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COVER: Mr. Andrew Stohrer Ellis recreates an FNS tradition.

Photo Credit: Photograph on page 9 courtesy of Mr. John Newell.

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Midwifery Delivery Choice of OB/GYN

Anne Stohrer M.D. was employed by FNS in July 1989. She is currently working on a part-time basis, every other weekend. In April 1990 Anne will become the primary OB/GYN for FNS working at the Kate Ireland Women's HealthCare Center.

My decision to have a midwife-attended homebirth was based on strong beliefs and a personal philosophy developed over the past twelve years.

I am an obstetrician-gynecologist who attended medical school in Virginia and did residency training at a tertiary care center in the midwest. I encountered no midwives during my training but as a result of the technological/depersonalized atmosphere to which I was exposed, I began early on to explore alternatives to traditional delivery. For example, it was considered routine for laboring patients to labor in bed in dark cubicles, on their sides, with continuous, preferably internal, fetal monitoring and artificially ruptured membranes. There was even talk of doing routine fetal scalp samples my final year of residency. So I began to read about midwifery.

My chief resident year I became pregnant with my daughter, Amanda. She was delivered safely after a high-tech labor, including induction, epidural, artificially ruptured membranes, and internal fetal monitor. She was a beautiful, strong, eight pound thirteen ounce baby, but my labor experience was the antithesis of my philosophy of minimal intervention, and consequently difficult.

When I became pregnant the second time, I was much more educated. I had spent two years in Saipan, a tiny island near Guam, helping my husband, who is also an OB, cover a midwifery service of seventy-five to one hundred deliveries each month. Although the midwives on Saipan came from diverse training programs, including Ireland and Fiji, they all had the same basic philosophies and techniques: 1) Pregnancy and labor are predominantly normal conditions, 2) the keys to labor support are caring and empowerment of the laboring woman, and 3) minimize trauma, both physical and psychological. Ruth, a midwife of over 20 years, had much to teach two newly trained residents, and she taught us well. I became evangelized.

So it was that I began my second pregnancy with a search for a

midwife. Initially I was in the Washington, D.C. area and found a wonderful team doing home deliveries called BirthCare, in Alexandria, Virginia. But my husband was assigned by the Public Health Service to Whitesburg, Kentucky, and I began the search for a midwife anew.

My calls led me to Nancy Clark, C.N.M., Ph.D. At that time I knew only that she was a certified nurse-midwife who was willing to consider me for a home delivery. I soon came to realize that she is also Dean of FNS's Frontier School of Midwifery and Family Nursing, the oldest, continuously operating school of midwifery in the USA. We had several long discussions about my previous labor and delivery, my current childbirth education (Bradley Method), my backup system, my current (normal) pregnancy, and she agreed to assist my husband and myself in a home birth.

On October 12, 1990, my water broke at 5:30a.m. I tried resting but was much too excited, so I cleaned the house and cooked instead. I began having mild contractions around 10:30a.m., so I called my husband, Will, home from work, called the babysitter for my daughter Amanda, and called Nancy. Then Will and I went for a glorious walk up the mountain behind our house. The trees were in full foliage against a clear blue sky. Eventually my contractions grew closer and stronger, so



Anne E. Stohrer M.D., her husband Will Ellis M.D., and their three year old daughter Amanda admire the new baby Andrew.

we returned home. I called Nancy, asking her to come down, and I alternately rested and walked until Nancy and her birth assistant, Wendy Wagers, CNM, arrived. At 3:00p.m. I was six centimeters, at 5:00p.m. I was nine centimeters dilated, and there I stalled for three hours. I breathed, changed positions, wailed, and watched the sun set outside our windows. Nancy sat, touched, did intermittent auscultation, and waited. Whenever I felt I was sinking under with pain Nancy's gaze would draw me out. She poured her strength into me. Finally I began pushing despite a lack of urge to push. The baby rotated, descended, and three contractions later I delivered my eight pound eight ounce Andrew from the knee chest position into Nancy's waiting hands. He, too, was beautiful and strong, and as soon as he was delivered he was passed to me and I walked around the bed to lie down and get acquainted with him. Will was with me throughout the entire labor and delivery. He helped me breathe, talked to me and provided moral support. Soon Amanda came home from our friend's house where she had played during the labor. She was ecstatic to see her baby brother and we all three snuggled in bed together.

Andrew's birth reaffirmed my faith in midwifery deliveries. It was an empowering, strengthening experience; one that did not impose higher risks for me or my child. It was also deeply moving: Nancy's face and eyes communicated her strength and compassion to me far more than any epidural could. And her hands were as knowledgeable as any I have known.

I am now, as then, working at the Frontier Nursing Service, again covering a midwifery service, again in training midwives. I feel that a midwife attended, normal delivery is an appropriate delivery. Certified nurse midwives can and should be delivering the majority of infants in the world. Midwives offer a unique and superior approach to labor and delivery, combining technical knowledge with emotional support. I hope that the trend in the United States continues toward normal midwife deliveries, at home, in hospitals or in birthing centers. I believe it to be the right direction. As for me, I would do it all again. And I may.

-Anne E. Stohrer M.D.

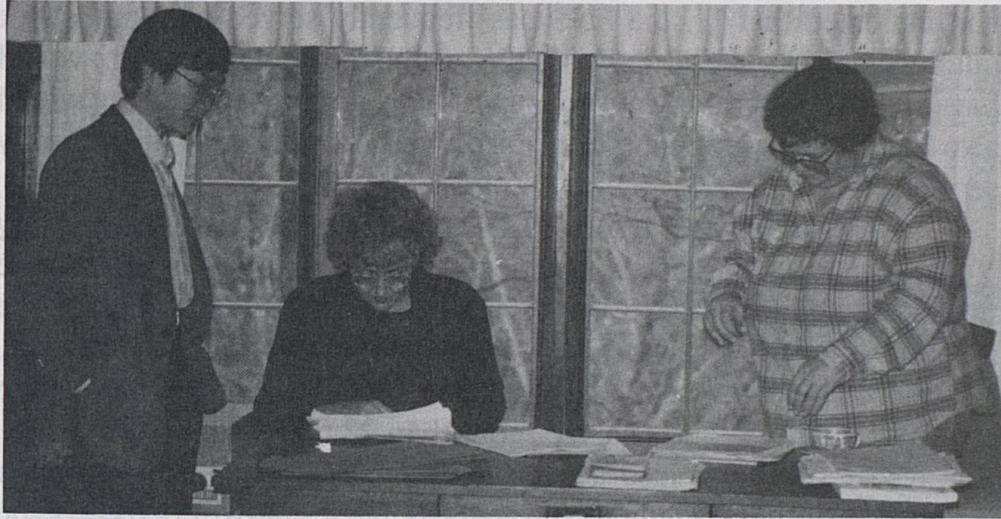
Frontier Nursing Service Sixty Year Study of Nurse-Midwifery: 1925-1985

The following is the first in a series of articles about an ongoing study analyzing the effectiveness of the work of the Frontier Nursing Service. One of the truly unique features of this study is the ability to trace a family's medical history for three generations through the records maintained over the more than sixty years of FNS's operation. We hope the findings of this study will in some way assist in improving health care delivery throughout the nation.

In 1952, Mary Breckinridge wrote in her book *Wide Neighborhoods*,
"From the beginning I had the wish to do the work so well, and to keep such accurate records of it, that others would study it..."

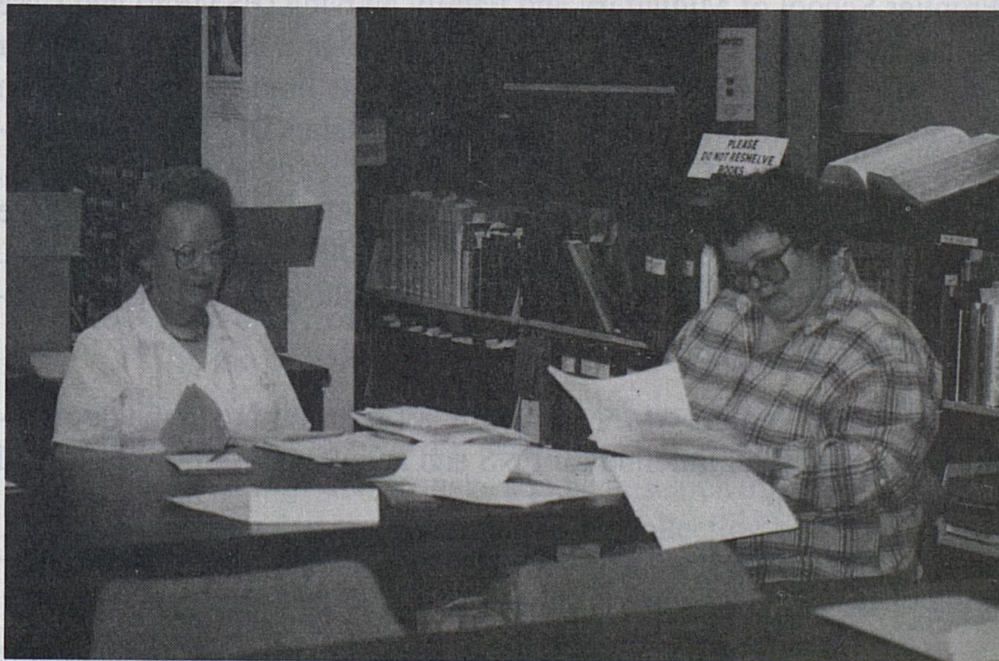
Her carefully kept statistics were analyzed by the Metropolitan Life Insurance Company up to the ten thousandth birth in 1958. Their report concluded that nurse-midwifery care had revolutionized maternal/child health care statistics; demonstrated a decrease in maternal and infant deaths; and effected a dramatic improvement in the health of mothers and babies in Eastern Kentucky. The skill and careful documentation begun by Mrs. Breckinridge are the heritage for nurse-midwifery today. The quality of nurse-midwifery care and the excellent outcomes are well known to the readers of the *Quarterly Bulletin*. The heritage of quality care and improved outcomes, however, has gone beyond the mountains. Repeatedly, nurse-midwives have demonstrated their effectiveness in project after project in this country and abroad.

The need to continue the study of nurse-midwifery at Frontier Nursing Service is evident in the many research projects and publications found in the University of Kentucky FNS archival collection as well as governmental support for the increased need for nurse-midwives in maternal/child health care. Ruth Beeman, (FSMFN Dean 1983-1988 and Co-Principal Investigator) and Dr. Claire Andrews, (Chairperson of Community Health Nursing and Director of the Nurse-Midwifery Program at Case Western Reserve University - Frances Payne Bolton School of Nursing) responded to the challenge and the enormous undertaking. With a research commitment equal to Mrs. Breckinridge's and a desire to expand and go beyond the previous Metropolitan Life Insurance statisti-



(Left) Zong-Ke He, M.D., Claire Andrews, PhD., CNM, Principal Investigator, and Erica Goodman analyze research documents at Wendover.

cal analysis, Mrs. Beeman and Dr. Andrews wrote a successful grant and received funding to study nurse-midwifery and outcomes at FNS from 1925-1985+. The National Center for Nursing Research within the National Institute of Health supported the grant with a high priority score



L-Ruth Beeman, MPH, CNM, Co-Principal Investigator and Erica Goodman, MS, CNM, Project Director review the FNS records kept in the UK Archives.

and indicated that "... the FNS has frequently served as a model for quality maternity service... findings from the (proposed research) would have significant implications for nurse-midwives in particular but would also be of interest to others concerned with the outcomes of maternity services."

This three year grant (7/1/87 through 11/30/90), entitled Sixty Years of Nurse-Midwifery: Practice-Outcome Analysis, will describe nurse-midwifery care and the effects on birth/death statistics of the mothers and babies within FNS's care during the last sixty-four years. Advanced computer technology is blended with human commitment to carefully duplicate and analyze more than 23,000 midwifery records. The research team is also an excellent blend of experts in computer technology, research methods and analysis, nurse-midwifery faculty and students (past and present) with doctoral and master's educational preparation and clinically experienced.

The project director, Erica Goodman, was employed by FNS (9/79 through 6/86) as family nurse practitioner, district nurse and clinic director (Oneida), and nurse-midwife (84-86). Students of the Frontier School of Midwifery and Family Nursing have been involved in the ongoing research through the affiliation agreement (1985) between the Frontier School of Midwifery and Family Nursing (FSMFN) and Case Western Reserve University. FSMFN students meet the criteria for admission into the graduate MSN program at Frances Payne Bolton School of Nursing and are able to earn their Masters Degree by completing 9 credit hours at CWRU in addition to the credits earned at FSMFN. Transferring FSMFN midwifery students may elect research experience with this grant project, as a component of their graduate education. Several FSMFN graduates have contributed to the grant through individual research projects:

Ellen Carton FSMFN '88, FPB '89 contributing to the development of a historical timeline for FNS and annotated available historical materials at FPB.

Barbara Shapiro FSMFN '88, FPB '89 examined the management of second stage labor from selected FNS midwifery records.

Cathy Lingeman FSMFN '88, FPB '89 studied Fetal Outcome measures compared for FNS, Kentucky, and the United States Vital

Statistics.

Graham O FSMFN '88, FPB '89 explored the Concept of fetal well-being: Its measures and practice at FNS. Graham's research was of such good quality that she was honored at graduation with the Helen Lathrop Bunge Award in recognition of her competence in research and her creative ability.

Current '89 graduates involved in the FNS research are Kristy Higgs who will be assisting with reliability and validity testing and Sue Peoples who will be co-writing a grant for a historical display of the timeline.

During the proposal writing of the grant, contracts and permissions were obtained to microfilm all of the FNS midwifery records from 1925 to 1988. The grant supported the purchase of a microfilm camera for FNS. While the computer program was being developed and the research room equipped with several data terminals and mini mainframes to hold the comprehensive information, Nancy Williams of FNS devoted her efforts to the careful microfilming of all available records. Nancy deserves much credit for both her care and expert skill as well as her important contributions to interpreting changes in the records over the years.

The second year of the grant began with a completed software package that contained 2,221 possible bits of information for each midwifery record. While research assistants entered this information from the microfilm directly into the computer's memory, the rest of the research team visited FNS during the summer of 1988 and continued to search out needed resources for the research project. This included locating missing midwifery records and additional information needed to explain the data from the microfilmed records.

The third year of the grant finds the research room at Frances Payne Bolton humming every day. Twelve data entry people have been diligently working to meet the deadline of November 30, 1990. Recently, six of us were able to make another research trip to FNS; February 1-3. We spent a day at the UK archives, collecting supportive materials for the grant. Two days were spent at FNS to copy the finer historical details and to give the research assistants an opportunity to visit places like Hell-fer-Sartin, Confluence, and many others.

The opportunity to experience FNS firsthand, to stay at Mary



Sandy Lacivita, Research Assistant, admires brick from Florence Nightingale's home. The brick, located in Haggin Quarters, (dormitory style housing for FSMFN midwifery students) was presented to FNS because of our dedication to the nursing profession.

Breckinridge's Wendover home -- The Big House, to enjoy the Wendover kitchen's fine meals, and to travel the same roads that are part of FNS's history, inspired the team. Indeed, it was a unique team of individuals. Sandy Lacivita, a perinatal nurse with interest in midwifery; Mary Perlic, a biomedical engineer who has changed professions to become a critical care pediatric nurse; Co-shi Chantal Chao, a Chinese hospice nurse who will be developing the first hospice program in Taiwan after completing her PhD; Zong-Ke He, a general surgeon from Mainland China who is currently a nursing student at FPB; and Zai-Bing Wang, an obstetrician from Mainland China, also a nursing student at FPB. FNS left a deep impression on the research team, a tremendous respect for the mountain community and the nurses and physicians who have provided care over the many years. The data they now enter has a special meaning.

In appreciation, the three Chinese students treated FNS guests and staff to a Chinese eight course meal honoring the Chinese New Year of the Horse. As we all sat beneath Mary Breckinridge's picture in the Wendover living room, a fire in the fireplace, flood waters up Hurricane Creek, the research team and nurses from FNS (Mossie, Betsy McMullan, Kathy Farmer) shared stories. We were carrying on an FNS tradition, while continuing Mary Breckinridge's legacy of a commitment to research -

"...to do the work so well, and to keep such accurate records of it, that others would study it."

- Erica Goodman

Meet The Board of Governors

The FNS Board of Governors is responsible for establishing the policies by which FNS is governed, as well as approving the annual budget and overseeing expenditures. Each member of the board brings unique gifts and a personal history of involvement with FNS to his or her position of leadership; and each has a key role to play in the governance of the Service. Beginning with this issue of the Bulletin, we will be introducing individual members of the Board of Governors, in random order, two or three at a time. We will try to be diligent about this, and present the entire board before too many years have passed.

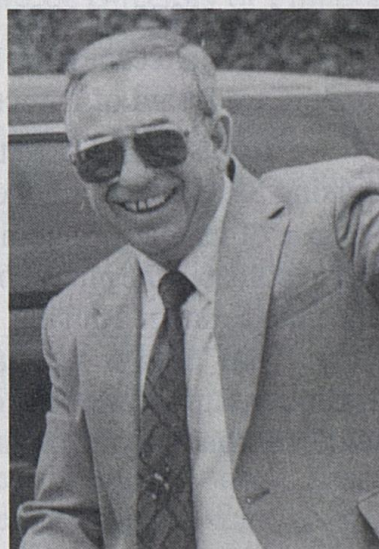
Rufus Fugate

Born on the Fourth of July, 1932, in Krypton (in Perry County, near the Leslie County line), Rufus Fugate can justifiably claim a lifelong connection to the area. He was not an FNS baby, but was delivered by one of the lay midwives who served the area at that time.

A graduate of Vicco High School, Rufus went on to Alice Lloyd College, from which he obtained an Associate degree in 1953. From there it was on to U.K. and a B.S. in Agriculture in 1955. Later, he obtained a M.Ed. in Adult Education from North Carolina State.

Rufus began his employment in Leslie County in 1957 as an assistant agricultural extension agent. The next year, in what he describes as one of the best decisions of his life, he married Clarinda Jane Combs. They have two children: Effie Layne Markalonis is an attorney in Hazard; Martin Lee Fugate is recently discharged from the Air Force. Rufus retired from his post as extension agent in January, and looks forward to spending time with Jane at their new Florida home.

Rufus' involvement with FNS began with a community demon-



stration garden which he established in the "big bottom" across from Kate Ireland's house "Willow Bend", near Wendover. His superiors advised against such an undertaking: "Drought, blight, flood—whatever can go wrong will go wrong," he was told. He was determined, however, to show Leslie County what could be done with improved gardening techniques, and pressed on with the project. The use of black plastic mulch and the appropriate use of fungicides were among the techniques demonstrated in the garden. Local growers of tomatoes, okra, and other crops saw the improved yields, and were able to apply the new techniques to their own plots.

Through this project, Rufus came in contact with a number of FNS staff, many of whom were interested in conservation and gardening. As his interest in FNS grew, he began to see the Service not only as a provider of health care services, but also as a key employer and major element in the overall development of the Leslie County area. Rufus served from 1975 to 1989 as Chairman of the FNS District Advisory Committee. In recent years he has served on both the Mary Breckinridge HealthCare Board of Directors and the FNS Board of Governors.

Rufus is dedicated to the health and continuation of the Frontier Nursing Service not only because of its historical significance, but also because of its many ongoing contributions to Leslie County. He is the first to point out the many changes which have occurred in Leslie County since the Frontier Nursing Service was established, but notes that the Service has always responded to those changes. Because of that flexibility, Rufus foresees a continuing role for FNS. "Leslie County still has needs that only an organization like FNS can address," he says.

Nancy Hines

Nancy Hines is a Kentuckian from slightly further afield, having spent her childhood in Greenup, Kentucky. She graduated from Berea College in 1964 with a B.A. in Biology, and shortly thereafter began her employment with the Social Security Administration. She has worked for the SSA in several locations throughout the state, and is currently the Manager of the Jackson Office. She is active in a variety of civic affairs, and currently serves as Commissioner for the Kentucky Valley Academic League, which conducts academic competitions among sixteen high schools in an eight-county area of southeast Kentucky.

Nancy has lived in Leslie County since 1968, when she and her husband Floyd moved here in connection with Floyd's appointment as head coach of the Leslie County High School football team. Coach Hines continues in that post, and is also supervisor of instruction and computer coordinator for the Leslie County school system. Their son Mark is a sophomore at Transylvania University in Lexington.



Nancy's involvement with FNS began with her appointment to the Board of Directors of Mary Breckinridge Health Care, Inc. She currently serves on the Board of Directors of Frontier Nursing Health and Education, Inc, and the FNS, Inc, Board of Governors.

One of her concerns regarding Frontier Nursing Service is the rate of turnover among health care providers. She would like to see more stability of the professional staff. The general population of Leslie County is highly stable, and in her view high staff turnover has been disconcerting for patients and detrimental to quality of care. Another of her goals is to increase the number of nurse midwives graduated from the Frontier School of Midwifery and Family Nursing.

Like Rufus Fugate, Nancy Hines sees as a great strength the ability of FNS to respond to the changing needs of Leslie County. "I am encouraged and excited about recent changes in the organization," she says.

-Carl Severance

MEMOIRS OF FNS DAYS

The following letters are from former graduates of FSMFN. They were printed in the Alumni Newsletter but we wanted to share them with Quarterly Bulletin readers.

In the early 60's I was not conscious of the "Women's Movement", if it was even around then. I didn't like OB as a nursing student ... it was as uninteresting as the OR. The moms were sedated, anesthetized, delivered of their babies, sewn up and sent to recover.

But I went to FNS because of an interest in Public Health and ended up in midwifery school. The first home delivery I attended taught me a lot more than I realized at the time.

A call came that Sally Fay was in labor with her fourth child. My instructor and I drove out to Wolf Creek in some trusty jeep, whose name has faded from memory. When we arrived at the small cabin, Sally let us in and asked us to sit on the couch. We waited ... the husband appeared and gave us a shy greeting on his way out the door. Sally got each of her three children into their jackets, stuffed a little toy into their pockets as she kissed each one and sent them outside to play. We sat and watched. Sally went into the kitchen, we heard her washing out the basin, tossing water out the door and tidying up. Then she invited us in to set up our things. She was obviously familiar with the midwives' routine ... the kitchen was spotless and water was already heated for our hand washing.

While we were unpacking the saddlebags Sally got into bed and looked uncomfortable for the first time. We did the routine assessment and found her to be in advanced labor ... the cervix dilated to 7 cms. Soon the new baby arrived. It was a quiet, joyful, powerful birth. I was totally in awe of this simple, strong woman who had orchestrated the whole event. The experience was a humbling one which instilled in me a deep respect for the dignity of childbirth. Yes, the mothers of Kentucky opened my eyes to the inherent strength of women.

-Phyllis J. Long, Class of 1965

While in nurses training I loved OB, so in 1954 I discovered FNS and decided to be a midwife. I arrived in Hyden by bus from Fargo, ND and

the ride from Manchester was just 'awesome'. I had never seen such big hills so close together in all my life. I was met by Betty Lester in downtown Hyden and taken up Hospital Hill.

I chose to work General Duty for 6 months to see how I liked FNS. Well, in those 6 months I fell in love with it. I visited and went along with the district midwives at the various outposts and the Hyden District nurse, and when spring came I was really excited about taking the midwifery course. I moved over to Mardi Cottage (student midwives quarters) with 5 other girls and we had great times. Our classes were around the dining room table ... taught by Miss Rayson, an English midwife, who had a great way of teaching and such a gentle touch with the mothers and babies.

After completing the midwifery course I spent 2 wonderful years out at Confluence Nursing Center with Nancy Hero ('56). Nancy is still a midwife in Thailand. In 1958 I went back to ND and married my 'special friend' of high school days. We have 7 children, live on a farmstead and I still do nursing, but only part-time. The first 5 children are either married or out on their own, but the last 2 were twins and they are still in high school ... a joy and they keep us young.

In 1986 our daughter Julie and her husband took me back on a trip to the Kentucky mountains and FNS. We stayed at Wendover in the Big House and even slept in Mrs. Breckinridge's room. I can't put into words the feelings that came within me to be back walking those hills after 30 years. The tears came many times.

It was sad to see Possum Bend Nursing Center was no more at Confluence. The swinging bridge across the Middle Fork, the Baptist church (though it had been moved higher on the hill) and Wilder Branch were still there. We visited Miss Evelyn's Chapel at the mouth of Hellfer-Sartin. The ceiling had fallen in but I could still picture Flicka or Doc tied out there weekly, as I held clinics. It was sad I couldn't find my way or the old path we used to ride across the mountain and back down on Wilder Branch.

There were roads now to travel on instead of creek beds ... the roads didn't always follow the creeks and then I became lost as to who lived where and I would cry again. Changes and progress are needed I know, but I wanted to see the dear people and hills as I had left them.

-Beulah (Olson) Forness, Class of 1955

Beyond The Mountains

On January 17, 1990 I flew to Cleveland to meet with Kitty Ernst, Director of National Association of Childbearing Centers, Ruth Lubic, Director of Maternity Center Association and Joyce Fitzpatrick, Dean of the Frances Payne Bolton School of Nursing at Case Western Reserve University. FNS and these three organizations sponsor the Community Based Nurse Midwifery Education Program, known as CNEP. Also attending were Nancy Clark, Dean of the Frontier School of Midwifery and Family Nursing and Claire Andrews, Chairperson of the Frances Payne Bolton School of Community Health Nursing at Case Western Reserve University.

CNEP was conceived by Kitty Ernst. I imagine that every nurse midwife in the United States knows of Kitty. Many have been fortunate enough to meet her. I am one of the blessed who have been touched by her ... touched mentally by her probing intellect; touched emotionally by her courage; touched spiritually by her vision; touched physically by her personal caring for me.

There are inadequate numbers of practicing physicians and midwives in our country to ensure access to the women and children in much need of maternal and child health care. Mid-career nurses are unable to leave their jobs and their families in order to return to school and advance their education - to become nurse midwives - even though they long to do just that. These are mature learners ... women and men not in need of a structured classroom experience. This is the point where Kitty's vision begins to shine through.

We can enroll these adult learners in the Frontier School! Maternity Association will seek funding! Case Western Reserve will provide the University affiliation and offer a master of science degree in nursing! Kitty will do the work along with a cadre of committed nurse educators. Modules to be mailed to students are developed (currently the development of videos and tapes is underway). These mature, adult learners can complete the course work at home while they work and care for their families.

Students are assisted in identifying clinical sites which meet the standards of the American College of Nurse-Midwives. Students will obtain clinical experience as close to home as possible.

Forty-one students are enrolled. It helps to put this visionary program into perspective by knowing that in the current basic program of the Frontier School of Midwifery and Family Nursing only 10 students are enrolled. The programs are different in that the CNEP program does not offer the family nurse practitioner/certified nurse midwifery dual certificate offered by the Frontier School of Midwifery and Family Nursing. However, the difference in the number of students enrolled is not due to the dual certificate.

How does one take 41 students and create a feeling of camaraderie? Prior to their official entrance, Kitty decided to bring the students of each class together in an Outward-Bound type experience, known as "Midwifery-Bound" by CNEP.

The first students will graduate in 1991-92. The proof of the effectiveness will be passage of the ACNM credentialing exam, quality practice, and improving access to care.

The purpose of the January meeting was to discuss the budget, to crystalize the link with the MSN program of Frances Payne Bolton School of Nursing Case Western Reserve University, and to develop time frames within which the Frontier Nursing Service will, as feasible, assume administration of CNEP.

These are exciting times! CNEP is not the end. Currently RN's must have a bachelor of science degree in nursing to enter the CNEP program. Yet in rural America many RN's are educationally prepared by our community colleges at the associate degree level. I have employed Ms. Judith Tristman, Ph.D. CNM to eventually implement the current CNEP program at FNS and to develop the expansion of the CNEP for RN's in rural America with associate degrees and diplomas.

As Mary Breckinridge wrote in *Wide Neighborhoods*, "As Thackeray says at the end of *Vanity Fair*: 'Ah! Vanites Vanitatum! ... which of us has his desire? or, having it, is satisfied?'"

-Deanna Severance

Field Notes

So much has happened at Wendover in the last several months! All the visitors, couriers and social gatherings make time go so quickly that it's hard to believe that the flowers are in bloom once again. As I have mentioned in previous articles, it would be difficult to find another place where one can feel the closeness of nature and yet be a central gathering place for so many people. Wendover is truly a unique.

The holidays passed rather quietly here. Fortunately the snow and cold of December weather turned into a January that felt like spring, and the roads cleared up enough for people to visit us once again. A group of researchers from Case Western Reserve University stayed with us for several days while they gathered information about the Frontier Nursing Service. Most of them had never been here before and loved staying in the Big House. Some of us will never forget the fabulous authentic Chinese dinner they prepared for us!

The activity continued at the Big House as groups of health care consultants and visiting students joined us for several days. We kept them all busy by taking them to local fish fries, barn dances and inviting musicians and craftspeople to Wendover. In addition to our overnight guests, many people have stopped by to inquire about the FNS facilities either for research projects or just personal interest. As always, we have our neighbors and out-of-town guests stopping by to see us.

We have been working on the buildings and grounds at Wendover in an effort to preserve this historical site. If you pass by during the day you're bound to see a few of us out gardening, cleaning, polishing and repairing. The heavy rains during the past year were hard on the hills here but we are fortunate to have couriers with green thumbs who are helping us get the grounds back in order. Our preparation is in hopes of operating the Big House closer to a standardized Bed and Breakfast facility. This requires many changes in the Big House such as improving the lighting and furnishings and replacing old kitchen appliances. Changes have been slow, but it is all in an effort to ensure the preservation of Mary Breckinridge's home.

In addition to their projects at Wendover, the couriers have been busy working with our still-expanding county literacy program, assisting various departments at the Mary Breckinridge Hospital and at the district clinics. Couriers have recently started teaching aerobics classes at the

Leslie County High School and working with the Leslie County Head Start program. Our volunteers are now asked to choose one of six areas of work while they are here. They continue to help out wherever they are needed—their job remains flexible by definition—but they focus their work in one area in order to gain more from their experience and for us to receive more from their services. In the future we hope to recruit couriers specifically for areas in which we need the most help.

I am always amazed by the number of people who have had long-standing relationships with the Frontier Nursing Service, and have unfortunately never had the opportunity to come and see Wendover—the place where it all began. Please accept the invitation to come and see the Big House and spend time looking through our displays and old photographs. We feel privileged to be able to live at this historical landmark and want to share it with the rest of you!

-Cari Michaels

**Saturday, April 28th is our
Wendover Working Day.**

People from near and far will gather on the Wendover grounds to pay tribute to the historical headquarters of the Frontier Nursing Service and the home of Mary Breckinridge. The grounds will be divided into sections of ten square feet and each person will be responsible for cleaning out one section—clearing away brush, raking leaves, planting flowers, etc. We will break for a barbeque lunch and socializing. If you live in the area, come on up to help us restore our national historical site right here in Leslie County. If you are coming from further away and need a place to stay, give us a call and we will find you a room here. The day begins at 10:00am and ends at 2:00pm. Wendover is part of Leslie County's history—with your help we can keep it alive.

Courier News

Suzie Harding (1988) resides in Maine and is involved with the Freeport Middle School and an employment and community service project for 12-15 year olds called the Youth Job Bank.

Fran Howe (1989) is finishing her coursework at Colby-Sawyer College in New Hampshire. She is completing the last of her courses needed for an elementary education degree.

Susan McIntosh Lloyd (1953) writes that her niece Kate McIntosh (1987) has been accepted into the Colorado University Medical School. She and her husband are currently building a house in Vermont.

Cate Maclachlan (1989) has been spending time in England since she left Wendover. Her job as a nanny for an eight-month old baby can be trying at times but she is enjoying herself.

Kelly McBroom (1989) writes from Guatemala that she is happy and waiting to move on to Nicaragua. Although her travel has been limited, she is enjoying herself and meeting some interesting people.

Lonny Myers (1941) has left her home in Chicago to join the Peace Corps. She will spend the next two years in Malawi, Africa doing healthcare work.

Ann Proctor (1974-1975) lives in Sacramento, CA and works with various political campaigns and issues as a self-employed consultant. She writes that keeping up the charming old house she and her family live in keeps her busy—fortunately it was untouched by the earthquake.

Jane Schneider (1989) has returned to Minneapolis and is adjusting to city life after spending several months here at Wendover. She is doing customer service work for Norwest Banks and looking for work in the literacy field.

Elizabeth Wilcox (Courier Coordinator 1986-1988) is living in the White Mountains of New Hampshire and running a small cooking business out of her home. She says she thinks of life at Wendover often and sends her best wishes to all.

Mrs. Robert N. Steck (former courier "Sarah Bullard", 1971) and her husband joyfully announce the birth of their daughter Nicole Pamela Robinson, born November 15, 1989. Congratulations!

Lost Couriers

We have lost touch with some of our former couriers! Many people have moved without leaving forwarding addresses. If you know the whereabouts of any of the following couriers, please let us know so we can continue to keep in contact with them.

- Alexander, Miss Brooke, 1959 (Mrs. Bruce Eugene Leddy)
Anderson, Miss Karen J., 1972 (Mrs. Hugh Mommsen)
Anschuetz, Miss Nancy H., 1972
Arkin, Miss Anne, 1978
Atkins, Miss Adelaide 1936? (Mrs. Elias Ward)
Auchincloss, Miss Priscilla S., 1970 (Mrs. Priscilla S. Szujesicz)
Baird, Miss Deborah T., 1972
Bauerlein, Miss Gretchen M., 1976
Beckwith, Miss Anna P. "Polly", 1972 (Mrs. David Hawkes)
Beaver, Miss Molly, 1981
Bennett, Miss Frances, 1940
Berger, Miss Laura, 1978
Berry, Mr. Troy, 1989
Biddle, Miss Katherine G. "Kitty", 1952 (Mrs. Trenchard Moore, Jr.)
Blumberth, Miss Roberta J. "Robbie", 1973
Boyd, Miss Barbara, 1930s (Mrs. Barbara Mickey)
Buhl, Miss Lois, 1957
Caldwell, Miss Penny Ann, 1964
Cake, Miss Deborah, 1965
Carpenter, Elizabeth Ann "Carpy", 1950
Carter, Miss Heidi, 1971
Chapin, Miss Patricia, 1944 (Mrs. Richard Condon)
Cherrington, Miss Constance, 1945 (Mrs. Constance B. Brown)
Clapp, Miss Barbara Saunders, 1954
Clarke, Miss Janice, 1973
Clarke, Miss Katherine Gaddis, 1943
Cook, Miss Brett W., 1976
Coon, Miss Margaret B., 1975
Costen, Mr. Tom, 1981
Cowles, Miss Mary, 1930s (Mrs. Herman F. C. Holtz)
Crandall, Miss Jennifer C., 1970
Crotty, Ms. Elizabeth, 1984

Damner, Miss Dorothy, 1940s (Mrs. Mentor Nicole DaPonte)
Davis, Miss Joan, 1981
Davis, Miss Julie, 1966
Dellenbaugh, Miss Adele A. "Dell", 1946
Delte, Miss Susan, 1930s (Mrs. Arthur T. Holbrook, Jr.)
DeVitry, Miss Joan, 1984 (Mrs. Joan DeVitry-Moy)
Dinnocenti, Miss Donna, 1979
Dickinson, Eloise H. "Deedie", 1930s (Mrs. Richard Stevens)
Doak, Miss Denise, 1970
Doyle, Miss Patricia "Pat", 1962
Dorsey, Miss Michelle A. "Mickey", 1963
Dougherty, Miss Catherine, 1979
Dunham, Miss Sabra L., 1968 (Mrs. D.C. Thornburn)
Eberhart, Miss Eloise, 1958 (Mrs. David C. Chevrier)
Eckert, Miss Suzanne, 1946 (Mrs. John Vincent Underhill)
Etnier, Miss Stephanie, 1955 (Mrs. John Doane)
Everdell, Miss Suzan, 1967 (Mrs. John Clippinger)
Ferrebee, Miss Anne, 1957 (Mrs. Frank Gehring)
Ficklen, Miss Ann Hamilton, 1968 (Mrs. D.S. Little)
Fischer, Miss Elizabeth Anne "Sherry", 1941
Fitzgerald, Miss Patton, 1940s (Mrs. Patton F. Osborn)
Forbes, Miss Allison, 1941
Foster, Miss Leslie, 1963
Friedman, Miss Maxine "Miki", 1957
Fullam, Miss Maryellen "Penny", 1956
Gainer, Miss Mildred E. "Milly", 1969
Gann, Miss Gay, 1965
Gordon, Miss Gillian "Jill", 1969
Green, Miss Adele, 1973 (Mrs. Eric N. Hunter)
Grimaldi, Miss J.L. "Jo", 1940s (Mrs. Bernard Collins)
Groner, Miss Sally A., 1946
Hagner, Miss Isabella L. "Bella", 1949
Hanna, Miss Margaret "Meg", 1977
Hargrave, Miss Margaret "Meg", 1973
Harmon, Miss Corina, 1963
Harris, Miss Margaret Casey, 1969
Hatheway, Julie Ann "Lee", 1953 (Mrs. Robert Keyes Poole)
Hayden, Miss Lorna, 1955 (Mrs. Lorna Hayden Power)

- Haverstick, Miss Laura K., 1972
Henry, Miss Ellen, 1975 (Mrs. Ellen H. Morrison)
Herr, Miss Cathleen Ann, 1967
Hobson, Miss Ann "Panni", 1972
Ivory, Miss Elizabeth Anne "Liz", 1951 (Mrs. Benno Green)
Jelin, Miss Sarah Jane, 1973
Janssen, Ms. Kathy, 1984
Jenkins, Miss Karen S., 1978
Johnson, Miss Josephine D. "Jody", 1975
Johnson, Miss Elizabeth McI., 1949
Johnson, Miss Ruth, 1984
Johnson, Miss Ruth, 1984
Johnson, Miss Ryntha, 1967
Kim, Ms. Unsoo, 1985
Klaassen, Ms. Gloria, 1984
Kocer, Miss Nancy, 1981
Kugal, Miss Yvonne Eva, 1950
Lacey, Miss Sara Elizabeth, 1961 (Mrs. Theodoreo Chylack, Jr.)
Ladwig, Miss Mary C., 1956
Laszlo, Miss Ilona, 1968 (Dr. Lonny Higgins)
Law, Miss Dora May "Dodie", 1950
Lawrence, Miss Annie, 1970
Lefers, Miss Jill, 1985
LeVasseur, Miss Jeanne, 1977
Leshner, Miss Emilie T., 1940 (Mrs. E. Leshner Leech)
Lukens, Miss Wistar, 1949 (Mrs. Charles Conn)
McCulloch, Ms. Amy, 1983
McCormick, Ms. Susan "Sammy", 1984
McFarlan, Miss Lynn, 1974
McDonald, Miss Rose Marie, 1966
McErlean, Miss Mara, 1978
MacCaughey, Miss Mary, 1936 (Mrs. M. Schreiner)
Mather, Miss Janet "Jan", 1956
Martz, Miss Nancy, 1971
Mathews, Miss Eleanor "Ellie", 1967
Mattes, Miss Kate, 1968
Mehring, Miss Heidi, 1965
Mickle, Miss Patricia "Pat", 1947 (Mrs. Howard P. Ingels, Jr.)

- Monthie, Miss Jane, 1980
Morley, Miss Harriet D., 1936 (Mrs. Edward I. Wendell)
Morrison, Miss Barbara, 1969
Moses, Miss Susan, 1967
Morss, Miss Virginia, 1930s (Mrs. Samuel Galpin)
Munger, Miss Sally Turner, 1970
Napier, Miss Patricia "Pat", 1962 (Mrs. Ronald D. Moore)
Ness, Miss Diane Denny, 1964 (Mrs. William Robert Forrest)
Oddeifson, Ms. Jennifer, 1982
Patrick, Miss Patricia, 1957 (Mrs. William C. Forest)
Payne, Miss Kathryn B., 1969 (Mrs. Thomas E. McGinnis)
Pendleton, Miss Nancy, 1962 (Mrs. Harry L. Dyer)
Pease, Miss Christine "Chris", 1955
Pennock, Miss Sara D., 1972
Peterson, Miss Laura A., 1975
Pettit, Miss Patricia, 1940 (Mrs. Patricia P. Kelly)
Phipps, Miss Holly, 1968 (Mrs. Holly Phipps DeFalco)
Pitcher, Miss Alica D. "Pitch", 1945 (Mrs. Thomas Reilly Dibble)
Poole, Miss Lindsay M., 1974
Potter, Miss Susan French, 1942 (Mrs. William Walker, III)
Ray, Miss Margaretta "Kitty", 1967 (Mrs. Mark McCammish)
Reed, Miss Rebecca V. "Becky", 1977
Rice, Miss Anne, 1972
Rich, Miss Phoebe, 1974 (Ms. Phoebe Rich/Hare)
Robinson, Miss Hayes, 1970
Rockefeller, Miss Nancy, 1948 (Mrs. Barclay McFadden, Jr.)
Rockwell, Miss Martha, 1964
Rynick, Miss Ellen, 1976
Schulenburg, Miss Melanie, 1982
Salisbury, Miss Mildred L. "Mini", 1974 (Mrs. Donald L.A. Sawyer)
Serrell, Miss Margarita "Quita", 1959 (Mrs. James McGrath)
Sebastyen, Miss Anne, 1976
Sjolie, Miss Trisha, 1985
Slate, Ms. Tina, 1987
Slocum, Miss Barbara, 1947, (Mrs. Richard M. Dyer)
Snow, Miss Ann, 1974 (Mrs. William H. Woodland)
Snyder, Miss Julie, 1972
Sogg, Miss Susan, 1962 (Mrs. George Steward)

- Spicer, Miss Sandy, 1971
Stalberg, Miss Christine M. "Tina", 1975
Stambaugh, Miss Tina, 1981
Sprogell, Miss Carolyn "Lyn", 1962 (Mrs. Ross Van Denbergh)
Stark, Miss Ellen Ann, 1965
Steeves, Miss Sally E., 1971
Storer, Miss Susan, 1975
Taylor, Miss Harriet Louise, 1930s (Mrs. George M. Watts)
Taylor, Miss Betsy M., 1966
Tresnon, Miss Lauren L. "Lauri", 1975
Triedman, Miss Julie, 1983
Vanderwaart, Miss Derrick Ann "Ricky", 1966
Van Duyn, Miss Dorothea, 1030s, (Mrs. Van Duyn Verbeck)
Vaughn, Miss Wendy, 1969 (Mrs. George David Carter)
Wadsworth, Miss Cornelia "Corny", 1957 (Mrs. Philippe Robart)
Wallace, Miss Esther C.G., 1930s (Mrs. Ralph E. Edgecomb)
Wallis, Miss Eleanor "Muffy", 1949
Warner, Miss Deborah M., 1983
Wear, Miss Adaline Potter, 1963
Welles, Leslie, 1970
Whelan, Miss Martha, 1978
Westerlund, Miss Lyn, 1952
Wilcox, Miss Louise, 1940 (Mrs. William R. Knowlton)
Williams, Miss Margaret L. "Laurie", 1969
Williams, Miss Leland, 1966 (Mrs. Thomas M. Maddox)
Wilson, Miss Diana B., 1959 (Mrs. Paul B. Hoven, Jr.)
Wilson, Mr. Randy, 1984
Winograd, Miss Laura, 1971 (Mrs. Boubekour Benhamida)
Woelfel, Miss Karen, 1959
Woodworth, Miss Martha, 1961
Yueill, Miss Christine, 1985
Zimmerman, Ms. Teresa, 1982

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.

Mr. J. Gibson McIlvain
Devon, PA

The McIlvain family has been entwined with FNS since our early days; Gib's sister, Fanny, was a staunch leader of the Courier Service and his wife, Bea, was a member of the Board of Governors for many years. Gib himself was a loyal and dear friend, serving as Trustee from 1968 to 1988 when he became an Honorary Trustee.

Mr. Waller Carson, Jr.
Brookfield, WI

Mrs. Edwin J. Bauer
Florissant, MO

Friends of FNS for many years, they were also "kin" to Mary Breckinridge.

The Hyden community has been saddened by the loss of three of its prominent citizens: Mr. Harvey Chappell, father of Mary K. Chappell of the FNS Donor Office; Mr. Ira Jennings Combs, husband of our long-time bookkeeper, Mary Combs; and Mr. Charles L. Thornbury, former Controller for FNS.

Ms. Barbara Whipple
Buena Vista, CO

Courier (1941) who also served for a time on our Rochester and Philadelphia Committees.

Mrs. Anna Coleman Van Meter Prewitt
Versailles, KY

We lost a dear friend in Mrs. Prewitt, sister of courier Elizabeth "Lib" Van Meter Hutchinson, and a loyal donor of 61 years.

Mrs. Carl L. Stanke
West Chester, PA

Devoted member of our Philadelphia Committee.

Mr. John Lazar
Lafayette, IN

Father of Sue Lazar, Family Nurse Practitioner at Jessie Preston Draper Memorial Nursing Center at Beech Fork.

By including FNS in their Wills, the following friends have made a continuing affirmation of interest and belief in the work of Frontier Nursing Service. These bequests are added to FNS Endowment Funds so that we may continue to care for mothers and babies in years to come. We extend our deepest gratitude to them for their years of loyalty and support.

Miss Helen R. Conger

Bryn Mawr, PA

Mrs. Gene Walker Crary

Warren, PA

Miss Anna Mayhew Ratliff

Winchester, KY

Mrs. Lois Harris Kroll

Seattle, WA

Mrs Theodosia T. Ross Bauer

Florissant, MO

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:

Laetitia Hunter

Ms. Anne Hamilton

R. Livingston and

Margaret Allen Ireland

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Mr. and Mrs. T. Baird McIlvain
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Mrs. Thurston H. Smith
- Mr. John Lazer**
Mrs. Alice E. Whitman

FORMER STAFF NEWS

Elsie Maier has been appointed as Nursing Supervisor of the Maternal and Infant Care Project of the Department of OB/GYN at the University of Florida in Gainesville. She is responsible for the nurse-midwives and nurse practitioners that care for indigent women in 12 counties in North Central Florida. Her husband Jack was ordained as a deacon in their church. They really enjoyed seeing old friends from 10 years ago at the Big Creek Baptist Church reunion last August.

Ron Hallman writes that he and his wife Heidi are enjoying their new home in Vermont. Heidi is the new Director of Community Health Outreach for Porter Hospital. She is also involved as a Respite Care Provider for a new Vermont Health Department demonstration project. Ron, in addition to his new duties as development director for Porter Hospital, is on the board of a local day care center. They proudly announce that they are expecting a baby in September!

Carol Banghart and Valerie Jewell are doing well in their North Central Pennsylvania nurse-midwifery practice. They recently had their own "home" delivery when Tulip, their dog, had puppies.

Sandy Stahl is not working as a nurse but runs a business office for a small group of doctors (21 - including 4 specialties). She hopes to get back into nursing with Hospice when her sons are grown.

Mary Jo Clark continues to enjoy New Mexico, the community college, and her house and garden. She spent Christmas in New Jersey and Delaware.

Brad Gascoigne and Mandy Ireland are thinking of having a reunion this fall in Hyden. They have a new home with a grand view of San Francisco and the bay.

Molly Lee writes that all is well in England. She has had several overseas visitors including Ruth Blevins. She sends her love to all.

Jill Ash was married last Easter. Her new name is Nichols. She has six stepchildren, all grown and spread around the world. She and her husband are very happy and hope to come to the States, and of course, Kentucky soon.

-Meriwether Wash

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 Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or principal go to the Service.
- 4. By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
- 5. By Life Insurance.** You may have life insurance made payable direct to the Service.
- 6. By Annuity.** The unconsumed portion of a refund annuity may be made payable 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:

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First Security National Bank & Trust Co.
One First Security Plaza
Lexington, Kentucky 40507

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 Head Nurse, OB: Sidney Baker, RN
 Nurse Anesthetist: Gary Doodeman, CRNA

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Hyden Clinic

Kathleen Cook, RN, CFNP

Jessie Preston Draper Memorial Nursing Center (Beech Fork)

Sue Lazar, RN, MSN, CFNP, Project Director

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The Clara Ford Nursing Center (Red Bird), and The Betty Lester Clinic (Bob Fork)

Sharon D. Koser, BSN, CFNP

Wooton Center:

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 Sr. Katherine A. Donohue, RN, MS, FNP

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URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

For the Operating Room:

| | | |
|-------------------------------------|-----------------|-------|
| Haneys (6) | Estimated Cost: | \$624 |
| Adult Stethoscope (1) | Estimated Cost: | \$50 |
| Baby Metz Scissors-5 1/2" blunt (4) | Estimated Cost: | \$144 |
| Iris Scissors-4 1/2" (4) | Estimated Cost: | \$114 |
| Kokers-5 1/2" long (6) | Estimated Cost: | \$174 |

For the Wooton Clinic:

| | | |
|------------------------------------|-----------------|--------|
| Gravel for 2 parking lots and road | Estimated Cost: | \$1092 |
|------------------------------------|-----------------|--------|

For the Kate Ireland Women's Health Care Center:

| | | |
|--------------------------------------|-----------------|-------|
| Wallpaper & labor for waiting room | Estimated Cost: | \$300 |
| Linoleum for workup room & bath room | Estimated Cost: | \$50 |

For the Maternity Floor:

| | | |
|-------------------------------------|-----------------|-------|
| Portable color television for lobby | Estimated Cost: | \$250 |
|-------------------------------------|-----------------|-------|

For the Development Office:

| | | |
|--------------|-----------------|-------|
| 35 mm camera | Estimated Cost: | \$500 |
|--------------|-----------------|-------|

For the Outpost Clinics

| | | |
|-------------------|-----------------|-------|
| Riding Lawn Mover | Estimated Cost: | \$800 |
|-------------------|-----------------|-------|

For the Home Health Agency:

| | | |
|---------------------------|-----------------|-------|
| Digital Thermometers (10) | Estimated Cost: | \$130 |
| Pocket Oscopes (4) | Estimated Cost: | \$408 |

For the Big House:

| | | |
|-----------------------------|-----------------|-------|
| Floor lamps (4) | Estimated Cost: | \$500 |
| Queen Size Bedstead (1) | Estimated Cost: | \$250 |
| Large Braided Area Rugs (4) | Estimated Cost: | \$400 |

For Wendover Grounds:

| | | |
|---|-----------------|------|
| Various gardening tools, seeds, bulbs, etc. | Estimated Cost: | \$35 |
|---|-----------------|------|

WE THANK YOU
FOR YOUR PARTICIPATION



The Frontier Nursing Service
Wendover, Kentucky 41775

Loose Item

Please send me more information about:

- The FNS Courier and Volunteer programs.
- The Nursing Education Enrichment Drive.
- Estate Planning.
- Life Income Gift Opportunities.
- Visiting and Touring the FNS.
- Books and other literature concerning FNS.

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

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