

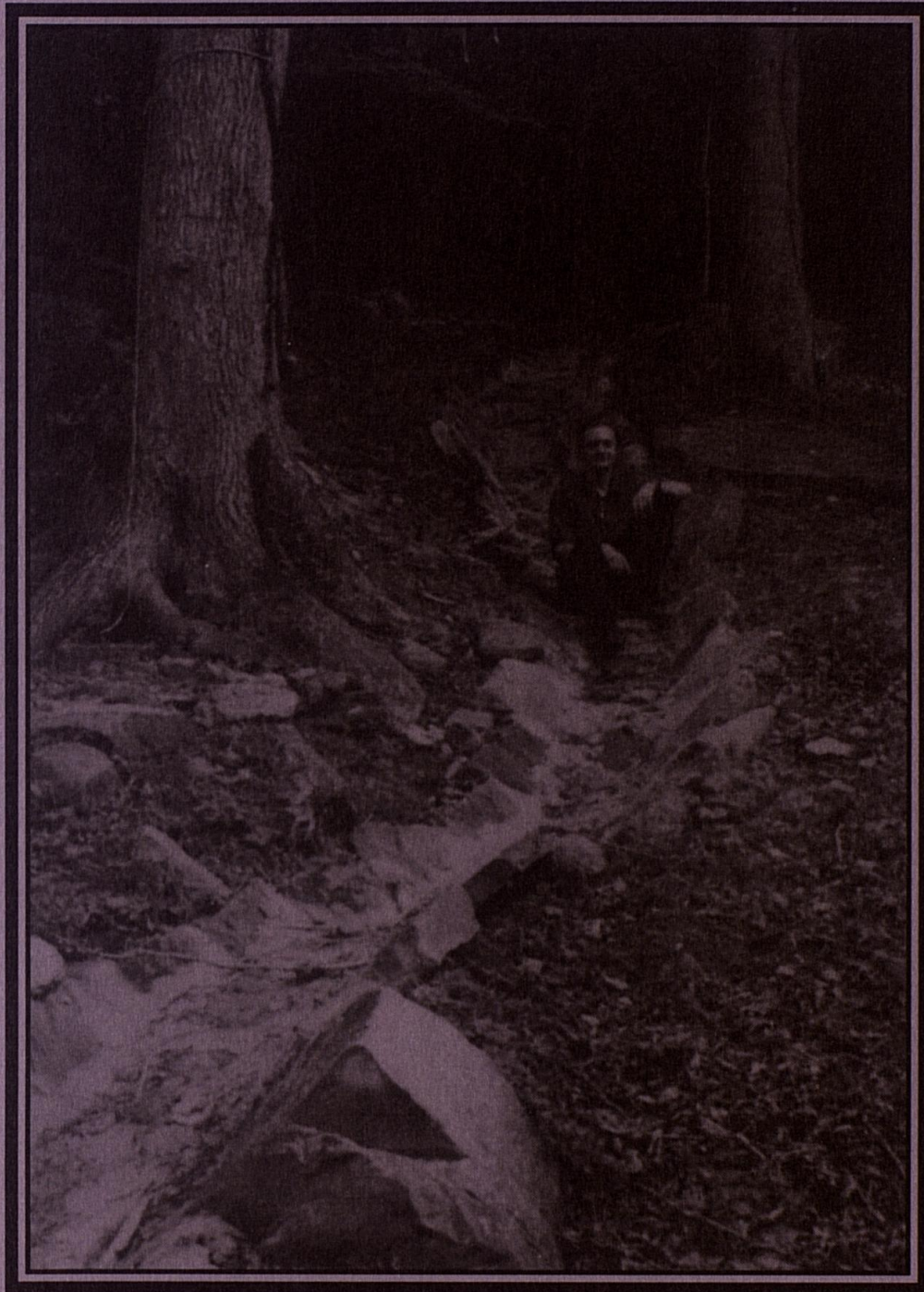
**FNS**

**FRONTIER NURSING SERVICE**

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*Cover photo: Above Garden House - Jeremy Bush enjoying a moment with nature. Photo by Barb Gibson*

**Visit the FNS web site: [www.barefoot.com/fns](http://www.barefoot.com/fns)**

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## The 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. We encourage you to share this Bulletin 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.

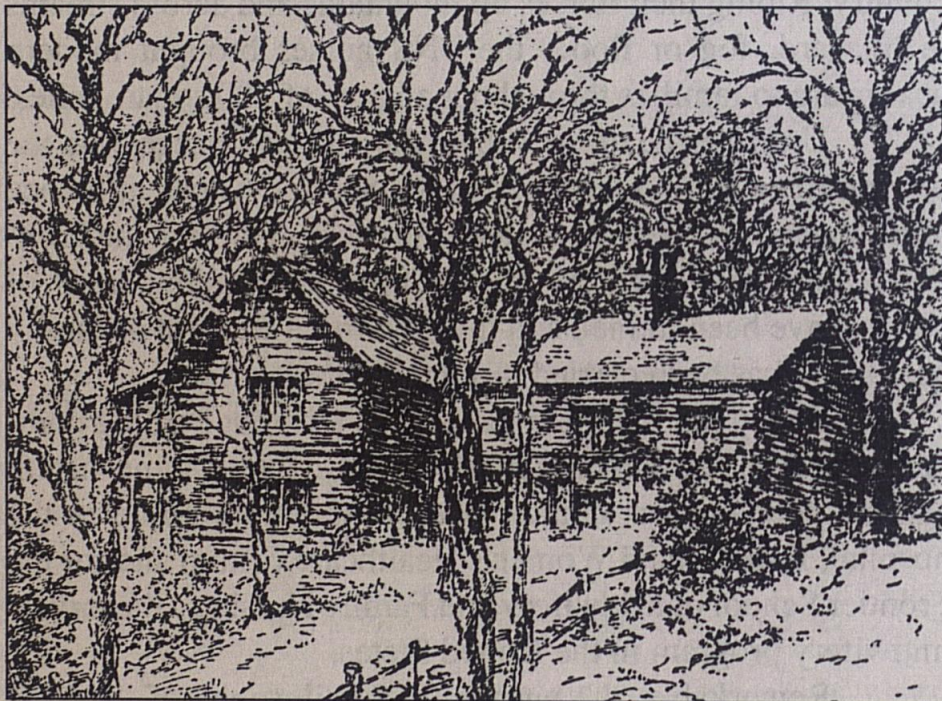
Until her death in 1965, Mary Breckinridge was the driving force behind the work of the Service whose influence today extends far beyond eastern Kentucky. Through the Frontier School of Midwifery and Family Nursing hundreds of nurses have been trained and this important concept of family healthcare has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

Today the FNS is organized as a parent holding company for Mary Breckinridge Healthcare Inc., (home health agency, four outpost 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 FNS*



*Big House - Home of Mary Breckinridge*

### Beyond the Mountains

"Spring, the sweet spring, is the year's pleasant king; Then blooms each thing, then maids dance in a ring, cold doth not sting, the pretty birds do sing: Cuckoo, jug-jug, pu-we, to-witta-woo." *Songs from Summer's Last Will and Testament* (1600) Thomas Nashe 1567-1601

### Weather

My last *Quarterly Bulletin* note ended January 28. Sunday, February 1, my husband Carl and I were delighted to have Georgia Rodes for luncheon. Gaiety marked that beautiful afternoon of sunshine. The next week the snows came! The wet, heavy snow at Wendover brought down trees and resulted in the electricity being out from Tuesday evening until Sunday morning. Our local grocer friends at Food Fair very generously allowed us to move our frozen food to their store which had backup power. Many thanks!

### Presentations

March 3, I was honored to be asked by Ms. Erla G. Mowbray, Associate Professor, and Ms. Tammy Liles, President, to speak to the students at Lexington Community College during Women's History Week. March 12, I had the good fortune to repeat the talk to the Vanderbilt nursing students. Carol Etherington asked me to speak at Vanderbilt. Carol came to the FNS when she finished nursing school in Louisville, and she credits FNS for greatly influencing her nursing life. Carol continues to be active in international work with groups such as "Physicians Without Borders". Many thanks to Carol and her husband, Stan Fossick, for the lovely dinner and evening they showed to Carl and me! I was delighted to be able to share the history of our founder, Mary Breckinridge. Below are excerpts from my talk which were taken from James Klotter's book *The Breckinridge's of Kentucky*:

"Mary Breckinridge's great-great-grandfather was John Breckinridge (1760-1806). He served in the Virginia House of Delegates before moving to Kentucky in 1793. In Kentucky he

served as Attorney General and Speaker of the House. He sat in the 1799 Constitutional Convention and represented Kentucky as a U.S. Senator. Additionally, he served as Attorney General under President Thomas Jefferson. John Breckinridge married Mary Hopkins Cabell. They had two sons, Joseph Cabell Breckinridge and Robert Preston Breckinridge.

Joseph Cabell Breckinridge was Mary's great-grandfather. He was an attorney and served as Kentucky Speaker of the House and Secretary of State. Joseph married Mary Clay Smith, the daughter of the President of Princeton University.

John Cabell Breckinridge, the son of Joseph Cabell Breckinridge and Mary Clay Smith, was Mary Breckinridge's grandfather. John Cabell Breckinridge was married to Mary Cyrene Burch. He served in the Mexican War, as a Kentucky Legislator, a Kentucky Congressman, a U.S. Senator and as Vice-President during the Buchanan presidency. Mr. Breckinridge ran against Mr. Douglas in the Democratic primaries. Mr. Douglas won and went on to be defeated by Mr. Lincoln. During the Civil War, Mr. Breckinridge served as a general in the Confederate Army and Secretary of War.

John Cabell Breckinridge's son, Clifton Rodes Breckinridge, was Mary Breckinridge's father. He was in planting and trade in Arkansas. He married Katherine Breckinridge Carson and spent a decade in Congress. From 1894 to 1897 he served as Minister to Russia. It was to this illustrious, influential Kentucky family that Mary Breckinridge turned when she began the Frontier Nursing Service. The rest is history, as they say!"

#### *FNP Program update*

March 19 and 20, a fourth Family Nurse Practitioner (FNP) curriculum meeting was held at the Lexington offices of the Frontier School of Midwifery and Family Nursing. Thanks to our wonderful, talented consultants Sue Peeples, Marguerite Pike and Chris Banigan (who are also FNS-FNP graduates); our extraordinary, gifted CNEP faculty Susan Stone, Kerri Schuiling, Penny Waltman, and Katheryn Osborne; our friend and colleague Stephanie Kelley from Frances Payne Bolton School of Nursing

at Case Western Reserve University; and our anchor Dr. Anne Wasson, we are making remarkable progress. Susan Stone and I will be interviewing FNP Program Director candidates the second week in May. I am optimistic we will admit students in June of 1999.

### *Board of Governors meeting*

April 17 and 18 the Board of Governors held their quarterly meeting at Wendover. It wouldn't be Wendover in the spring if we did not have a "tide". With the heavy rains, the waters of the Middle Fork rose across the road. The Friday meetings were held in the Dr. Anne Wasson Room at the Frontier School of Midwifery and Family Nursing on Hospital Hill. By the time the Board members arrived for dinner at Wendover the waters had receded. I am happy to say the fence held for the first time!

The Board accomplished much hard work at this meeting. The FNS annual budget is presented in the spring. Our fiscal year is May 1 through April 30. We appear to be in stable financial condition for the coming year. I do continue to be concerned about payments being withheld from Medicaid. As it is now, we receive 61 cents for every dollar we bill for those patients on Medicaid, Medicare and other state assistance.

Perhaps the most important decision made by the Board at this meeting was to not merge with another hospital or sell Mary Breckinridge Healthcare (MBHC). Our long time supporters know that the 1980's were a very difficult time for small rural hospitals with over 700 closing their doors. You, our friends, generously supported our hospital. In 1993, the Board began strategic planning with the single goal in mind of finding a way to ensure that health care is always available in Leslie County. The Board seriously considered a sale to Community Care of America. When that mutually was abandoned, the Board sought guidance of all the major not-for-profit tertiary care centers in Kentucky. The Board has reviewed national and regional trends, negotiated a potential sale, met with other small hospitals, sought the advice of the larger hospitals - left no stone uncovered in their quest to do what is right for our community. MBHC is a major economic

partner in this community, giving people important, meaningful employment as well as ministering to people's health care needs. With all this in mind, the decision was made to continue to own and operate MBHC. Frank Butler, Hospital Director of University of Kentucky Medical Center (UK); Dr. Emory Wilson, Dean of UK College of Medicine; and David Bolt, CEO of Health Associates of Kentucky are the group we are asking to be our strategic partner. This will not be a capital relationship. However, we believe the University of Kentucky can help us continue with our strategic planning into the next millennium.

### *Daughters of Colonial Wars*

Saturday, April 18, I caught a plane to Washington, DC and was delighted to speak on Sunday morning at the Daughters of Colonial Wars (DCW) "FNS Brunch". The DCW have been so generous to FNS. Their gifts have purchased home health vehicles, provided midwifery scholarships, and oh, so much more over the years. But, the baby caps they are knitting continue to be a most inspirational gift to our midwifery students. Each student receives a cap before they enter their clinical rotation. The student gives the cap to their first mother and baby! Thank you DCW!!!

### *Berea Appalachian Fund Conference*

April 22 and 23, Barb Gibson, Jeremy Bush, Leona Roy and I attended the Berea College Appalachian Fund Conference in Berea. Dr. Larry Shinn, President of Berea College, attends the entire meeting, and I always am energized by his words and those of the other recipients of the Fund. Mrs. Judy Stammer has long been the driving force which ensures so many Appalachians are assisted. This year's scholarship recipient Leona K. Roy, CNEP student, gave a very touching speech regarding her appreciation of the assistance she received from Berea.

### *Blacklight Films*

April 28, Mark Marshall, Louis Schwartzberg and their film crew with Blacklight Films filmed home health nurse Mary Hensley and community member Judy Baker. Louis and Mark's





*Jeremy Bush, Leona K. Roy and Judy Stammer at Berea College Appalachian College Conference*

project is **TIMESCAPE**. They have been across the United States filming ordinary people who do extraordinary things. As Mark Marshall explained to me, Louis Schwartzberg initiated the idea of an optimistic, hopeful film for the millennium. "A breakthrough theatrical film event, **TIMESCAPE** captures the essence of America's cultural diversity in sight and sound. It is a celebration of America . . . its land, its people, its music, a joyous live action 'Fantasia' in which all Americans play a part." We wish them luck!

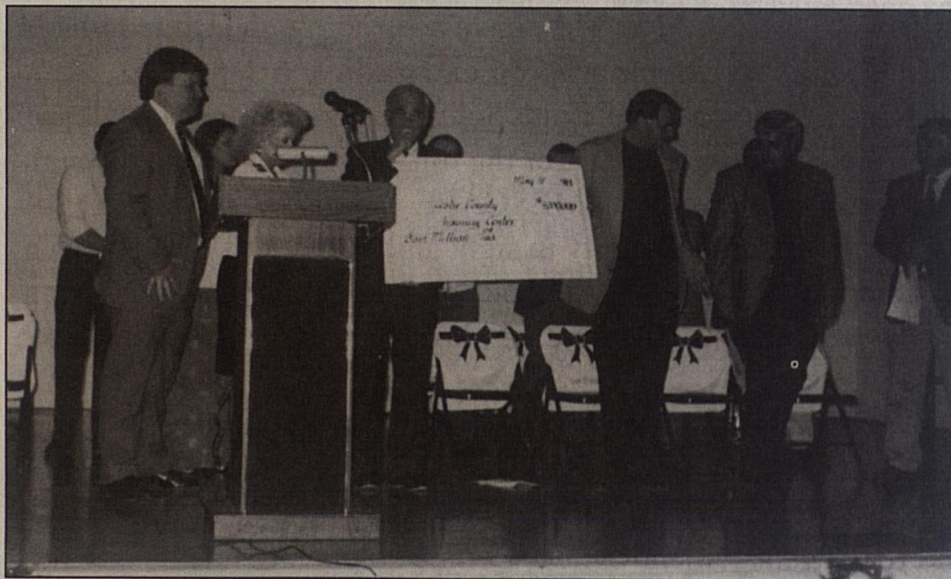
#### ***Hazard Community College Groundbreaking***

Barb Gibson and I, along with MBHC Assistant Administrator Virginia Gross, Medical Records Director Mallie Noble and Risk Management Officer Connie Napier attended a groundbreaking ceremony for the Hyden campus of the Hazard Community College. The Honorable Paul Patton, Governor of the State of Kentucky, presented the Leslie County Fiscal Court with \$4 M for the renovation of the old Hyden Elementary School. This will offer local people the opportunity to take certain college courses closer to home.

Gus Alfaro played the national anthem at the ceremony on the trumpet and did a beautiful job! Gus is the son of Kathy Pennington in Accounting.



*Gus Alfaro and his mother Kathy*

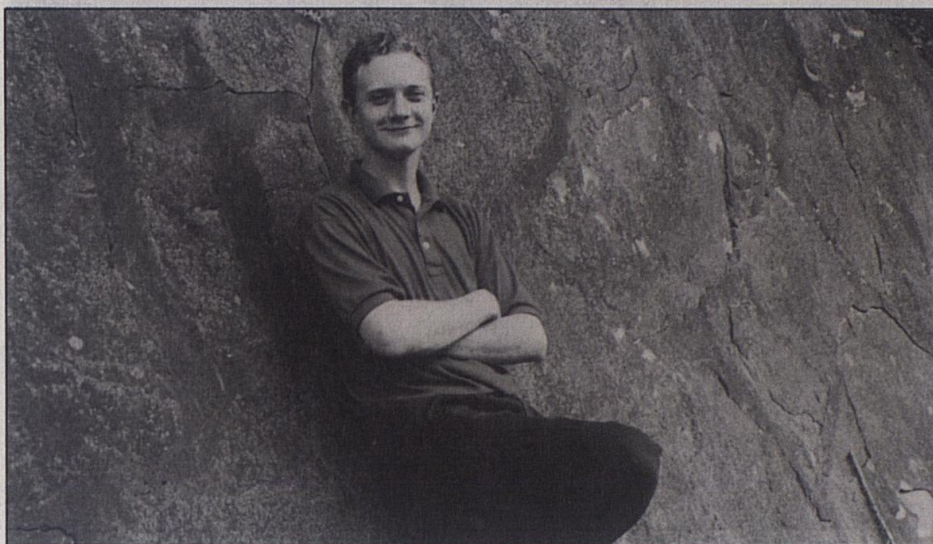


*Governor Paul Patton - (holding sign)*

### *Thanks*

Many thanks to our friends for the fantastic support you provide to the FNS. May all of you, our dear readers, have a lovely summer!!

*-Deanna Severance, CEO*

**Wendover News***by Jeremy T. Bush***Weather***"April is the cruelest month" (T. S. Eliot, The Waste Land)***Monsoon Season**

We have made it! All of those slippery, horrid images of snow have been erased from all of our minds. We do not have to worry about two feet of snow, trees crashing down into our homes, and power outages that last for weeks . . . or do we?

The past few weeks of late April and early May have ushered in a completely new meteorological obstacle for us here at Wendover. We now have days upon days of teary, dreary, drenching rainfall. Sure, we have green trees and flowers bursting with radiant blooms, but who can enjoy them in heavy rain, wind and fog? This is what I call the Monsoon Season in eastern Kentucky.

**High Tide on the Middle Fork**

My wonderful American Literature Professor, Dr. Ted Olson of Union College, and his friend, Monica Luke of The Thompson Foundation, were recently trapped at Wendover after several days of strong, steady rainfall. The Middle Fork of the

Kentucky River, which passes only yards from our beloved Wendover, overflowed its banks and engulfed Wendover Road. No one was hurt, only stranded, by this incident.



### *High Tide on the Middle Fork*

#### *The Four Kentucky Winters*

Four Winters? Yes, we have four distinct Spring "winter" patterns that usher in Monsoon Season here in Kentucky. These "winters" are merely successive periods of cold weather that bring 45-50 degree daytime temperatures and lots of rain to us here in the mountains. The names of these "winters" are based on various trees and bushes that bloom at different times in a particular order. "Sarvis Winter" is based on the white blooms of the Service tree (which always blooms first). "Redbud Winter" follows and is based on the pink blooms of its namesake, the Redbud tree. "Dogwood Winter" is next and named after the Dogwood tree. Finally, there is "Blackberry Winter" which is named after the blooms of the ever fruitful Blackberry bushes. I had originally thought this knowledge was only used in any official sense by mountain people and their many descendants. However, much to my surprise and delight, I heard "Dogwood Winter" announced on our local NPR (*National Public Radio*) station, not long ago.

### *Ellis Island at Wendover*

As many of you can tell, I absolutely love animals. Many of the animals here at Wendover are refugees of some foreign land (Hurricane, Hyden, Beech Fork, etc). My dearest little feline friend, Peach, was a poor stray when he found Wendover. Trish was nearly dead when Susie rescued her from the cold, cruel world. Ruby, Karen's German Shepherd, was abandoned on the steps of the Wendover Post Office. The newest member of this family of cast aways is Wendy. Wendy is a small dog with a dominant Border Collie bloodline. We found her just last week wandering around Wendover. She was so sweet that I couldn't help but adopt her and take her home with me. I guess that Wendover will always be a safe haven for poor, helpless creatures that need gentle love and care.

### *A Memory from the Past*

I found the following feature in the Summer, 1955 edition of the *Quarterly Bulletin* written by Mrs. Breckinridge:

"In the spring of this year Paddy was seventeen years old. Years young - in spirit. He always wanted to follow the other Wendover dogs on walks, climbing mountains, chasing stones and sticks. In May he enjoyed a swim in his beloved river.

Paddy was gay and gallant and loving to the end, in late June, when he went quickly and with his friends by him. We are sure there were FNS friends - both people and dogs - waiting to welcome him on the Other Shore".

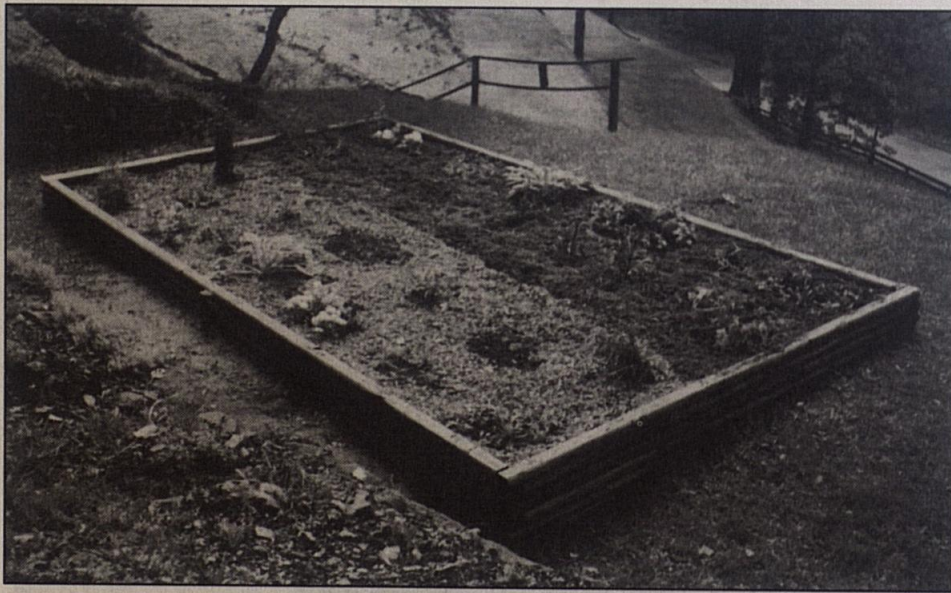


### *Wendover Grounds*

Mrs. Richard B. Kemp recently made a donation for a flowerbox near the Big House to be filled with flowers in memory of her late husband, Mr. Richard B. Kemp. The flowerbox has been filled with many different kinds and colors of flowers. There are Glorious Daisies, Montana Blues, Spiderworts, Coreopsis, Violet Queens, and a host of other perennial explosions of color. These flowers will spread and cover the entire flowerbox creating an organic splash of color across a green canvas. Mrs. Kemp can be proud that such a wonderful expression of love will bloom year after year praising the memory of her dear husband.

I took a brief tour of the Wendover Gardens on May 6. Junior, Christine, and Linda were working hard to fill the gardens with beautiful flowers and green vegetation. I must say that I have never seen such rich dirt around here as the soil in the Wendover gardens. It looks so wonderful that I had to resist the temptation of just touching it. Our team is certainly doing a fine job!

We are glad that Dr. Anne has returned to Wendover after a brief illness and stay in Mary Breckinridge Hospital. She will once again be able to keep sticky fingers away from those juicy strawberries and oversee the Wendover Gardens. We love you Dr. Anne!



*New flowerbox at the old cabin site*

### *Susie Hudgins Stewart update*

Susie recently came to visit us here at Wendover with many surprises. The first and most shocking of these was our poor little Trish. She has recently been sheared. When I say sheared, I mean "sheared". The Vet sure went wild with the clippers when he laid hold of her! Susie was a bit jarred from the sight of a slick, de-furred Trish, but quickly recovered from her immediate state of shock.



*The "de-furred" Trish*

Susie also had a sight for us to see . . . her new husband! During May, she got married to Mr. Brad Stewart (her former husband and long-time friend).

Susie has been doing exceptionally well. She is now living on Jekell Island in southern Georgia. She is also in the middle of a huge remodeling project of her new home. We would like to congratulate Susie and wish her the best in her wonderful new life.

### *"A Picture is Worth a Thousand Words"*

Not long ago I wrote about our extravagant drain and rock work, but failed to produce a picture. I now have a wonderful picture of this finely crafted masonry.



### *Preservation Work at the Big House*

I have been working on a huge preservation project at the Big House replacing many of the old, original photographs and manuscripts, that are continually on display, with exquisite reproductions. This will help ease all of our minds on the security of Mrs. Breckinridge's precious items and photographs. The originals will be sent to the University of Kentucky Archives where they will be stored and protected from heat and humidity, two devastating factors in preserving old paperwork. Many people do not understand the awful heat of southeastern Kentucky in the summer time and the intense humidity that an old house like the Big House harbors during these muggy months. These factors, coupled with the constant threat of theft and abuse, warranted a full-scale preservation project. When the project is finished, everyone can still enjoy the wonderful works of the Frontier Nursing Service while the originals are safe in the hands of the experts.



### *Invitation to Visit*

We would like to extend an invitation to our faithful readers, to visit us here at Wendover. If reading about our wonderful work is fascinating, just imagine what it's like seeing it in person! If you are interested, you can call 606-672-2317 and ask for me, Jeremy Bush or the official Tour Guide for more information and travel directions.

If a trip is not possible, why not check out our two web sites? FNS can be found at [www.barefoot.com](http://www.barefoot.com) and the Frontier School of Midwifery and Family Nursing can be found at [www.midwives.org](http://www.midwives.org). These sites offer a wealth of information about FNS, Mary Breckinridge, and the exciting field of Midwifery. Check it out!

### *More Yarn!*

We have had such a wonderful response to our request for unwanted yarn donation. We would like to thank each one of you that sent yarn. Dr. Anne has been knitting like a mad spider for the past few months and has knitted hundreds of sweaters for the Gift Shop. We would like to urge all faithful donors to rally the troops and keep that rainbow of yarn coming! The sweaters generate revenue for Wendover and there are many children who stay snugly and warm in Dr. Anne's sweaters!

**Courier Program News***by Karen Thomisee*

This "Courier Program News" is the hardest one I have ever had to write. I have made a decision to return to North Carolina to attend school in the fall to study photography. Wendover has been my home for two and a half years. I have left other places but I know this will be the hardest.

My decision to study photography means that FNS has helped me see what path my life should take. I came here with a passion for midwifery and for taking pictures. My interests quickly matured from midwifery to the entire nursing field and I knew that somehow I wanted to be a part of it. FNS gave me the opportunity to listen to my own voice and I know that even while pursuing photography, healthcare will not leave my life. I am excited to see how it weaves its way into whatever I end up doing.

I cannot say good-bye to Leslie County because I love it too much. Even more so, I cannot say good-bye to the friends I have made because I want them to stay in my life. The young men and women who have passed through Wendover as Couriers have taught me so much; I feel so blessed to have had them in my life if only for three months. As for everyone else, I cannot name them all: Barb, Sherman, Marilyn for looking out for me, all the Wendover staff, the Hensley's and Hoskins/Brocks for being my family, Eileen and Judy Morgan, Toddy and others at MBHC, Matthew Feltner for all the adventures, and there is not enough I can say about Alabam who is one of my best friends. There are so many others . . . just know that I thank you all.

My advice to all who come back to visit - walk slowly down Wendover road a lot, sit in Hurricane Field and look up at the sky and the mountains that encompass you on all sides, talk to more people and just take your time. I wish I had done more of these things, but I'll be back. I will visit my sister in July in the Central Asian country of Kyrgysatan. I will keep Wendover updated on my adventures. After June write to me at 1260 Piccadilly Drive, Charlotte, NC 28211.

The following will allow you to see the many different areas in which our Couriers become involved. Many of these wonderful people leave FNS with a future goal in mind that arose during their stay.

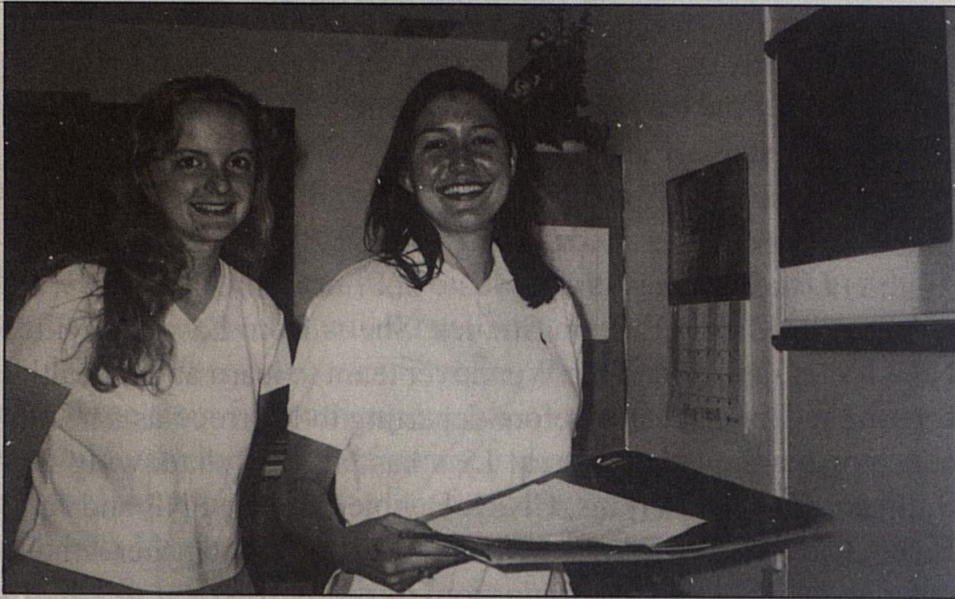
### *Winter Group*

**Lisa Bernasek** is a graduate of Princeton University with a degree in Middle Eastern Studies. She is from Lawrenceville, New Jersey, and joined the Wendover team to learn about health-care in the United States before departing to Morocco as a health educator for the Peace Corps! Lisa has enjoyed shadowing Dr. Sullivan; Cynthia Perkins, CNM; Debbie Hacker, FNP and Jodi Baker, Child Health Educator. Lisa also gets to practice her Arabic when tutoring our friend Huda from Syria.

**Beth Dulany** from Charleston, South Carolina is a nursing student at La Salle University in Pennsylvania. Beth is participating in a variety of health care experiences, including shadowing Beverly May, FNP; Debbie Hacker, FNP for the public health department and Cynthia Perkins, CNM.

**Diana Livingston** came to us from Portland, Oregon, where she will return to attend graduate school in June in order to teach middle school Biology. While in Leslie County she has shared her teaching skills with the Adult Literacy Program and in the Stinnett Elementary School (where she not only conducts a science "Jeopardy" game but also jumps in to play basketball with the kids). Diana's help has also been much appreciated at the Leslie County Humane Society, and she still finds time to take in surgery once in a while.

**Monika Ulrich** is a Sociology student at Brigham Young University in Utah but is from Ann Arbor, Michigan. While in high school Monika spent two weeks volunteering in the Leslie County schools and is still interested in education. While here, Monika is tutoring in Adult Literacy, special education and reading with a kindergarten student. She also volunteers at the Hyden Manor Nursing Home and shadows Home Health nurses and FNP's.



*Monika Ulrich and Beth Dulany - "x-ray run"*



*Diana Livingston and Lisa Bernasek*

### *Former Couriers*

*Cathy Croft (1990)* sent us a wonderful letter about the roads her life has taken since she left FNS. Cathy stayed at Wendover for over a year and has lived and worked with fellow Couriers in Minnesota and Colombia, South America; worked as a health educator for the Peace Corps in Africa; and is now receiving her Masters in International Public Health at Tulane University in New Orleans. Cathy wrote that she could not help but notice how much FNS has played a role in where she is today. She wishes all Couriers good luck with their work.

*Susan Mathew, Mariah Mottley, Jennifer Swisher and Cat Thompson (1998)* have all been in touch since departing.

Susan is taking Hindi language classes and working in Durham, North Carolina, to save money for her fall trip to India.

Cat and Mariah are both working in New York City and have enjoyed visiting one another (they found out that Cat works in the same office building that Mariah's father works!). Cat is preparing to work at an organic farm in Maine in the fall and Mariah will be working as a camp counselor in the summer before attending college.

We all shared in Jennifer's excitement upon learning of her acceptance to medical school. She will be attending Kansas City Osteopathic School of Health Sciences in Kansas City, Missouri in the fall.

The presence of these women is missed very much at Wendover.

**FSMFN/CNEP News**

*by Kerri Schuiling, Acting CNEP Educational Director*

I have the opportunity of writing the FSMFN/CNEP News this quarter as a direct result of our Program Director Susan Stone's work with the FSMFN President, Deanna Severance, to promote and support not only a new program but the renaissance of interdisciplinary education within the FSMFN. Susan's active participation requires her to be traveling at this time and therefore I was asked to be the contributor for this edition. I do so with great enthusiasm!



Susan Stone has been actively working on the Delta Health Education Partnerships (DHEP) for over a year. The goal of this government funded project is to have our CNM students taking core courses (taught at a distance in the Delta) with FNP's and PA's. Traditionally, each of these disciplines were taught in separate classrooms without acknowledgment of the core curricular content that could be shared. The sharing of this curriculum and faculty promotes not only cost-effectiveness, but also enables the professionals within each of these disciplines to come to know and appreciate one another's roles within the health care system. When differences and similarities are explored and understood, the patient receiving the health care service benefits. It is a big project that Susan and the other DHEP members have been working on diligently to make a reality. Our own faculty/regional clinical coordinator, Donna Morgan, CNM, has played a key role in the recruitment of Delta students who will be CNEP enrolled but participating in the DHEP project.

At the same time the DHEP project moves ahead, Susan and I have been working closely with our FSMFN President, Deanna Severance, and the FNP Core Curriculum faculty headed

by Sue Peeples, FNP, CNM, in development of the FNP Program. CNEP is committed to working with the FNP curriculum committee to develop selected courses which will provide core content for both FNP and CNM's. Penny Waltman, Kathryn Osborne and Cynthia Perkins (all CNEP course coordinators) are involved in developing core content from CNEP courses that will be shared with content from the FNP Program.

To add to the challenge and excitement of developing interdisciplinary curriculum, the School's first interactive CD-ROM has been developed, completed and produced by Cynthia Perkins, Heather East, Instructional Designer and myself. The program, entitled, "Dysfunctional Uterine Bleeding: An Interactive Course for the Health Professional" has been approved by the American College of Nurse-Midwives for four contact hours. This interactive program is focused purposely to provide educational content across disciplines. The authors had the opportunity of showcasing the project at the last Board meeting of the School and the program is now available for health professionals to purchase and use. Although working on the project took many hours, it was a wonderful opportunity for growth and creativity!

The excitement of all of this interdisciplinary work within our educational programs is that, once again, FSMFN is leading the way. The January/February Journal of Nurse-Midwifery (JNM) is focused on collaborative practice and interdisciplinary education issues. Identified as one of the biggest barriers to the success of developing interdisciplinary educational programs is the reticence of the faculty to work together. However, when the Program Director and the FSMFN President support the collaborative relationship it enhances the ability of the different disciplines to work together. As pointed out in the (JNM) article by Singleton & Green-Hernandez (1998) interdisciplinary education may better prepare students for the changing health care environment. Our School is fortunate to have such committed leaders and faculty who work at making the future of health care better for the individuals who are the recipients of that care.

### Mail Order Baby

*Reprinted from FNS Quarterly Bulletin Summer 1955, Volume 31, Number 1. Written by Betty Ann Bradbury, graduate of Frontier School of Midwifery and Family Nursing and now CNEP Regional Clinical Coordinator in Lake Placid, Florida.*

Throughout the ages babies have arrived in many ways - some modes of arrival have, indeed, been most incredulous and fantastic to the unimaginative adult mind. But to the young inquisitive minds of the tots of the family these ways seem logical and sensible. If there are any confused young minds around here, because babies come in the nurses' saddlebags or are bought at Hyden Hospital, I have yet to meet them.

I learned just recently of a new and rather delightful way for a new baby to appear on the scene. After registering a faithful and dear friend of the FNS for their seventh pregnancy (she had six husky youngsters all "with the nurses") I asked Laura if she liked to read. When she assured me that she did, I presented her with a pamphlet on "Infant Care" equipped with many nice pictures of babies at all stages of development.

When I went to visit Laura the next week for a prenatal examination, I found her sitting on the bed with her children (aged 2, 4, 5, and 7 the other two not yet home from school) gathered around her, eagerly looking at "the book from the nurses."

"They've picked this here one," said Laura, showing me a picture of a pink, fat, happy baby. "They love hit," she said, smiling. "The young'uns wants me to order this 'un for them."

Every child in the mountains knows what a mail order catalogue is and so here was Laura's way of satisfying the questions of hers. Pick out the baby you want, and send away for it. A sure way to get it. A lot of times the nurse brings her saddlebags, but no baby in them. When Laura's baby did arrive, it was near enough like the picture, so no one was disappointed. Laura winked at me as the children crowded around begging to hold it - their mail order baby!



### **In Memory of Lucille "Thumper" Knechtly**

*"Thumper", originally from Ohio, worked at the Frontier Nursing Service from the summer of 1943 until 1957 as Secretary to Mrs. Breckinridge. She then taught school in Leslie County for twenty years. She retired from teaching and returned to Ohio but moved back to Leslie County in 1989 until her death during November, 1997. Below are excerpts from "Thumpers" book Where Else But Here?*

. . . When I arrived in Hazard, Kentucky, by bus from Cincinnati, Ohio, in the summer of 1943, I was met by two ladies from the Frontier Nursing Service - Marion Shouse Lewis, a courier from Washington, D.C., and Vanda Summers, a British nurse-midwife, then Superintendent of Hyden Hospital.

. . . En route to Wendover, the home of Mrs. Mary Breckinridge, where I was to live and work as a Secretary for the next fourteen years, we stopped by FNS Hyden Hospital. There I met Helen Browne, Britisher, and hospital nurse-midwife at the time.

. . . It was dark. Shouse turned her old Chevy into a creek bed, then drove through what she told me was the Middle Fork River, and up a dirt road, with the river and pasture on one side, forest on the other. After what seemed ages (it was only a few miles), she waved toward the mountainside. "That's Wendover" she said. I saw no lights, no buildings, nothing but trees. We made a sharp left turn. "This is Pig Alley!" she exclaimed. In a few minutes we were in front of what was called the Garden House, and were met by the night watchman with a kerosene lantern, and Agnes Lewis, the gracious lady who had interviewed me in Cincinnati and persuaded me to take this secretarial adventure into the Kentucky hills.

. . . "You'll be living on the Upper Shelf," said Agnes. "Gordon will take you up. Do you have a flashlight? Everyone must have a flashlight to get around here. We'll see you in the morning. Breakfast at 7:30."

... Breakfast where? I wondered. They're putting me on a shelf. There is no electricity. People live in a garden house. What kind of place is this?

... Gordon Morgan took my bags and we began the climb of 101 steps to a frame building with four rooms. It stood on stilts on an upper shelf of land - hence the "Upper Shelf".



*"Thumper, Brutie and Calico at Wendover  
(Photo by Jerry Byrne)*

**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 acknowledgments sent:

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**In Honor of**

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

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### 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.*

**Makesha Collins**, Hyden, Kentucky, age 17 died May 14, 1998. Makesha was married to Christine Collin's son Daniel. Christine works in Housekeeping at Wendover. Makeska's parents are Hazel and Smiley Smith of Manchester, Kentucky.

### 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.

**Hilda Sobral Barnes**

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**Miwako Yanamoto**

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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 Funds of the Frontier Nursing Service:

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

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

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

Gifts of stock should be sent to:

FRONTIER NURSING SERVICE  
Mr. William Hall, Treasurer  
Fifth Third Central Kentucky Trust  
250 West Main Street, Suite 100  
Lexington, Kentucky 40507

## STAFF OPPORTUNITIES

Because text for the *Bulletin* must go to the printer several weeks before publication, it is not possible for any issue to contain an up-to-date list of job opportunities. Instead, we list types of positions that are most likely to be available and invite anyone qualified and interested to write for current information.

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

**Courier Program:** This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a minimum of 8 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator/Courier Program, FNS, Inc., Wendover, Kentucky 41775 (phone 606-672-2317).

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

## URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. We sometimes receive more gifts for a particular item than needed. In those instances, your gift will be applied toward another need. Send to Frontier Nursing Service, 132 FNS Drive, Wendover, KY 41775.

### **Beech Fork Clinic:**

New Counter Top for Lab and Office	500
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### **FSMFN - Lexington Office:**

TV/VCR	400
Desktop Computer (partial matching gift)	1,000
Digital Camera	500
Database Server (partial matching gift)	1,000
Video Recorder (partial matching gift)	1,000

### **Home Health:**

Portable O2 SAT Machine	200
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### **Kate Ireland Women's Center:**

Two Fetal Heart Dopplers (hand held)	500
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### **Lab:**

Anti-Fatigue Mats	350
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### **Medical Surgical:**

Two Medicine Carts	650
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### **Social Services:**

Desk Chair (2)	400
Chairs for Counseling (6)	1,200
One Fetal Doppler (hand held)	500

## FRONTIER NURSING SERVICE, INC.

Its motto:

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

*Isaiah 40:11*

Its object:

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

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