

FNS FRONTIER NURSING SERVICE

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Cover photo: Connie Becker, FNS Nurse - 1971 visits FNS 1997

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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.

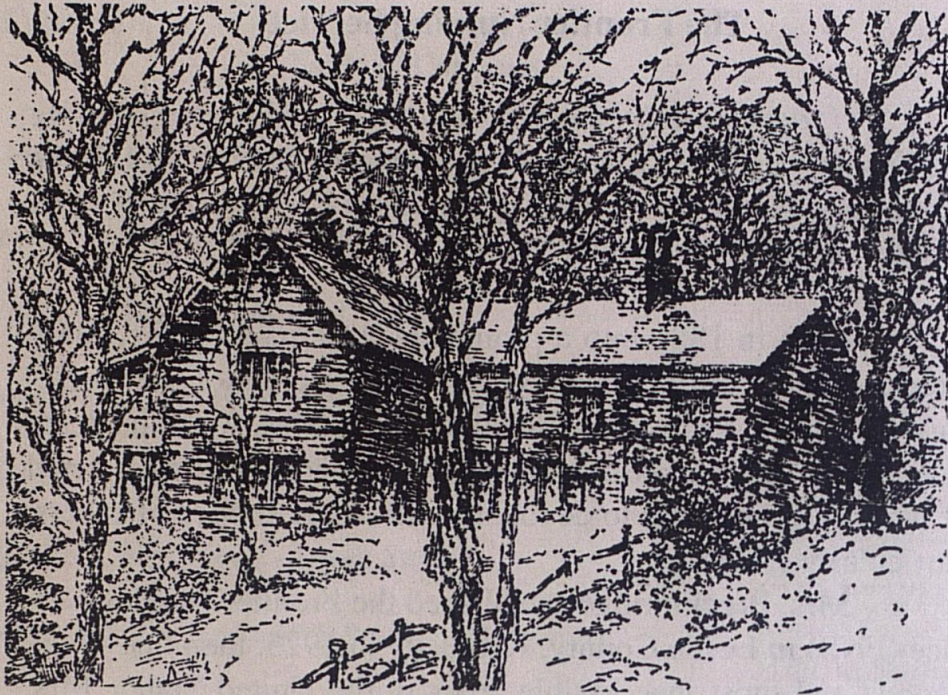
Born in 1881 into a prominent American family, Mary Breckinridge spent her early years in many parts of the world-Russia, France, Switzerland and the British Isles. After the death of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of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



The Big House - Home of Mary Breckinridge



Mary Breckinridge - Founder of the FNS

Beyond the Mountains

by Deanna Severance

"We are voyagers on the infinite river of life." Deepak Chopra M. D.

Each year I do not write *Beyond the Mountains* in the August *Quarterly Bulletin* due to the publication of the audit. Therefore, the Winter edition is packed with six months of news!

Best News of All

Susan E. Stone has been the Acting Community-Based Nurse-Midwifery Education (CNEP) Program Director since October 1996. This October Susan accepted the job permanently. Susan, her husband Larry, and their youngest son, Josh, will be moving to Kentucky in 1998. Sue's daughter is a registered nurse, and her son, Larry, Jr., will be entering college this Fall. A warm Kentucky welcome is sent to Sue and her family!!

FSMFN Midwifery Advisory Committee Meeting

The first meeting of the Midwifery Advisory Committee to the Frontier School of Midwifery and Family Nursing (FSMFN) Board of Directors was held in conjunction with the July Board meeting. Ms. Judith Rooks and Ms. Ursula Knoki-Wilson had a lovely dinner with the Board at the Lexington Club sponsored by Fifth Third Bank. Dr. Joyce Roberts was unable to attend. Ms. Rooks and Ms. Knoki-Wilson briefed the Board on the state of midwifery from an international and practice perspective. Ms. Rooks has recently published the book *Midwifery and Childbirth in America* which is a landmark publication on Nurse-Midwifery. Ms. Knoki-Wilson is a member of the Navaho Nations and had valuable insights for the Board regarding the future directions for the FNS.

Betty Lester Scholarship Award

Each year at the graduation of Leslie County High School, the FNS awards a scholarship of \$500 to a student in honor of Betty Lester. This year's award was to Marsha Stidham.

Name Trademarks

During this year we have received trademarks on the names Mary Breckinridge, Frontier Nursing Service, Frontier School of Midwifery and Family Nursing and CNEP. Due to the outstanding work developed by Mary Breckinridge and the rapid expansion of home health work and distance education programs, we have found intent to use (or misuse) our name. We are very pleased to have received these trademarks.

FNS Property Survey

A note of interest inside the mountains: We have finished our survey of the FNS properties. This has been an exciting project and we discovered some of our most recent surveys were from 1931! Tom Boggs of Mountain Surveys completed this work for us and the entire process has taken the better part of the year. The Board of Governors loaded up in a van and drove around to all the properties in October.

News from Mary Breckinridge Healthcare

The Mary Breckinridge Healthcare Board of Directors continues to explore means to ensure the long term stability of Mary Breckinridge Hospital, clinics and home health agency. In early June the Board met with three groups who had approached the Board interested in merger opportunities. After these meetings, and after having given much thought to the future of our health care system, the Board decided to approach all the not-for-profit major tertiary centers in Kentucky to discuss a partnership. All agreed to meet with the Board and we are in the process of continuing discussions with several of the institutions. The Board has defined a partnership as a coming together to get to know each other, to begin to share information and certain services, to monitor the state of reimbursement for sole proprietor small rural hospitals, to introduce specialist providers to the community and to begin to define a long term relationship.

Courier News

All of our Couriers are special to us. In 1990, Fred Jordan arrived at Wendover as a Courier. Fred has remained in touch with the FNS as a friend and donor. In November, we were honored to have Fred's mother, Mrs. Henry (Diane) Jordan, spend a week as a volunteer. Eighteen Level III CNEP students were on campus, and as always, an extra pair of helping hands was greatly appreciated. A special thank you to Mrs. Jordan for the housekeeping help and the physical assessment assistance. We all enjoyed getting to know you!

July 4 and 5, Couriers Bronwen Burlekamp, Tolly Johnson and her parents Mr. and Mrs. Johnson returned to Wendover for a brief reunion. Brown and Tolly were Couriers during the fall of 1996. How we love to keep in touch! I wish all Couriers could return at sometime and visit with us.

In addition to Couriers, we've had several medical and nursing students and sometimes doctors to rotate with Physicians and Family Nurse Practitioners. Currently Internists Lija Mannen from Wisconsin and Marek Ponizynski from Poland are here for rotation. Medical student Jennifer Shott from Lexington, Kentucky is also here doing a rotation.

American College of Nurse-Midwifery Annual Meeting

May 31, Dr. Anne Wasson and I attended the American College of Nurse Midwives (ACNM) annual meeting in Boston. The reception for our alumna was an enormous success. Between 1939 and 1989, the FNS graduated over 700 Nurse-Midwives. Between 1989 and 1997, we have graduated over 500 nurse-midwives.

The coming together of our graduates is a joyous experience. We continue to be the oldest, largest, continuously operating school of nurse-midwifery in the United States.

Dr. Anne and I took this opportunity to place flowers on the grave of Alice Whitman, Registrar for the School between 1975 and 1979. The School library in Hyden is named in her honor.

Mardi Perry Scholarship

Many thanks to Mrs. Arthur Perry (Mardi), Sue Perry, Joyce Richter, and all the members of the Boston Committee who have done such a marvelous job in the establishment of the Mardi Perry Scholarship Fund. Over \$33,000 has been raised by these benevolent women. Thanks to all of you who contributed to this endowment. We were able to award a scholarship at October graduation to Catherine McDermott, Class 15, from Glastonbury, Connecticut. The scholarship fund is restricted to a New England student. Endowed scholarships are very special because they continue to grow and provide support for students.

I became ill and was unable to attend the Boston Committee on October 21; however, the Committee was in good hands as Chairman of the Board, Jane Leigh Powell, attended with news from the FNS. She has written of this fantastic luncheon on page 27 of this Bulletin.

FSMFN Campus Security

Campus security rules require that we provide security when students are on campus. Therefore, we have built a guard house on Hospital Hill. Many, many thanks to the Parker Poe Foundation, Mr. M. H. Allen and Miss Kate Ireland for making this possible.



DCW News

October 24, Mrs. A. W. (Harriet) Jurgeleit, President of the Daughters of Colonial Wars (DCW), was in Lexington and stopped at the Lexington office with Mrs. W. T. (Virginia) Buckner, Mrs. David (Roberta) Watts and Ms. Stacia Kaufmann. As I have written before, the DCW knitted 900 baby caps for the FNS which we are distributing to our Level III students. Therefore, as the student goes to clinical and attends the first birth, a FNS/DCW baby cap is given to the first baby!

Additionally, we just received 25 baby sweaters knit by the DCW women of New Hampshire!



Christine Collins, Housekeeping - Sweaters

FNP Program Development

We "kicked" off the Family Nurse Practitioner Program development July 21, 1997. Frontier School graduate Dr. Marguerite Pike agreed to be a primary consultant. Dr. Pike is currently living, teaching and practicing in Union, Oregon. CNEP Director Susan Stone, Jackie Morrill, Clinical Director; Kerri Schuiling, Academic Director and I met with Dr. Pike to work on program development. We began by writing a mission statement for the School to present to the Board of Governors at their October

meeting. The Board has adopted this statement which is published on page 19 of this *Bulletin*.

The group met again on September 4 and 5. At this time we were joined by Sue Peeples, FNP/CNM and FSMFN graduate and Penny Waltman, CNM, FNP and CNEP Faculty member. At this meeting we developed the course descriptions. Many thanks to FNS graduate Mary Chris Banigan who could not join us for the meeting but provided extremely valuable written input.

November 12, 13, and 14, Dr. Anne Wasson, Barb Gibson and I traveled to the National Nurse Practitioner Conference in Washington, DC, to recruit Course Writers and a FNP Program Director. This was a very successful trip, and it was very gratifying because so many nurses came to our booth to say how happy they were to see us back!

Guests at Wendover

We were pleased to have Ms. Lawra Baumann and Mr. Jim Smith visit Wendover on September 9. Mrs. Baumann is the Foundation Officer with Fifth Third Bank in Cincinnati, Ohio. Ms. Carolyn McCoy recently retired and Mrs. Baumann assumed this position. The Fifth Third Bank Foundation provides many philanthropic gifts in the region and FNS has been the beneficiary of their benevolence. We were privileged to have Ms. Baumann visit the Service.

Bluegrass Luncheon

The Bluegrass Luncheon was held at the Spindletop Club in Lexington, Kentucky. We were delighted to have 40 people attend. The Luncheon was sponsored by Fifth Third Bank of Lexington, Kentucky and we are grateful to Bill Hall and Holly Thompson, Fifth Third Bank staff, for their input.

Many thanks to Charlie Rush, Fifth Third Bank, who is a member of Spindletop Club and worked very hard to coordinate the event.

Wendover News
by Jeremy T. Bush



Jeremy and Trish at the "Chateau"

Time marches on even here at Wendover. Modernization has caught up with us in this seemingly forgotten region of the Universe.

Yes, my friends, Trish has indeed moved into her very own apartment. No longer will she have to lounge on the porch of the Garden House without a care in the world. She can now rest easy in her hand crafted chateau not far from her summer hideaway in the woods. I regret to inform you, however, that she has not received the Internet or HBO at this time. As for the future, who knows!

Trish's new home was handsomely crafted by some talented vocational school students. It is painted in the same shade of brown as the other facilities at Wendover. After much coaxing from Barb and hesitation from Trish, she finally decided to move in and settled down quite nicely. I personally painted her name over the grand entrance as a proud badge of honor.

Peach Update

Peach has become increasingly fluffy over the past few weeks. This is undoubtedly a grim harbinger of El Nino. His fur has grown so much that he appears quite bloated when walking headlong toward me.

Peach and I share a very good working relationship. Just this morning he ran down a flight of stairs to meet me. I greeted him with my usual, "Hey, Peach! Whatcha doin". He greeted me with his usual half meows while still bounding down the stairs. I bent down and he bent up and we almost touched noses. What a wonderful friend!

El Nino @ Wendover.helpus.com

El Nino, the weather system that strikes fear into the heart of every commuter and jubilation in every school child, appears to be creeping up on Wendover. Those hot, surly days of August have quickly vanished along with most of the forest's leaves. It would appear that the sun has also flown south for the winter. We have had what seems to be endless days of dreary mist and fog in our beloved mountains. It looks like El Nino has struck again, sucking out our scalding August heat and blowing in the cold winter winds of December.

Wendover Grounds Work

The members of our Maintenance staff have been hopping like jack rabbits trying to squeeze in last minute projects before the bitter winter season sets in. Among these superhuman feats of modern/ancient engineering are the painting of the Pebble Workshop and construction of hand lain rock drains. May I make a personal interjection and say that the craftsmanship of our Maintenance employees is virtually flawless. The drains here at Wendover, especially the one near Pig Alley, actually augment the curve of the hillside and are exquisitely lain. It is enough to make a Roman aqueduct builder eat his heart out!

FSMFN Faculty Dinner and CNEP Graduation

On Friday, October 17, I had the honor of being present at the FSMFN Faculty Dinner. Virtually everyone from the educational side of FNS was there. Dinner was prepared by our food service staff. Cassie and Linda Sawyers really outdid themselves with the food. The Couriers served the tables and ensured that everyone was right at home. We had many laughs and a good time.

Board members Bob Johnson, Dr. Anne Wasson, Ken Tuggle and Jane Leigh Powell had the pleasure of attending the CNEP graduation the following day.

A Tribute to Susie Hudgins

In this issue, the staff at Wendover would like to bid Ms. Susie Hudgins, former author of Wendover News, a sad farewell. Susie's genius sense of humor will be greatly missed around here. Susie, though a rough-as-a-cob New Englander, was a hopeless Appalachian romantic. Her heart was a sea of love and compassion.

Susie has left Wendover and moved to Georgia. Now "way down south in the land of Dixie", Susie has a lot of time to reflect on her many accomplishments in life and to plan many, many more. I would like to say to Susie, "We will miss you and don't ever lose your wonderful sense of humor!"

Snake! Snake! Snake!

Alice Stidham from MBHC Data Processing has saved the day! During the fall, a somewhat hapless snake slithered into the Accounting Department. When the snake was discovered, Tammy scrambled in fear into her chair and Diane frantically climbed on top of her filing cabinet! I can just imagine how terrified the snake was about all of this commotion. Before the snake could make his escape, Alice, the hero of our story, wielded a hoe and killed the snake. It is uncertain as to the species of the snake; whether he was a milk snake or a dreaded rattlesnake. All that matters is that Tammy and Diane were saved and able to do payroll once again in peace.

Courier Program News*by Karen Thomisee**Karen and Peach*

As I look out my office window at the mountain across the way, only a few leaves remain on the trees. Winter is setting into the Cumberland Mountains - we have even been able to use the fire place in the Big House. We've enjoyed an array of tours and overnight guests including John Doyle who found us while riding his bike across the country! He kept us entertained with a night full of story telling.

We are now gearing up for the holiday activities. Our Thanksgiving lunch, Christmas parties, decorating the tree . . . this is always an extra special time to be at Wendover. Our most recent group of Couriers are saying goodbye, but not before serving numerous dinners, continuing health education outreach in the schools, rushing off on x-ray runs, and helping with the Mary Breckinridge Festival (including making multitudes of paper flowers for the Wendover float!). Let me introduce you to the fall group:

Nikki Holtmeirer came to us from Itaca, New York, where she recently graduated from Cornell University. Nikki is interested in rural healthcare and was able to explore several

different aspects during her stay. She spent much of her time on home health visits and at Beech Fork Clinic. She also enjoyed working with Mrs. Adams' fourth grade class at Stinnett Elementary and spending time with Edith Wooton.

Kate Sullivan from Milton, Massachusetts, is a student at Goddard College in Vermont. Kate's interest is in women's health care and midwifery and she was able to observe the work of the Hazard Prenatal Center. Kate also conducted a series of interviews with women from the region on their choice to breastfeed.

Emily Achenbaum attends college at the University of Michigan in Ann Arbor, where she is from. Emily, who spent a couple of weeks in Leslie County working in the schools during the spring of 1996, is interested in education. During her most recent stay at the FNS, Emily worked in the Leslie County Middle School and tutored Cinda Morgan. She also observed surgery.

Stacey Bank who resides in Utah, is a recent graduate of the University of Utah in Salt Lake City. Stacey is currently applying to medical schools. While in Leslie County Stacey spent the majority of her time observing the work of our physical therapist and assisting at Stinnett Elementary School.



Elizabeth Yellen, Stacey Bank, Kate Sullivan and Emily Achenbaum

Elizabeth (Liz) Yellen is originally from Washington, DC and recently graduated from Harvard University in Massachusetts (where she completed a thesis on the FNS). Liz who is applying to medical schools, enjoyed observing Dr. Raghuvera in pediatrics and Heidi Froemke, FNP at the Wooton Clinic. Liz also assisted at Stinnett Elementary.

Former Couriers

Dan Eldridge ('94) was last in touch with us from Argentina! Dan wrote that he was finding many things to do, just not enough time and money to do it all. He found Argentina to be very beautiful. We look forward to hearing where he ends up next.

Eric Wiesner ('96) sent a letter recently and filled us in on his recent adventures. After working as a cook in New York City, Eric moved to Madison, Wisconsin, to spend time with old friends before "cracking down for a few solid years of traveling and working". He was also able to work in the health care field as a personal assistant to a man with traumatic brain injury. At the time of his letter, Eric's upcoming plans included a three week internship with the AFL-CIO's Organizing Institute and a seven week tour of the American West by motorcycle, followed by a trip through Mexico. Eric, we anxiously await a report of your travels!

Katy Kropf ('97) is taking time to explore other activities before beginning medical school. Her current experiences include volunteering at a domestic violence center in her home town of Orrville, Ohio.

Michele Lee ('97) and **Margaret Sawyer ('97)** both write that they are back in college (Harvard and Yale, respectively) and are much more inspired after having the opportunity to take time off.

The Christmas Pennies

by Loucinda Jane Eppes

Dawn was about to break as I began my morning walk. The sky was tinged with a few streaks of lavender in a rose glow of the sun's halo. In the mountains December is usually cold, but this morning it was brisk enough for a walk that would be energizing and invigorating where I could arrange my thoughts for the coming work day.

Christmas was only two weeks away and the new year, with all of its exciting possibilities of things yet to come was fast approaching and I was not ready yet. While walking I found myself reflecting on the past year. My life had not been too bad but then, again, it had not been a particularly good year either. I knew everyone had problems but recently I found myself frequently feeling overwhelmed and was trying to understand why, but I had some ideas. Both of my parents had been ill and being one of only two children and in addition to living the closest and being single, I provided a good deal of support and care. Their illnesses and resulting frailty had made me realize that the time we had left together was limited. Not having a husband or children, I could foresee a lonely future.

Further upheaval involved two of my closest friends. One had relocated to another state earlier in the year to take advantage of a job opportunity which would benefit her career. The other was making a career change which was not of her choosing. These changes would involve restructuring the time we could be together. I wanted to support my friends as they had supported me in my time of need, however, in the last few months I had found myself unable to provide or receive much support. Other changes were happening in my own work place. In the previous six or eight months my workload had continued to increase without any corresponding monetary increase, and I had begun to experience work related stress and resulting health problems. I felt as if my systems were shutting down.

So it happened that on my morning walk. I was not only feeling sorry for myself but angry because I was unable to talk

truthfully of my concerns about my parents, work, or my deep loneliness. I thought God had forsaken me in my time of need and wondered how I was going to go on. I felt totally alone, felt that no one really understood or cared what was happening in my life and felt desperately ashamed of the mess my life was in and the emptiness of my life. I felt such repugnance for myself that I was unable to bring myself to even talk about my emptiness either with my family or friends. Worse, I found myself unable to pray.

During my walk I happened to notice a penny on the sidewalk. Without thinking, I picked it up. A short time later, I found another penny and stooped to pick it up. Both pennies were heads-up and I knew finding a heads-up penny was supposed to be good luck. Suddenly, I realized there was a reason for my walk! **God had not forsaken me.** He was with me and was telling me these were my "Christmas Pennies", a special gift from Him to me. The pennies appeared to have been through a great deal as both were worn and battered. Most people probably walked by without giving them a second thought, assuming the pennies were worthless. Although their value was only a penny, I realized that the pennies were still valuable and were worth salvaging. Perhaps I did not realize that even in the darkest of times everything had value and I began to think that I too had more value and was worth salvaging.

While it might have seemed that a multitude of problems caused me to feel small and lost and separate from God, my "Christmas Pennies" illustrated to me that I had not lost my value by years of daily struggles. Rather, my true value shone steadily through all the vicissitudes of life. This realization served as an inspiration, helping me to get back on the path to a useful life.

My faith was once again renewed through my "Christmas Pennies". They reminded me that through good times and bad, no matter how lost or valueless we may feel, God is always with us and never forsakes us . . . we just have to open our eyes, ears, and heart to His message. The true meaning of Christmas is that everyone has value and a mission. The mission is to see the value of ourselves and our fellow man. (*This story is condensed due to limited space*).

FSMFN/CNEP News*by Susan Stone*

For the Nurse-Midwifery Program, fall is the time when we celebrate our accomplishments of the past year and begin planning for the new year. The reason being, it is the time for our fall faculty meeting and graduation ceremony.

Our faculty meeting was attended by 40 nurse-midwifery faculty from across the country. There were several meetings during which we shared problems and did problem solving. We reviewed the philosophy of our school (see page 19 for FSMFN Philosophy) and started work on the annual by-laws review.

We had speakers regarding several topics including Balancing Your Life as a Midwife, Test Construction, and Legal Issues for Nurse-Midwifery Education taught by our very own Chairman of the Board of FSMFN, Ken Tuggle. Thank you, Mr. Tuggle, for your time and effort.

This year (from October 15, 1996 - October 15, 1997) we graduated 144 nurse-midwives from all over the United States. This included graduates from 43 of the 50 states. The highest representation came from Ohio with 15 graduates, Indiana and Pennsylvania were next with 10 graduates each. Arizona was close behind with eight graduates. There were four graduates from Kentucky.

Graduation was exciting as usual. Of the 144 graduates, 68 were able to return to Hyden with their friends and families to celebrate this momentous occasion. We were very honored to have Ruth Lubic as our graduation speaker.

I was very honored when Kitty Ernst, the founder of the Community-Based Nurse-Midwifery Education Program (CNEP) chose this occasion to publicly announce the news that I would be taking on the permanent position of the CNEP Program Director. She awarded to me the Energizer Bunny which was given to her at a NACC Conference to represent her unending energy to work for the health of mothers and babies in this country. I plan to work very hard to follow in her footsteps.

The last very exciting event this fall was the publication of Judith Rook's book *Midwifery and Childbirth in America*. This is a wonderful book that chronicles the history of midwifery as well as discussing current trends and events that impact on the health of families in the United States. I will quote from the forward written by Dr. Charles Mahan:

"The medical model of childbirth emphasizes the pathological potential of pregnancy and childbirth. An alternative model championed by midwives focuses on the normalcy of birth and its potential for health. This book explains in a comprehensive and authoritative manner the conceptual and philosophical differences between these models and the effects and outcomes of these two different approaches to the care of pregnant women. While acknowledging the role and importance of modern obstetrics, the author persuasively argues that the most sophisticated medical treatment of pregnancy does not reflect the most sophisticated understanding of childbearing as both a physiologic process and an important human experience and transition."

This book is required reading for anyone with an interest in improving the health of mothers and babies. The book is for sale at the FSMFN. Call Debbie Cornett at the School, 606-672-2312, for purchase information.

I close by wishing all of our supporters in our work a wonderful holiday season.

Frontier School of Midwifery and Family Nursing Philosophy

Health is a dynamic process reflecting one's physical, mental, and sociocultural state. Together these parameters determine a person's well-being and risk for illness. The Frontier School of Midwifery and Family Nursing fosters a commitment to holistic care and facilitates the development of assessment and management skills necessary for practice in an expanded role.

Comprehensive, safe, and culturally sensitive primary health care that emphasizes prevention is a right of all people. It addresses the ongoing and evolving needs of the family and the community. When individuals, families and communities are active in planning and developing health care systems to meet their needs, providers and institutions become more sensitive to their concerns.

In a perspective that places family needs in the center, the art and science of nurse-midwifery and nurse-practitioner education evolves from a solid base of knowledge and skills acquired through a combination of study, observations and experiences that provide the way for safe and thoughtful health care, wherein choices and control reside within the family.

The Frontier School of Midwifery and Family Nursing supports multi-disciplinary collaboration both in education and practice. Inherent in the commitment to service and education is the obligation to participate in research. It is through research that valuable insights are made into clinical practice, teaching-learning methods and primary health care delivery.

Education at the Frontier School of Midwifery and Family Nursing is offered through the non-residential community-based programs and is further based on beliefs that:

The education of nurse-midwives and nurse-practitioners has areas where the knowledge to be learned is shared. This belief is exemplified by the communication, coordination and collaboration of the faculties in the development and operations of the programs of the Frontier School of Midwifery and Family Nursing.

Learning professional skills and responsibilities is enhanced through a clearly defined program of study implemented by master professional preceptors regardless of geographic location.

Adult learners are self-motivated, drawing upon multiple experiences which may not fit traditional learning structures.

Community-based education meets the needs of those learners for whom conventional residential education programs are not available or who learn best through directed independent study.

The goal of the faculty of the Frontier School of Midwifery and Family Nursing is to foster autonomous learners. The faculty/student relationship is characterized by mutual respect, responsibility and growth. Faculty and students share responsibility for creating a climate of mutual trust and open communication.

Adopted by the Board of Governors October 17, 1997

Note from Dr. Anne's - Knitting Project

Since October, one year ago, I have been busy knitting sweaters for the Wendover Gift Shop - 110 in all. Sales have gone well and I keep working to replace those sold. This has been possible because of wonderful packages of yarn from friends and readers of the *Bulletin*. These gifts have been put to good use.

-Dr. Anne

"Midwifery Bound Follies"

At each CNEP Midwifery Bound, the students are divided into different color groups. At the end of their stay in Hyden, each group presents a skit which are sometimes very humorous to observe. Below are photographs of some of those skits.



CNEP Faculty "First Midwives Club"



Class 21 "Dark Blue Group"

At Midwifery Bound, the students also write songs and poems relating to midwifery or to a special person. Below are some examples:

I Am A Midwife - Class 21 Song

We are midwives, hear us roar, in numbers too big to ignore
And we know too much to go back and pretend
'Cause we've heard it all before
We've been down there on the floor
No one's ever gonna keep us down again

Chorus

Yes, we are wise but it's wisdom born of pain
Yes, we'll pay the price but look how much we'll gain
If we have too, we can do ANYTHING
We are strong, we are invincible, we are midwives!

You can bend but never break us
'Cause it only serves to make us more determined
to achieve our final goal!
And we'll come back even stronger
Not a novice any longer
'Cause you've deepened the conviction in our souls.

Connie Becker (former FNS Midwife) Visits

Connie Becker was at FNS from January, 1971 until June, 1973. She worked as a Hospital Clinic Nurse and Hyden District Nurse. After graduating from the Frontier School of Midwifery and Family Nursing, she became a FNP/CNM Clinical Instructor (see one, do one, teach one, was the theory in those days!). Since she left FNS in 1973, Connie has visited several times. The following is a summary of her visit during September of this year.

-Barb Gibson

What follows is a brief summary of my most recent trip "back in the hills" as tour guide for five fellow nurses (Jackie Bailey, Mary Ellen O'Connor, Joan Kinney, Pat Burns and Brenda Barbour). All wanted to see the real FNS and were anxious to visit the site where nurse midwifery originated in the United States. They were especially anxious to meet some of the mountain people I had talked about, to see the Kentucky mountains and to visit the home of Mary Breckinridge at Wendover.



Connie and Friends

Our trip began on Saturday, August 30. Jackie had rented a van in Jacksonville, Florida. After picking up Mary Ellen, Joan and myself in Thomasville, Georgia, we picked up Pat and Brenda in Dothan. The six of us, with our mountains of luggage and bags of snacks, headed North on 1-75.

We spent the first night in Caryville, Tennessee - - a beautiful spot near the Kentucky state line. The next day we stopped at Cumberland Falls State Park. It's always beautiful to see the falls! Our next stop was downtown Corbin, Kentucky for lunch at the original Kentucky Fried Chicken. We learned about the history of the Colonel and his now famous chicken.

After a finger-lickin good lunch, we headed toward London where we got on the "old" road to Manchester and Hyden. (I had never used the new Daniel Boone Parkway to get to Hyden and didn't intend to do so then. It just wouldn't be the same!)

On our way to Hyden, we made our first real FNS stop at Flat Creek. While I never had actually worked there, thanks to Mable Turner (my mentor and friend who is now deceased), I have many fond memories of meeting some very interesting and beautiful people from Flat Creek (Mable was a Flat Creek District Nurse and Nurse Midwife in the 1960's). Mable had introduced me to this area in the 1970's when she was a District Supervisor of the nurses. As she had lived and worked in the Flat Creek District, she knew many of the families and had delivered several of their babies. (One baby Mable was especially proud of was Timmy Turner Wagers who, the last I heard, was a grown young man who was going to college.)

At Flat Creek, we stopped to see two people that I always see - John Henry Griffin and Jewel Sizemore. At John Henry's we sat on the porch and visited with him, his daughter Marcella and his grandson Mervin. John Henry, Marcella and I shared stories about the old days. John Henry, who thought the world of Mable, reminisced how he and "Ms. Turner" had swapped saddles (now, some thirty-five years later, he still has her saddle!).

We then stopped to see Jewel. What a wonderful lady! Jewel had worked at the Flat Creek Center when Mable was there and had continued to work for FNS until a few years ago. Jewel

could always make the best fried chicken and fried apples! It was so good to see both John Henry and Jewel and to have my friends meet these two wonderful mountain people.

After leaving Jewel's we went on to Hyden and then over to Wendover. Two couriers graciously welcomed us and helped us "settle in." We spent Sunday night and Monday night at the Big House. We divided up the bedrooms and after much coaxing by Brenda (who had wanted to sleep in Mary Breckinridge's room ever since she had made the trip with me last year), I finally agreed to sleep in Mary Breckinridge's room. We opened the windows at night to enjoy the good mountain air. We all slept great! Mrs. Breckinridge sure picked a beautiful spot to build a home.

On Monday, September 1, we were off to visit the old hospital, the old nurses dorm, the chapel and finally the new hospital. I still get a thrill coming around the corner, past Bolton House and the chapel, to the old hospital. I'll always remember both sides of the road being bumper-to-bumper with parked cars and of patients coming to the old hospital and clinics. FNS jeeps would be parked in the parking lot and people would be walking up the many steps from downtown. What a climb!

I showed the group where I had lived in Haggin Quarters. I explained to them how I had my meals with Betty Lester who was always seated at the head of the table. I described to them how, after eating our evening meal, I, along with the other nurses, would walk down the hall and visit with Anna Mae January. With prodding, Anna Mae would tell us how she delivered breech babies over intact perineums!!!

From the old hospital, we went down the hill and toured part of the new hospital. It's amazing how the new hospital has real elevators and other such "modern" things!

Our next destination was down the river to Confluence. On the way, I just had to stop at a swinging bridge. Brenda and I led the way with Pat, Jackie and Joan timidly walking behind us (Mary Ellen declined). Brenda and I then scampered to the middle of the bridge and began to make it sway. This prompted the others to hang on to the steel cables with white knuckles and to scream at us to "cut it out". What fun we had with them!



Connie - swinging bridge

We then turned off the main road and headed for "Hell-fer-Sartin" Post Office (or as the government called it, "Kaliopi"). Unbelievable as it may seem, the road to "Hell-fer-Sartin" was newly paved. We scrounged around the inside of the building and took several pictures of the outside. All in the group can now say that they've been there! (I had told them about it forever.)

After "Hell-fer-Sartin", we came back to Hyden and to the "Last Chance" store at the county line (no "Last Chance" or "First Chance" sign anymore). We then decided to go on to Hazard for dinner. Along the way, my friends got a first hand experience at driving behind a full coal truck chugging along on a narrow mountain road. After not getting very far very fast, we turned onto the Parkway. We soon arrived in Hazard in what seemed to be a few minutes (not the hour or more it used to take to get to Hazard from Hyden).

We left Wendover Tuesday morning. When loading the van, special care was taken in packing our newly purchased Dr. Anne doll (made by Dr. Anne Wasson and who, I told others, looked just like Dr. Wasson).

We headed home via Harlan and Pineville (the old way - as I refused to go via the Parkway)! I had told my friends about the rides I used to take in the back of Dwayne Walker's station wagon (ambulance) and recounted to them my experience of taking a gunshot victim to the hospital in Harlan with clinic aides Ida Roberts and Wanda Hacker. Wanda would be holding the I.V. bottle out the window of the station wagon and I would be sitting on the floor beside the stretcher pumping blood into the patient with blood coming out of him as fast as it was going in.

After spending the night in Montgomery, Alabama we arrived home on Wednesday, September 2, safe and sound - full of wonderful memories.

-Connie Becker, Class of 1972

Boston Committee Luncheon

by Jane Leigh Powell

I had the great pleasure of meeting with the Boston Committee at the Dedham Country Club. It was wonderful to see Mardi Perry, Hannah Higgins, Sue Grandin, Caroline Standley, Patsy Lawrence and all the other Committee members who have been so interested in and faithful to the FNS. I informed the group of the current activities going on in the CNEP Program, the Mary Breckinridge Hospital and the financial status of the FNS. I also was able to announce the name of the recipient of the Mardi Perry Scholarship Award, Catherine McDermott, Class 15 from Glastonbury, Connecticut, which had been given the weekend before at the CNEP graduation ceremony. The Mardi Perry Scholarship Fund was started by the Boston Committee to honor Mardi Perry for her years of devotion to the FNS; Mardi was a Courier and served on the Board of Governors. Mardi's daughter, Sue, did a masterful job of organizing the Committee Luncheon. My great thanks to everyone.

Tidbits

Mary Ann (Quarles) Hawks, Wellesley, Massachusetts, Social Service Secretary at the Frontier Nursing Service in the late 1940's and early 1950's was married to Mr. Irwin T. Sanders November 1, 1997. Mrs. Sanders is 72 years old and Mr. Sanders is 88. They have known each other for 46 years. Mrs. Sanders is a member of the FNS Boston Committee.

Christmas Humor

If Dr. Seuss wrote technical manuals

If a packet hits a pocket on a socket on a port, and the bus is interrupted as a very last resort, and the address of the memory makes your floppy disk abort, then the socket packet pocket has an error to report!

If your cursor finds a menu item followed by a dash, and the double-clicking icons put your window in the trash, and your data is corrupted 'cause the index doesn't hash, then your situation's hopeless, and your systems gonna crash!

If the label on your cable on the gable at your house says the network is connected to the button on your mouse, but your packets want to tunnel to another protocol, thats repeatedly rejected by the printer down the hall!

And your screen is all distorted by the side effects of gauss, so your icons in the window are as wavy as a souse, then you may as well reboot and go out with a bang,'cause as sure as I'm a poet the sucker's gonna hang!

When the copy of your floppy's getting sloppy on the disk, and the microcode instructions cause unnecessary RISC, then you have to flash your memory and you'll want to RAM your ROM, quickly turn off your computer and be sure to tell your Mom!

-Author unknown

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:

Name: _____

Address: _____

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.

In honor of: _____

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Address: _____

Person(s) to whom you wish acknowledgments sent:

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Address: _____

IN MEMORIAM

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

Mrs. Mary F. Breckinridge, Falls Church, Virginia passed away on August 18, 1997. Mrs. Breckinridge was a member of the Washington Committee and a supporter of the FNS.

Remembering Mary Dow Novotney - FNS Midwife

As the 18th anniversary of Mary's death approaches, you and your services have been very much on my mind. I can vividly recall the joy and excitement in her voice when I called with the news that she had been accepted in your program!

I especially enjoyed the Luke McDonald article in your *Quarterly Bulletin*. Mary delivered that child and his mother Marcia sent great 5x7 pictures of the event. *-Patricia Dow*

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.

Jesse Gray

Marge Schutt Smith

John E. Smith

Gen. William Breckinridge

Esther Kaufman

Kathy Beveridge

Hollie Rench

Marion Rench

Mrs. Clifford Heisel

Elsa Heisel Sule

Mary Dow Novotney

Patricia Dow

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Russell Kenefick

Marcia McDonald

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Col. James T. Breckinridge

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Col. James T. Breckinridge

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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.

	Item
Beechfork:	
Blood Pressure Cuff (thigh)	75
Emergency Room:	
Portable Pulse Oximetry Machine	400
Portable Otoscope/Ophthalmoscope	400
Combination Adult/Peds Traction	500
Mobile Blood Pressure Cuffs (\$150 each)	450
Home Health:	
Sheets, Towels, Blankets for Patients (new)	300
Medical Surgical:	
(1) Large Filing Cabinet	150
(4) Wall Suction Units (\$400 each)	1,600

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