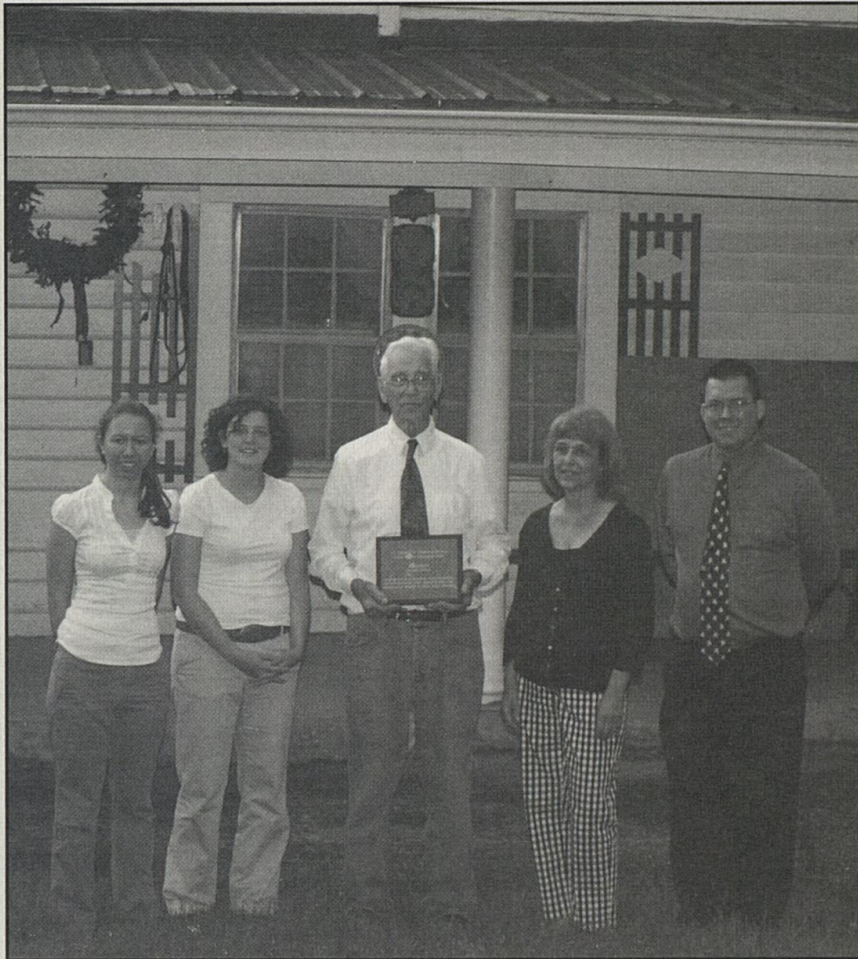


FNS

FRONTIER NURSING SERVICE

Volume 85 Number 4 June 2010



In memory of George Wooton

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Cover Photo - Courier Jordan Minor ('09), Courier Amanda Strauss ('09), George Wooton, Courier Carlyle Carter ('65) and FNS Tour Guide Michael Claussen. Photo taken at the George Wooton Farm during the 2009 Courier/Alumni Weekend at Wendover. Photo by AnnDraia Bales, Development Secretary at Wendover.

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Introduction to Frontier Nursing Service (FNS)

Mary Breckinridge spent her early years in many parts of the world - Russia, France, Switzerland and the British Isles. After the deaths of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of others, particularly mothers and children.

After graduating from St. Luke's Hospital Training School for Nurses in 1910, Mrs. Breckinridge established the FNS in Leslie County, Kentucky, in 1925, as a private charitable organization serving an area of 700 square miles. It was the first organization in America to use nurses trained as midwives under the direction of a single medical doctor/obstetrician, based at their small hospital in Hyden. Originally the staff was composed of nurse-midwives trained in England. They traveled on horseback and on foot to provide quality prenatal and childbirth care in the client's own home.

Today, Mrs. Breckinridge's legacy extends far beyond Eastern Kentucky. FNS, Inc. is the parent holding company for Mary Breckinridge Healthcare, Inc., Frontier Nursing Healthcare, Inc., which includes five rural healthcare clinics; Mary Breckinridge Home Health Agency and the Frontier School of Midwifery and Family Nursing which offers a Master of Science in Nursing degree with tracks as a Nurse-Midwife, Family Nurse Practitioner, Women's Healthcare Nurse Practitioner and a Doctor of Nursing Practice (DNP) degree.

Mary Breckinridge's home, The Big House, located at Wender, is a licensed Bed & Breakfast Inn. For more information or reservations, call 606-672-2317 or e-mail: information@frontiernursing.org. You can also access our website:

Frontier Nursing Service - www.frontiernursing.org

The Journey

by Nathan Lee, President & CEO



Nathan Lee, President & CEO

“What we obtain too cheap, we esteem too lightly: it is dearness only that gives every thing its value.” -*Thomas Paine, The American Crisis, No. 1, December 19, 1776*

It's travel season here at the FNS; the time of year spent journeying to visit our friends in distant places throughout the nation. It's the kind of travel that Mary Breckinridge wrote about in *Quarterly Bulletin* articles of old in her “Town and Train” column. As this issue is published, we will have found ourselves at FNS committee meetings in Washington, D.C., New York City, Rochester, New York and a newly re-established committee in Cincinnati, Ohio. We will have begun plans for our bi-annual meeting with the Boston Committee, our annual Philadelphia Committee and our anniversary gala at the Governor's Mansion in Frankfort, Kentucky . . . the same city where the Frontier Nursing Service was born some eighty-five years ago.

It was traveling to Washington, D.C. for our committee meeting in early May, however, that I found myself with some extra time on my hands to absorb my surroundings. Before a luncheon with some thirty-ish friends of the FNS in suburban Maryland, I was able to revisit some of the historic sites of our nation's capital. As I looked upon the landmarks that honor our great nation, I found myself considering some of the people that built them. My thoughts weren't on the talented and dedicated laborers whose hands literally laid the stones of these monuments, though their talents are certainly worthy of recognition. Rather, my thoughts were on the people whose struggles laid the infrastructure for a memorial at all. Obvious among them were George Washington and Thomas Jefferson. Less obvious were other patriots who fought just as valiantly for what they knew was right, but whom history has honored with less grand tributes. Though there are certainly many who fall into the latter category, my thoughts turned to men like Patrick Henry and Thomas Paine.



Friends from the Washington, D.C. Committee - Left to right: Patricia Beal, Joan McPhee, Dr. Susan Stone, Catherine Davis, Nathan Lee, Molly Singerling and Ruth Newell (sitting)

Though I fancy myself a student of history, I must admit that it's only been recently that a good friend has reintroduced me to the wisdom of Thomas Paine. In varying ways, many of the lessons he taught can be applied to the challenges we face today, not only in the world at large, but also to the specific challenges we have faced in recent years at the FNS. Thomas Paine espoused the belief that only through hard work and perseverance can success be found as a nation. The same has always been true at the FNS. Thomas Paine believed that anything worth achieving comes at a great price. The same has always been true at the FNS. As the quote above indicates, Thomas Paine believed that the easy way out was never the best way. The same has always been true at the FNS.

Another, perhaps more famous, Thomas Paine quote provides another perspective. As he wrote in 1776, again in *The American Crisis, No. 1*, "These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of his country. But he that stands it now, deserves the love and thanks of man and woman."

You are winter soldiers. You have stood by the FNS in times of plenty, and more importantly, in times of need. You have stood by us when the eyes of the world looked to us for guidance and, more importantly, when the world wondered how we could sustain ourselves. You stand by us as we honor our eighty-five year history but, more importantly, as we look toward our next eighty-five years of serving folks in the mountains and beyond.

Perhaps it was Patrick Henry, the other patriot to whom my mind wandered in early May, that summed it up best when he said, "I like the dreams of the future better than the history of the past."

Onward . . .

Beyond the Mountains

Washington, D.C. Committee

May 4th, Nathan Lee, President & CEO, Dr. Susan Stone, Frontier School of Midwifery & Family Nursing President & Dean and Denise Barrett, Frontier School of Midwifery & Family Nursing Director of Development, traveling to Glen Echo, Maryland to attend a luncheon with FNS friends and supporters at The Irish Inn.

The following friends attended the Luncheon: Joan Lambert McPhee, Katherine G. Wilkins, Ann W. Clemmitt, Mr. & Mrs. John Priebe, Patricia Beal, Mary & Alton Templeton, Evelyn & Fred Harris, Priscilla & John Becker, Nita Micas, Elizabeth Codman High, Catherine Barry Davis, Charlotte "Cherry" Wunderlich, Karen S. Fennell, Marion McCartney, Sarah Bullard Steck, Ruth Newell and Molly Singerling.

Beth Hadley, Chairperson of Washington, D.C. events, was unable to attend due to unexpected business out of town.

It was especially nice to see FNS former Couriers Ann W. Clemmitt ('55), Charlotte "Cherry" Wunderlich ('65), Elizabeth Codman High ('51) and Sarah Bullard Steck ('71).

Mr. Lee and Dr. Stone gave an update of FNS's continued work in the mountains of eastern Kentucky. We extend thanks to everyone for their attendance and support.

See photo on next page.



Former Couriers Charlotte "Cherry" Wunderlich, Ann W. Clemmett, Elizabeth Codman High and Sarah Steck

Cincinnati Committee

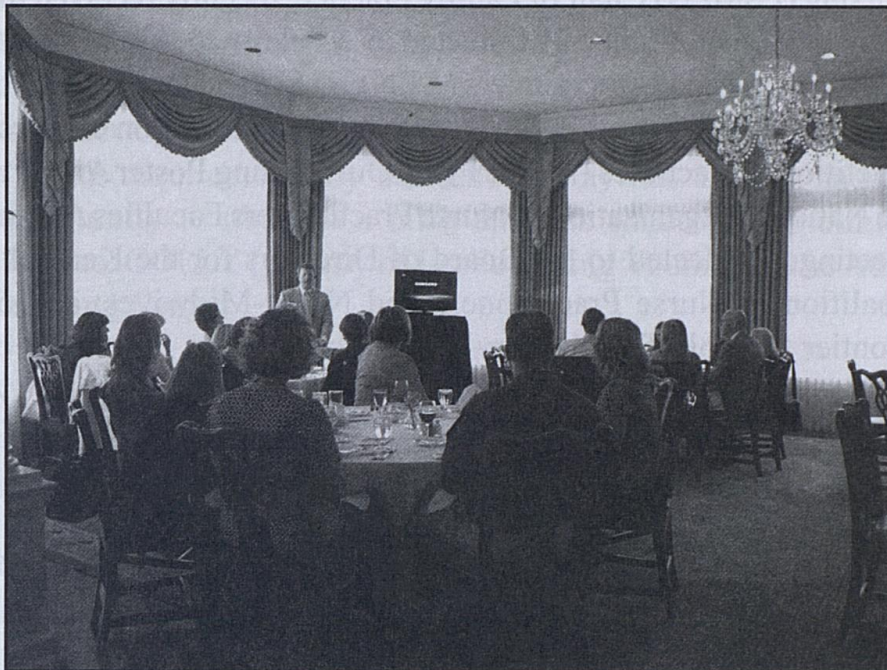
May 11th, Nathan Lee, Barb Gibson, Dr. Susan Stone and other staff travelled to Cincinnati, Ohio, for a dinner with friends of the FNS in the Cincinnati area.

Years ago, Mrs. Breckinridge formed the Cincinnati Committee which has been inactive for many years. During last year's Annual Courier and Alumni Conclave Weekend at Wendover and Hyden, Nathan Lee met Lillian Link, former Frontier School of Midwifery & Family Nursing 1977 graduate and her friend, Bill Bender, who expressed interest in re-activating the Cincinnati Committee. Continued conversations led to the May 11th gathering.

The following friends attended the dinner: Dr. Thomas D. & Eden Geraciotti; Elizabeth "Liz" Asbury Stone, Lillian Link & Bill Bender and Bill's two children, Grace and Arthur; Madge Burton and granddaughter Ashley Burton; Darlene & Durrand Stevens, James Jones; former Cincinnati Committee Chairperson Marian

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Leibold, her husband, Jack and daughter Kelly; Polly Whittaker; Melinda Gardner, Karen Koch; Jeweldene Baker; Shirley Barger;; Denise Robinson; Dr. Julie Ossege; Rhonda Whitten & daughter Christy and JoAnne & David Videtto.



Cincinnati Committee Dinner at the Cincinnati Country Club

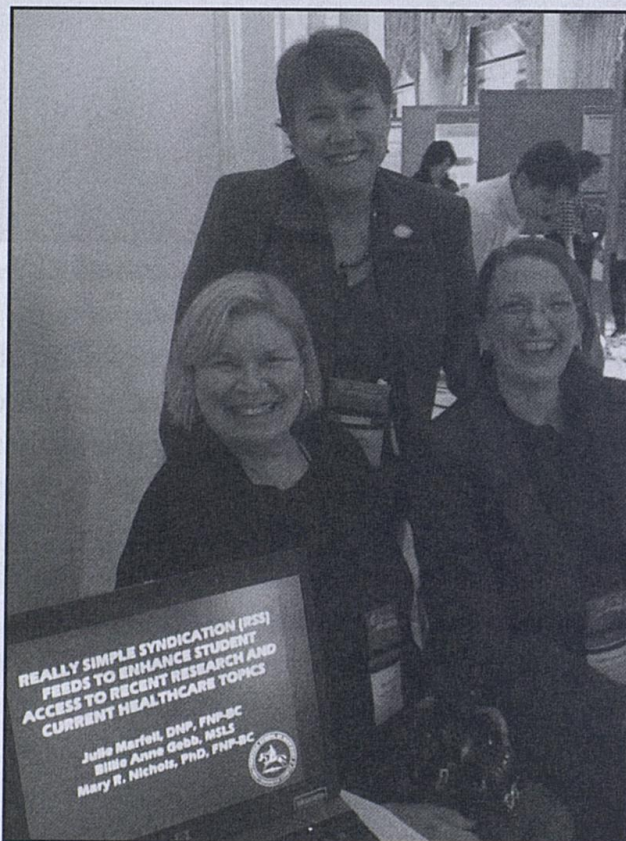
We thank each one for attending the dinner and for the interest shown in becoming a part of FNS in the Cincinnati area. We are looking forward to our continued relationship with this group.

You give but little when you give of your possessions. It is when you give of yourself that you truly give. -Kahlil Gibran

Field Notes

Dr. Julie Marfell Honored

Dr. Julie Marfell, Frontier School of Midwifery & Family Nursing (FSMFN) Chair of Family Practice, recently received the following recognitions: 1) Inducted as a Fellow to the American Academy of Nurse Practitioners (AEN); 2) Elected to the Board of Directors as the Treasurer for the National Organization of Nurse Practitioners Faculties (NONPF); 3) Outstanding Poster Award at the National Organization of Nurse Practitioners Faculties Annual Meeting; 4) Elected to the Board of Directors for the Kentucky Coalition of Nurse Practitioners and Nurse-Midwives; and 5) Frontier School of Midwifery & Family Nursing Employee of the Year at the Annual Hyden Civic Night.



Dr. Mary Nichols, FSMFN Faculty, Julie Marfell and Billie Anne Gebb, FSMFN Librarian - Receiving the AEN Award

Courier Program Update

The following Couriers are scheduled to participate in the program this summer:

Kristen "Kay" Alderfer, Crawfordsville, Indiana, is a nursing student at Indiana Wesleyan University in Marion, Indiana. She is using her Courier experience time as credit for the Transcultural Nursing requirements by her school. Kay has already had the opportunity to observe a birth and has shadowed in clinics, Hospice, COLLY (County of Leslie Lifting Youth) and the Adult Learning Center.

Kevin McCarthy, Zanesville, Indiana, is a student at Wabash College in Crawfordsville, Indiana. Kevin is considering becoming a rural doctor.

Rosa Levitan, Shaker Heights, Ohio, attends the University of Vermont in Burlington. Rose wants to learn about the medical field and live in a part of the country that offers her new experiences and insights. She has a specific interest in midwifery and emergency room work.

Jessica Oppenheimer, Leonia, New Jersey, plans to attend Yale University in New Haven, Connecticut, during the fall. Jessica hopes to be exposed to a "different culture and a different way of living".

Annemarie Blitz, Carmel, Indiana, is majoring in Nursing and Theology at St. Louis University in St. Louis, Missouri. Annemarie hopes the lessons learned while participating in the Courier Program will give her the ability to "better understand the needs of vulnerable individuals, families and communities".

Sarah Buchanan, Sandy Lake, Pennsylvania, is a nursing student at the Kentucky Christian University. Sarah wants to "develop a broader understanding of care".

Whitni Ingles, Rush, Kentucky, also a nursing student at the Kentucky Christian University hopes to "gain an understanding of different cultural perspectives from a healthcare provider's point of view".

National Nurse's Day

National Nurse's Day was celebrated May 7th with a barbeque and pot luck for the nursing staff at Mary Breckinridge Hospital made possible through donations from professional staff. We appreciate our nursing staff and are fortunate to have them caring for our community.

National Hospital Week

Mary Breckinridge Hospital employees observed National Hospital Week May 9th - 15th. Activities included their 19th Annual Walk-A-Thon. Dr. Roy Varghese has been the Walk-A-Thon Champ for the last 17 years. Employees also hosted a Creative Hat Day with Roberta Rock, Infection Control Nurse, winning first place. The Pharmacy Department won a Poetry Contest and Kathy Bowling, Purchasing, won the Word Scrabble Contest.

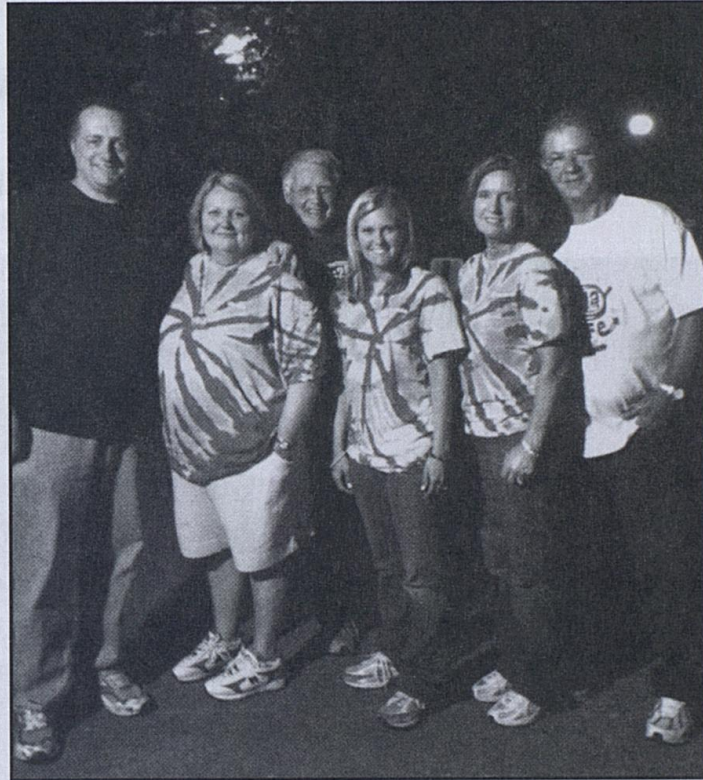
National Hospital Week awards were given to the following: Most Helpful - Karen Nantz, Med/Surg Unit and Angela Wooton, Surgery; Most Talkative - Angie Morgan, Maternity Unit; Most Quiet - Margaret Asher, Med/Surg Unit; Quietest - Margaret Asher, Med/Surg Unit; Best Personality - Julie Cornett, Lois Thomas, Nina Hensley - all work on Med/Surg; Best All Around - Sherry Jones, Respiratory and Dr. Eustis, Surgeon.

An Employee Appreciation Luncheon was held May 14th and a Volunteer Appreciation Luncheon was held to recognize the Ladies Auxiliary. Each Volunteer received a rose bush.

Money was also collected in each department for the March of Dimes March for Babies Walk held April 18th. Employees plan to walk in this event next year.

Relay for Life

The Annual Relay for Life Walk-A-Thon was held May 21st. Mary Breckinridge (MBH) employees participated and raised \$1,300.00 for the fund. The Mary Breckinridge Hospital theme this year was "Getting In The Grove To Fight Cancer".



Kevin Couch, MBH Controller, Mallie Noble, MBH Administrator, Millard Couch (Kevin's Father), Tabita Roberts, Administrative Assistant, Connie Hubbard, Risk Manager, and Husband, Ray

Wendover Guests

From March 1, 2010 - June 1, 2010, Wendover hosted a total of 555 guests. This number includes overnight guests at the Bed & Breakfast Inn, tour groups and special luncheons/events. The total number of guests over the last fiscal year (May 1, 2009 - April 30, 2010) was 2,130 including overnight guests, tour groups and special luncheons/events.

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The Wendover Bed & Breakfast Inn is a member of the Bed & Breakfast Association of Kentucky (BBAK) which is a group of exclusive, inspected inns. Wendover continues to provide a sanctuary for a wide variety of travelling guests. To make a reservation, please call Michael Claussen at 606-672-2317.

Plea for Knitted Lap Quilts, Baby Caps and Scarves

The Frontier School of Midwifery & Family Nursing midwifery students present lap quilts or baby caps to the first baby they deliver. The Family Nurse Practitioner students present lap quilts or scarves to their elderly patients.

FNS receives these items from our "knitting" friends. As the School continues to grow by leaps and bounds, we need more and more of these items. The size needed for lap quilts is approximately 40" by 42". Yarn should be worsted weight.

Plea for FNS Artifacts

Wendover has a shortage of FNS nursing uniforms, saddlebags, nursing bags and other FNS related items. If any FNS connected folks have items that they would like to donate they will be greatly appreciated. Items will be put on display in different areas of the Service.

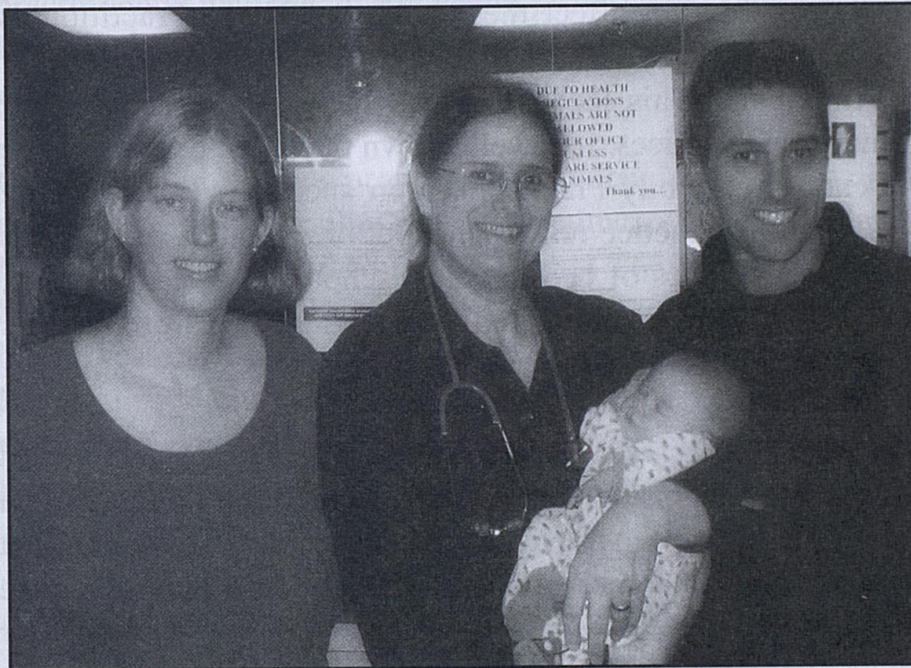
Please send lap quilts, baby caps, scarves or FNS artifacts to FNS, Inc., 132 FNS Drive, Wendover, Kentucky 41775.

Thank you!

Former Courier and Staff News

Sarah Dotters-Katz, Eugene, Oregon, ('05) wrote that she recently graduated from Dartmouth Medical School. Her residency will be at Duke University. Sarah shared that she was inspired by her FNS Courier experience to go into the OB/GYN field.

Nikki Holtmeier Dees, Silver Spring, Maryland, ('97) wrote that she has a baby girl, Vivienne Piper, born September 1, 2009. A Frontier School of Midwifery & Family Nursing student, Barbara Hillis, attended the birth.



Former Courier Nikki Holtmeier Dees and Frontier School of Midwifery & Family Nursing student, Barbara Hillis. Husband also pictured.

Jill Nichols, Somerset, England, wrote asking for a copy of Kate Ireland's book. She reported that Molly Lee, former FNS nurse-midwife, recently visited her. Molly is 88 years old now.

Frontier School of Midwifery & Family Nursing News

by Dr. Susan Stone, President & Dean

***Healthcare Reform and the Effects on Nurse Practitioner
and Nurse-Midwifery Practice***

A historic event occurred on Tuesday, March 23, 2010, as President Obama signed into law comprehensive healthcare reform legislation. The overall goal of the bill is to make healthcare more affordable and easier to access especially for those with the greatest need.

How does this bill affect the practice of Nurse Practitioners and Nurse-Midwives? The bill promises basic healthcare for all Americans. This fact alone will increase the demand for primary care services. It is well known that most physicians are not choosing Family Practice as their specialty. In 2007, only 1,178 Family Practice residencies out of a total of 2,503 were filled by graduates of U.S. medical schools. In the same year, over 3,700 Family Nurse Practitioners graduated from masters and post masters programs.

The new bill will create new demand for primary care services and nurse practitioners are ready to fill that need. This is very good news since it has been proven that when people receive excellent primary care, it can prevent some illnesses and help moderate the devastating effects of other illnesses. The result will be fewer emergency room visits and fewer hospital stays for life threatening illnesses. This should decrease the cost of healthcare.

For Nurse-Midwives, a major step forward occurred with the passage of this legislation. For many years, Nurse-Midwives have been paid at 65% of the physician Medicare rate. This has effectively limited the nurse-midwives' ability to practice. Effective January 2011, Nurse-Midwives will be paid at 100% of the Part B Medicare Fee schedule. This is important since many insurers follow the Medicare standards in setting rates. The bill

also provides for coverage of services provided by free-standing birth centers under Medicaid. These two provisions will have a profound effect on Nurse-Midwives' ability to provide services.

The American Nurses Association has published on their web site (www.nursingworld.org) a very good summary of the Key Provisions Related to Nursing. Some examples of these include: Increased funding for the education of Nurse Practitioners and Nurse-Midwives; Improved Nursing Student Loan program; Improved Nurse Faculty Loan program; A 10% bonus payment under Medicare to primary care practitioners (including nurse practitioners) who practice in health professional shortage areas; Improved funding for school based clinic and a new program to support nurse managed health centers.

Overall, the provisions proposed in the new legislation will improve the ability of families to access healthcare services including Nurse practitioners and Nurse-Midwives. The Frontier School of Midwifery and Family Nursing's mission is to educate Nurse-Midwives and Nurse Practitioners to provide care to families living in rural and underserved areas. Mary Breckinridge had a desire to make the world a healthier place for children and their families. I believe this new legislation is a step forward in making that goal a reality.

References: "The Primary Care Paradigm Shift" by Ann Ritter, Esq. and Tine Hansen-Turton, JD, MGA, published in Health Lawyer, Volume 20, No. 4, April 2008. Copyright © 2008 by the American Bar Association; Congress Enacts Landmark Healthcare Reform Legislation. American College of Nurse-Midwives. http://www.midwife.org/sitefiles/legislative/KeyProvisions_HR3590.pdf. Accessed May 14, 2010; Healthcare Reform: Key Provisions Related to Nursing. American Nurses Association. <http://www.nursingworld.org/MainMenuCategories/HealthcareandPolicyIssues/HealthSystemReform/Key-Provisions-Related-to-Nurses.aspx> Accessed May 14, 2010.

Footprints

Excerpts from *Quarterly Bulletin*, September 1929

"Rounds"

Written by Mary Breckinridge during August, 1929

"I was away from home five days last week making "Rounds" and covered over eighty miles with Teddy Bear, and perhaps the best way of telling you about the situation at the different nursing centers is just to describe the ride.

"I left Wendover Tuesday morning and went first to Hyden, where I had dinner at the hospital. A most interesting case had been brought in during the night - a boy of twenty-one shot at his 'moonshine still' by a deputy sheriff, the bullet going into the abdomen and going out through the lung. He was brought to us on a litter. We sent word over to the mining town of Hazard, twenty miles away, to our consulting surgeon, who came in to operate. . . . The surgeon found the bullet had grazed almost every vital organ, touching none, and I might add that Frank is recovering. He has a young wife of seventeen and a fifteen month old baby and another one coming.

"The hospital is demonstrating every day the need for an emergency place of that sort at strategic points in this mountain country. We have now decided to have every seventh or eighth of our stations an emergency hospital and to subsidize a doctor sufficiently for our own work to enable him to live in the region. This broadens our scope enormously and will, of course, add heavily to the budget.

"From Hyden I rode on down the river twelve miles to the 'Possum Bend' center at Confluence, where I spent the night. The river is quite broad and deep at that point - the lowest station we have as yet on the Middle Fork. It is a charming white house with green

blinds, perfectly equipped for its purpose, and with a lovely hardy flower border and five apple trees recently set out - the whole place the gift of Mrs. Chester Bolton of Cleveland. I found my chief supervisor of nurses, Miss Alice Logan, down here helping the resident nurse out in some special problems.

"I had a courier with me because I was going to try out a different trail the next day in going over to the nursing station at Big Creek on Red Bird River in Clay County, distance of nearly twenty-five miles. Somewhere midway, along Bull Skin Creek, will be our seventh nursing station, and we are gradually getting the feel of the district which has already written us to come in. I had sent a courier through there to learn the trail and now I had him with me so that I could learn it too. It was Joe who was with me on this trip.

"We first rode up 'Hell-for-Certain', which John Fox, Jr. has made historic - a horribly rough creek about eight miles long. This was of course familiar territory to me; and then we got into a great primeval forest extending for many miles in all directions with trails leading in a most confusing zigzag, and it was this territory in which Joe guided me. You could comb the world without finding anything more beautiful than that forest. What a rewarder such a country is of those who keep their bodies hard and fit! No lover of luxury could ever see that beauty because he wouldn't be able to reach it.

"We rode through for many miles and then came out on a ridge where Bull Creek on the one side and Big Creek and Bull Skin Creek on the other all have their sources and flow the first into the Middle Fork down one side of the mountain chain and the other two into the Red Bird River down the other. We were going down Big Creek. We hadn't traveled very far before we got into our first settlement. Here a woman came out of her house and called me. Although she doesn't live in a territory we cover as yet, she recognized our uniforms, which is now known over an area of many hundreds of miles, and asked me if I could help

her. Her baby wasn't two months old and she of course had had no care at the time and had been flooding ever since and looked wretchedly. I asked her if she would go to the hospital if I sent a nurse and a courier the next day, and to my surprise she agreed at once. So the next day Joe went back from Big Creek with one of the Big Creek nurses and took the woman on his own horse and the nurse carried her baby and rode slowly with her the nine or ten miles over the ridges to Hyden. I found them both there the following Saturday on my next visit to Hyden, and she was getting appropriate care.

"But to continue. We followed Big Creek down clear to Red Bird River, a distance of ten miles or so and rough traveling, because the trail is in the creek bed most of the way, but nothing like so rocky a creek as Hell-for-Certain. Then, at last, around one o'clock we reached the nursing station, and a joy it was in hot weather to know that twenty-five miles had been covered and the weary horses could be let out to graze. The center at Red Bird is perfectly exquisite - a rambling log building with a big veranda, (which was covered with women and children when I arrived), a living room with an open stone fire, two bedrooms for the nurses, a maid's room, a kitchen, a large waiting room for the patients in the winter, and a dispensary properly equipped, and above a big attic and a sleeping porch. water, with a good bath . . . The whole property is the gift of Mrs. Henry Ford.

"There was a mothers' club meeting that afternoon and I had ridden the twenty-five miles at a stretch in order to be present and speak to the club - such dear, eager, wistful faces. I took as my subject the development of the mind of the little child up to the school age, using the simplest language and illustrations.

"We have a wide variety of experiences. As I rode down Big Creek, for instance, a man called me in to see his little boy whose mouth and throat were in a bad condition, looking to me like a typical case of Vencent's Angina. I was sure it wasn't diptheria, but especially

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so because the father told me the child had the toxin-anti-toxin given him by the nurses several months before. The family had only baking soda, so a hot soda gargle was all I could do at the moment; but when I got to Big Creek I telephoned over the nineteen miles to Hyden and got Dr. Capps, and a nurse went back that evening to paint the pustules with mercurochrome, etc.

“Back to my ride. The nurses at the mouth of Flat Creek are living in a three-room cabin while they build their new center, which is the gift of Mrs. John W. Price, Jr. of Louisville, and her sister, Miss Jane Atwood of Pittsfield, in memory of their mother, Caroline Butler Atwood.

“This new district is thrilling. Within the first ten days after the nurses were established, five maternity cases had registered with them. They had the horrible shock of three cases of scarlet fever right next door to one of their maternity cases and of course the nurse who has been on the scarlet fever cases had had to leave all of the midwifery work to the other. One of the children has been desperately ill, and the Manchester doctor could only make one visit on the whole situation. But he was a tower of strength then, and they have all made a good recovery. We have made arrangements to have a little girl, whom the doctor has seen and pronounced a bad heart case, sent down to the Children’s Hospital at Louisville, and we talked over a good many situations. The nurses are much concerned over an impending delivery in a one-room cabin with only one bed in it, in which are sleeping a man, two women and five children, including the expectant mother - the whole family badly nourished, riddled with hookworm, and the expectant mother so anaemic that they can’t but anticipate a hemorrhage. The the man doesn’t seem to have enough energy even to make another bed”!

“Rounds” to be continued in the next Quarterly Bulletin.

Engagement With FNS - A Positive Field Experience

by Dr. Carolyn Lee and Joan L. Moon, EdD, CNM, RN

This article describes a FNS field experience by a group of Clinical Nurse Leader (CNL) Graduate Nursing Students from The University of Toledo, Toledo, Ohio.

To meet the requirements of a graduate field experience, ten students participated in the FNS trip. The semester before the trip, students prepared by reading the required book, *Wide Neighborhoods*, to gain a historical perspective of the unique work of Mary Breckinridge and the FNS. In their nursing research course, students explored relevant topics for their field experience such as health themes in Appalachian music and teen pregnancy. Building on the faculty member's research interest in menstrual cycle education, some students prepared to conduct research in FNS clinics in which they assessed women's current knowledge of the menstrual cycle and whether or not the use of a computer-based, multimedia program would result in increased knowledge and impact women's healthcare decision making.

During their week's visit, students were engaged in a number of learning activities including teaching a course on the menstrual cycle for Hazard Community College, an Ethic of Care inservice at the Mary Breckinridge Hospital, and observing advanced practice nursing in the clinics within FNS. The students stayed at Wenderover where they forged wonderful relationships with the staff. One highlight was a Bluegrass concert presented especially for the students by the Kentucky School of Bluegrass and Traditional Music located in Hyden.

Four students completed a survey while in Hyden and considered their impressions of the trip and relationship to CNL core competencies of population care delivery, health promotion and appreciation of cultural beliefs.

Students were impressed with their experience among nurses, midwives, nurse practitioners and physicians in the community hospital and clinics. They witnessed collaborative care in action and envisioned CNL professionals serving in this area especially with respect to community health promotion and attention to regional health issues such as chronic lung disease and vitamin deficiencies.

Students identified skill development in data collection and entry and the need to be flexible with changing venues and equipment likely to occur on such a trip. Students reported their CNL skills were enhanced in their role as educators about the menstrual cycle, through the development of cultural awareness, and their collaborative interactions with other professionals. A student wrote, "I also have experienced the culture of the area in a way that could not be read in any book." Community events allowed an appreciation of language differences and one student wrote, "A Bluegrass concert also helped me understand and value their heritage."

All four students realized expectations in experiencing and learning about another culture. One student wrote that, although she expected to enjoy a new culture, she "hadn't anticipated the talent and love for music and entertainment that was present".

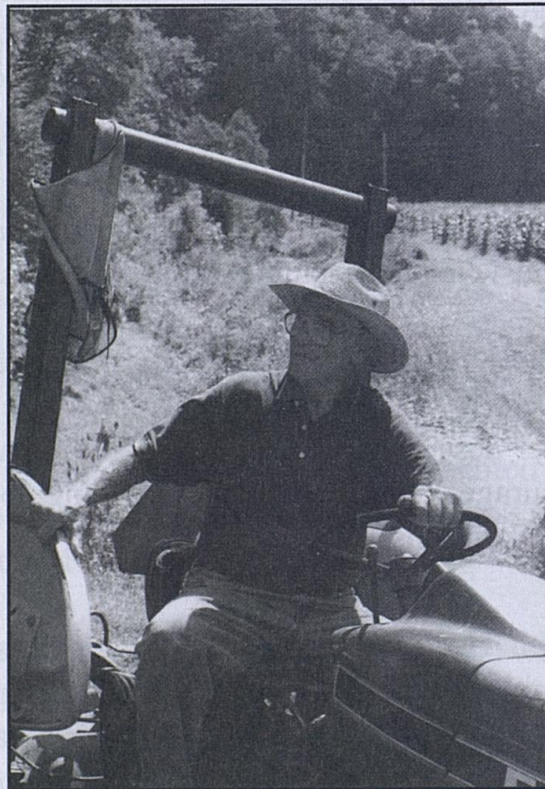
Sites like FNS provide a stellar location to participate in collaborative care delivery to underserved populations. The participating faculty member described it as an especially rewarding experience and encourages others to consider learning opportunities to expand student horizons.

In Memory of George Wooton

George Wooton, long time friend of the Frontier Nursing Service passed away April 9th at the age of 94 years.

George was a veteran of World War II and was proud to have served under General George Patton. George served as Sheriff and County Judge Executive in Leslie County. He was well known for his political and public speaking ability. George had an interest in the progress and development of Leslie County and eastern Kentucky.

George will be remembered and missed by many FNS friends with whom he spent time on his farm sharing stories of FNS and Leslie County. He will also be missed by his dog, Lucky, who is now a permanent resident at Wendover.



George Wooton

In Memoriam

If you wish to make a contribution to the Frontier Nursing Service in memory of a friend or loved one, please complete and return this section to the Development Office at FNS, 132 FNS Drive, Wendover, Kentucky 41775.

In memory of _____

Contributor's name _____

Person (s) to whom you wish acknowledgment sent

Name _____

Address _____

If you wish to make a contribution to the Frontier Nursing Service in honor of someone's accomplishments or achievements, please complete and return this section to the Development Office at FNS, 132 FNS Drive, Wendover, Kentucky 41775.

In honor of _____

Contributor's name _____

Address _____

Person (s) to whom you wish acknowledgement sent

Name _____

Address _____

In Memoriam

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

George Wooton, 94, Hyden, Kentucky - passed away April 9th. He was a friend of FNS Founder, Mary Breckinridge and continued to be a friend to the FNS until his death.

Alice Napier, Hyden, Kentucky - mother of Mallie Noble, Mary Breckinridge Hospital Administrator.

The following people gave contributions to the FNS **IN MEMORY OF** their friends or loved ones. The names in bold are the deceased:

IN MEMORY OF:

Carol Banghart

Edward E. & Carolyn Godfrey
Miss Rene M. Reeb

Velma Childers

Fred M. & Callie Keller

Josephine Saylor Grindstaff

Miss Deborah T. Baird

Mary B. Hodge

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Steve & Linda Longstreth

Eva Giltner McDonald

Mr. William O. McDonald

Georgeanna Page

Maureen Harvey

Palden Reinhart Mitchell

Nancy Reinhard & The
Reinhart Family

George Wooton

Miss P. Anne Cundle

Miss Kate Ireland

Ruth Ann Settlemyre Wright

Mrs. Mary Ann Calhoun

Elizabeth Longstreth

Adam French

QUARTERLY BULLETIN

The following people gave contributions the FNS **IN HONOR OF** their friends or loved ones. The names in bold are the honorees.

IN HONOR OF:

Miss Kate Ireland

Dr. & Mrs. William Leach

Contributions in the State of Florida

Frontier Nursing Service Foundation, Inc., is registered with the Florida Division of Consumer Services, Registration #CH8792, to solicit contributions in the State of Florida. A copy of the official registration and financial information may be obtained from the Florida Division of Consumer Services by calling 800-HELP-FLA, when calling within Florida, or 850-488-2221, when calling from outside Florida. Registration does not imply endorsement, approval, or recommendation by the State.

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FNS, Inc.

(the parent)

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Barb Gibson, *Assistant to CEO*
Beulah Couch, *Human Resources*
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Dr. Julie Marfell, *Chair of Family Nursing*
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Mallie Noble, *Administrator*

Frontier Nursing Healthcare, Inc. (Clinics):

Benjamin Peak, *Director*

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Linda Ahrens, <i>FNP</i>	Andrew Krasuski, <i>OB/GYN</i>
Enrico Ascani, <i>OB/GYN</i>	Celeste Lindahl, <i>PA</i>
Karon Champlin, <i>FNP</i>	Arun Manoharan,
Latha Chandrashekar, <i>MD</i>	<i>Family Practice</i>
<i>Family Practice</i>	Janessa Melton, <i>FNP</i>
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Clara Jefferies, <i>FNP</i>	

Mary Breckinridge Home Health Agency:

Willa Morris, *Director*

Form of Bequest

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

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

How Endowment Gifts May be Made

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

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

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

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

Merrill Lynch
Attn: Travis Musgrave
301 East Main Street, Suite 1200
Lexington, KY 40507
859-231-5258

FRONTIER NURSING SERVICE

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.

Admitting Department:

Admission Document Scanner 1,300.00

Beech Fork Clinic:

Exam Tables (2) 1,200.00

Suction Machine 200.00

Community Health Center:

Suction Machine 200.00

Emergency Room:

Littman Stethoscopes (4) 68.38

IV Totes (3) 24.90

Frontier School of Midwifery & Family Nursing:

Magnavox HD TV x 2 2,396.00

Cabinet for FNP Clinical Supplies 655.00

Home Health Agency:

Stethoscopes (3) 274.92

Blood Pressure Cuffs (3) 125.37

Thermometers (10) 36.11

Maternity Services:

Body Pillow for Labor Patients x 2 142.72

Corometrics Fetal Ascoustic Stimulator 995.00

Boppy Nursing Pillow (2) 69.98

Aromatherapy Ultrasonic Nebulizer (2) 136.50

Handheld Muscle Massager (4) 40.00

Newborn Tee Shirts (10 dozen) 83.40

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Maternity Services Con't:

Pillow Body Wedge (4)	168.00
Portable Wrist BP Monitor (3)	132.00

Medical Surgical:

Otoscope & Ophthalmoscope Desk Set	702.00
Pediatric Patient Gowns - Small & Medium	305.00
Welch Allyn Rechargeable Pocketscope Set	619.00
Drop Arm Commode	138.00
Carescape V100 Vital Signs Monitor	1,984.00

Operating Room:

Easy Lock Sockets for Allen Stirrups	798.00
Scissors (10)	142.90
Peaen Artery Forceps (10)	177.80
Knapp Iris Scissors (10)	169.20

School-Located Clinics:

Handheld Wood's Lamp Plus Supplies (2)	900.00
Exam Table	999.00

FNS WEBSITE
www.frontiernursing.org

*WE THANK YOU
FOR YOUR SUPPORT*



Postage
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not deliver
without proper
postage.

FRONTIER NURSING SERVICE INC
PO BOX 890653
CHARLOTTE NC 28289-0653



Loose Item

- Please send me more information about the Frontier Nursing Service and its subsidiaries

Name _____

P. O. Box or Street _____

City & State _____

Zip Code _____

Phone and/or e-mail _____

Enclosed is my gift of \$ _____ restricted to:

- | | |
|--|--|
| <input type="checkbox"/> Mary Breckinridge Hospital | <input type="checkbox"/> Wendover |
| <input type="checkbox"/> FNS Rural Healthcare Clinics | <input type="checkbox"/> Children's Christmas Fund |
| <input type="checkbox"/> Frontier School of Midwifery & Family Nursing | |
| <input type="checkbox"/> Frontier School of Midwifery & Family Nursing
new multi-purpose facility and renovation
project | |
| <input type="checkbox"/> Unrestricted (your gift will be applied to other needs) | |

Your gift is tax deductible

Visit us at our websites:

www.frontiernursing.org www.midwives.org www.frontierschool.edu

Loose Item

FRONTIER NURSING SERVICE

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives and nurse practitioners for rural areas where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and educational programs for nurse-midwives and nurse-practitioners; to carry out preventive public health measures; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service; to obtain medical, dental and surgical services 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 Incorporations
of the Frontier Nursing Service.
Article III as amended April 1999