, Massachusetts, was here from September 5 - November 17. Jennifer attended Wesleyan University in Middletown, Connecticut. Jennifer had an interest in all aspects of healthcare.

Mitchell (Mitch) Plummer, Lexington, Kentucky, was here from September 5 - December 8. Mitch graduated from the University of Texas, Austin, Texas. He experienced several different aspects of medicine while here. Mitch plans to attend medical school next fall.

*Christine**Jennifer**Mitch*

We look forward to the arrival of Lindsey Duca, Carpenteria, California, on December 5. She is a graduate of Stanford University and is interested in women's healthcare.

Former Courier News

Heather Secrist ('98) wrote during August that after leaving Kentucky, She studied fruit flies in Costa Rica for a month in cooperation with Cornell College in Iowa. Last summer she worked with endangered box turtles in Iowa, a project that required her team to be out in the prairie and swamp land about five days a week tracking a group of 20 turtles. Also, while in college, Heather worked as a veterinarian technician and has been accepted into the veterinary program at the University of Wisconsin. After graduating from Cornell College in March, Heather and her father hiked the Appalachian Trail from Georgia to Parisburg, Virginia.

Heather is now working at a ranch in Colorado called "The Nature Place", a conference business center for development of leadership and awareness of the earth through rope courses and nature walks.

**Frontier School of Midwifery and Family Nursing
CNEP/CFNP News**

*Susan Stone, FSMFN Dean and
Dr. Julie Marfell, CFNP Educational Director*



Susan Stone



Dr. Julie Marfell

The Frontier School of Midwifery and Family Nursing has had an exciting fall. The process of achieving accreditation as a master's degree granting institution was moved forward by the approval for a license to grant a master's degree by the Kentucky Council on Post Secondary Education. The next step is application for candidacy status to the Southern Association of Colleges and Schools.

This September marked the first combined FNP/Midwifery Bound. Both CFNP and CNEP students spent their orientation period together in Hyden. The result was a wonderful, productive experience for both groups. Many of the students expressed an interest in completing both programs. It was very rewarding to see future of FNPs and CNMs beginning to understand the importance of both roles and the strength of partnerships in providing healthcare to babies, mothers and families.

October was a hectic month with faculty meeting, graduation and another FNP/Midwifery Bound. Faculty meeting was very busy and very productive. It was truly a delight to be in a room filled with creative, industrious women dedicated to the education of nurse-midwives and nurse-practitioners. After spending



Karen King, FNP student and Patricia Hansen, CNEP student, ringing bell at the finish of the first CNEP/CFNP Bound

time with the faculty it is clear that they are the driving force that has put CNEP on the forefront of nurse-midwifery education. The faculty's influence will surely continue to drive FSMFN forward and push the FNP program to the top as well.

Graduation is always a special time at FSMFN. The FNS Board of Governors joined the faculty and staff in participating in the ceremony. Dean Susan Stone led the ceremony and presented the graduates with their certificates. FSMFN and its graduates were honored to have Miss Kate Ireland speak at this year's graduation ceremony. Miss Jane Leigh Powell, Chairman of the Board of Governors, Dr. Anne Wasson, Medical Director Emeritus and Chairman of the Mary Breckinridge Hospital Board of Directors, and Deanna Severance, CEO and President of FSMFN, also addressed the graduates offering wisdom and best wishes for the future. Dr. Georgia Narsavage from Case Western Reserve University Frances Payne Bolton College of Nursing (CWRU/FPB) delivered congratulations from Dean Dorothy Brooten and faculty at CWRU/FPB.

Mrs. Kitty Ernst, Mary Breckinridge Chair, and Miss Powell presented the graduates with a Sacagawea dollar coin fashioned into a pendant. Kitty remarked that this was in honor of the first graduating class of FSMFN in this century and to remind the students of their own strength. She pointed out that it was a woman with a baby on her back that led the Lewis and Clark Expedition. Mrs. Ernst also honored the Board of Governors during the Board meeting dinner and the faculty during the faculty meeting for their continued support of FSMFN with a coin as well.

There were also many scholarships and awards given at the 2000 FSMFN Graduation. Kitty Ernst Scholarships were awarded to Amy Boatright and Ann Cockerham. The Berea College Appalachian Fund Award was given to Ginger Callahan. Lisa Scherrer Scholarship Awards were given to Jennifer Stevens and Connie Wolcott. The Mardi Perry Scholarship was awarded to Nicolette Vallandigham and the Kate Ireland Scholarship was awarded to Bobbi Brown. The Student Choice Awards were given to the following faculty: Jeanne Bair, Marcia Hanks, Kathryn Osborne and Cyndy Perkins.

Many thanks to the staff at FSMFN for their hard work in preparation for and participation in the graduation ceremony. October was an extremely busy month for the Hyden staff. The students, faculty and graduates were well cared for during this time. Again, many thanks for the staff's effort and support.

WEBSITES

Frontier Nursing Service - www.frontiernursing.org

FSMFN Community-Based Nurse-Midwifery Education Program (CNEP) - www.midwives.org

FSMFN Community-Based Nurse-Practitioner Program (CFNP) - www.frontierfnp.org

Graduating Class of 2000

*by Miss Kate Ireland, Honorary National
Chairman of FNS Board of Governors*

Mrs Ireland was the keynote speaker at this year's CNEP graduation. We have printed her speech below.

Never did I think, when I came here as a lowly Courier in March of 1951, that almost 50 years later I would be addressing a graduating class of nurse-midwives, especially on the 75th Anniversary of Frontier Nursing Service. Many of you are probably thinking - what can this old goat say that could inspire us as we venture forth with our hard-earned new roles? Let me start by telling you about some of my experiences of "the old days". After that I'll attempt the "inspiration bit."

Some of my experiences might be much too antiquated for such highly trained and experienced nurse-midwives as yourselves! However, on second thought it occurs to me that really, things haven't changed all that much! Babies still arrive the same way, parents are still nervous prior to delivery and need support. Prenatal and postpartum care is still of utmost importance. To witness the miracle of birth is still a fantastic and memorable experience.

I am not sure what care mothers get from nurse-midwives today, but 40 years ago at FNS it was remarkable. Mothers were encouraged to register early and to come down to the nurse's clinic for follow-up. However, if this was a problem then the nurse-midwife would ride her horse or drive her jeep through the often rough terrain to provide that care at home.

All normal deliveries were done at home and, as most problems were caught early, the majority of mothers delivered without complications. Sometimes, however, there would be a situation requiring transfer to a hospital or trying to get our one busy and overworked doctor to come out to the home. This could take time, so the nurse-midwife would have to carry appropriate supplies for emergencies in her saddlebags.



Kate Ireland - Courier in the early 50's

Following delivery, the nurse-midwife visited the baby and mother for ten days, every week for six weeks, then every month for a year and hopefully the mother would then bring her baby to the clinic for an annual check-up. Where today, can mothers and babies get such care and attention?? True, today there are all kinds of tests that can be done, even to knowing the sex of the baby before birth! All this extra attention has caused the cost of delivery to skyrocket. Sometimes I believe that we have forgotten that the birth of a baby is a normal function.

One delivery that I always like to tell about is when I accompanied the nurse-midwife in her jeep about three miles up a creek to a mountain cabin with few facilities. The mother, who already had two little boys, was close to delivery when we arrived. She was in bed with one of the children asleep beside her. The nurse-midwife started to lift him out so that she could conduct the delivery. "No" said the mother, "leave him where he is". He only woke up after the delivery was over and he heard the baby cry!

Another time the nurse-midwife had a call to a patient that she knew might have a problem with bleeding. The Field Supervisor was with her but at that last minute, she got called away to another emergency. I was asked to take her place and stay with the nurse-midwife. I was the only available pair of hands (although inadequate!)

The nurse-midwife had a shot drawn up ready to give the mother. As she was busy providing care, she asked me to give the shot! Of course, I was experienced in such things having frequently given cows and horses shots! We were also veterinarians, there being no vet nearer than Lexington. My other order was to take a diaper and spread it on the other bed and when the right moment arrived, take the baby and wrap him in the diaper.

I leaned over the bed (in a rather awkward position!) thrust in the needle, much as I would do for a horse or cow! The mother let out a howl! But all was well and there was no problem with that part of my duty. The baby duly arrived, and as I had been instructed, I grabbed him tightly to my bosom. However, I had not counted on him being so slippery! Losing my grip, I took two big strides and just in time, deposited him onto the diaper. Later the



FNS nurse crossing river to see a patient



FNS nurse-midwife in a patient's home

child became a track star and I always said that it was because I gave him such a speedy start in life!

These stories may seem like fairy tales to most of you, but you must remember that we had limited medical coverage, only one physician and occasionally none nearer than Hazard or Harlan. There was no Daniel Boone Parkway and the roads to Hazard and Harlan were winding and dangerous. I reemphasize my earlier statement - the birth of a baby is a normal function!

Our district nurses were nurse-midwives, public health nurses, pediatric nurses, geriatric nurses, and on occasion veterinarians! They took care of the entire family from birth to death. There were six out-post centers, some with only one nurse and others with two. As a courier, I was responsible for taking out supplies, and taking care of the horses and the jeeps. Some of those trips were scary to say the least! Many times we had to traverse a creek which was not only rough but often icy. There would be times when we had to ford the river when the water would be over the floorboard of the jeep!

In the early 50's, we had twenty horses and ten jeeps with which to cover six out-post centers, Wendover and the area around Hyden Hospital. The saddlebags, which contained the medicines, dressings and other supplies, were vital and it was essential that they were packed correctly. They weighed about forty pounds and the weight had to be evenly distributed between each side, otherwise they would slip on the horse's saddle. The delivery bags were 60 lbs!! If the nursing calls were on a highway, the bags would be placed in the back of the jeep, but usually the walk to the house was up a "holler", a hill too steep for the jeep to climb, or else it would be necessary to cross a creek over a homemade bridge or even a log.

At lunch, on my third day, I was asked if I wanted to accompany the Wendover nurse on some of her visits. I eagerly jumped into the jeep, and we drove with care through the deep ford at the mouth of Muncy Creek. There was no High School bridge in those days, and the road stopped just below the Wendover swinging bridge. We came to the first house, and the nurse directed me "you carry the bags" which of course I willingly did. Luckily, the

first bridge over the creek was a couple of planks which I traversed gingerly, but with no problem. When we arrived at the second house I automatically shouldered the bags only to see what was called a bridge - one round log! Swallowing my pride I said "I don't think that I can make this one with the bags, I will probably finish up in the creek." Grudgingly, she took the bags from me and slinging them over her shoulder, carefully, but successfully, walked over the log with me fearfully following her.

Upon returning to Wendover in time for the 5:00 o'clock social and sherry hour (a regular ritual!), we discussed our day's activities. Imagine my chagrin on hearing Helen Browne (Brownie), Associate Director, ask Kitty - "Well, how did you enjoy your first day on District?" I was undone! To think that I had been bossed by a young nurse, soon to be a student in the midwifery school and had been completely overpowered by her, and she had only been at Wendover three days longer than me. Well, I have never let her live this down. Yes, the "Kitty" is our very own Kitty Ernst! And she is still bossing me around!

You all have some very high standards to live up to. Like it or not, you nurse-midwives are not entirely accepted by the medical profession or even by the patients. Many patients from middle or lower class incomes perceive you as a second class care giver, but, unfortunately (or fortunately depending how you look at it), for them you are the only ones that they can afford. You must build up trust, both with your medical counterparts, and your patients. Let them know that within the parameters of your care, you are first class, capable and very caring. Don't try to provide care that is beyond your training or your expertise. A mistake like that can set you and your profession back in many people's eyes and beliefs.

So what of your own futures? your dreams? your goals? I have found that it is helpful to have two levels of dreams and goals. Dreams, one must have in order to continue reaching beyond oneself to strive for betterment in your nursing practices, your home life and for your inner happiness. On the other hand, goals should be something attainable, but only with hard work and sustained concentration. Goals can be very personal they can be in the work

place. They can even be interpersonal - getting along with your fellow practitioners.

Let me expand upon dreams. If you had not had dreams you never would have committed yourselves all these months of distance learning while balancing your life with family and employment. If Mary Breckinridge had not had dreams, nurse-midwifery might never have been introduced in the U. S. If Kitty Ernst hadn't had dreams of a "university without walls" we might never have had CNEP. Dreams are the extra push that keep us trying harder. Dreams are what keep us going when we seem to take two steps forward and then slide one backward. A lot of emphasis in today's world is put on strategic planning, but what is strategic planning but the outline of dreams of an organization.

We then get to the practical side of thinking of our future and that is setting attainable goals by which to reach our dreams, or at least to reach part way to what might be almost impossible dreams. Each person has their own speed and their own content for their goals. Don't make these too easy, but do make them reachable.

I imagine that most of you have jobs waiting for you in your home towns and families who are looking forward to having mom home again. Count your blessings that you have not only learned new skills, but also that you have been exposed to a fellowship and camaraderie of new friends. I am sorry that with the CNEP system you are unable to have gotten more of the mysticism of Wendover and especially Mary Breckinridge. She was more than a remarkable woman. She was tough as nails when asking you or herself to accomplish a task - yet she was sweet and tender, especially with babies and youngsters. She had a wonderful sense of humor and, I think, enjoyed being challenged if you knew well the facts with which you were challenging her! She was deeply religious and her faith was what sustained her. Having known her is an indescribable value which many of us can treasure for always.

Go forward with knowledge that you have participated in one of the best nursing educational programs in this country and carry that knowledge into both your life and dreams.

Mary Breckinridge Healthcare News

by Mallie Noble, Administrator

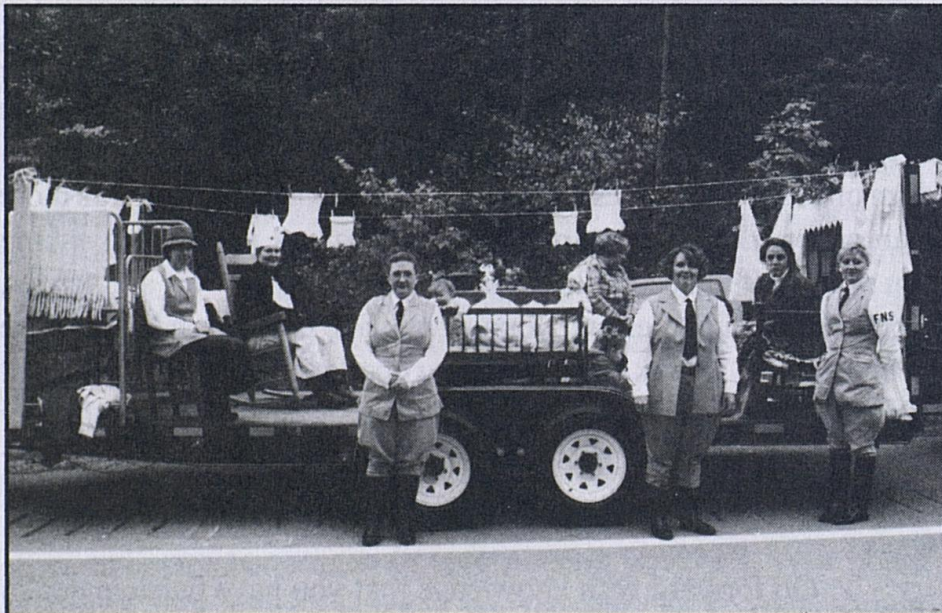
"You have to have your heart in the business and the business in your heart." Thomas J. Watson

As we reflect upon the past 75 years, we remember with appreciation our founder, Mary Breckinridge, our friendly and faithful Board members, Chief Executive Officer, professional staff members, employees and everyone else who has contributed to this great organization!

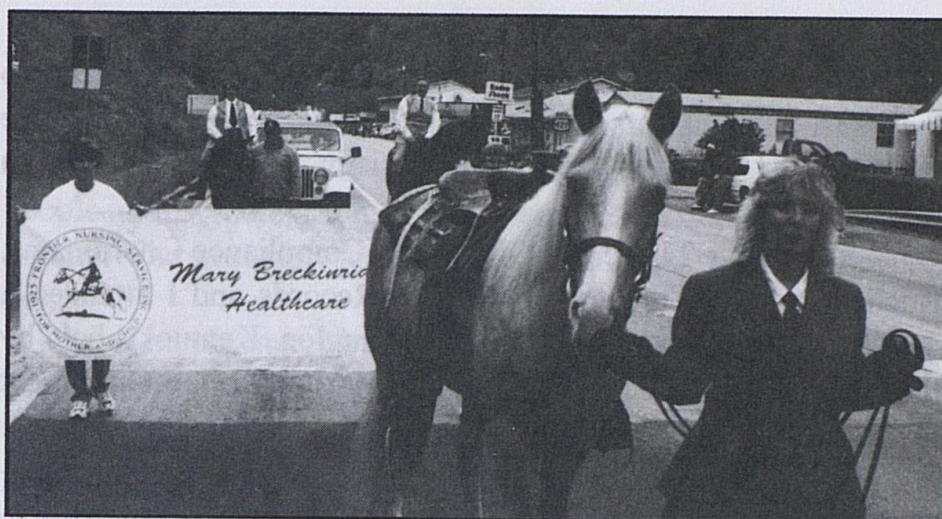


Mary Breckinridge Festival and Parade

The year 2000 has been an exciting year with the FNS 75th celebration events carried through with the Mary Breckinridge Festival and parade which was on October 2. The Mary Breckinridge Healthcare, Inc., won second place in the float contest.



Mary Breckinridge Healthcare float



The CARE Committee (care, attitude, respect and enthusiasm) worked hard to put together the float. The riderless horse (in honor of Mrs. Breckinridge) was led by Deborah Karsnitz, CNM. Cheryl Gentry, CNM and Connie Napier, Risk Management, followed Deborah Karsnitz with the FNS banner. Denise Kilburn, Director of Nursing and I rode horses dressed in FNS nurse's uniforms. The FNS jeep, float, hayride and home health vehicle followed.

CARE Committee Activities

The CARE Committee sponsored an appreciation luncheon for the dietary staff along with an appreciation certificate for their hard work which is appreciated by all.

Appreciation

I would especially like to express my gratitude to Mrs. Edith Osborne, Dietary Manager, who managed to deliver nutritional hot food to our patients during a crisis in the cafeteria when the floor had to be "jack hammered" and dug up, to replace sewage pipes. After the project was completed, Mrs. Osborne, Mr. Covy Feltner, Assistant Dietary Manager and the entire dietary staff joined forces with the FNS spirit and cleaned and prepared the dietary department for re-opening.

Travels

September 21, Deanna Severance, CEO, and I traveled to the KHA headquarters in Louisville, Kentucky, for a legislative meeting. KHA does a good job of assisting rural hospitals with legal issues.

October 24, Teresa Dixon, UR Compliance Coordinator, Rochelle Cheek, Director of Medical Records and I attended a meeting at Saint Joseph's Hospital, Lexington, Kentucky, held by the Kentucky Hospital Association (KHA) regarding Outpatient Prospective Payment System.

October 26-29, I attended a Kentucky Primary Care Association meeting in Lexington relating to HIPAA (Health Information Portability Accountability Act).

Congratulations

Tammy Feltner, OR Manager - baby boy born September 8, 2000.

Sympathy

Our deepest sympathy goes to the following: The family of James Couch, who was the father of Marlene Maggard, OB Nurse, grandfather of Tracy Cook, Medical Records Clerk, and the father-in-law of Faye Couch, Maintenance Secretary. Also, to the family of Fred Morgan who was the uncle of Charletta Morgan, Receiving Clerk; the family of Jason Baker, nephew of Charlotte Wilson, Hyden Clinic Receptionist and Louise Baker, Medical Record Clerk; and to the family of Lena Williams, aunt of Hazel Causey, Nurse Aide.

Help! - Former FNSer's

FNS has a large number of unidentified photographs that need to be identified for use in our work. If you recognize the people in this photograph, please contact Barb Gibson with information. The next photograph to be identified is on the following page.

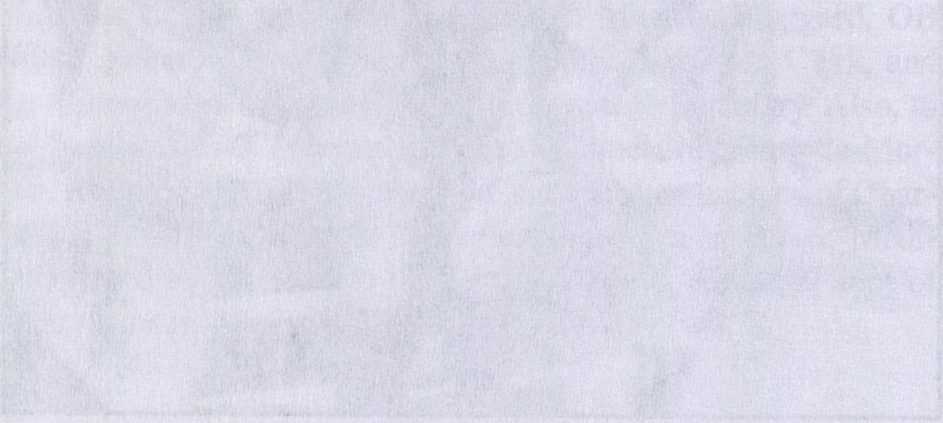
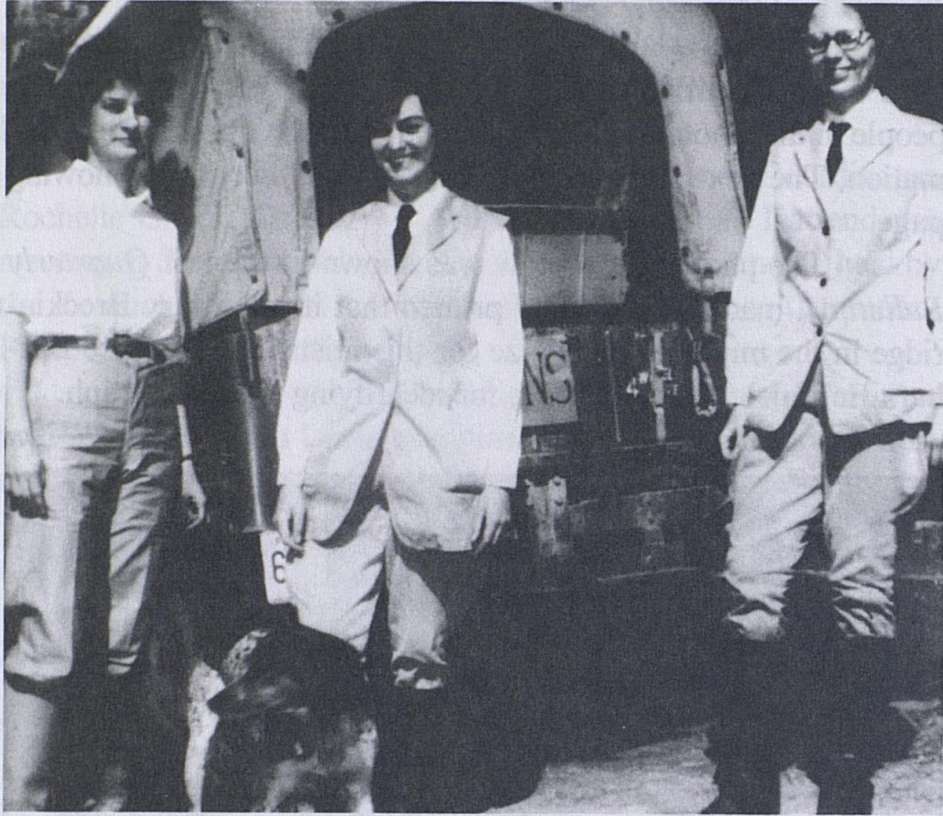
The photograph below was shown in the last *Quarterly Bulletin*. I made an error and printed that it was Mary Breckinridge in the middle. I apologize for this mistake. Thanks to Barbara E. Walsh, Class of 1957, for identifying the photograph.

-Barb Gibson



Left to right: Barbara E. Walsh, Carolyn E. Saltenberger, Minnie Kuhn (Class of 1957)

Photo to be Identified



Left to right: Barbara E. White, Carolyn E. Selander, and
Kuan (Class of 1957)

In Memory of Homer Drew

Mr. Homer L. Drew, FNS Honorary Treasurer, Oldsmar, Florida, died September 11, 2000. Mr. Drew was born November 4, 1924, at Mayfield, Kentucky. In 1943 he joined the Navy and was assigned to the U. S. Helena, a heavily armed cruiser which spent time in the North Atlantic. Following his discharge from the Navy in the spring of 1946, he entered the University of Kentucky and graduated with a degree in General Business.

During Mr. Drew's career of working for First Security Bank for 34 years, he also graduated from Louisiana State University and Columbia University Banking schools. His primary responsibilities at First Security were in the trust and investment fields. He also served on the bank's Board of Directors for 31 years during which time he was Chairman and member of the bank's Trust, Trust Investment and Trust Administration Committees as well as serving as a member of the bank's Executive, Loan, and Personnel committees.

Mr. Drew served as a member of the Frontier Nursing Service Board of Governors from 1966 to 1989 and as Honorary Treasurer from 1989 till his death. He served as President, Chairman and Investment Advisor to other organizations including: Treasurer at Transylvania University; Good Samaritan Hospital and Cardinal Hill Crippled Children's Hospital. Chairman of Kentucky Independent College Foundation; Bluegrass Executive Club; Child Development Center and many others.

After his retirement Mr. Drew and his wife Emmie Jean, moved to the Tampa Bay area of Florida.

In Memory of Homer Drew - cont'd

Homer Drew taught me the complexities of the Frontier Nursing Services' finances when I was a new Board member. His understanding and patience in explaining why things had to be a certain way has helped me ever since and I will always be grateful to him. His sense of humor was always present and no picture could ever captivate his wonderful smile. -*Jane Leigh Powell, Chairman of FNS Board of Governors*

Homer was the epitome of a Southern Gentleman. He was gracious, considerate, and had a warm rapport with everyone, whether they worked for him or were his peers. He was very fair and a good listener. Fortunately, for the FNS, he was an astute investor handling the FNS endowments prudently, but maximizing the returns. He had a good sense of humor and was an amusing raconteur. Homer was one of those persons who made friends for life and will be sorely missed by many of us. -*Miss Kate Ireland, FNS Board of Governors Honorary National Chairman*

Homer Drew was our dear friend and he will certainly be missed. He supported the good work of FNS through his time, talent and personal financial contribution. He was an example of steadfast professionalism coupled with unwavering gentlemanly charm. Mr. Drew's influence on the Service will continue through those who admired him and was touched by his presence. -*William W. Hall, Vice-President of FNS Board of Governors*

Miscellaneous Tidbits

Dr. Patience H. White, member of FNS Board of Governors, was recently named a Robert Wood Johnson Health Policy Fellow for 2000 -2001 by the Institute of Medicine of the National Academies. She was one of six health professionals to earn this recognition. The Fellows are outstanding, midcareer health professionals working in academic and community based settings. They were chosen from nominations by academic health centers and other institutions with medical schools, as well as by organized healthcare delivery systems.

Dr. White is a professor of Medicine and Pediatrics, and Chair, Division of Pediatric, Rheumatology at George Washington University Medical Center, and Executive Director of the Adolescent Employment Readiness Center at the Children's National Medical Center in Washington, DC.

To the wonderful staff at Wendover - Speaking on behalf of my Vanderbilt student nurse colleagues, we were profoundly moved and inspired by the deep rich roots of FNS. The historical significance of Mary Breckinridge's work in pioneering rural community healthcare and nursing is both humbling and inspiring.

This trip came at a ripe time for us in our training at Vanderbilt. Our group is involved with the International Health Coalition with Carol Etherington, a former FNS nurse, as our faculty advisor.

Again, this trip profoundly touched each and every one of our group in a deeply personal way.

-Kristi King

IN MEMORIAM

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

Doshia Bowling, Hyden, Kentucky, died August 25, 2000. Ms. Bowling worked as the cook for students at Mardi Cottage upon Hospital Hill, from 1964-1977. Her daughter, Juanita Johnson, works at the Mary Breckinridge Hospital as Administrative Secretary and Librarian.

Barbara Bullitt Christian, Goshen, Kentucky, died September 14, 2000. Mrs. Christian served at FNS as a courier in 1939 and continued to be a faithful supporter.

Mrs. Richard Hawkins, Washington, DC, passed away November 2, 2000. She was a courier at FNS in 1938 and continued to be a faithful supporter of FNS.

IN MEMORY OF:

Barbara Bullitt Christian	Mary E. Limbert
Mrs. Walter H. Millard, Jr.	Elizabeth Johnston
Florence B. Rawleigh	Mr & Mrs. J. Royden Peabody
Barbara Van Cleave Halvorson	Mr & Mrs. Y. Peyton Wells
Christian Heritage Center	and family
Byrd Saylor, III	The Community Foundation
Marion Gleason	of Louisville
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Connie Paxton & Bank One	Dr. Anne Wasson
Elizabeth Sanders	

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Rhonda M. Johnson	William A. Waldron
Roberta M. Johnson	Doshia Bowling
Regan M. (Johnson) Almada	Dr. Anne Wasson
Renee M. (Johnson) Cassidy	Beverly J. King
Homer Drew	Frank & Mary Myers
Miss Jane Leigh Powell	Katherine Boyd
George B. Bailey	Roberta & David Watts
Mary & Susan Bailey	Scott D. Breckinridge
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Rose & Jessie Hano	Cook, Sybil
David Albertson	Shirley C. Hatch
Marshall L. Zissman	Agnes Lewis
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Lt. Gen. James C.	Alison Bray
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Col. J. T. Breckinridge	George V. Gardner
Dorothy T. Breckinridge	
Col. J. T. Breckinridge	
John C. Breckinridge	
Col. J. T. Breckinridge	

IN HONOR OF:

**A wonderful circle of caring
friends at Wendover**

Dr. Anne Wasson

In Memoriam

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

In memory of _____

Contributor's name _____

Person (s) to whom you wish acknowledgment sent

Name _____

Address _____

In Honor

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

In honor of _____

Contributor's name _____

Address _____

Person (s) to whom you wish acknowledgment sent

Name _____

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Vicky Riley, *Assistant to CEO, Lexington Office*

Beulah Couch, *Director of Human Resources*

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Vicky Riley, *Financial Aid/Grants Manager*

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Denise Kilburn, *Director of Nursing*

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James Lloyd, *OB/GYN*

Ashutosh Mishra, *Internist*

Albino Nunez, *Emergency Medicine*

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(the parent)

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Form of Bequest

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

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

How Endowment Gifts May be Made

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

1. By specific gift under your Will - you may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. By gift of residue under your Will - you may leave all or a portion of your residuary estate to the Service.
3. By life insurance - you may have life insurance made payable direct to the Service.

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

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

Gifts of stock should be sent to:
Frontier Nursing Service
Mr. William Hall, Treasurer
Fifth Third Central Kentucky Trust
250 West Main Street, Suite 100
Lexington, KY 40507

Staff Opportunities

Because text for the Bulletin must be obtained several days 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 the Department of Human Resources, Wendover, KY 41775 (606-672-2913).

Courier Program: This Program encourages applications from anyone who is willing to volunteer for a minimum of 12 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator, FNS, Inc., 132 FNS Drive, Wendover, KY 41775 (606-672-2317).

Nursing Volunteer Program: This Program is 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 the Director of Nursing, Mary Breckinridge Healthcare, Inc., 1 Kate Ireland Drive, Hyden, KY 41749 (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. We sometimes receive more gifts for a particular item than needed. In those instances, your gift will be applied toward another need. Send to FNS, Inc., 132 FNS Drive, Wendover, Kentucky 41775.

Beech Fork Clinic:

Articulated Adult Finger Clip Sensor	165.00
Welch Allen Speculum Light	127.44

Community Health Center:

Articulated Adult Finger Clip Sensor	165.00
Welch Allen Speculum Light	127.44
Wall Mounted Oscopes (2)	574.59

Emergency Room:

Warming Blankets	657.74
Alligator Forceps (ear, nose)	560.87
Wheelchair Accessories (two chairs)	273.90
Leather Wrist Restraints	323.60
Electric Ring Cutter	475.00
Ultrasound Sonic Stethoscope	607.75

Home Health:

Weight Scales (3)	153.00
Shampoo Boards (3)	104.34
Fetal Doppler	522.75
Oscopes (2)	224.30
Elite Glucometers (3)	131.25

Hyden Clinic:

Chair Scales	459.99
Two Welch Allen Speculum Lights	215.06
Pediatric Papoose Board	207.35

URGENT NEEDS - *Continued*

Kate Ireland Women's Center:

Four Welch Speculum Lights	430.12
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Medical Surgical:

Pocket Halogen Otoscope	253.93
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Sprague Rappaport Stethoscope (5)	59.10
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Nursing Administration/Education:

Defibrillation Trainer	1,850.00
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ECG Simulator	850.00
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Obstetrics:

Two Ultrasound Sonic Stethoscopes	1,066.90
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Welch Allen Speculum Light	127.44
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Physical Therapy:

SysStim 226 Neuromuscular Stimulator	1,695.00
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BAPS - Knee, Ankle, Foot Exerciser System	525.00
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Pro-Fitter Exercise System	499.00
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Saunders Portable Cervical Traction	395.00
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Cuff Weights	275.00
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Respiratory Care:

Two O2 Analyzers	628.00
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Miller & MacIntosh Blades/Handles	976.45
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X-Ray

Cool Brite High Intensity Illuminator	
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Cone Instrument	654.00
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Radiation Protection Equipment	850.00
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Mammography Viewboxes	1,600.00
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FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

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

From the Articles of Incorporations
of the Frontier Nursing Service.
Article III as amended June 8, 1984