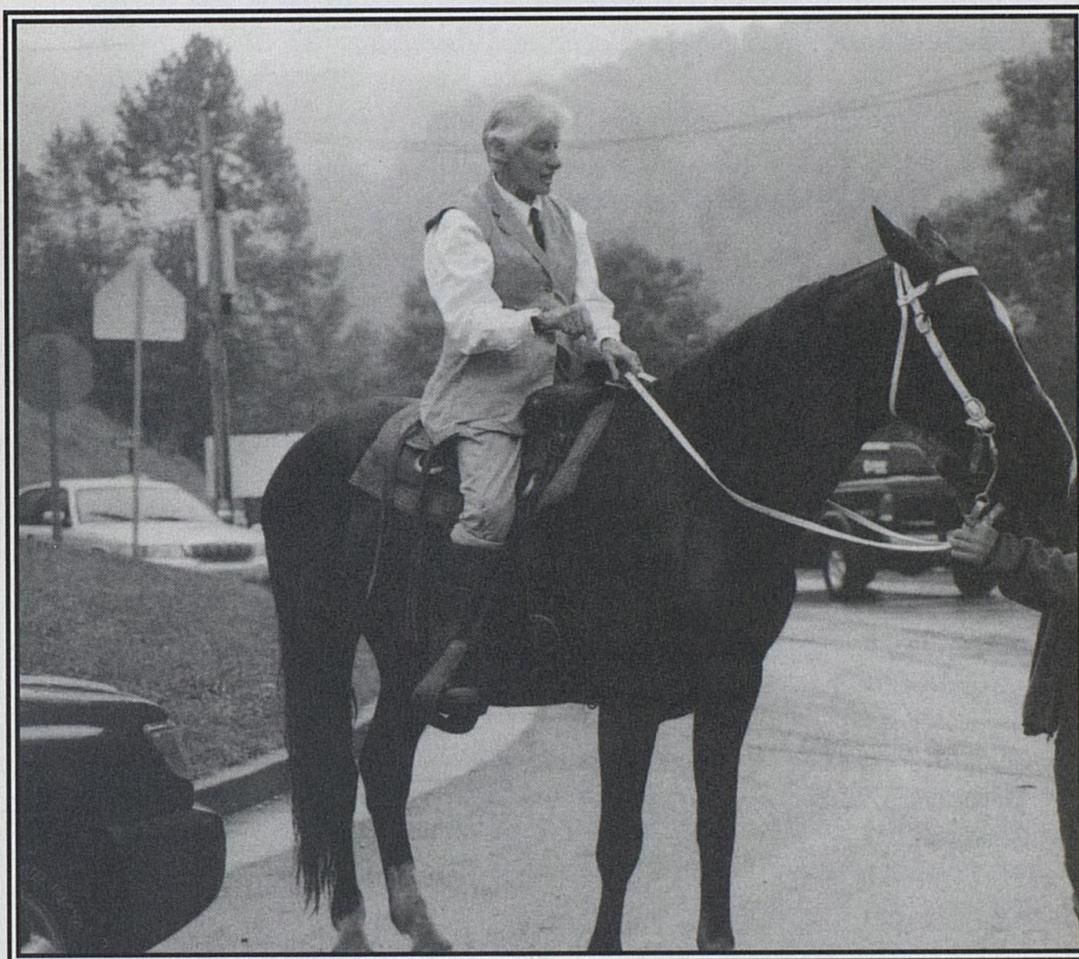


FNS FRONTIER NURSING SERVICE

Volume 80

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Fall/December 2004



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Cover: Molly Lee, former FNS Nurse-Midwife. Grand Marshall in Mary Breckinridge Festival Parade October 2004. *Photo by Mary Ethel Wooton.*

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Frontier Nursing Service

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, FNS, Inc., is organized as a parent holding company for Mary Breckinridge Healthcare, Inc., Frontier Nursing Healthcare, Inc., which includes four rural healthcare clinics (Community Health Center, Beech Fork Clinic, Kate Ireland Healthcare Center and Dr. Anne Wasson Healthcare Center), Mary Breckinridge Home Health Agency and for the Frontier School of Midwifery and Family Nursing - the largest midwifery program in the United States. The Frontier School of Midwifery & Family Nursing also trains family nurse practitioners.

Remarkably, the purpose and philosophy of the FNS has remained constant since 1925

The Journey

by W.W. Hall, Jr., President & CEO

The spirit of Mary Breckinridge is alive and well nearly 80 years after the birth of FNS. We have many fine individuals who contribute to honor her ongoing legacy and for that, we are eternally grateful. We have been visited by many old friends who continue to share their experiences and vision for the future.



This has been a year of tremendous success throughout the organization led by the hard work and dedication of Dr. Susan Stone and her staff at the Frontier School of Midwifery & Family Nursing (FSMFN). Our school moves steadily forward with national and international recognition. Most importantly, we continue to provide bright, optimistic and highly trained professionals who are truly fighting the obstacles and challenges Mary Breckinridge met and conquered nearly a century ago. Our heritage and her healthcare model works. It is the answer we seek.

Our hospital and clinics aggressively reach out to our community and our staff constantly find new opportunities to enrich the lives and health of those we serve. These successes open greater opportunities to push this positive momentum forward with a single focus. Our focus will always address the mothers and children who benefit from the care we gladly give.

Financial decisions, new opportunities in healthcare, provider recruitment and capital needs will remain consistent with the formula Mrs. Breckinridge left with us through her tireless devotion to detail. We enjoy her work.

Please join us in celebrating 80 years of service to our friends and neighbors at home in Leslie County, across this great nation and to the world. We look ahead to 2005 with high ambitions tempered only with care and good judgment, a legacy we cherish.

Wendover News

by Barb Gibson, Assistant to CEO

Guests

Guests numbers at the Bed & Breakfast Inn have continued to increase during the fall season. The Bed & Breakfast Inn is now a partner with LKLP (Leslie, Knott, Letcher, Perry counties) for their Elk Viewing in Leslie County. The Elk population in Leslie County has reached 4,500 and is becoming a big attraction. During the months of September, October and November, Wendover accommodated 704 visitors. This number includes overnight guests, luncheons, dinners, tours, and functions at The Livery.

Maintenance Projects

The renovation project at The Livery is almost completed. Fencing has been built around most of the pasture with plans to finish it in the spring. Walkways and flower beds still have to be built. The rustic cabin is a perfect get away place for meetings, etc. Maintenance projects this fall included roof leak repairs, cleaning and screening gutters on all the Wendover buildings, drain replacement and many other general maintenance tasks in preparation for the winter.

Bluegrass Committee Luncheon

The annual Bluegrass Committee Luncheon was held this year on September 21 at the Lexington Country Club. Thanks to Board member John Foley for making it possible for the luncheon to be held there. The luncheon was sponsored by Merrill Lynch Private Client Group and Merrill Lynch Investment Managers Fred M. Keller, Jr. and Travis Musgrave.

The following people from FNS gave updates about FNS: Mr. Bill Hall, CEO & President of FNS, Inc; Dr. Susan Stone, President & Dean of the Frontier School of Midwifery & Family Nursing; Dr. Julie Marfell, Chair of Family Practice; Mallie Noble, MBHC Administrator; Michael Claussen, Tour Guide and Assistant Courier Coordinator and Nathan Lee, CFO.

We were honored to have 49 friends and supporters of FNS from Lexington, Louisville and surrounding areas. Everyone enjoyed wonderful food and lots of door prizes including tickets to Keeneland Race Track provided by friends of Mr. Hall.



Michael Claussen spoke about Wendover and the Courier Program

Employee Fall Harvest Festival

On Friday, October 29, Wendover hosted an employee Fall Harvest Festival with about 71 in attendance. We gave our Wendover cooks a day off from cooking and had the food for this event catered by some friends of mine. Music was provided by the Trough Slopers, a local bluegrass group. Games included a Pie Eating Contest, Cake Walk, Three Legged Race and Horseshoes. Frank Baker won the Pie Eating Contest, Brent Swafford and Norman Ray Hoskins won the Three Legged Race and Michael Claussen won a Walmart gift certificate door prize. We plan to make this an annual employee celebration event.

We were honored to have Monica Luke, Manager of The Thompson Foundation in Knoxville, Tennessee, attend our Festival. The Thompson Foundation helped fund renovations of The Livery.



Bill Hall and his wife, Teresa, enjoy the fun



Employees watch games from the porch of The Livery



The Trough Slopers



Three Legged Race



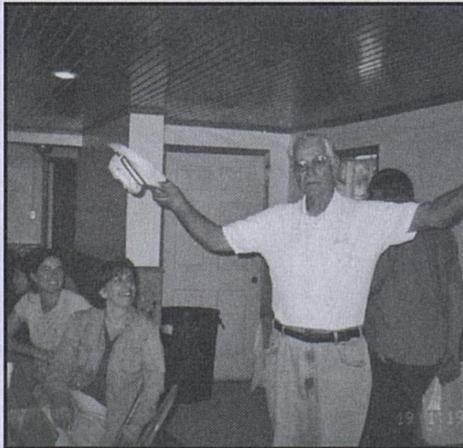
Misfortune during Three Legged Race



Cake Walk



Betty Bowling wins cake



George Wooton enjoys the party



Monica Luke & Nathan Lee



Pie Eating Contest - left to right: Kevin Couch, Nathan Lee, Bill Hall and Frank Baker

Impressions of Wendover*by Noel Smith Fernandez*

We are deep in the Cumberland Plateau, a table land carved down by water. It is so close and steep that here at Wendover, you should be able to reach out and touch the mountain across the river. But, as in all respectable land, you can't. You can only be tantalized knowing that there is virgin timber over there, and you can't see it.

We are suspended in a hanging garden above the Middle Fork of the Kentucky River. It reminds me of Bali in its opulent lushness. The river is the spine of Wendover. We can hear it sliding past in whatever mood it is in. One moment the Middle Fork murmurs gently its pebbly syllables, the next, it rages through the land like a giant serpent of rolling mud. The song of the Redbird ricochets from the green canyon walls - cheri, cheri, cheri, cheri, cheri . . .

It is a land of water. Wherever you are, you hear a running brook; water that carved these steep valleys in the first place. The June nights are thick with the other worldly croaking of toads, calling from the river, joined by an occasional bullfrog. I think I am in a foreign country.

In August, the song of the katydids press in upon us, lulling us to sleep, thick as a blanket.

In the early mornings a ghost mountain rises in a luminous mist. A few frazzled outlines of trees emerge high in the grey. The day's weather will not be revealed to us just yet. Spirals of mist rise like a hundred campfires.

The path toward the Big House is lined with a riot of impatiens, gladioli, exotic lilies, unusual daisies, rose of sharon, all blooming at once. . . .

Mary Breckinridge Healthcare, Inc. News

by Mallie Noble, Administrator

Mary Breckinridge Festival

This year's Grand Marshall of the Parade at the Mary Breckinridge Festival was Miss Molly Lee, Certified Nurse Midwife. I was very fortunate to have had the pleasure of working with Miss Lee in the early 1970's at the Hyden Hospital. As I reflect back, I owe a lot to Miss Lee. She always told me I was worth my weight in gold. This is one of the best compliments I have ever had. The week prior to the Mary Breckinridge Festival I had the pleasure of having tea and dinner at the Big House at Wendover with the FSMFN students, Dr. Stone, Dr. Marfell, Molly Lee, faculty, MBHC Advisory Committee members Mrs. Rhonda Brashear, Ms. Mary Ethel Wooton, Mr. Ray Wilson and Mrs. Ruby Campbell. It was special reminiscing about the earlier times with staff, community members and Miss Lee.



This year, on Friday, October 1st, 2004, in conjunction with the Festival, a community appreciation picnic was held at the Hospital. There was a huge crowd for barbeque and the fixings and Bluegrass music by Uncle Dave and the Trough Slopers. Barbeque was done by Jeff Holmes, Pharmacist "Hawg Wild". Many thanks to staff at the School, Clinics, MBHC and Wendover for the hard work to make this event all come together. Approximately four hundred people attended this event.

Christmas Gifts for Children

Each year at Christmas, the employees of Mary Breckinridge Hospital work with the Commission for Children with Special Disabilities as Christmas Angels. Each department or employee chooses a child to purchase gifts for Christmas consisting of clothing and toys. These are children who otherwise would not receive any gifts on Christmas Day.

On November 12th, 2004 the employees of Mary Breckinridge Hospital were presented a Community Star Award for their good work and charity toward these children.

Bioterrorism Preparedness Planning Grant

Mary Breckinridge Hospital Emergency Room Department has received funding from the Health Resources and Services Administration (HRSA) Kentucky Hospital Association Bioterrorism Preparedness Planning Grant 2003/2004 Cycle which was approved in August of this year. Mary Breckinridge Hospital will receive equipment to meet required benchmarks prepared by HRSA. Funding totaled \$41,000. Equipment must be utilized for overflow of patients during a disaster and to reach Hospital Bed Capacities for the State of Kentucky.

Mary Breckinridge Hospital Laboratory Department received a Biological Safety Cabinet from the Cabinet for Health and Family Services in the amount of \$4,471.00. The Cabinet was approved and purchased through the HRSA (Health Resources and Services Administration) Bioterrorism Federal Funding. The Cabinet provides a safe laboratory environment for microbiologists working with bioterrorism agents and is also needed to manipulate possible bioterrorism agents that are transmissible by the aerosol route to decrease the risk of personnel exposure.

Breast Cancer Awareness

October was Breast Cancer Awareness Month. MBHC offered promotional mammograms during the entire month of October with extended hours of operation. The Radiology Department performed 24 regular mammograms and 69 promotional mammograms for a total of 93 exams.

Critical Access Meeting

Mr. Nathan Lee, Vice President of Finance, and I traveled to Louisville, Kentucky, to attend a Critical Access Meeting sponsored by the Kentucky Hospital Association. Speakers included

Robert W. Brandenburg from Louisville and John J. Sheehan from St. Louis, Missouri. Topics included critical access bed limits of twenty-five and outpatient laboratory procedures. Centers for Medicare and Medicaid Services (CMS) stopped reimbursing CAHs (Critical Access Hospitals) for outpatient laboratory services at cost in October of 2003. CMS opted for a fee-based reimbursement system. This change in reimbursement has made it financially impossible for some CAHs to continue to provide off-site lab testing and has forced some Medicare beneficiaries to travel to the Critical Access Hospitals, often at great distances, to receive lab services formerly provided at accessible outpatient sites such as rural health clinics, home health agencies and nursing homes. The American Hospital Association (AHA) and Kentucky Hospital Association (KHA) continue to work with key congressional staff to gain additional cosponsors to ensure a legislative remedy to this policy made by CMS.

KHA Leadership Conference

Mr. W.W. Hall, President and CEO of FNS, Inc., Mr. Nathan Lee, Vice President of Finance, and I attended the Kentucky Hospital Association (KHA) Annual Leadership Conference in Lexington on October 27th and 28th. The Conference focused on upcoming state and federal legislative issues that will affect hospitals. Richard J. Davidson, President of the American Hospital Association was the keynote speaker.

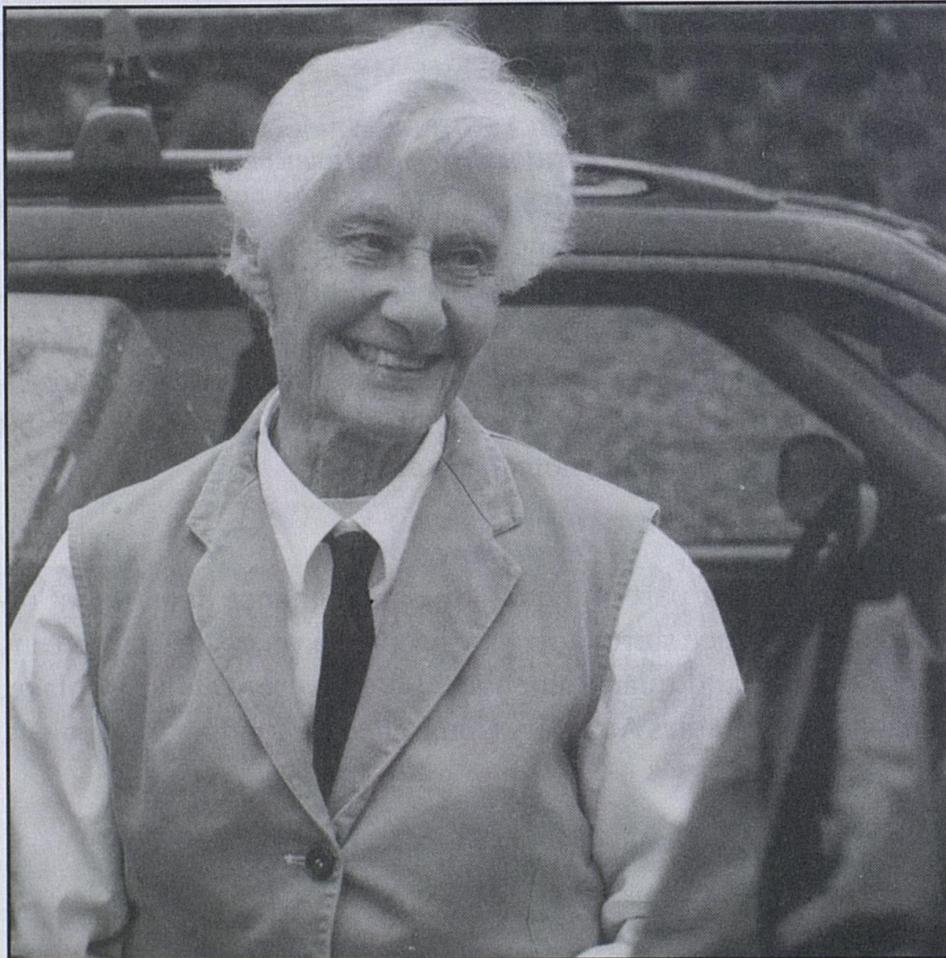
Maintenance Work

During the latter part of the fall, the maintenance department remodeled the fence surrounding the hospital property. Metal screens were cut out and quarter inch steel bars were welded in place. Thanks to the Ladies Auxiliary Committee for funding this project.

Mary Breckinridge Festival

by Barb Gibson

The Mary Breckinridge Festival this year was held September 27 - October 2 with lots of activities including a Community Picnic held in the parking lot of the Hospital. Members of the community and FNS employees enjoyed wonderful food together. The highlight of this year's Festival was the return of Molly Lee from England, to act as Grand Marshall of the parade. Miss Lee, former FNS Nurse-Midwife, made her visit to Hyden a long one, seeing old friends and familiar places. Miss Lee worked in Hyden at different intervals from 1955 - 1982 and is well known throughout FNS. I am an FNS baby delivered by Miss Lee in 1957!



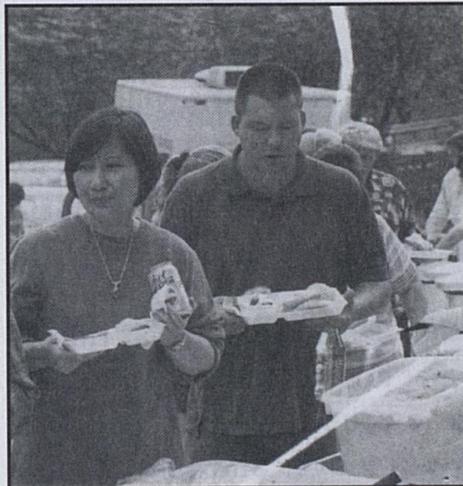
Molly Lee



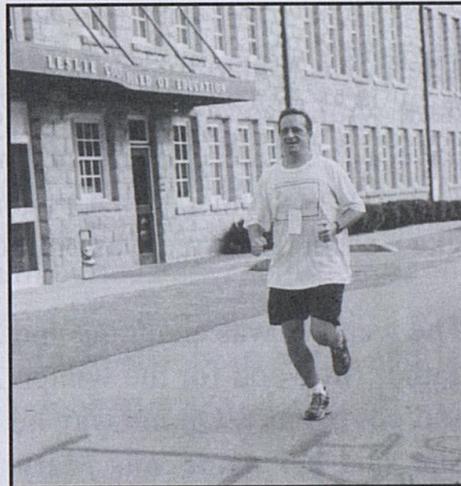
Hannah Gay - Petting Zoo



Tricycle Race



*Michael Claussen and
Dr. Tan enjoying the picnic*



*Kevin Couch - 5K Run
and fun Walk*



Dr. Roy Varghese - 5K Run and Fun Walk

In an effort to make elementary school children more aware of Mary Breckinridge and the Frontier Nursing Service, children were asked to write a story about Mrs. Breckinridge. The following are excerpts from stories written by two sixth grade students:

A Young Woman with a Big Heart

by Anthony Bryan Burns

Long ago, people only had horses to travel. They lived in houses that most of them built themselves. Most of the houses were built with logs or stones. They would build fireplaces in their homes in order to have heat because there was no electricity.

There was a man by the name of Asher. Asher lived in a house built with logs. Asher's house did not have windows but it did have a fireplace. Also, Asher had a horse, "Jack". Asher used Jack to travel and to pull a wagon. Asher kept Jack in a little place like a shed. The shed was built out of logs and tin.

The weather was changing and Asher decided that it was time to gather firewood for the winter. Asher hooked the wagon to Jack and got his axe. On his way he met a young lady riding a horse. She said her name was Mary Breckinridge. She said "I am a nurse. I use my horse to go to homes and deliver babies and take care of their mothers".

Asher went on up the hill. He started cutting firewood. His axe slipped and went into his foot. Asher was frightened because he was losing a lot of blood. So, he just sat down beside of a big tree. As Mary came back up the hill she saw Asher. Mary got off her horse and got her black bag that she carried her stuff in. Mary then cleaned the cut and stitched it up. Asher offered to pay Mary for the care that she gave him. Mary would not accept the money. Mary said that she was just glad to help him. Mary Breckinridge was known as a good loving person. Not only did she deliver babies, she also helped others that she saw were in need.

The Fallen Citizen*by Ethan Jacob Estep*

Joe and Little John were brothers and lived side by side. Their homes were in the head of a holler, in the Appalachian Mountains.

One day after breakfast Little John was reading a book when Joe came up and said, "What are you doing reading you are supposed to be helping me work". In a loud voice Little John replied, "All we do is work. I want to read just a little". "No"! Joe said loudly, "You're just lazy and stupid". Little John was so mad he took off on his horse and rode into the hills. Joe said to himself, "He is too chicken to stay out long".

In six more hours, to Joe's surprise, Little John had not returned. Joe was worried sick. He went to the barn as fast as he could to saddle his horse to go looking for Little John. About two miles into the mountains Joe found Little John's horse. It had been bitten by many rattlesnakes and died! Joe was now so worried he almost passed out. He found Little Joe half buried under some leaves and dirt. Little John had ridden into a large snake den, the horse went crazy then Little John fell off and had also been bitten and lay passed out under the leaves. Little John said in a quiet voice, "Go get the nurse".

Joe came back with Mrs. Breckinridge. She said there were two bites on the leg and ankle and he had a broken arm and finger from the fall. Mary Breckinridge asked Joe if he had an axe. She cut down two small trees and laid them down side by side. She then tied her coat and jacket to the trees and made a travois and hitched it to the horses. When Mrs. Breckinridge and Joe got to the hospital Mrs. Breckinridge gave Little John an antidote. She thought she would have to amputate the leg. John said, "You have my permission to amputate the leg". Joe and Little John will never forget the time that tragic thing happened. Sometimes Joe and Little John go visit Mrs. Breckinridge at the hospital. They were friends after that.

Frontier Nursing Clinics Update

by Dr. Julie Marfell, Executive Director

***Campaign for Safe and Healthy Kids
and Reach Out and Read Program***

As the year draws to a close, the district clinics have been busy seeing patients and providing outreach to the community for health promotion and disease prevention. Our FNS campaign for Safe and Healthy Kids is continuing. Items needed for each age group are being given to the families with the anticipatory guidance needed to promote safety and healthy child development at each well child visit. Our Reach Out and Read Program has also been very well received and we are in the process of ordering more books.

***Patient Education***

In an effort to help educate our diabetic patients, Barb Baird, RD, a diabetic educator from the Leslie County Health Department is teaching a class monthly at Beech Fork Clinic. The staff provides breakfast for the attendees and their appointments with the FNP are scheduled around the class. This has been very well received and some positive health outcomes have developed from this.

Blood Borne Pathogens and Aids Presentation

Linda Ahrens gave a presentation October 20th on Blood Borne Pathogens and AIDS to Forestry Service employees at the Peabody Ranger Station in Big Creek, KY. The employees consider Mary Breckinridge to be their hero. During the years of 1933 through 1935 Mrs. Breckinridge visited forest service officials in Washington, D.C. and corresponded with the Chief of the Forestry Service, the Eastern regional Forrester, the Forest Supervisor, the Secretary of War and the Head of the National Forest Preservation Commission in an effort to have a purchase unit established in the headwaters of the Cumberland and Kentucky Rivers. Mrs. Breckinridge did not accomplish this in the 1930's, but

the Redbird Purchase Unit was authorized in the mid-1960's. After Linda Ahren's presentation, Biologist Kim Tartar gave Linda a tour of the Redbird area of which the highlight was seeing three elk eating in a field within five yards of the vehicle. The employees also had a cookout to mark the occasion.

Line Dancing

Katherine Lauderdale, FNP, and Linda Cress, LPN, from Beech Fork Clinic are holding line dancing classes every Thursday evening at the Stinnett Elementary School. This was done in an effort to help our clients increase their physical activity and promote exercise to increase health. Linda Cress is teaching the class. The attendance is increasing every week and all that attend have a good time.

National Midwifery Week

To celebrate National Midwifery Week, October 3-9th, the Frontier Nursing Healthcare nurse-midwives donated a new rocking chair to the labor and delivery unit at Manchester Memorial Hospital. An article with a photograph about the donation and its purpose (for the comfort of birthing women during labor and for breastfeeding), and about nurse-midwifery services available through FNH, Inc., appeared in the local newspapers.

Renovations in Anne Wasson Rural Healthcare Center

The CNM practice has recently redecorated the old pediatric area of the Anne Wasson Rural Healthcare Center and has begun seeing patients in that area. Advantages of the new setup include a more private waiting area for clients and a "women's clinic" atmosphere.

March of Dimes Walk

On October 23rd, Laura Manns-James, CNM, joined Angela Mitchell, FNP, for the annual Clay County March of Dimes Walk America to help raise both money and awareness for the problem of pre-maturity and birth defects. The event was well attended and set a new record for the Clay County walk in terms of funds raised for the March of Dimes.

Frontier School of Midwifery and Family Nursing News

by Dr. Susan Stone, President & Dean

What a busy Fall! We were honored to have Molly Lee come to visit us from England. She was the Grand Marshall of the Mary Breckinridge Festival and proudly led the parade through town on October 2. Most Hyden residents fondly remember Molly as she served the county as a nurse-midwife



for 28 years before returning to her home in England in 1983. She was kind enough to come to the School a few times during her visit. She regaled faculty and students with stories of the old days. We all learned from her stories.

Kitty Ernst (Alumni 1951) and the Mary Breckinridge Chair of Midwifery was also here in Hyden for the Mary Breckinridge Festival. Under the guidance of faculty member, Debi Karsnitz, we all decorated a float for the parade. Special thanks to Micheal



Dr. Susan Stone, Molly Lee and Kitty Ernst

Feltner from maintenance who not only lent us his trailer to decorate as a float, but then pulled it in the parade with his truck. Kitty and all the current Level III students rode on the float. I led the riderless horse representing Mary Breckinridge's horse and the faculty practice members walked right behind us. It was a slightly damp but overall fun day for everyone.



FSMFN Faculty Float



FSMFN Faculty

The following week, the ACNM Division of Accreditation (American College of Nurse Midwives) and the NLNAC (National League of Nursing) sent site visitors to our school to do accreditation visits. The teams included a total of five site visitors who delved into every aspect of the operations of the school. The final reports are expected in February and March of 2005.

On October 16, 2004, we held graduation ceremonies. Of the 66 students who did graduate during the past year, 33 of them traveled to Hyden to attend graduation. Sister Angela Murdaugh, CNM, MS, was our graduation speaker. The entire Faculty and FNS Board were on site to attend the festivities.



Graduating Class - October 2004



Sister Angela Murdaugh

We were happy to have visits from alumni Joan Corbin-Eichelberger, Janet Austin Crosby, Joan Illian Anderson and Kate Challman on October 1, 2004. They had great fun going back through all of the school buildings and reminiscing. They told many stories about being a student at FSMFN in the late 60's and very early 70's. We encourage all alumni to come and visit FNS anytime. For housing arrangements you can call the Wendover Bed & Breakfast Inn at 606-672-2317.



Back row left to right: Joan Corbin-Eichelberger and Janet Austin Crosby. Front row left to right: Joan Illian Anderson and Kate Challman

**Frontier School of Midwifery and
Family Nursing News Continued**

“The Need for Collaboration in Virginia”

By Rhonda Arthur, MSN, CNM, WHNP, FNP

Rhonda Arthur is a 2002 graduate of CNEP and a 2004 graduate of CFNP. She practices in Virginia where there is a crisis as the number of obstetricians practicing there has decreased dramatically in the last 3 years. In this article, Rhonda tells of her experience working on a governor-appointed task force to examine the issue.

One by one, small obstetrical units in Virginia are closing. The numbers of medically underserved Virginians are climbing and some citizens are driving one to two hours for obstetrical care. As Virginia witnessed this growing crisis in obstetrical care, Governor Warner appointed a task force to look for solutions to the problems in delivering rural obstetrical care. Members of this task force included hospital CEO's, physicians, two deans of schools of medicine, politicians, a certified nurse midwife, a certified professional midwife, the Virginia Medical Society lobbyist and others. Local town hall meetings were held across Virginia to gather citizens' input.

I attended several meetings and listened as problems were outlined. Problems included malpractice premiums, transportation, and Virginia's restrictive language regarding supervision of certified nurse midwives. Physicians stated that barriers to physicians providing obstetrical care included many not desiring to live in rural areas, low reimbursement, and obstetrical care infringing on their lifestyle. The two deans of medical schools stated that they were not able to fill their obstetrical programs with applicants due to the same reasons and predicted even less obstetricians in the future. After the task force gave a presentation illustrating Virginia obstetrical units in jeopardy of closing and maps of counties with underserved populations or no obstetrical care, I was compelled

to testify to the group. I live in a county with no obstetrical care and work in a neighboring county that is in jeopardy of closing its OB unit. The group was interested to learn that I am a master's prepared certified nurse midwife and a women's health nurse practitioner. I discussed how the current restrictive regulations regarding physician supervision of CNM's have created a barrier that prevents me from delivering much needed care in my home town. I pointed out the irony of trained care providers with roots in underserved communities not being permitted to deliver care and actually leaving these communities and the state to practice.

Throughout the town hall meetings, an overwhelming number of CNM's, lactation consultants, childbirth educators, consumers, and physicians spoke to the need to change supervision of CNM regulations. Over 100 CNM care supporters attended one meeting to express support for the recommendation to change this language. The task force contacted me to gather more information on my county and the barriers that I am faced with in providing care in my locality. The task force plans to present my situation as an example of how current Virginia regulations add barriers to providing quality obstetrical care. Of the many speakers in favor of improving CNM's ability to serve, there were a few who opposed this recommendation. Despite the testimony that there are not enough physicians willing to provide care, the evidence of high quality of CNM care, and the high demand from consumers, the Virginia Medical Society lobbyist and a few physicians opposed the recommendations. They offered no evidential support for their view or an alternative plan.

Currently, the task force has written many recommendations for addressing the obstetrical care needs of Virginians. Of the many recommendations, at least four pertain to certified nurse midwives. Across the state an overwhelming number of people spoke and wrote the task force to encourage support for recommendation 29 that includes changing the regulation from physician supervision of CNM's to collaboration. These recommendations now proceed to the Governor and Virginia General Assembly hopefully for swift action.

Courier Program News

by Michael Claussen,

Assistant Courier Program Coordinator

Two Couriers are coming to Wendover in early January. Margot Seamster from Aptos, California, will serve as a Courier for 12 weeks and Yekaterina (Katya) Prupis from Palo Alto, California, will spend her Field Work Term (FWT) from Bennington College in Vermont at Wendover.

Margot has been accepted to Wheaton College in Massachusetts. She is deferring a year to gain some volunteer experience. She writes that participating in the Courier Program could be a chance to see a completely different way of life, and also to make sure that she really wants to go into nursing. Margot has worked in Guatemala performing community development work and teaching English as a second language.

Katya was born in Moscow, Russia and came to the United States in 1989. She has always been interested in the medical field, as well as photography. During high school Katya volunteered at Lucile Packard Children's Hospital at Stanford, California, and was a member of Medical Explorers. Since graduating from high school, Katya spent her summers at the Palo Alto Junior Museum and Zoo, teaching science to preschoolers. She also interned there, as well as the hospital, for her first FWT at Bennington College in Vermont. Her second FWT was spent in the pathology department (morgue) of the Palo Alto Veterans Health Care System.

We are looking forward to Margot and Katya's arrival and are looking forward to the arrival of more Couriers later in the year.

IN MEMORIAM

Ruth Blevins, Omaha, Nebraska, died October 25, 2004. "Miss Ruth" as she was called by her patients, moved to Leslie County in 1968 and was a graduate of the Frontier School of Midwifery and Family Nursing. Miss Ruth then became a Family Nurse Practitioner and worked at the Brutus Nursing Center and Mary Breckinridge Hospital Clinic. She retired in 1987 and moved back to Omaha, Nebraska.

In Memory of:**Lt. Gen. James C. Breckinridge**

Col. James T. Breckinridge

Mrs. Dorothy T. Breckinridge

Col. James T. Breckinridge

1st Lt. John C. Breckinridge

Col. James T. Breckinridge

Rowland Dow

Mrs. Susan Dow-Johnson

Albert "Sandy" McReel

Mrs. Susan Dow-Johnson

Samuel E. Neel

Miss Kate Ireland

Liz Palethorp

Mrs. Janet Mirtschin

Ruth Blevins

The Blevins Family

Agnes Kempcke

Otis & Lois Wells

Ms. John C. Campbell

IN HONOR OF**Miss Kate Ireland**

Ms. M. Elizabeth Culbreth

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.

In memory of _____

Contributor's name _____

Person (s) to whom you wish acknowledgment sent

Name _____

Address _____

In Honor

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.

In honor of _____

Contributor's name _____

Address _____

Person (s) to whom you wish acknowledgement sent

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Barb Gibson, *Assistant to CEO*
Nathan Lee, *Vice-President of Finance*
Kevin Couch, *Assistant Controller*
Beulah Couch, *Director of Human Resources*

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Dr. Julie Marfell, *Chair of Family Nursing/Executive*
Director of Frontier Nursing Clinics
Dr. Susan Ulrich, *Chair of Midwifery & Women's Health*
Dr. Carol Panicucci, *Coordinator of Graduate Education*

Mary Breckinridge Healthcare, Inc.

Mallie Noble, *Administrator*
Linda Craft, *Director of Nursing*
Ferdousi Begum, *Internist*
Madeline Tan, *Peditrician*
Roy Varghese, *Internist, Chief of Staff*

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WEBSITES

Frontier Nursing Service - www.frontiernursing.org

FSMFN Community Based Nurse Midwifery Education Program
(CNEP) - www.midwives.org

FSMFN Community Based Nurse Practitioner Program (CFNP)
- www.frontierfnp.org

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
801 East Main Street, Suite 1200
Lexington, KY 40507
859-231-5258

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.

Administration:

Digital Camera	399.99
Photo Printer	99.00

Emergency Room:

Finger Pulse Oximeter	395.00
4 Littman Stethoscopes	191.80
2 Full Arm Wheelchairs	520.70

Home Health:

2 Portable O2 Sat Machines	395.00
6 Pair Weight Scales	233.70
4 Blood Pressure Cuffs	99.80
4 Stethoscopes	191.80

Lab:

Blood Bank Centrifuge	1,279.20
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Medical/Surgical:

Hill Rom Relaxer Chair (5) (for patient rooms)	4,090.00
Welch Allen Thermoscan	119.46
2 Littman Stethoscopes	95.90
2 Allegiance Heavy Duty Wheelchairs	520.70
Welch Allen Sure Temp. Thermometer	315.32
Welch Allen Mobile Stand	247.50

Operating Room:

Color Printer Pack for Colonoscopy	295.25
Welch Allen Thermometer	315.32

Respiratory Therapy:

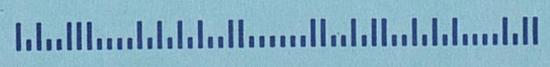
Hand Held Pulse Oximeter	629.00
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WE THANK YOU
FOR YOUR PARTICIPATION



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 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 June 8, 1984