

FNS

FRONTIER NURSING SERVICE

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TABLE OF CONTENTS

Frontier Nursing Service Introduction	1
FNS Appoints President & CEO - <i>Barb Gibson</i>	2
Wendover News - <i>Barb Gibson</i>	3
Mary Breckinridge Healthcare News - <i>Mallie Noble</i>	6
Frontier Nursing Clinics update - <i>Dr. Julie Marfell</i>	12
Frontier School of Midwifery & Family Nursing News - - <i>Dr. Susan Stone</i>	14
Website Information	18
Courier Program News - <i>Barb Gibson</i>	19
Beech Fork Nursing Center Restoration Update - <i>Barb Gibson</i>	22
In Memoriam	24
Urgent Needs	29

Cover: Mrs. Breckinridge reading the Christmas Story to nurses and midwifery students at Haggin Dorm in 1954 (*photo by Barbara Bane*)

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Frontier Nursing Service

If you have never been introduced to the Frontier Nursing Service we would like to take this opportunity to brief you on the history and the on-going work of the Service.

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 Hyden/Wasson Center) 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.

Frontier Nursing Service Appoints President and Chief Executive Officer

The Frontier Nursing Service Board of Governors is pleased to announce that, effective December 1, 2003, William (Bill) W. Hall, Jr., assumed the position of President & Chief Executive Officer of the Frontier Nursing Service.



Mr. Hall's first involvement with FNS began in 1977 when he was employed with First Security Bank in Lexington, Kentucky, and worked under Homer Drew, FNS Honorary Board Member and Former Treasurer. In 1986 Mr. Hall was appointed Assistant Treasurer of the FNS Board of Governors and since that time his guidance has been instrumental in the continuing development of the work of FNS.

Mr. Hall brings to FNS 26 years of experience in banking and finance. He is a graduate of the University of Kentucky where he obtained his BA in Accounting followed by post graduate work at Northwestern University and the University of North Carolina.

Mr. Hall is no stranger to the Appalachia Mountains. His father's family is originally from Blacky, in Letcher County and his mother's family hails from the Cumberland region of Harlan County. Mr. Hall is married to Teresa, his wife of 22 years. They have two sons, Will and Justin.

The Board of Governors and Staff welcomes Mr. Hall and looks forward to working with him.

Wendover News

by Barb Gibson, Assistant to CEO

Board of Governors Meeting

The FNS Board of Governors held their fall meetings at Wendover October 17 and 18. They began their weekend by attending a ribbon cutting ceremony at the new Kate Ireland Healthcare Center in Manchester. After meetings on Saturday, Board members attended the graduation ceremony for 53 nurse-midwives and nurse-practitioners from the Frontier School of Midwifery & Family Nursing.

Guests

During the months of September, October and November, we hosted 74 overnight guests at our Bed & Breakfast Inn and served dinner to 199 additional guests.

Tours

Totty Lawson, Tour Guide, presents the following report:

Since September, we gave tours to approximately 184 people who traveled from near and far and have been of all ages. We had nursing students that will be graduating soon and plan to leave their mark on the world; students that have been in the nursing field for years and were in need of restoration; families of FSMFN graduates; and those just beginning at the FSMFN. We had professors from various schools of nursing make their seventh or eighth visit and some visiting Wendover for the first time.

We had people from all walks of life visit the grounds and walk along the pathway that Mrs. Breckinridge herself walked. They have toured her house, sat in her living room, and heard stories that have been passed down from nurses and couriers that had the great opportunity to know Mrs. Breckinridge personally. Our goal being not only to educate them of all that Mrs. Breckinridge began but also to give them a small glimpse into the rare and interesting individual she was.

Some of our visitors traveled a different path: In June, we entertained 20 journalists on a press tour, courtesy of our friend George Percy, Geiger and Associates, based in Tallahassee, Florida. An article written from that tour appears in the December issue of "Blue Ridge Country" written by Barbara A. Killmeyer, freelance writer, who has gained great acknowledgement with her book "Marketing for Success". Ms. Killmeyer writes of Mrs. Breckinridge's devotion to the people of the Kentucky Mountains being without limits. She boasts of Mrs. Breckinridge's dream and mission to do something useful with her life.

We were also privileged to have Wanda McKinney, Associate Travel Editor for Southern Living Magazine, tour Wendover and dine on wonderful spoon bread and turkey hash, one of Mrs. Breckinridge's favorite meals.

Each individual takes away something different from their visit here. Some are inspired to forge their own endeavor and some find their hope renewed by her story. If you have not traveled to Wendover and visited the home of our founder, Mrs. Breckinridge, we encourage you to do so. We extend to you a warm invitation to schedule a tour or spend the night at our Bed and Breakfast Inn.

Maintenance Projects

Projects this fall included installation of a heating/cooling system in the Garden House. Our boiler heating system became very difficult to maintain. Maintenance and upkeep of the new heat pump system will be much cheaper long term. Special thanks to The Stone Foundation for providing funds for the heating/cooling system.

Annual Bluegrass Committee Luncheon

The annual Bluegrass Committee Luncheon was held September 24 at the Louisville Boat Club. Thanks to Committee Member, Betty Christie, who is a member of the Boat Club, for arranging the Luncheon.

Bill Hall, Vice-Chairman of FNS Board of Governors spoke to the group and Dr. Susan Stone, Dean and President of the Frontier School of Midwifery & Family Nursing updated the group on happenings at the School. Dr. Julie Marfell, Chair of Family Nursing spoke about the Family Nurse Practitioner Program, Mallie Noble, Administrator of MBHC spoke about the Hospital and Totty Lawson, FNS Tour Guide, gave an update of Wendover guests.

Special thanks to Marjorie Vogt for providing the beautiful flowers as centerpieces for the tables. Next year's luncheon will be held in Lexington.

Holiday Activities

We are preparing for the traditional Christmas parties at the rural healthcare clinics. This involves shopping and wrapping toys and filling bags with fruit and candy for the children (see update in next QB). We are also very busy preparing for our annual holiday meals at Wendover.

Merry Christmas from the staff at Wendover: Barb Gibson, Assistant to CEO; Beulah Couch, Director of Human Resources; Patra Simpson, Assistant to HR Director; Totty Lawson, Tour Guide; AnnDraia Bales, Development Secretary; Christine Collins, Special Projects; Joey Roberts, Maintenance Foreman; Linda Sawyers, Cook/Housekeeper; Carolyn Wells, Cook/Housekeeper; Vicky Hacker, PRN Cook/Housekeeper; Michael Brock, Maintenance/Security Guard; Ruben Feltner, Maintenance/Security Guard; and Josh Lewis, Maintenance/Security Guard.

Special Thanks

Special thanks to Ethel W. Ledegand, Norwood, Massachusetts, for knitting a total of 1,000 baby caps for FNS babies! The caps are given to Level III midwifery students to place on the head of the first baby they help deliver.

Mary Breckinridge Healthcare, Inc. News

by Mallie Noble, Administrator

Critical Access Licensure

The Mary Breckinridge Hospital (MBHC) is now officially a Critical Access Hospital effective September 1, 2003. We received our provider numbers for acute care and swing beds on September 30. We appealed the first established rates and have already received the new rates which are higher reimbursement rates. The management team at MBHC has done an excellent job with this long and tedious process. I want to say thank you to all the staff and employees for a job well done.



Maintenance Projects

The new paint job is completed and the hospital looks very similar to the way it was when it was first constructed. The parking lot has been re-sealed and the curbs and fire hydrants have been repainted. We have also re-modeled the public restrooms on the first floor with stainless steel partitions and installed a baby changing station in the restroom located next to the Pediatric Clinic. All of these projects were sponsored by the Ladies Auxiliary Committee. I would like to express my thanks to these dedicated ladies for volunteering their time to raise money for these projects.

Center of Excellence for Rural Health Meeting

I received the honor of being chosen as one of five hospital administrators in the State of Kentucky by the Center of Excellence for Rural Health, to travel to Washington, DC, for a Rural Health All Programs meeting. The meeting was very informative on issues regarding rural health in rural communities. The Office of Rural Health Policy (ORHP) is the leading federal proponent for better healthcare services for the 65 million people who live in rural America. The Office seeks solutions to healthcare problems in rural communities by working in partnership with federal and state agencies, foundations and private sector organizations.

The meeting was very successful and participants from all over the United States attended. I express my sincere gratitude to Bethany Adams, Woody Dunn and Larry Allen, Center of Excellence for Rural Health, for their help with issues concerning rural health and hospitals.

While in Washington, I met Charity Moore, the daughter of former Human Resources Director and former MBHC Risk Manager, Darrell and Ruby Moore. Charity is the Associate Director of South Carolina Rural Health Research Center at the University of South Carolina.

SHIP Grant

I mentioned in the last *Quarterly Bulletin* that Mary Breckinridge Healthcare applied for a SHIP (Small Rural Hospital Improvement Program) grant. MBHC received the grant this year. SHIP grants provide support to help small rural hospitals with the implementation of the prospective payment systems (PPS), to comply with provisions of the Health Insurance Portability and Accountability ACT (HIPPA) of 1996, and to improve overall hospital performance by keeping current on Quality Improvement.

These funds will benefit small rural hospitals and help ensure that they have a strong foundation to provide quality healthcare to the people in their community.

Kentucky Hospital Association (KHA) Meeting

I attended the Kentucky Hospital Association's (KHA) annual Healthcare Leadership Conference in Lexington, Kentucky, on October 30 and 31st.

KHA's Legislative Priorities for the 2004 Kentucky General Assembly were discussed. Issues such as adequate funding for Kentucky's Medicaid budget, revisions to the hospital provider tax, increase of tobacco tax and medical liability reform are on the agenda.

Medicaid is a vital program in Kentucky that will cover one out of every five Kentuckians this year.

Certified Activities Directors

Belinda Caudill, RN, Medical Surgical Manager, and Deanna Rice, Monitor Tech/Ward Clark, attended a one week meeting in Louisville, Kentucky, to obtain credentials as Certified Activities Directors. This is a federal and State requirement in order for the Hospital to have swing beds. The Activities Directors must spend time with swing bed patients in order to stimulate the patients each day. Activities include reading from the Bible and other books of interest, playing checkers, card games, and arts and crafts. We are proud that both Belinda and Deanna became certified.

Blood Drive

On November 13, 2003, MBHC sponsored a blood drive with the Central Kentucky Blood Center. We do this each quarter to help the Blood Center gather donors for much needed blood.

Inspections

On September 5, 2003, officials from the Office of Inspector General were at MBHC for the annual inspection of the Hyden Rural Health Clinic. There were no deficiencies. On October 13, 14, 2003, the OIG, Division of Community Services visited the MBHC Laboratory for their CLIA inspection. The Lab was found to be in compliance with the regulations.

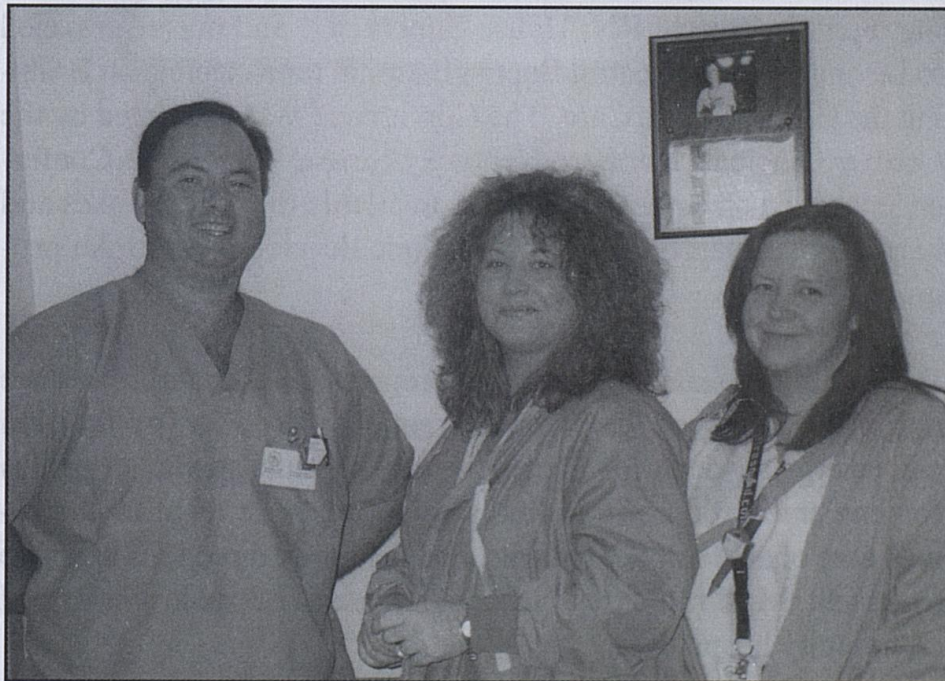
Home Health - Thanksgiving Food Drive

Some of our Home Health patients are not as fortunate as others to be able to financially provide for themselves a holiday meal. The Home Health staff decided to make sure that every needy patient has a full meal for Thanksgiving. Their way of doing this was to start a food appeal for non-perishable food items within the hospital and in local stores such as Food Fair, Save A Lot, and Hyden Grocery. Dairy Queen also participated by donating \$100.00. Each department within the Hospital participated in a contest to see

who could donate the most food. A total of 310 items were collected with Lab and X-ray being the winners. We are thankful that several families were able to enjoy a Thanksgiving meal due to the kindness and thoughtfulness of the Home Health Staff.



Home Health Staff



X-ray - winners in food appeal contest for Home Health



Lab - Winners in Food Appeal Contest for Home Health

Stroke Care Conference

On November 13, 14, 2003, Linda Craft, RN, Director of Nursing, Kermit Creech, RN, House Supervisor, and myself traveled to Lexington to the Central Baptist Hospital for a meeting on Bridging the Gap in Stroke Care. The Conference was presented by the Greater Cincinnati Northern Kentucky Stroke Team. This Conference focused on current treatments available for acute strokes and barriers that may be encountered while developing a stroke program.

Discussions included the scientific progression of acute stroke care during the decay of the brain, current standards for pre-hospital and emergency department management of acute stroke, strategies for implementation of a multidisciplinary stroke team to coordinate care of acute stroke patients, and the future directions in stroke treatment. Most rapid treatments of strokes are done in small rural community hospitals.

The Greater Cincinnati Northern Kentucky Stroke team consists of forty people who travel to different hospitals when they are called for stroke victims. At this time they are focusing on educating hospitals to create their own centers of excellence in the treatment of stroke. This is a much needed program in the eastern portion of the United States and at this time there are only three institutions who are doing research in this area.



Tidbit



Jane Leigh Powell, Chairman of FNS Board of Governors - enjoys ATV riding before October 2003 Board Meeting

Frontier Nursing Clinics Update *by Dr. Julie Marfell, Executive Director*

The grand opening of the new Kate Ireland Healthcare Center was held October 17th, 2003. The Manchester Chamber of Commerce officially welcomed us to the community. The Chamber members extended their thanks and offered their support in our mission of providing health care to the Manchester community and area. The Chamber of Commerce members, members from the FNS Board of Governors, faculty, staff and patients attended the open house. Refreshments were served and flu shots were given to those that requested them including several of our FNS board members.



Kate Ireland Healthcare Center - Ribbon Cutting Ceremony

We are very excited to be implementing an electronic patient management system and medical record at all of the clinics. We will begin training in January for the medical record system. All of our patient records will be converted to an electronic record. This means we will no longer be relying on paper charts. This switch will allow us to better organize our records and we will no longer have to search for files. It will also help us analyze what types of patients we are seeing. This analysis will help us plan better to meet the needs of our patients and communities that we serve.

I had the opportunity to attend the Rural Health Clinic Association Conference in Washington, DC. This association is a national organization composed of rural health clinics. There are 3,477 rural health clinics nationwide with the majority of locations being in the Midwestern and Southeastern states. Kentucky has 90 clinics. Thirty- three percent of rural health clinics are located in medically underserved areas. Rural health clinics are viewed as safety net providers serving Medicare, Medicaid and vulnerable populations in rural areas. Our clinics are part of that safety net. Our percentage of Medicare, Medicaid and charitable care is comparable to other rural health clinics nationwide.

One of the activities at the conference was to meet with our senators and congressmen to discuss current issues that affect rural health clinics. Our Kentucky group went to Capitol Hill and met with representatives from Senator Mc Connell, Senator Bunning and Congressman Rogers offices. All of our issues were heard and supported by all three of our representatives.

I would like to thank all of our donors for the response to the Christmas appeal. The clinics appreciate your continued support and plan to keep that star shining brightly.

Frontier School of Midwifery and Family Nursing News

by Dr. Susan Stone, President & Dean

It has been an exciting Fall for the Frontier School of Midwifery and Family Nursing. Two new classes of students were admitted on September 9th and November 4th adding a total of 59 new students to the FSMFN roster.



Graduation was held on October 18th. This graduation was a historic event for our school as it was the first time that the FSMFN granted the Master of Science in Nursing (MSN) degree. Along with that first went the adornment of the graduates, faculty and Board of Governors in formal academic regalia. The ceremony included the hooding of the MSN recipients. Over 150 family and friends joined our graduates to celebrate their achievement. It was a wonderful day full of "pomp and circumstance". A memory that will last forever came after the ceremony. Upon arriving back up on the hill I saw a large group of students with their families and holding their babies and grandbabies as they rang the Chapel Bell. This brought the graduates full circle as they had all rung that bell upon starting the program over 2 years ago. It was a wonderful sight to see.

A new project that we are working on for our current students is to update our clinical learning laboratory located on the first floor of Mardi Cottage. The models that students use to practice their skills on have become very old and worn. We are hoping to re-equip the learning laboratory with new simulators that will allow students to practice physical assessment skills, suturing skills, microscope skills etc. Many generous donations from our alumni and other supporters are assisting us with this project.

The accreditation process continues to be our most important goal. We are currently pursuing re-accreditation with the American College of Nurse-Midwives, accreditation for the MSN program from the National League for Nursing and accreditation from the Southern Association of Colleges and Schools. This worthwhile process consumes many administrative hours. We will keep everyone informed of our progress. Best wishes to everyone for a happy and peaceful holiday season.

Ruth Beeman Named Dean Emerita

Ruth Beeman is a graduate of the Maternity Center Association (MCA) School of Midwifery, the University of Pennsylvania in Education, the Institute of Tropical Medicine in Belgium and Columbia University School of Public Health.

Ruth Beeman is the epitome of Mary Breckinridge's public health nurse midwife serving in fields at distance as a missionary in a small bush hospital in the Belgian Congo (Zaire) Africa, and the home birth service of MCA in New York City. She helped to transition the MCA school and service to the State University of New York Kings County Hospital in Brooklyn. She has served as public health consultant for training many of the family planning nurses in New York State and in supervising the lay midwives practicing in Arizona. She developed graduate studies in maternity nursing at Indiana University, New York Medical College and Arizona State University.

In 1983 Ruth Beeman brought her talents and extraordinary academic and clinical experience to the Frontier School of Midwifery and Family Nursing (FSMFN) where she served as Dean until she retired in 1988. At the FSMFN she was responsible for all aspects of the nurse midwife/family nurse practitioner program including obtaining funding, accreditation from the American College of Nurse Midwives and the American Nurses Association. She served on the faculty of Case Western Reserve University and originated the affiliation between Frances Payne Bolton School Nursing and the Fronter School. She continued to serve there as liaison and

guest lecturer until 1992, working on research, the community based program curriculum and special projects.

In 1989 Ruth Beeman was called out of retirement to serve as faculty for the distance learning program. There is no person more worthy of being the first Dean Emerita of the Frontier School of Midwifery and Family Nursing than Ruth Coates Beeman.

-Kitty Ernst



Dr. Susan Stone, FSMFN President & CEO and Ruth Beeman, Dean Emeritus (photo by Bill Fliris)



October 2003 Graduation (photo by Bill Fliris)



***FNS Board of Governors and Dr. Susan Stone (President)
Back row left to right: Dr. Michael Carter, William (Bill) Hall
and Mike Rust. Front row left to right: John Foley, Jane Leigh
Powell, Dr. Susan Stone and Ken Tuggle***

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

Courier Program News

During September, AnnDraia Bales and Totty Lawson attended job fairs at Dartmouth College, Smith College and at the University of New Hampshire getting the word out that Couriers again have the opportunity to observe providers at work. We are looking forward to an increase in applicants to the Program.

Anna Carey was here from September until the end of November. She wrote the following about her experience as a Courier:

"As a teacher in a rural town in New York, I came to the Courier Program to experience other aspects of rural life outside of the school setting. During my 3 years teaching, I became more and more aware that there were many things affecting my students outside of school which, in turn, affected their behavior in school. I felt that having the opportunity to experience rural life, predominantly through health care, would help me not only as a teacher, but also as a person. As a courier, I was able to experience this and more."

"Early in my program, I shadowed Dr. Varghese at Mary Breckinridge Hospital and the family nurse practitioners at all four clinics. As time went on, I spent one day each week shadowing Angie Mitchell at the Kate Ireland Healthcare Center in Manchester. Since I had no medical background at all, everything was new to me; I sat in with many patients and that alone was an invaluable experience, but I also learned much about the daily running of a clinic through my time in Manchester. Every other week I went on home health rounds with Willa Morris from the hospital and this gave me a first hand look at the living conditions of some area residents. During one Frontier Bound week I spent time at FSMFN, at which time I met new midwifery and family nurse practitioner students (one a former courier!). Through all of these experiences, the importance of those involved in health care at all levels was apparent to me."

“Outside of the healthcare field, I volunteered at the Leslie County Adult Learning Center. I worked with teenagers and adults, helping them to prepare to take the GED. We most often focused on math concepts and through these tutoring sessions, I met some great people who are working hard, overcoming many obstacles, to improve their education level.”

“I also became very involved with the Leslie County Animal Shelter and the Leslie County Humane Society. I visited the animal shelter at least once a week to give the dogs exercise and take photos of animals available for adoption. I worked some weekdays, weekends, and evenings at the shelter, cleaning it up, welcoming visitors, taking in animals, and adopting them out. Through the humane society, I helped develop media promoting general information about the animal shelter, animal care, and the humane society’s program of spaying and neutering.”

“My life at Wendover provided me with a myriad of opportunities. At the Big House, I was lucky enough to spend time with Christine, Caroline, Linda, and Vicky in the kitchen when guests came for meals. These guests ranged anywhere from new students at FSMFN to ladies from area churches. With little aptitude in the kitchen, I had a wonderful time observing (and trying to help) these women in the kitchen. It is a monumental task to prepare food for 35 people or more at a time – they made it look easy! Along these lines, I was also able to occasionally welcome guests to the bed and breakfast and host local gatherings.”

“In the offices at Wendover, I helped with everyday tasks that included anything from simple filing to help in rewriting the Courier Handbook. There I spent time with AnnDraia, Barb, Beulah, Patra, Totty, and Joey. On free evenings and weekends, when I wasn’t too tired, I visited with security guards: Josh, Ruben, and Michael. Through FNS Wendover activities, I was also able to visit Knoxville, Tennessee, and Lexington, Louisville and Covington, Kentucky.”



Anna - Courier, and Josh Lewis, Security Guard at Wendover

“Towards the end of my stay, I met a few times with Alabam Morgan, a local woman who worked at Wendover. Alabam was most gracious in sharing stories of her time with Frontier Nursing Service and showing me how to quilt. And even though I’m about as good with the needle as I am in the kitchen, I hope to finish a quilt in the near future.”

“Although I am still a bit uncertain as to what the future holds, I am certain that my future is brighter and more full because of my time with the Frontier Nursing Service. Last year, as I looked for possible opportunities that would benefit me, I came across nothing that seemed as if it would give me as diverse of an experience as the one I thought I would find in Southeastern Kentucky. I was right. I believe that *life is people* and the people I met through FNS made my life richer in innumerable ways. To those people and the experiences they provided me: Thank you!”

Beech Fork Nursing Center Restoration Project Update

We are very pleased to report that the original Beech Fork Nursing Center restoration is completed to the point that it can be shown to guests/tour groups. Chris Wilson, who was hired to work on the Beech Fork project, was appointed Caretaker. Due to being located in an area with a known history of vandalism, we felt it necessary to have someone live in the house.

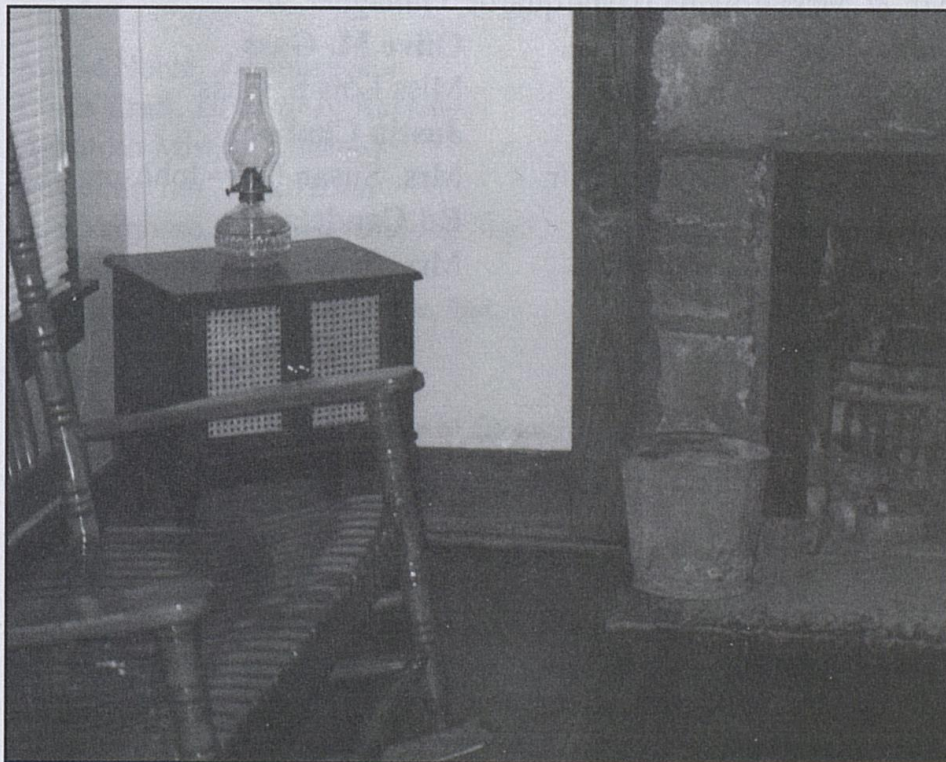
We are very grateful for the support we have received so far. We still need funds for guttering, landscaping and flower gardens. We also would like to re-build the barn if funds become available. If you would like to contribute to any of the above, please specify on your donation. Thank you again, our friends and donors, for helping make this project possible!



Original Beech Fork Clinic - November 2003



Historic Beech Fork Clinic Exam Room



Historic Beech Fork Living Area

IN MEMORY OF

Dorothy Breckinridge

Colonel James T. Breckinridge

Dorothea Chase

Mr. & Mrs. Michael Dirrane

Helen Fedde

Mrs. A. Eileen Cunningham

Mrs. Redington Fiske

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Gallagher, Jr.

Olive M. Gass

Miss Lois S. Gass

Justin Chabot

Mrs. Susan Dow-Johnson

Ed Candela

Mrs. Susan Dow-Johnson

IN HONOR OF

Eunice "Kitty" Ernst

Ms. Harriet J. Palmer

Kate Ireland

Mr. & Mrs. William L. Searle

Alice Herman

Miss Lois S. Gass

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Nathan Lee, *Interim CFO*
Kevin Couch, *Assistant Controller*
Beulah Couch, *Director of Human Resources*
Brent Swafford, *Plant Operations Manager*

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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*
Ashutosh Mishra, *Internist*
Madeline Tan, *Peditrician*
Roy Varghese, *Internist, Chief of Staff*

Frontier Nursing Healthcare, Inc.

Linda Ahrens, *FPN*
Heidi Froemke, *FPN, Director of Rural Healthcare Clinics*
Debi Karsnitz, *CNM, Director of Midwifery Services*
Katherine Lauderdale, *FPN*
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Form of Bequest

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

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

How Endowment Gifts May be Made

The following are some of the ways of making gifts to the Endowment 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:
Frontier Nursing Service
Mr. William Hall, Treasurer
Fifth Third Central Kentucky Trust
250 West Main Street, Suite 100
Lexington, KY 40507

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.

Community Health Center:

Mayostand (2)	202.00
Gooseneck Lamp (3)	475.53
Welch Allen Speculum Light (2)	330.00

Emergency Room:

Doppler	600.00
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Home Health:

Glucometers (5)	189.00
Digital Thermometers (12)	81.48
Fetal Doppler (1)	593.23

Hyden Clinic:

Electronic Oral Thermometer (1)	250.00
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Kate Ireland Healthcare Center:

Colposcope	7,582.50
Denver II Testing Kit	75.00

Medical/Surgical:

Electronic Thermometers (2)	428.00
Radios for Swing Bed Patients (3)	60.00
CD Player for Swing Bed Patients (1)	30.00

Nursing Administration:

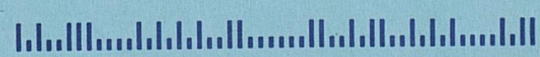
CPR Manuals	150.00
ACLS Manuals	150.00
CPR Recertification Video	75.00
CPR Teaching Equipment	100.00

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