

FNS

FRONTIER NURSING SERVICE

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Fall 1998



MARY BRECKINRIDGE

1881-1965



*A Celebration of
Her Life and Legacy*



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Cover photo: Mary Breckinridge - Commemorated through U. S. Postage Stamp.

* *The cover photograph was not identified in the last issue of the Quarterly Bulletin. The photograph was the Wendover Cabin, formerly located next to the Big House.*

Visit the FNS web site: 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.

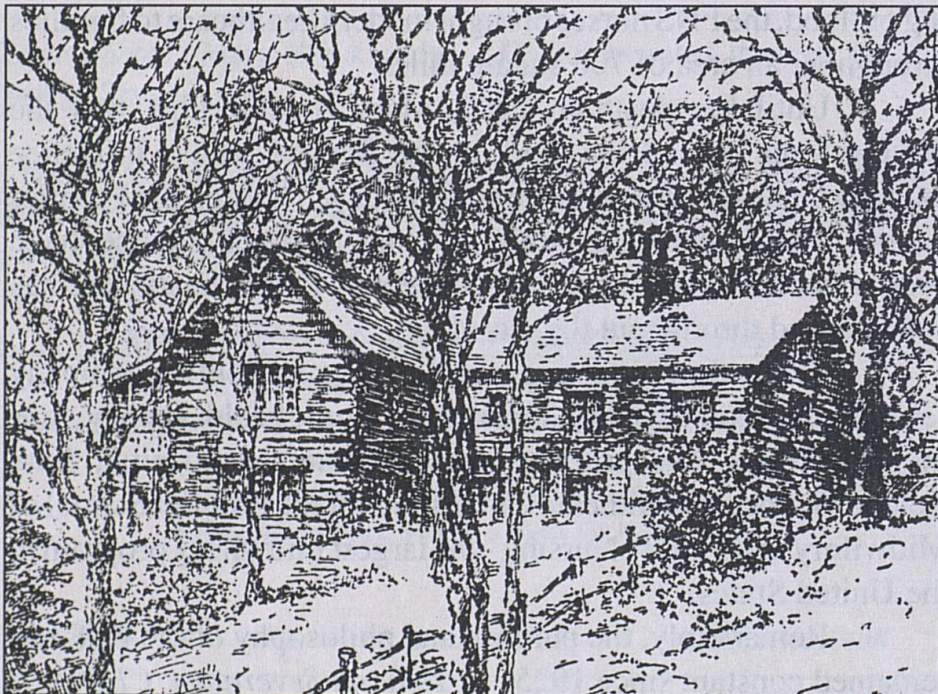
Until her death in 1965, Mary Breckinridge was the driving force behind the work of the Service whose influence today extends far beyond eastern Kentucky. Through the Frontier School of Midwifery and Family Nursing hundreds of nurses have been trained and this important concept of family healthcare has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

**Mary Breckinridge
Commemorated through U. S. Postage Stamp**

by Nancy Wiser and Barb Gibson

Seventy-three years after she started the Frontier Nursing Service (FNS) in Leslie County, Kentucky, Mary Breckinridge's monumental contributions to the country's healthcare was recognized through a postage stamp that bears her image.

The Citizen's Stamp Advisory Committee selected Mary Breckinridge from thousands of possible subjects. The United States Postal Service receives an estimated 40,000 letters of recommendations, but issues only 40 to 50 stamps a year.

On Friday, November 13, approximately 200 people gathered at the Wendover Post Office for a ceremony honoring Mrs. Breckinridge's recognition. Included in the group were local citizens, CNEP midwifery students from across the United States, FNS employees and friends of FNS who drove from out of state to attend the event. Speakers included: Deanna Severance, CEO of the Frontier Nursing Service; Senator Robert Stivers; and Carrie Morgan Whitcomb who spent several years working on the stamp project. Eliza Wooton Rogers, accompanied by her brother George Wooton, sang a song that she had written in Mrs. Breckinridge's memory.

"As I consider this tremendous tribute to Mrs. Breckinridge, we at the Frontier Nursing Service are at once humbled and proud," said Deanna Severance. "I am humbled by how the efforts of one woman have made such a lasting difference in the health of this country's women and children. I am proud that all of us who are part of FNS today are, in ways big and small, able to help continue the work Mrs. Breckinridge began."

See next page for photographs of ceremony



Senator Robert Stivers



Carrie Morgan Whitcomb



Wendover Post Office - Mary Breckinridge Stamp Ceremony



Eliza Wooton Rogers and her brother George Wooton



Deanna Severance, Senator Robert Stivers, Eliza Wooton Rogers, Carrie Morgan Whitcomb, George Wooton

Song in memory of Mrs. Breckinridge

- Eliza Wooton Rogers

*Come and gather round ye good and kindly people and listen
while I tell a tale to thee.*

*How the Frontier Nursing Service of the mountains settled in
the hills of Leslie County.*

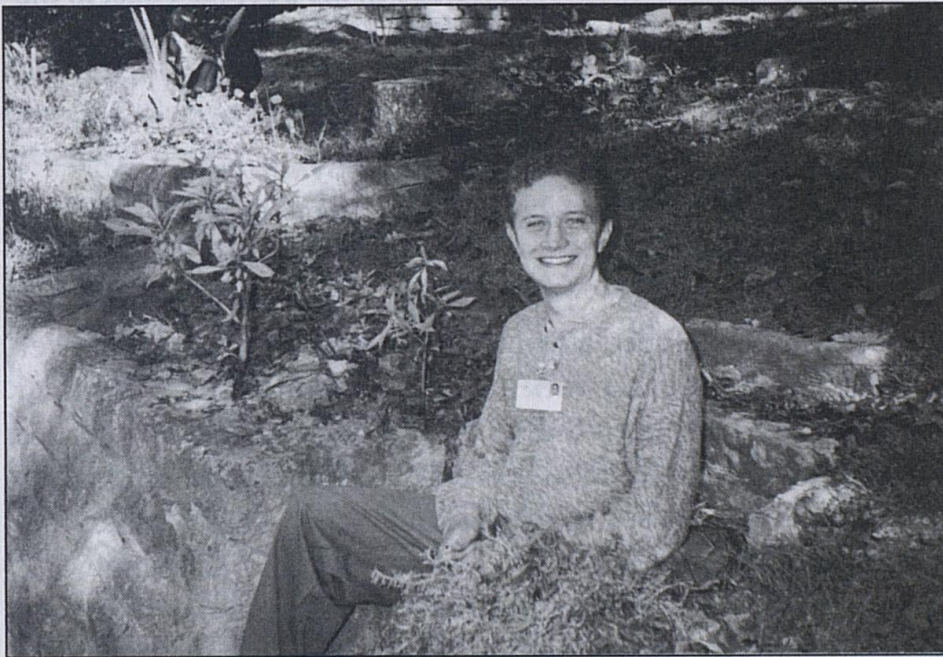
*Now a lady from the city came a calling,
from a rich aristocratic family known as Mary Breckinridge of
fame and fortune,
she saw a need to service a people proud and free.*

*For when Mary came looking for some new land to build a
clinic for the moms and babes,
for miles she rode through rough untraveled woodlands.
This must be God's own country, so she said.
Soon, she found a place and men to build her cabin, built it
strong and sturdy for to stay.*

*And here it stands today a thing of beauty, and proud we are
that she chose to come our way.
So here she spent her life as did her nurses.
God bless this house and bless them one and all,
and bless each nurse and courier who came after
Mrs. Breckinridge's call.*

Wendover News*by Jeremy T. Bush*

*"In one wide waft, and o'er the hapless flocks,
Hid in the hollow of two neighbouring hills,
The billowy tempest whelms; till, upward urg'd,
The valley to a shining mountain swells,
Tipt with a wreath, high-curling in the sky.
As thus the snows arise; and foul, and fierce,
All winter drives along the darken'd air,"*
-James Thomson, "The Seasons: Winter" 1746

***Good Ol' Winter***

As the selection above suggests, winter is getting ready to strike here in the Kentucky mountains. I apologize if I don't seem sad or remorseful at the coming tempest. In fact, I look forward to the wonderful blizzards that begin to howl deep within the hollows of my beloved mountains. Not only that, but this autumn has been less than delightful with its various epidemic outbreaks of influenza. The frost, which is a fearsome cousin to the blizzard, came

unexpectedly early this year. This bitter enemy of the mountain farmer caused the leaves on the trees to change color and fall off in a matter of weeks.

There is something romantic about a crisp, cold night in the mountains. The air is so thin and cold that it burns deep when you breathe. The moonlight casts its reflection upon the bleached blanket of snow that covers the mountains. Everything is asleep and light squalls of snow dance about your face. The snow is like a new chance at life. Autumn has purged the land of the follies of spring and summer. The white snow will now cover all the spots and blemishes of the past year. The cold will sober the thoughts and the holiday season will renew hope in the people. Thus, in the wild Kentucky Winter, a renewed hope of life is found as we make our resolutions for a bright new year. Good Ol' Winter!

ADS (Attention Depravation Syndrome)

Hopefully you have been following my dear little buddy's adventures and exploits here at FNS. As the seasons change, so does Peach. He has been craving an unusual amount of attention lately. He has developed a wonderful habit of wallowing all over our most important paperwork in an animated display of Attention Depravation Syndrome (ADS). I want all of you to know that we (especially me) have tried to be loving and supportive in Peach's search of eternal bliss. I have gone out of my way to satisfy his insatiable desire to be "loved on". We do work at FNS, though, and he has a hard time dealing with this. Those tedious moments between feeding and sleeping must take their toll on poor little Peachie. However, I conclude that this overt display of ADS is merely a mid-life cat crisis. We may have to send him to pet therapy and buy him a red convertible to bring him around. We'll do just about anything for our little buddy.

Also, Barb's dearest little "Trishie Baby" recently had the experience of having her teeth cleaned along with an extraction. She recovered quite well and is now back to normal. Trish has finally decided, after many nights of freezing, to take up residence in her "chalet" after abandoning it for the summer.

Tours

I have been giving tours of the Frontier Nursing Service for the past few months. I have seen groups from such fine institutions as Clinch Valley College, University of Tennessee and Northern Kentucky University. Approximately 300 people have toured so far this fall. The tour consists of a thirty-to forty-five minute lecture, a thirty-minute film entitled "The Forgotten Frontier", tours of Mary Breckinridge Healthcare and the Frontier School of Midwifery and Family Nursing. Students and visitors can see such things as St. Christopher's Chapel, which has a fifteenth century French stained glass window and a brick from Florence Nightingale's home that was in London, England.

FNS has had many tour guides in the past, each giving their own view of Mrs. Breckinridge and the work of the Frontier Nursing Service. I try to give accurate information with an extensive dialogue about the culture of the mountain people of the early 1900's. It is my firm belief that an outside or foreign culture cannot judge the mountain people by outside standards. Mrs. Breckinridge understood the ways of these people and only tried to mend their wounds and be their friend. She instituted modern healthcare in the lives of the mountain people. She did not launch a social program to integrate the mountain people with the standards of contemporary America. Instead, she valued the unique traits and values of these isolated people and wove FNS into the fabric of Appalachian culture.

I coordinate the scheduling of all tours at FNS. If anyone is interested in a tour please call me at 606-672-2317 to schedule a suitable time. Tours work better when guests and students come in small groups of twenty and under. We can provide lunch for such groups Monday through Friday. These tours are very entertaining and slightly different each time!

CNEP Graduation Tours

I conducted tours of Wendover on the day of our CNEP graduation in October. Over one hundred people treaded upon the hallowed grounds of the Frontier Nursing Service at Wendover. I gave at least four lectures that day about Mrs. Breckinridge, the

biographical history and her reasons for creating the Service. This was a great proving ground for the development of my storytelling techniques. All the students seemed so honored to be following in the steps of Mrs. Breckinridge. We are very proud of all of our graduates and offer our best wishes for their future success.

Nature Conservancy Field Trip

On November 7, I was privileged to participate in the Nature Conservancy's hike on the Mary Breckinridge Memorial Preserve here at Wendover. Julian Campbell, TNC Botanist, led the hike into the thickly forested hills that surround Wendover. Dr. Ted Olson, a dear friend and professor at Union College, and his friend Monica Luke from the Thompson Foundation also dug in their heels as we climbed the mountains.

The advertisement for the hike stated that the terrain was "strenuous - no trail". They were not kidding. I pride myself in being able to navigate through the mountains at a fairly stable and steady pace. This hike, however, let me know what a desk job can do to your lower legs! We hiked about 1.5 miles in all. We climbed the steep slope just above the Upper Shelf to a high point where several ridges converged. The air was crisp and clear and we warmed up very quickly while scrambling through the dense thicket of trees after Mr. Campbell. Mr. Campbell gave wonderful information about many species of indigenous plants that call Wendover their home. We even found some "Mountain Tea" growing in runners along a dry ridge. "Mountain Tea" is a mountain name for Teaberry that grows naturally in Appalachia. The leaves of this small evergreen plant can be chewed for a refreshing bittersweet wintergreen explosion of flavor.

"Booksigning"

On October 23, Dr. Susan Schaffer, FNP Program Director, and I were honored to attend a booksigning of Rosemary Wells' new book, Nurses on Horseback (published by Dial Books), at Joseph Beth Booksellers in Lexington. This book is a wonderful tale of the "Nurses" adventures as seen through the eyes of the mountain people. This is a beautifully written book that carries a

bit of mountain flavor. Ms. Wells is an author of children's books and Nurses on Horseback is a wonderful book for younger readers. I can only hope that children will learn of Mrs. Breckinridge's impact on healthcare in remote rural areas through the efforts of writers like Ms. Wells.

National Philanthropy Day

Being a member of the National Society of Fundraising Executive (NSFRE), I attended the National Philanthropy Day celebration on November 18 at Marriott's Griffen Gate Resort in Lexington, Kentucky. This is a special day set aside to remember the contributions that many Americans have made in making this world a better place through service and financial support. Among the prestigious organizations attending were (of course) Frontier Nursing Service, University of Kentucky Children's Hospital, McDowell Cancer Foundation, The Nature Conservancy (see earlier section about TNC), Christian Appalachian Project, and many others.

Many individuals and organizations were recognized for their accomplishments and dedication at the ceremony. However, the star of the celebration was none other than Dr. Thomas D. Clark. Dr. Clark is a great historian of Kentucky. He was influential in the creation of the University of Kentucky Archives where many of our precious artifacts now safely reside. He was also very influential in increasing awareness about the importance of old state records. Dr. Thomas was the key note speaker at the event. Dr. Thomas spoke very gallantly even though he is in his mid 90's. He spoke with such eloquence and passion about the dying knowledge of Kentucky's past that I was nearly moved with tears at the end of his speech. Through the efforts of Dr. Thomas and other dedicated individuals we will hopefully never forget our roots here in the wild Kentucky mountains.

Courier News

by Karen Thomisee

Once again we will soon say good-bye to another group of Couriers. It is never easy to see them go, but we delight in knowing that each Courier who comes our way carries a part of the Frontier Nursing Service with them to different parts of the country.

Garron, Elisabeth, Megan and Elizabeth have been such a wonderful help, not only to the community but also the FNS staff. They have shared their time together meeting people in the community, quilting, experiencing both a traditional mountain square dance and a rock concert in Louisville, and picking a new recipe to try every Saturday evening. I only wish I could have had the experience of quilting, sharing meals and having invigorating talks with them more. But even here in Marion, North Carolina, this group has touched my life. Keep reading to learn more of what these women have been up to:

Elizabeth Kaplan comes to us from Mercer Island, Washington. She is a recent graduate of Stanford University, is interested in attending medical school and is exploring a variety of aspects of the FNS community. Elizabeth enjoys observing prenatal visits with Debbie Hacker, FNP, at the health department; shadowing Dr. Jean Sullivan, Family Practice physician; assisting at the Stinnett Elementary School and tutoring Huda in English.



Megan McCarville from Evanston, Illinois, continues to learn about pediatrics and surgery. Since the last update she has begun shadowing Dr. Sullivan and has observed radiology and the emergency room. Megan enjoys tutoring and spending time visiting with Cindy Morgan. She will be missed when she returns to Northwestern University this fall.



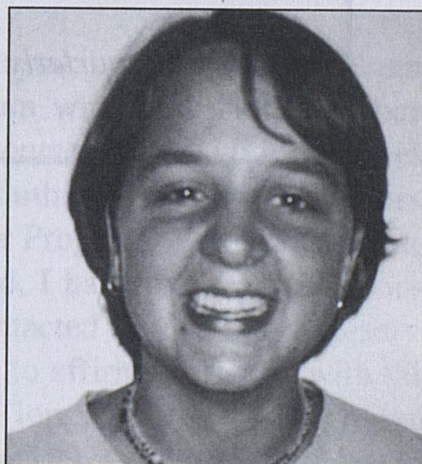
Megan McCarville



Garron Segal

Garron Segal is from Chicago, Illinois. She has discovered a love for teaching through her experience in Leslie County tutoring at Stinnett Elementary School and teaching adult literacy. Not confined to education though, she has enjoyed learning about women's healthcare through the Kate Ireland Women's Center and the Frontier School of Midwifery and Family Nursing while also familiarizing herself with the variety of other healthcare services offered by the FNS. We wish Garron the best of luck as she prepares to enter college next fall.

Elisabeth Nussbaum is from Colorado Springs, Colorado. She continues to develop her interest in midwifery with Cyndy Perkins, CNM. Elisabeth had the opportunity to interview Kitty Ernst (one of the founders of the CNEP), and even met a group of Russian Midwives! When she is not learning about women's care and quilting Elisabeth enjoys the study of Appalachian history.



Former Courier News

Nancy Reinhart ('98) wrote to us from Virginia that the Blue Ridge Mountains are beautiful with the fall colors, but that she can't describe how much she misses everyone in Leslie County. Nancy is continuing to explore her interest in public health policy at Washington & Lee University.

Beth Groff ('93) wrote from Asheville, North Carolina, where she is doing a three year residency in family practice medicine. Along with completing medical school, she has also managed to travel and do international health work. Beth enjoys being back in the mountains and said that the mountains and Appalachian culture in Asheville reminds her a lot of Leslie County.

Year 2000 Celebration

Mark your calendars now! FNS will celebrate it's 75 years of service during May, 2000. The celebration will be held in Lexington, Kentucky.

Watch the *Quarterly Bulletins*. More details will follow . . .

FSMFN/CFNP News

by Dr. Susan Schaffer, CFNP Program Director

"FNP Director on Board"

Readers of the FNS *Quarterly Bulletin* will notice a slight change in the *Bulletin's* column title. Instead of news of CNEP (Community-Based Nurse-Midwifery Education Program) you are about to hear news from Community-Based Family Nurse-Practitioner Program (CFNP). Yes, the plan of the FNS Board of Governors to bring Family Nurse-Practitioner education back to the Frontier School of Midwifery and Family Nursing is one step closer to implementation with the hiring of the Program Director. In the coming months the *Bulletin* will contain news from both programs.

Thank goodness for the painstaking early work of Deanna Severance and the FNP curriculum writers! I came on board October 1 and received a box of course drafts within one week. Many thanks to Sue Peeples who faithfully kept the FNP course writers on task while the search for Program Director was being conducted. Since coming on board, I have reviewed all course drafts, contracted for revisions, contacted Case Western Reserve University nursing representatives to affirm affiliation with this new program, responded to the long list of FNP program inquiries (some dating as far back as 1992), worked with Heather East, Multi-media Specialist, to develop an FNP web page for the CNEP web site, begun negotiations with potential faculty, and nearly completed one FNP management course that remained



**Dr. Susan Schaffer in FNS
nurse uniform**

unwritten. Oh, and had the opportunity to appear in an authentic FNS uniform (complete with Deanna Severance's own riding boots) at a booksigning for a new children's book on Mary Breckinridge (see *Wendover News* for additional comments)! The current plan is to admit the first FNP class in the fall of 1999.

One major goal of the CFNP program is to provide an expedient program of FNP study for midwives who also want to be certified as family nurse-practitioners. This important program initiative is expected to have a strong impact on comprehensive primary care delivered to rural and underserved areas across the country. A key to expedient movement between roles is the development of as many core courses (common to both CNEP and CFNP) as possible. Susan Stone and CNEP faculty have been an integral part of the curriculum building process from the beginning and have been very receptive to developing courses that meet the need of both FNP and CNM students.

A bit of background information on me: I was born in Pennsylvania, but lived in Virginia since 1970. I completed a master's degree in nursing with certification as a family nurse-practitioner in 1982; I completed a Ph.D in Nursing Administration at George Mason University in 1995; I practiced as an FNP in a clinic for an urban underserved population, at a student health clinic, and at an inpatient behavioral medicine unit. I taught at the School of Nursing at Old Dominion University (Norfolk Virginia) since 1986 where I directed both the traditional and distance family nurse practitioner programs.

I am delighted to be a part of an organization with such strong historic roots in the innovative delivery of healthcare for underserved persons!

Beyond the Mountains

by Deanna Severance, CEO

"Here's to your good health, and your family's good health, and may you all live long and prosper." Washington Irving

As I write these words, Christmas is only four weeks away. Due to the generosity of our supporters, the holidays are always such a special time at the FNS. I thank each of you for making this season meaningful for the children in our clinics, the families we serve



and our staff! The Christmas toys and children's parties at the clinics continue in the spirit of our founder, Mary Breckinridge.

ACNM Convention

The fall and spring were particularly busy times. Dr. Anne Wasson and I attended the American College of Nurse-Midwives (ACNM) Convention in San Francisco in May. Our Community-Based Nurse-Midwifery Education Program (CNEP) continues to be the largest school of nurse-midwifery in the United States. Therefore, the business of the ACNM is of great interest to all of us. Dr. Joyce Roberts, the President of ACNM, serves as a member of the Midwifery Advisory Committee to the Frontier School of Midwifery and Family Nursing Board of Directors. Dr. Roberts briefed the Board concerning the many important issues faced by the ACNM. One issue facing the ACNM membership is whether to change the name of the ACNM to reflect the accreditation of non-nurse midwives. The ACNM has been granted the authority to provide this accreditation and has moved forward to establish standards of safety and excellence in practice for all midwives. The Frontier School of Midwifery and Family Nursing Board of Directors applauds the work of Dr. Roberts and the members of the ACNM.

Year 2000 Issues

Thanks to Ken Tuggle, President of the Board of Directors of the Frontier School of Midwifery and Family Nursing and a partner with Brown, Todd & Heyburn law firm in Louisville, I was invited to attend a very important and informative seminar at the offices of Brown, Todd & Heyburn regarding Year 2000 issues.

Even though our hospital, clinics and home health agency operate in a remote area of the Kentucky Appalachian Mountains, we are dependent on computers and computerized machines. Of course, our CNEP distance learning program operates around computer-based systems! We are moving ahead in all areas of review and due diligence related to upgrades and replacement. The FNS accounting system was not Year 2000 compliant, and we are in the midst of a computer conversion. Our new software is from the Great Plains Company. Many thanks to Paul Layton, Mike Herring, Randy Alvis and Terry O'Malley from Great Plains. Also to Anne Ehl with our auditing firm, Potter & Company, for assisting with this complicated endeavor.

ANA Convention

During June, Dr. Anne Wasson, Barb Gibson and I attended the American Nurses Association Convention in San Diego. Our purpose was to begin recruiting students for our Family Nurse-Practitioner Program. We were gratified when so many nurses visited our exhibit to comment on the impact Mary Breckinridge had on their decision to enter nursing!

FNP Program Director

In July, Susan Stone, Director of CNEP, and I completed interviews for the Family Nurse Practitioner Program Director and were delighted when Dr. Susan Schaffer accepted the position! Susan introduces herself in FSMFN/CFNP News in this *Bulletin*.

I was delighted when Susan agreed to dress in the FNS uniform and attend a book signing in Lexington (see Wendover News for details). Susan put on the uniform and another FNS nurse was born into the family!

Bluegrass Committee Luncheon

The Bluegrass Luncheon was held in Louisville September 30 at the Louisville Country Club. Many thanks to Mrs. Marjorie Vogt for coordinating this event. It was good to see friends like former FNS Board member Wade Mountz.

On November 12 and 13, Committee members Marjorie Vogt, Frances (Pani) Lockett, Florence Rawleigh, Mary Francis Muir and Frances Frost visited Wendover. On Thursday afternoon Jeremy Bush led them on a tour of the Mary Breckinridge Healthcare, FSMFN, Beechfork Clinic and Wendover. On Thursday night we had a wonderful dinner at the Big House and were honored with additional guests Carrie Morgan Whitcomb, former Washington Committee member, and three of her friends, Mary Wooton, June Begley and Charlotte Noe, who traveled to Wendover for the Mary Breckinridge Stamp Ceremony held on November 13 (see page 3).



Bluegrass Committee members Frances Frost, Florence Rawleigh, Jeremy Bush, Mary Francis Muir and Pani Lockett (Marjorie Vogt not pictured)

The "Big House" has been placed on the list of endangered historic landmarks due to foundation problems. I am so pleased that the Louisville Committee will be aiding me in my quest to obtain grant funding to save our beautiful building. Any suggestions from you, our readers, will be greatly appreciated!

CNEP Graduation

CNEP graduation was held October 10 in Hyden. Students and their families traveled from across the nation to attend this important event. Many of the students brought their families to Wendover to see where the Frontier Nursing Service began.

Boston Committee Luncheon

October 26 found my husband Carl and I in Little Compton, Rhode Island visiting former FNS Board member and Boston Committee member Liz Dawson. We had such a wonderful time seeing the animals and beautiful farm. Many thanks to Mrs. Dawson for her hospitality.

The Boston Committee met October 27 and what a grand time we had! Chairpersons Susan Perry and Joyce Ricker organized this event at the Dedham Country Club. Ms. Perry, a former Courier and daughter of Mr. and Mrs. Arthur Perry, and Ms. Ricker, former CNEP Faculty, have provided invaluable assistance with the Mardi Perry Scholarship award.

Mrs. Arthur (Mardi) Perry was a Courier at the Frontier Nursing Service in 1938. Her generosity to the FNS has extended through the years. Mardi's contributions to the work of the FNS are many. She was a primary sponsor of the renovation of the beautiful classroom in the renovated "barn". The Mardi Midwifery Cottage where students attend Level III classes is named in her honor. After years of service to the FNS, her peers on the Boston Committee initiated a fund drive in her honor to financially assist deserving FNS students from New England. It was truly an honor for the FNS to be able to offer Melissa Fowler Coello this scholarship. Mrs. Perry presented the award to Ms. Coello.



Mardi Perry (Boston Committee member), Catherine McDermott (1997 scholarship recipient), Deanna Severance (CEO of FNS) and Melissa Fowler Coello (1998 scholarship recipient)

Board Meetings

During the July Board meeting in Lexington and the October Board meeting at Wendover, much hard work was accomplished. Included were the nominations for re-elections of officers and members for all subsidiaries and for the Board of Governors for the year 1998-1999. During the October meeting, the annual audit report was presented and approved. The employee Capital Accumulation Plan was also presented, amended and adopted to include 401K.

The January Board meeting will be held in Lexington and will include the bi-annually Midwifery Advisory Committee meeting. We always look forward to meeting together quarterly to discuss policies and to make decisions in the best interest of the organization.

Many thanks to Miss Jane Leigh Powell and all Board members for their hard work and dedication to this organization!

Miscellaneous Tidbits

FNS midwives in Georgia

Thomasville, Georgia - Priscilla Heidorn's crisp white coat and gentle manner belie a wild background few could imagine. Now a veteran certified nurse-midwife practicing in Thomasville, Heidorn began nursing in the bush land of New Guinea. "Patients would come in with spears in their side," Heidorn said. "Obviously, in a place like that you do what you can to help, but you're often faced with the most complicated of situations."

Heidorn, a native of Buffalo, New York, nursed patients and delivered babies in primitive conditions lacking electricity. "We lived in a wonderful house of bush materials," Heidorn said. "I had a little clinic there. I kept a sterilizer on my wood stove."

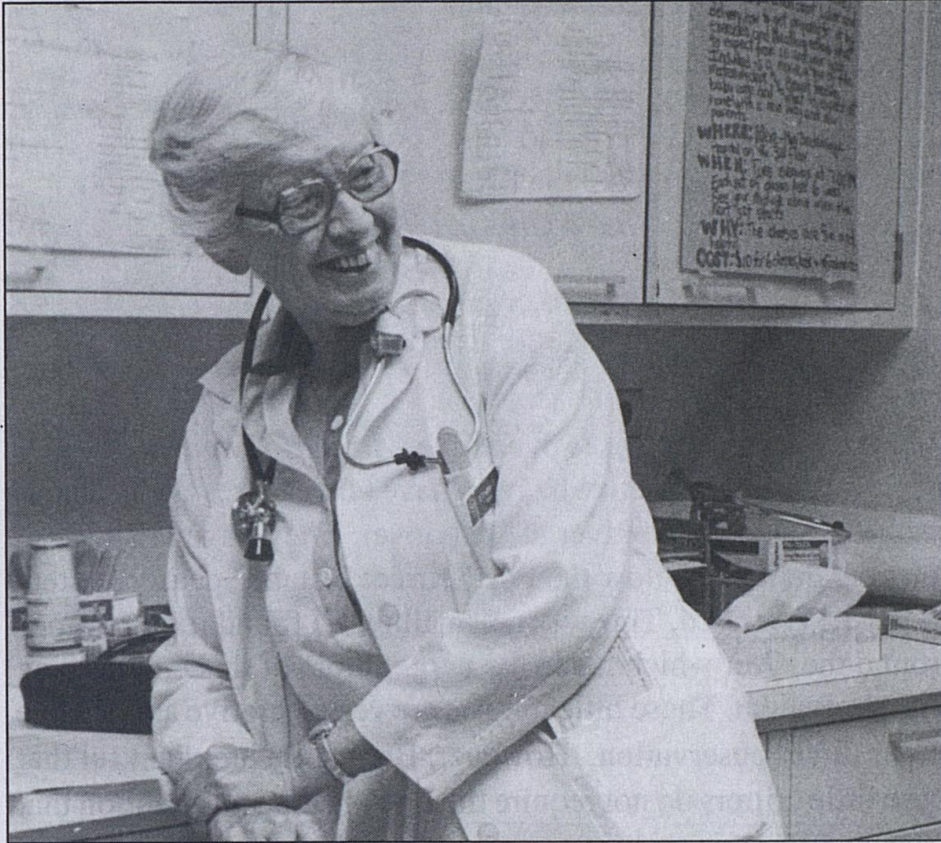
After graduating from the Frontier School of Midwifery and Family Nursing, Heidorn traded the frontier of the Appalachian Mountains for the frontier of the bush where she lived and practiced nursing from 1964 through 1974.

Heidorn joined a midwifery practice in Thomasville, Georgia affiliated with the Archbold Memorial Hospital, and they are now celebrating their 25th year of local practice. Nurse-midwives have delivered about 8,000 babies and have helped improve prenatal care and reduce infant mortality in the area.

Heidorn's partners are certified nurse-midwives. Rita Ray and Priscilla Crow are graduates of the Frontier School of Midwifery and Family Nursing. Connie Becker also a graduate of the Frontier School of Midwifery and Family Nursing launched the program with Archbold Memorial Hospital in 1973 but left the group practice after many years of service.

* *Excerpts taken from the Thomasville Times Enterprise November 10, 1998. Written by Laura Cassels.*

"This is your life, Doctor Eva Fidelia Gilbert"



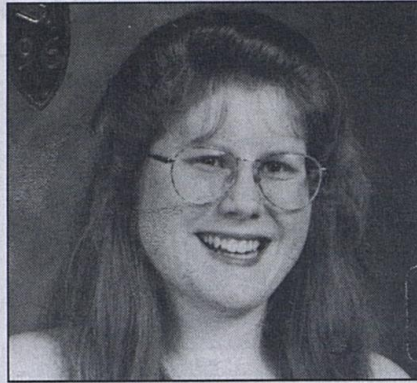
Dr. Eva Fidelia Gilbert (FNS 1972 - 1979)

Friends of Dr. Eva Fidelia Gilbert at the Germantown Church of God in Cascade, Maryland, celebrated their 127th year as a congregation with a very special event on Sunday, November 29, 1998. A surprise "This is Your Life, Doctor Fidelia Gilbert" celebration was held in which Dr. Gilbert shared memories of her time in Bangladesh and Kentucky. Dr. Gilbert worked at the Frontier Nursing Service as an OB/GYN physician from 1972 - 1979. Dr. Gilbert celebrated her 87th birthday on October 25.

Friends of Dr. Gilbert at the FNS would like to take this opportunity to honor Dr. Gilbert for the work that she did in Kentucky. Kendra Couch Bush is a FNS baby delivered by Dr. Gilbert in 1977. She is married to none other than Jeremy Bush, writer of *Quarterly Bulletin Wendover News*, and is the daughter of Beulah Couch, Director of Human Resources at Wendover.

Kendra is employed as a Rotating Tech in the Home Health department at MBHC. Her family is just one of many families who appreciate Dr. Gilbert and the work she did while at the FNS.

-Barb Gibson

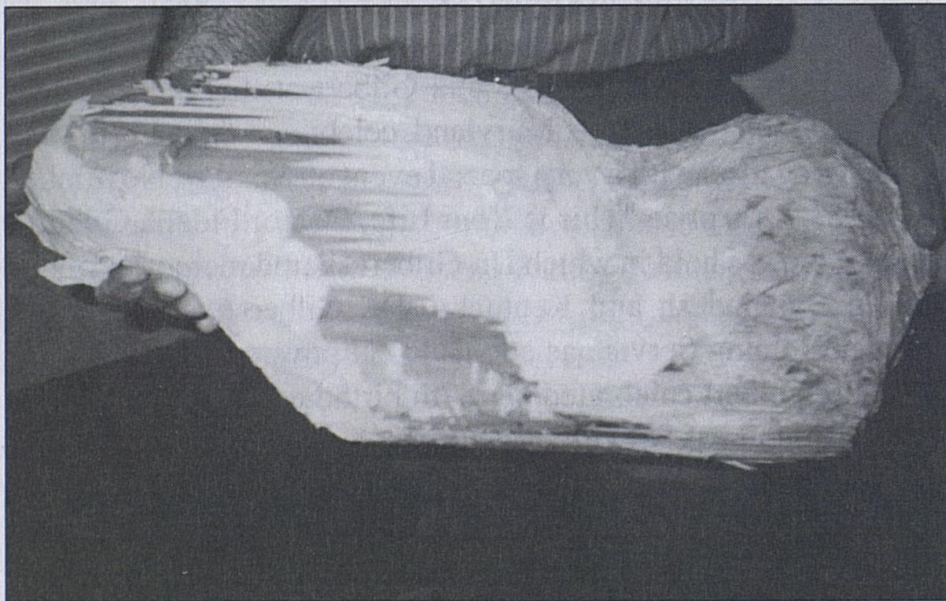


Kendra Couch Bush

Latest addition to Wendover Animal Kingdom

A family of active beavers have taken up residence in our beautiful Middlefork River at Wendover. They have created an amazing dam just below the Post Office. It stands nearly six feet above the river bed. This was no small feat. I found many stumps around the river which made the perpetrators of this engineering miracle evident. These little fellows are very secretive and elusive of our direct observation. However, Barb and I are thankful that these little critters do not require the loving care and attention that Trish and Peachie require.

-Jeremy Bush



Beaver sculpture



Beaver Dam

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.

Anne Winslow, New York, New York died during December 1997. Ms. Winslow was the executive secretary for the Frontier Nursing Service New York Committee in the 1930s when FNS planned a Britannic cruise. She continued her support of the Frontier Nursing Service until her death.

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.

Dr. Jim Wygd

Mary Ann Mitchell

1st Lt. John C. Breckinridge

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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.

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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 FNS, Inc., 132 FNS Drive, Wendover, KY 41775.

Emergency Room:

Fax Machine	350
Addressograph Machine	450
Wheelchair (extra large)	730
ER Stretcher (Hillrom)	3,027

Home Health:

TV and VCR	500
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Medical Surgical:

Fax Machine	350
Geriatric Chair	788
Patient Education Materials	412
Bedside Scale for Patients over 350 Lbs.	3,000

Nursing Department:

Computer with Printer	1,725
Fetal Monitoring Class Materials	412
Pals Books for Pals Certification	500

Obstetrics:

IV Pole	195
Rocking Chair for Labor Room	350
Addressograph Machine	450

Operating Room:

ACLS Mannequin (also used for Dysrhythmia and CPR classes)	2,795
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WE THANK YOU
FOR YOUR PARTICIPATION



PLACE
FIRST-
CLASS
POSTAGE
HERE

FRONTIER NURSING SERVICE INC
DEPT 1398
WENDOVER
PO BOX 143
LEXINGTON KY 40588-0143



Loose Item

Please send me more information about:

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

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

- New
- Renewal

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

Enclosed is my gift of \$ _____



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

Name

Address

City

State

Phone ()

Zip

Your Gift is
Tax Deductible

Loose Item

FRONTIER NURSING SERVICE, INC.

Its motto:

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

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