

FNS**FRONTIER NURSING SERVICE**

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**QUARTERLY BULLETIN**

It was on one of my rides alone that I first saw Wendover. Of course it wasn't Wendover then, but I knew it would be. I was on my way to Stinnett and Beechfork, so, for the first of many thousands of times, I rode down Muncy Creek, forded the Middle Fork and rode slowly along its banks. I thought I had never seen anything lovelier than the lay of the land with its southern exposure facing the great North Mountain. When I raised my eyes to towering forest trees, and then let them fall on a cleared place where one might have a garden, when I passed some jutting rocks, I fell in love. To myself and to my horse I said, "Someday I'm going to build me a log house right there." Two years later I did.

*Mary Breckinridge
Wide Neighborhoods*

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COVER: Plaque designating the Big House a National Historic Landmark.

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Dedication Ceremony of the Big House



Deanna Severance, CEO and Mr. C. Allen Muncy, County Judge Executive of Leslie County.

In 1925 when Mary Breckinridge built her home at Wendover, it was in the memory of her two children, Breckie and Polly. During July 1991, the Big House at Wendover was designated a National Historic Landmark and on April 16, 1993, we held a dedication ceremony in honor of this important event.

Since April was the time for our annual board of governors meeting, most of the board members were already here. Former couriers, trustees, friends, supporters and other people affiliated with the Frontier Nursing Service also attended the ceremony.

Deanna Severance, CEO and Director of the Frontier Nursing Service, opened the ceremony by welcoming everyone. Speakers included: Mr. C. Allen Muncy, County Judge Executive; Dr. James Klotter, FNS board member and Kentucky State Historian; Mr. David Morgan from the Kentucky Heritage Council; Mr. Mark Barnes, National Park Service, Atlanta, Georgia; Miss Jane Leigh Powell, National Chairman of the FNS Board of Governors; Dr. Anne Wasson, physician at Frontier Nursing Service from 1969 until 1983, currently serves as a member of the FNS Board of Governors, serves on the Frontier School of Midwifery and Family Nursing Board of Directors and is chairman of Mary Breckinridge Healthcare's Home Health Advisory Committee; Mr. George Wooton, former County Judge of Leslie County; and Mrs. Carol Crowe-Carraco,

Professor of History at Western Kentucky University. Because Mrs. Carraco's speech was a wonderful historic narrative and tribute to the Big House, I have included her speech below.

" In the United States, and especially in the rural South, the importance of the family home cannot be over-estimated. It is attested to in literature and song. As Robert Frost penned, "Home is the place where, when you go there, they have to take you in." It even manifests itself in popular culture, from the refusal to sell the old homeplace, even though it stands empty, to having ones body returned home for burial. In 1991 a regional folklorist indicated that a house is more than a physical entity to be described factually; it is part of an individual's experience, and must be discussed within the context of experience.

The Big House at Wendover, then, cannot be separated from its builder Mary Breckinridge. It was her home, and it was, and still is, at the core of the Frontier Nursing Services's very being. What stories these walls could tell about events that have occurred here or been discussed here in the almost 68 years since December 1925, when the house was first inhabited.

In actuality, Wendover was Mary Breckinridge's only enduring home. During her childhood her family never had a permanent home, in part because of the political and diplomatic career of her father, and in part because the Major refused to buy a house in Washington -- he never forgot that his own father's home had been taken by the Federal Government when he joined the Confederacy. Mary Breckinridge had a house in Arkansas, during her brief first marriage, and she lived in the equivalent of university housing during her second marriage. Thus, Wendover, a name suggested by her Aunt Jane because of the rambling route necessary to reach the place, became an important part of Mary Breckinridge's identity.

Here in this two-story double log house, she lived and worked for some forty years, surrounded by what she called "suitable practical goods" walnut bedsteads and tables, bedding and many books. As the plaque on the chimney indicates, the Big House was built "To the Glory of God and in Memory of Breckie and Polly." Although the son and daughter died quite young and without ever having visited Kentucky, they became the inspiration for the Frontier Nursing Service. She spoke of her "golden haired, blue-eyed

children" to her friends and other bereaved parents, wrote about them, and kept mementoes from their short lives in her second floor bedroom. The eternal mother, she drew spiritual strength from them, and she believed that she communicated daily with Breckie. She felt his presence, she wrote, in the bright sunshine and heard his voice in the sound of splashing water and in the wind sighing in the trees. And who are we to say that she didn't?

In addition to being Mary Breckinridge's home, the Big House may also have been one of Leslie County's first multi-purpose buildings. From 1926 until the opening of Hyden Hospital, it served as a cottage hospital, and then as a district nursing center. For a number of years it housed the post office, and it has always been a hotel. During the first six months that the Big House was habitable, Mary Breckinridge entertained 35 guests who stayed for a combined total of 295 days. Meals in the dogtrot and refreshments in the afternoon in the living room of the Big House became a tradition. Others stopped by to see the two bathtubs that the Big House sported. A guest book--really a series of books--records the names of the visitors.

To the Big House the nurse-midwives came to report successes and failures. Here they and the couriers socialized, with tea being served every afternoon at four "come hell or high water." The Big House also drew local residents who sought Mrs. Breckinridge's help for a myriad of problems that required her personal touch.

At Wendover, Mary Breckinridge prepared the FNS Quarterly Bulletin which provided the outside world with a look at the work and the needs of her "great economic experiment in medical social service." Here she wrote her autobiography and the story of the Frontier Nursing Service. Here she died on May 16, 1965, one month short of 28 years ago this very day.

But the Big House at Wendover is still standing, and she remains a part of it. For us, the Big House is more than just a wooden structure. It, along with Mary Breckinridge, is also a place in the heart".

Speeches and comments were not the only way people expressed their fondness for the FNS during the ceremony. Mrs. Eliza Rogers, sister of George Wooton, sang the following song she had

written in memory of Mrs. Breckinridge and the Big House. George accompanied her with his guitar. I have included the song below.

*Come and gather round ye good and kindly people and listen while
I tell a tale to thee,
how the Frontier Nursing Service of the mountains settled in the hills
of Leslie County.*

*Now a lady from the city came a calling, from a rich aristocratic
family known as Mary Breckinridge of fame and fortune ,
she saw a need to service a people proud and free.*

*For when Mary came looking for some new land to build a clinic for
the moms and babes,
for miles she rode through rough untraveled woodlands, this must be
God's own country, so she said.*

*Soon she found a place and men to build her cabin, built it strong and
sturdy for to stay,
and here it stands today a thing of beauty, and proud we are that she
chose to come our way.*

*So here she spent her life as did her nurses, God bless this house and
bless them one and all,
and bless each nurse and courier who came after Mrs. Breckinridge's
call.*

After the speakers shared their remarks, Mr. Mark Barnes, from the National Park Service in Atlanta Georgia, gave his comments and presented the plaque which now hangs prominently outside the building.

Several of our guest speakers and visitors joined us for a wonderful dinner of turkey, dressing and other trimmings prepared by Cassie. This was a nice finish to a very memorable day at Wendover.

-Barb Gibson

Speakers from the Dedication ceremony



Eliza Rogers and George Wooton



Carol Crowe-Carraco



Miss Jane Leigh Powell



Mr. David Morgan and Mr. Mark Barnes



Dr. James Klotter



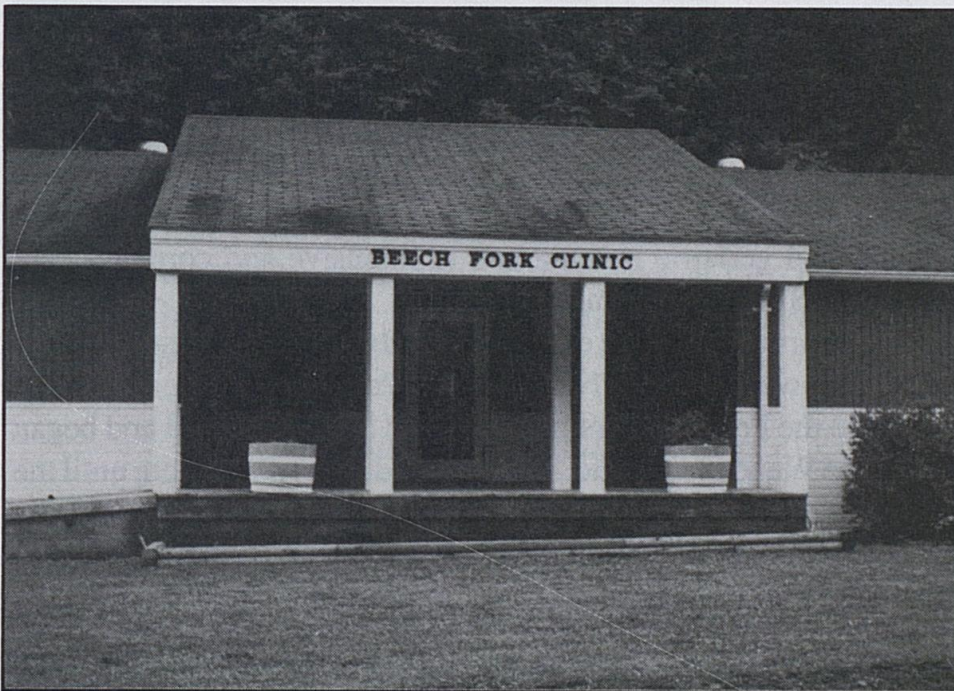
Dr. Anne Wasson

FNS Consolidates Clinics

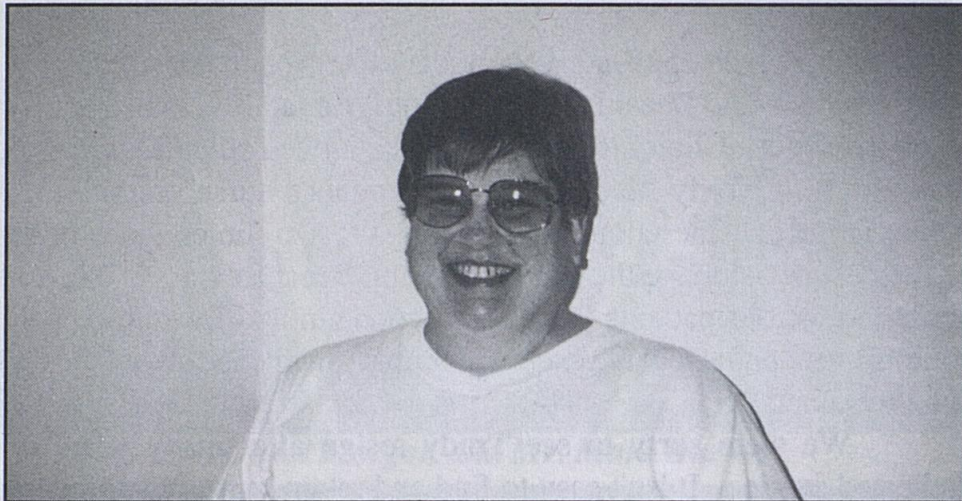
On March 15, 1993, FNS made a decision to consolidate its Pine Mountain and Beechfork Clinics into one facility, to be located at the Beechfork Clinic's current site. The move coincides with the resignation of Trudy Morgan, Pine Mountain's nurse practitioner. After careful consideration, consolidating the two clinics appeared to be the best decision for the Pine Mountain, Beechfork area. We are hoping all of our patients from Pine Mountain and Beechfork will continue to benefit from the excellent primary medical care our nurses and physicians offer.

We were sorry to see Trudy resign after many years of dedicated service. It isn't easy to find and retain nurse practitioners like Trudy. She has managed the Pine Mountain Clinic since 1981 and has been a nurse practitioner with FNS since the 60's.

-Barb Gibson



Beechfork Clinic now consolidated with Pine Mountain Clinic

FNS Employees

Sharon Koser

In this issue, we would like to pay tribute to two of our employees, Sharon Koser and Wanda Feltner.

Sharon Koser is originally from Seattle, Washington. She studied nursing and graduated from the University of Washington. From 1965 to 1967 she was a psychiatric nursing clinical instructor in Salem, Oregon at the Oregon State Hospital and then moved to Chicago. From 1967 to 1969 she worked in general medical/surgical, pediatric and geriatric nursing and in intensive and coronary care units at the Swedish Covenant Hospital.

Sharon first heard of FNS through a nursing friend, Darlene Wilke, who was a RN at FNS in the 1950's. Sharon made a decision to come to the Frontier Nursing Service in the fall of 1969 and began work at the Wendover Clinic. She was the district nurse there until the clinic closed in 1976. While still working at Wendover in 1972 she enrolled in the Frontier School of Midwifery and Family Nursing to become a Family Nurse Practitioner and was one of the first to take the national certification exam for Family Nurse Practitioners. After the closing of the Wendover Clinic, Sharon worked at the Beechfork and Wooton Clinics. She then became the district float nurse, and in August, 1990 she became the District Clinics Manager. Among her accomplishments she was included in Who's Who in American Nursing for the 93-94 year for significant contribution to nursing.

Sharon has very strong feelings about the Frontier Nursing Service and the people of this area. She says it is because of the people that she has stayed this long in Kentucky (23 years). She was impressed when she first arrived here at how the people learned to survive during the hardest of times. She has seen people plowing corn with a mule all day on the side of a hill and never complain about it. She admires and respects the people's inner strength they get from their strong mountain roots, strong family ties, and their faith in God. She feels the mountain people were born with more "common sense" than any other people she has met, in the way that they can cope with any situation. She sees them as having great wealth and riches in tradition, culture, talent and family closeness.

Sharon has always wanted to live on a farm and since moving to Kentucky she has satisfied that longing by learning how to do things like horseback riding, fishing, hunting and digging for ginseng, working in a garden and helping build her own home here. Sharon loves nature and loves listening to the birds calling each other. She also said the change of seasons here in Kentucky is so distinctive that it fascinates her.

Sharon loves the Frontier Nursing Service and feels the service has made an impact on the younger people in this area to go into the medical field. Without being inspired by the FNS some of them probably would not have chosen this profession.

I really enjoyed talking with Sharon and listening to her reminisce about FNS. She feels a very special love for FNS and obviously it is a part of her. Thank you Sharon for your commitment to this great organization!

FNS Employee-*Wanda Feltner*

Wanda Feltner has worked at Frontier Nursing Service for 23 years. She started working at the old hospital in April 1970 as a nurse aide and has since worked on the medical surgical and obstetrics floors and in the clinics. She now works in the Hyden Clinic, emergency room and is on call as a scrub tech for the operating room at the Mary Breckinridge Hospital. Before coming to FNS she worked with the postal service and at a clothing store.

I asked Wanda why she had not attended nursing school



Wanda Feltner

because I have always thought she had the caring for patients that all nurses should have. Wanda said she would have loved to have become a nurse but circumstances did not allow it. She became a wonderful nurse aide instead.

Wanda was born in Leslie County but moved to Perry County at a very early age. She moved back to Leslie County in 1964 when she married A.B. Feltner. They have two children, Bill and Shirley both of Michigan.

Wanda says this organization has been a part of her life and she plans to continue working here until she retires. Thank you Wanda for your many years of hard work!

Notes from the School

I am 30,000 feet above the continent, and my spirits are just about as high! I am on my way back to Kentucky after spending a week at a most exciting conference in Vancouver British Columbia.

Almost 5,000 midwives from 82 countries attended the 23rd Triennial International Confederation of Midwives to discuss the theme: "**MIDWIVES: HEAR THE HEARTBEAT OF THE FUTURE.**" Frontier School of Midwifery and Family Nursing Faculty Ellen Craig, Deirdre Bledsoe, Penny Armstrong, Kathy Carr, Cynthia Goetz, Debra Frank and I were joined by Dr. Ruth Lubic and several recent CNEP graduates as we participated in the strong United States contingent; many CNEP students were there as volunteers, working as pages and interpreters. We were proud to don FNS uniforms for the opening ceremonies and amazed at the international recognition we commanded. The heritage of the Frontier Nursing Service is so important to the School as we advance into the 21st century.

The meetings were off to a marvelous beginning with the announcement on May 10th of the legalization of midwifery in the Province of British Columbia! Dr. Barbara Kwast gave the Keynote Address, telling of the good news and the bad; she set the tone for the work of the congress. Kwast reviewed the first decade of WHO's **Safe Motherhood Initiative**, concluding that the concept of reproductive rights and advocacy for women remains central to maternal health. Five hundred thousand women die each year in childbirth; there has been no amelioration of this tragedy during the last ten years, even though 75% of maternal deaths are preventable. Dr. Kwast called upon midwives to come out of the hospitals and move back into the communities where they can be most effective. Dr. Raa Lingaswami of UNICEF made this abundantly clear when he spoke of the hundreds of thousands of lives that could be saved with simple micronutrients like iron and iodine. Midwives have the tools to reach the goal of reducing maternal mortality 50% by 2000 A.D. "They are prepared to provide simple, appropriate and cost effective care." Several speakers reminded us that "...if midwives are the lynchpin in Safe Motherhood, they must maintain the highest levels of competence." Stella Mpanda, a midwife teacher from Tanzania, told us about the AIDS epidemic in the countries of Africa, where this

infection is the leading cause of death of women between the ages of 17 and 25; there will be ten million AIDS orphans by the turn of the century.

The challenge for the world's midwives is formidable, but the ICM reinforced our dedication and gave us the vision to forge ahead. It is clear that the goal of the American College of Nurse-Midwifery **10,000 midwives by the year 2001** is right on target. The Frontier School of Midwifery and Family Nursing and CNEP are positioned to play an increasingly important role in achieving that goal and, in the words of Dr. Kwast, "...we are part of our future!"

- *Judith Treistman*

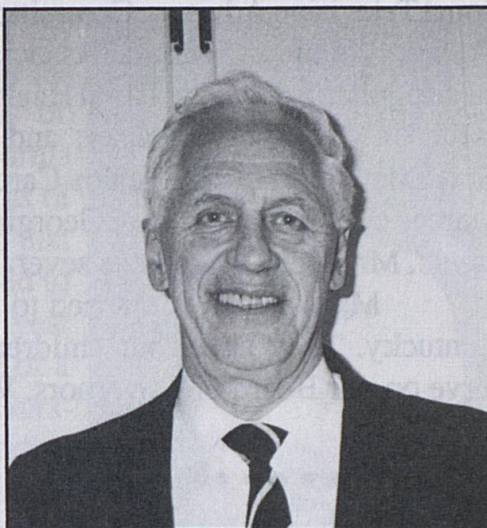


Ellen Craig, Faculty; Judith Treistman, Director of FSMFN; Deidre Poe, Faculty; Joyce Thompson, President of ACNM; Ruth Lubic, Director of Maternity Center Association and Kathy Carr, Faculty.

Meet Robert L. Johnson-New Board Member

During the April Board meeting, Mr. Robert Johnson was appointed a member of the FNS Board of Governors.

Mr. Johnson joins us with a long history of management and experience in the medical field. Some of his previous positions were: Public Health Educator in training at various health departments in New York State during 1949 and 1950; Student, on fellowship at the department of Public Health, School of Medicine at



Mr. Robert Johnson

Yale University, New Haven, Connecticut from 1950 to 1951; The Assistant Director of Health Education at the Erie County Health Department, Buffalo, New York from 1951-1953; He was the Health Educator at the Rip Van Winkle Clinic, Hudson, New York from 1953-1958; Founding Executive Director of the Medical Foundation, Boston, Massachusetts from 1958-1960; Director of State and Local Services at the University of Kentucky Medical Center, Lexington, from 1960-1965; Vice President for Student Affairs of the University of Kentucky, Lexington, from 1965-1968; Vice Chancellor for Student Affairs at the University of California at Berkeley from 1968-1969; Vice Chancellor for Administration at the University of California from 1969-1970; Vice President for Administration at the University of California from 1970-1972; Vice President for Student Relations at the University of California from 1972-1976; Founding President and Chief Executive Officer at the National Center for Health Education, San Francisco, California from 1976-1978; President and Chief Executive Officer at the Appalachian Regional Healthcare, Lexington, Kentucky from 1978-1993.

Mr. Johnson earned his Masters in Public Health from Yale, New Haven, Connecticut and a Bachelors in Health Education from Cortland State Teachers College, Cortland, New York. He is also

professionally affiliated with the American Public Health Association; Society of Public Educators; Delta Omega; Kentucky Educational Television Advisory Committee; Mutual of America's Chairman's Council; Kentucky Hospital Association Task Force on Competitive and Regulatory Reform; Rural Health Initiative Advisory Committee at the University of Kentucky; and serves on the Advisory Board of Graduate Programs in Health Care Policy and Administrations at Mercer University, Atlanta, Georgia. Along with these accomplishments, Mr. Johnson also has several publications.

Mr. Johnson is married to Ruth and they live in Lexington Kentucky. They have four children. We feel honored to have him serve on our Board of Governors. Welcome!

-Barb Gibson



National Association of Childbearing Centers (NACC) Annual Convention - 10th Anniversary Celebration September 30 - October 3, 1993, San Diego, California

"Birth Centers: One Vision - Many Models." The vision is the birth center concept while the models are the many ways the concept is structured. There will be a wealth of pre-convention workshops as well as networking and sessions on business management, clinical issues, managed care, etc. Join in celebrating the tenth anniversary of the founding of NACC and two decades of birth center experience.

NACC will be applying for continuing education program approval from the American College of Nurse-Midwives, the Pennsylvania Nurses Association and the International Childbirth Education Association.

For more information contact: Christine M. Spade, Meeting Coordinator, National Association of Childbearing Centers, 3123 Gottschall Road, Perkiomenville, PA 18074-9546 or call (215) 234-8068

My Experience as a Courier

Butterflies went wild in my stomach as my airplane flew over the congested, traffic-ridden streets of my home in Los Angeles, California and headed east to the mountains of southeastern Kentucky. Having just graduated from college, I wanted to stay clear of textbooks for a year before entering the grueling life of a medical student. The Frontier Nursing Service afforded me the perfect opportunity to test my motives and desire to become a physician, to explore rural health, and to simultaneously experience life in a rural community rich in culture and history.



Heidi Hoffman

Full of anxiety, I left L.A. wondering what my six weeks with FNS would be like. . . Six *months* later my parents wondered if they'd ever see their daughter again! Here I was, still in Kentucky, and having the time of my life.

I came to Wendover intending strictly to be involved in the health-care aspect of FNS. Helping provide basic hygienic care to homebound patients on Home Health rounds was one of many new experiences for me. I certainly have a new appreciation for the care that goes into shaving a man's face! Every Monday and Thursday for six months I could be found at Wooton Clinic, one of three FNS outpost clinics. By the end of my stay I was taking vital signs, doing blood and urine tests, helping with physicals, doing pregnancy tests, answering phones, and helping renovate the clinic! Along with valuing the hands-on experience and admiring the efficiency and quality of care, I will remember the special people I met at the clinic, both patients and staff alike.

I combined my knowledge for health issues and my passion for teaching and worked as a teacher's aide in the Health Services class at the local vocational school. I must have been very excited

about being there since I could drag myself out of bed, shower, and be at school for first period at 7:50 a.m. when (for me) being "tardy" didn't even matter! Whether it be helping the class with anatomy, quizzing a student on the cardiovascular system, monitoring a student transferring a patient from a bed to a wheelchair, or working individually on medical terminology with a special education student, I learned as much myself from this experience as I was able to give.

Once I realized the vast array of things I could get involved in here I felt flustered when I couldn't do it all! One day I spent the morning judging students in a 4-H competition in town, the early afternoon working-up patients at the clinic, the late afternoon tutoring a woman in physiology, and the evening teaching a CPR class to FNS staff at the hospital! Other memorable experiences include coaching the high school tennis teams, helping dust, mop, and scrub the home of an immobile homebound patient, and speaking to sixth graders in a career class about being a courier and a pre-medical student. Although I went to answer questions about my studies and career ambitions I spent most of my time responding to questions about surfers, gangs, Hollywood, the riots, and earthquakes!

Reflecting back on my time at FNS I realize that much of what I take away from here are memories of first-time experiences. While in Hyden I saw my first strip coal mine, learned my first country-western line dance (the "Tush Push"), baked my first loaf of bread, quilted my first pillow, experienced my first snowstorm (20 inches! Remember I'm from sunny CA!), shot a gun for the first time, went to my first "fish fry", and ate my first helping of "shuckey" beans! I also packed and hauled coal up a hill for a woman while a 78-year old man in overalls played the banjo—these "cultural" experiences enriched my life here and were definitely not ones I could have had in Los Angeles!

I cannot do justice to this "Courier Experience" without paying tribute to the wonderful people of Leslie County who made my stay here so memorable. There are few women with purer hearts than Alabam Morgan, who shared with me her love and quilting expertise over fried apple pies and country music. Thanks to Sherman Wooton I leave Kentucky with a wooden bench (made with my own two hands!) and with the amazement that someone still possesses as much unadulterated charm and wisdom. I have also learned that two people

of entirely different backgrounds and lifestyles can have a wonderful friendship, as I leave a new-found and lifelong friend on the Wendover staff. I will forever cherish these months of fun, friendships, service, fulfillment, and personal growth. Although I will unquestionably visit Wendover within the coming months, my courier experience has been so rewarding, educational and inspiring that one day I may return to FNS with my white coat and stethoscope and be ready to go to work!

-Heidi Hoffman

My Experience as a Courier - *Maddy Schreiber*

I first heard about FNS back in high school, when my friend Ellen Shapiro decided to be a courier during the spring of our senior year. I had always tried to picture my friends in what they were doing, but I couldn't picture Kentucky or frontier nurses or anything of the sort. I do remember the stories she told, about learning how to drive standard shift cars, Cassie's banana cream pie, and the beautiful Kentucky spring. I didn't think too much about it until this past winter, when I knew I wanted to take time off between working and going back to school. So I called Ellen, who at this time had traveled around the world and back, and asked her what I should do in the time off-go to Israel, New Zealand? She immediately said "FNS". So I came.

I arrived at Wendover with very few expectations of the place or the type of work I would be doing. Since my undergraduate degree was in geology, I was very interested in geologic aspects of Kentucky and the host of environmental problems associated with strip mining and carbonate terrain. Within hours of my arrival, I was told that George Wooton, who is very involved with FNS and has been a great friend to the couriers, gave tours of the strip mine on the other side of the mountain. Right then I knew I was going to like it here!

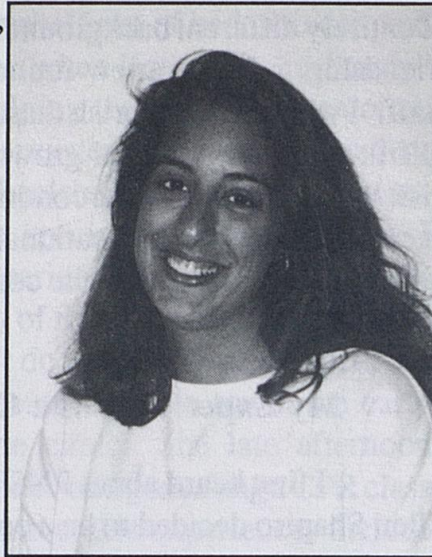
Within my first week here, I was confronted with a host of areas in which I could participate, from working up patients in the clinics to helping teachers in the school system. Since I faint at the sight of blood, I decided to focus on high school education. I began to work with science teacher Mary Asher, one of the most energetic people I have ever met. In Mrs. Asher's classes, I have learned

tremendous amounts about teaching, not only the factual information, but also the ways in which to get kids excited about learning. To teach about flight, she had the kids design (and race) paper airplanes, forcing them to really think about air motion and center of gravity. As I have always thought about going into high school science education, she has been a true inspiration.

Another aspect of being a courier that I have enjoyed is my time spent on Home Health rounds with Mae Bowling and Phyllis Morgan. Both Mae and Phyllis encouraged me to help them take blood pressure measurements, bathe patients, etc. I felt very welcome into the homes of their patients, and spent much time sitting and chatting with patients and their families.

The best part of my experience has been the friendships that I have made with Mrs. Asher, Mae, Phyllis, Linda Stephens, the Wendover and midwifery school staff, George and Sherman Wooton, Alabam Morgan, and especially the couriers. Although I didn't know any of other couriers beforehand, I feel like they are old friends. I know I will return to Wendover someday, maybe as a visitor, maybe as a courier, maybe as the resident hydrogeologist! Who knows!!

-Maddy Schrieber



Courier News



Couriers

Since December we have had a number of exciting and interesting couriers volunteer their time at the FNS.

Andrew Shailer, New Jersey, came to us from Interim Programs and worked in the elementary schools. He is undecided about college and is exploring various occupations for a while. He left in December.

Emily Sweet, New York, heard of our program in the book Our Bodies, Ourselves and from students at Oberlin. She took the semester off from Oberlin to explore women's health care. She returned to college in January.

Jim McHale, Santa Barbara, California, is a graduate of Dunn School. He took this year off to explore career opportunities. Jim worked in the elementary schools tutoring and coaching sports while he was here. He left us in December.

Rachel Garber, Putney, Vermont, is an anthropology graduate of Hampshire College. She heard of us through Amy Behrens and Liza Pintz (former couriers). She worked in the elementary school system and at the Hyden Clinic. Rachel left in January and is now in Maine working for an environmental group.

Courtney Randleman, Elkin, North Carolina, graduated from Guilford College in North Carolina with a religion major/English Minor. She tutored, worked in the clinics, went on home health rounds and helped in the library at the Frontier School of Midwifery and Family Nursing. Courtney left in March.

Emily Davis, Tenafly, New Jersey, found out about FNS through the Career Office of Smith College where she graduated in June of 1992. She arrived in October and left in May. She has been the acting courier coordinator since January as well as doing home health visits, observing on the obstetrics floor at the hospital, working at the Beechfork Clinic and tutoring at the Stinnett Elementary School. Emily will be attending the New York University School of Nursing this fall.

Heidi Hoffman, Rolling Hills, California, heard of us through Stanford University from which she graduated. She was here in the fall and returned in January until May 1st. Heidi worked in the vocational school, coached tennis, went on home health visits and worked at the Wooton Clinic during her stay here. She will be attending Tulane Medical School, New Orleans this fall.

Beth Groff, Camp Hill, Pennsylvania, came to us through the Career Counseling office of Williams College from which she graduated. She has been involved with tutoring, home health and observation in our clinics. Beth plans to attend medical school at Case Western Reserve in Cleveland, Ohio. She left in May.

Maddy Schreiber, New Haven, Connecticut, heard about us from former couriers Ellen Shapiro and Sarah Smith. She is a Yale graduate in geology and took a year off before going to Wisconsin for graduate school. While here she has worked in the high school, home health, and at the Frontier School of Midwifery and Family Nursing. She left in May.

Jennifer Randall, Mount Sinai, New York, graduated from William Smith College and heard of us through their Career Development

office. While here she did tutoring, assisted with the Head Start Program, and audited classes at the Frontier School of Midwifery and Family Nursing. She left in April to work on a farm in New York.

Jason Moss, Lincoln, Massachusetts, came to us through Interim Programs. He is taking time out from college and plans to be with us until August. He is working in the school system, observing our doctors, going on home health visits and will be the acting courier coordinator from May to August.

Lys Rogers, Keene, New Hampshire, graduated from Fall Mountain in Langdon, New Hampshire. Prior to coming to FNS she worked at the Perkins School for the Blind in Boston. She is working with the special education classes at Stinnett Elementary School and going on home health visits. Lys plans to stay until August and then will attend the University of New Hampshire.

Karen Cummins, Tallahassee, Florida, graduated from Guilford College in North Carolina with a degree in Sociology. She is taking a year off from school to think about career opportunities. She is tutoring, going on home health visits and observing on the OB floor at the hospital. She plans to stay until mid-July.

I heard recently from **Susie Quinlan**, former courier, 1992, and she hopes to be able to return this summer for a couple of months. We are excited about her plans and hope everything works out.



Martha Prewitt of Michigan died in December. She was married to Mrs. Mary Breckinridge's youngest brother, Clifton, and was Mrs. Breckinridge's first secretary at the Frontier Nursing Service. She was a supporter and friend of the FNS.

Beyond the Mountains

This is the fifth spring I have had the opportunity to be in the mountains. My wish for all our dear friends and supporters is that each of you will at some point be able to experience the flowering mountains. This year the redbud and dogwood were in full bloom together, a heavenly reminder of God's love for beauty.

The Frontier School of Midwifery and Family (FSMFN) Nursing Board of Directors met in Lexington in January with the Administrative Council of the FSMFN. Many thanks to Dr. Judith Treistman, President and Programs Director, Hyden, Kentucky; Kate McHugh, Academic Director, Philadelphia, Pennsylvania; Penny Armstrong, Clinical Director, Lancaster, Pennsylvania; and Kathy Carr, Development Director, Seattle, Washington, for attending.

January 25 and 26, I attended the Miami Valley Chapter meeting of the National Society of Fund Raising Executives. This conference was attended by personnel from many different agencies. It served as a reminder to me of the great philanthropic nature of our society. So very many things are accomplished because of the generosity of Americans. Historically and today, the FNS would be unable to carry out our mission without the support of our friends and supporters. Many thanks!

The Mary Breckinridge Healthcare, Inc. Board of Directors meets in Hyden, Kentucky once each month. Many thanks to Mr. John Henry Sizemore, Hyden, Kentucky, whose common sense and practical pointers help to keep us focused. Many thanks to Mrs. Floyd Hines (Nancy), Mr. Kenneth Tuggle and Mr. John Foley who faithfully drive to Hyden to volunteer their good judgment and sound recommendations to the staff.

Mid-February found Mr. David Southern, Chief Operating Officer for FNS, Inc. and acting administrator for Mary Breckinridge Healthcare, Inc., Mr. Ken Tuggle, Board member and partner with the law firm of Brown, Todd & Heyburn, and me in St. Petersburg, Florida attending Legal Issues and Planning Strategies for Hospital/Physician Relationships. Although attention in our country is focused on proposed health care reform by the Clinton administration, we struggle with the daily, mundane issues that constantly erupt. This conference focused on issues such as mix of physicians, bylaws, recruitment and staff issues.

March 25, Miss Barb Gibson and I traveled to Berea College to attend the Berea College Appalachian Fund meeting, chaired by Dr. John Stephenson President of Berea College. This was the first opportunity Barb has had to attend this meeting, and she was quite impressed with the content. Each year, Mrs. Judy Stammer brings together the recipients of the Appalachian Fund monies. Over the course of an afternoon and a morning, one person from each funded organization shared briefly their ongoing work. The organizations in Kentucky Appalachia are spread out and separated by mountains. Therefore, we often do not know what is happening across the mountains. This is the one time in the year when we have the opportunity to share stories and successes.

The Board of Governors met at Wendover April 16 and 17. The dedication of Mary Breckinridge's home "The Big House" was a touching event. Many thanks to those employees, local citizens and visitors from beyond the mountains who attended. A special mention and thanks to those who so graciously spoke: Mr. C. Allen Muncy, County Judge Executive of Leslie County; Dr. James Klotter, member of the FNS Board of Governors and Kentucky State Historian; Mr. David Morgan, Kentucky Heritage Council; Mrs. Carol Crowe-Carraco, Professor of History at the Western Kentucky University; Miss Jane Leigh Powell, current Chairman of the FNS Board of Governors; Mr. George Wooton, former Leslie County Judge; Dr. Anne Wasson, member of the FNS Board of Governors and the Frontier School of Midwifery and Family Nursing Board of Directors, and chairman of the Mary Breckinridge Healthcare Home Health Advisory Committee. Dr. Anne also practiced at FNS from 1969 until her retirement in 1983; Mr. Mark Barnes, National Park Service, Atlanta, Georgia and Mrs. Eliza Rogers, Lexington, Kentucky who sang a song she had wrote about Mrs. Breckinridge.

On Sunday, April 18, I had the honor to speak at the annual Frontier Nursing Service Breakfast of the Daughters of Colonial Wars at the Mayflower Hotel in Washington, D.C. A special thanks to Mrs. William Hudgins, National President, Mrs. Winsted Buckner, Corresponding Secretary, and Mrs. Roberta Watts, National Project Director, for gathering many of the officers together the evening previous to the breakfast for quiet conversation. The past and ongoing generosity of the DCW's is cherished by the FNS. I am very excited to report that the 8th annual meeting of the DCW's will again be at Wendover this October 15, 16, and 17th.

April 29, Miss Jane Leigh Powell and I traveled to Perkiomenville, Pennsylvania to discuss the possibility of establishing a birthing center at the Frontier Nursing Service with Mrs. Kitty Ernst. The Board of Governors has established a task force to implement a nurse-midwife birthing center, and the Board has approved funding a contract with the National Association of Childbearing Centers (NACC) in order to best accomplish the mission. Mrs. Ernst serves the FNS in the Mary Breckinridge Chair at the Frontier School of Midwifery and Family Nursing and is the Executive Director Emeritis of the NACC. Miss Powell and I left with a sense of excitement regarding this project.

FNS Board members Dr. Anne Wasson and Ken Tuggle accompanied me to the Kentucky Derby Party of the Boston Committee of the Frontier Nursing Service. Mr. and Mrs. Dudley Willis, for the tenth year, opened their beautiful Charlescote Farm in Sherborn. A special thanks to the officers of the Committee: Mrs. Nicholas LaVerghetta, Chairman; Mrs. George H. Carroll, Treasurer; Mrs. Peter Reinhard, Secretary; Mrs. John Blake, Co-Chairman and Ms. Carlyle Carter, Co-Chairman. The Committee parties would not be possible without the wonderful sponsors: Mrs. John Dawson, Ms. Rose Lee Bloom, Mrs. Charles Chatfield, Mr. & Mrs. George H. Carroll, Mrs. F. S. Deland, Jr., Mrs. Robert W. Hawkes, Mrs. Richard R. Higgins, Mr. & Mrs. Kenneth C. A. Isaacs, Miss Elizabeth B. Jackson, Ms. Jane Clark Scott, and Ms. Mary Howe Shepherd. This was my third attendance at the Boston Party. It is such a thrill for me to now be able to begin recognizing familiar supporters and friends. Many, many thanks for such a marvelous event.

FNS Board of Governors members Miss Kate Ireland, Mrs. Kate Sedgwick, and Dr. Patience White attended the Washington Derby Day Party at the home of Mrs. Jefferson Patterson. This years Honorary Chair was Lynda Johnson Robb. Many thanks to Mrs. Nicholas Hadley and Mrs. Bryan Williams the Co-Chairs for all the planning and hard work that is required for this marvelous day. Miss Ireland and Mrs. Sedgwick expressed how delighted they were to see dear friends of the FNS, especially Mrs. Bryan Wilkins, Mrs. Felix Kloman and Mrs. Richard Todd. Mrs. Kloman and Mrs. Todd are St. Albans Ladies, long time supporters of the FNS.

A special note for those who attended the Washington Party, Mrs. Patterson was in the hospital, but is out and feeling well.

-Deanna Severance

Local Spotlight - Vo-Tech School

Miss Robin Linton is very excited to be a part of the Leslie County Vocational School and of Leslie County. She is originally from Bardstow, Kentucky and has been in Hyden since October, 1992. She formerly worked for the State Department employment agency at Frankfort, Kentucky as Administrative Assistant to the Staff Director at the Council of State Government in Lexington, Kentucky. Her job was keeping track of membership records for government organizations.



Robin Linton

Robin attended school at Eastern Kentucky University and majored in business. She later felt that education would be more rewarding and went back to Eastern and obtained her teaching certificate.

When Robin heard of an opening to teach Business Law and Typing I at the Leslie County Vocational School, she was immediately interested and applied for the job. She is required to have a mentor during her internship for one year and that person is Mrs. Virginia Keiser who teaches Health Services at the School. Mrs. Keiser assists Robin with classroom planning and instructions.

Robin says she really likes Leslie County and plans to stay for awhile. When she returned to the city she said people were not as friendly as the people in Leslie County.

Robin loves teaching and feels that vocational school can prepare kids either for work anywhere in the world or for a specific job or business. Welcome to Leslie County, Robin!

-Barb Gibson

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.

Bridget Francais Ristori died December 9, 1992 at her home in New Zealand. Ms. Ristori was a former FNS nurse in the 1930's at the Confluence district clinic.

Elizabeth Rogers died February 24, 1993 at the Mary Breckinridge Hospital. She was the mother of Virginia Roberts, administrative assistant to Deanna Severance, CEO and Director of Frontier Nursing Service.

Wales W. Wasson of New York died February 18, 1993. He was the brother of Dr. Anne Wasson, Physician at FNS from 1969 til 1983. Mr. Wasson was a supporter of FNS and helped purchase surgical equipment for the hospital in the 1970's.

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:

Mary Katharine Lewis
Missouri Society DCW's

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Kate Ireland
Kathy and Mike Griggs

Mrs. V. Anderson Coombe

Mrs. William Hudgins, Jr.
Arizona Society DCW's

Field Notes

Spring came gently this year. Though Wendover had lots of rain, it didn't spoil the beauty of the daffodils, grape hyacinths, redbud and dogwood which were all in bloom at once. This has been a wonderful year for the wild flowers and they added even more interest to the mountainside.

Before the weather warmed we were able to finish painting four of the Garden House offices and refinished the entire hall floor and stairs. Refinishing the floor was a "mean" project with lots of heavy duty sanding, hand scraping and eye watering varnish but the results are stunning. The floor shines like new and everyone just about tiptoes!

Recently we have been able to reconstruct the fire stairs at the Big House and have also put in a new water line for the Post Office. At the moment we are taking some time out for general maintenance before starting on the summer projects.

This winter being what it was brought only a few people out for tours and a few overnight guests. In April the Board of Governors met and we held the dedication ceremony of the Big House. We're expecting to have several tours this summer.

Sassafras has been on the move again, though this time it was planned. The new barn we had put her in turned out to flood with every rain and never dried out, so we cleaned out the last barn on the drive and she has happily made herself at home. Soon we hope she will be traveling to the Hyden Manor Nursing Home for their annual pet show. We're hoping she comes home with an award perhaps for curiosity.

-Susie Hudgins

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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
Bank One Lexington, NA
201 East 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.

FNS Staff Opportunities:

Current Opportunities include: certified nurse-midwives, family nurse practitioners, registered nurses, x-ray technicians, physicians, and laboratory technicians. For current information or to apply for a position, contact Eva Morgan, Human Resources Manager, Wendover, KY 41775 (phone 606-672-2317)

Couriers and Volunteers: This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a 6- to 8-week minimum period and would like to be exposed to the work of the Frontier Nursing Service. For current information, write Virginia Roberts, Administrative Assistant, FNS/Inc., Wendover, Kentucky 41775 (phone 606-672-2318).

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.

	Estimated Cost
Medical Surgical:	
Suction Equipment	4,500
Emergency Room:	
Instruments	300
Infant Scale	300
Stethoscopes	300
Hyphacator	1,500
Maternity:	
Electronic Fetal Monitor	12,000
Automatic Infant Scale	2,200
Blood Pressure Cuffs	240
Adult Stethoscopes	130
Newborn Stethoscopes	160
Ear Probe Thermometer	1,200
Operating Room:	
HVAC System	14,100
Laboratory:	
Microscope	1,800
Computer	1,800
X-Ray:	
Mammogram Meters	9,000
Hyden Clinic:	
Instruments	300
Infant Scale	300
Stethoscopes	300
Home Health Agency:	
2 Otoscopes	400
Kate Ireland Women's Center:	
Ear Probe Thermometer	1,200
Doppler	600
Community Health Clinic:	
EKG Machine	2,000
Wooton Clinic:	
EKG Machine	2,000
Beech Fork Clinic:	
EKG Machine	2,000
VCR for Patient Health Education	250
Wendover-Human Resources:	
TV/VCR Combination for In-Service	400
Frontier School of Midwifery and Family Nursing:	
Furnishings for Mardi Cottage	5,000
Medical Records Department:	
Lanier Dictating Equipment	62,000

WE THANK YOU
FOR YOUR PARTICIPATION



The Frontier Nursing Service
Wendover, Kentucky 41775

Loose Item

Please send me more information about:

- The FNS Courier and Volunteer programs.
- Visiting and Touring the FNS.
- Books and other literature concerning FNS.
- Change of address.

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

- New
- Renewal

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

Enclosed is my gift of \$ _____



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

Name

Address

City State

Zip

Your Gift is
Tax Deductible

Loose Item

FRONTIER NURSING SERVICE, INC.

Its motto:

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

Issiah 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