

FNS

FRONTIER NURSING SERVICE

Volume 84 Number 4 June 2009



US ISSN 0016-2116

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Cover Photo - FNS Nurse Zelda Pearson (1957). Photo - courtesy of Gladys Ruth Boss.

NOTE - The cover photo on the last *Quarterly Bulletin* (Volume 84, Number 3) was FNS Nurse Bertha Bloomer and her dog Boo. Photo - courtesy of Carolyn Gregory.

Frontier Nursing Service Quarterly Bulletin is published at the end of each quarter. Subscription Price \$5.00 a year for Donors/\$15.00 for Institutions. Periodicals postage paid at Wendover, Kentucky 41775 and at additional mailing offices. POSTMASTER: Send address changes to FNS, Inc. 132 FNS Drive, Wendover, Kentucky. Copyright FNS/Inc. All Rights Reserved. **The Frontier Nursing Service does not share its donor mailing list.**

Introduction to Frontier Nursing Service (FNS)

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

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

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

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

Frontier Nursing Service - www.frontiernursing.org

The Journey

by Nathan Lee, President & CEO



Something magical happens in Kentucky the first week of May each year. Thoughts turn from our ever-changing weather and seemingly endless allergy season to horses and hats. And so they did again this year, as we turned our attentions to the twin spires of Churchill Downs and the annual running of the Kentucky Derby.

This year, we watched as the 50-1 long shot came from behind to best the field by almost seven lengths. This year, we watched as a horse “saved” for the low price of \$9,500 handily won over competitors whose price tags were exponentially higher. This year, we watched as a horse whose “indexes” and practice times might have indicated a future of trail rides came from behind to claim the top prize in arguably the premier event in horse racing. And this year we watched as those who had believed in this underdog from the beginning smiled and wept tears of vindication on national television.

At the Frontier Nursing Service, we have our own rich tradition of horses and uniforms. And we have often been the underdog in many of our endeavors. Yet, we always manage to elicit smiles and tears of vindication for those who show their belief in us, despite what at times are long shot statistics. Our current economic situation is no different. In the past eighteen months, we've watched as more and more people come to us without private health insurance, sicker because they've waited longer to access the care we provide. We watched as the private insurance, that does cover some of our patients, reduce and delay their reimbursement to us to help manage their own fiscal crisis. We've watched as the state and federal funds we've come to rely on have dried up like an empty mountain well. And we've watched as the value of our endowment has fallen over 40%.

These circumstances are indeed a fiscal challenge for the FNS. In the current year, we will stand to lose approximately \$5,000,000 from our operations, and an additional \$4,000,000 from the devaluation of our investments. This makes it difficult to maintain principal, much less draw income to support operational deficits. In response, we have taken on an even greater sense of fiscal discipline. Over \$1,000,000 has been cut from our expense structure, and substantially all staff has taken a cut in pay of 10%. Each commercial insurer is being addressed as to their reimbursement contracts with us, and all services are being evaluated for fiscal propriety.

Our odds do seem long, and again in our 84-year history, we find ourselves the underdog. But like *Mine That Bird*, we will triumph; for we have been through this before and have won over even more adverse conditions. Our victory will not come without the dedication of you, our supporters. Indeed, you know something the odds-makers could never understand . . . the Frontier Nursing Service is not something that can be abandoned. An associate of Mrs. Breckinridge put it best in a letter to her, an excerpt from which is published in *Wide Neighborhoods* . . .

FRONTIER NURSING SERVICE

“I could no more dream of giving up the Frontier Nursing Service than I could expect to fly by flapping my arms. As I wrote you when I asked to come down here two years ago, I feel that it is the most real bit of work in the country and we can do the greatest good by our services here in the mountains.”

So may it always be. Thank you for your support . . . for your dedication . . . and for your belief in the underdog. I look forward to our smiles and tears of vindication together.

Please refer to “Footprints” in this Quarterly Bulletin for an explanation of how the years of the Depression affected FNS’s financial condition.

Fear knocked at the door. Faith answered. And lo, no one was there.

-Anon

The fishermen know that the sea is dangerous and the storm terrible, but they have never found these dangers sufficient reason for remaining ashore.

-Vincent van Gogh

Field Notes

Wendover Guest Update

From *March 1, 2009 - June 1, 2009*, Wendover hosted a total of 1,029 guests. This number includes overnight guests, tour groups, and special luncheons/events. For the fiscal year - *May 1, 2008 - April 30, 2009*, Wendover hosted a total of 3,639 guests. Special guests this quarter included:

Singer/Songwriter and Leslie County native, Hugh X. Lewis and his wife, Ann, who spent the night at The Big House during an appearance at the Kentucky School of Bluegrass and Traditional Music in Hyden. Among his many accomplishments, Mr. Lewis wrote the #1 hit called "*B.J. the D.J.*" for country artist, Stonewall Jackson, and hosted a syndicated television show called the "*Hugh X. Lewis Country Club*" from 1968 - 1971.



Mr. & Mrs. Hugh X. Lewis - Singer/Songwriter

FRONTIER NURSING SERVICE

Award winning Children's Author, Heather Henson, stayed at The Big House in conjunction with the Hazard Community and Technical College's Regional Library Conference on May 9th. Ms. Henson wrote about FNS nurse-midwives in her children's picture book, *Angel Coming*, in 2005. She recently received a Christopher Award for her most recent book, *That Book Woman*.



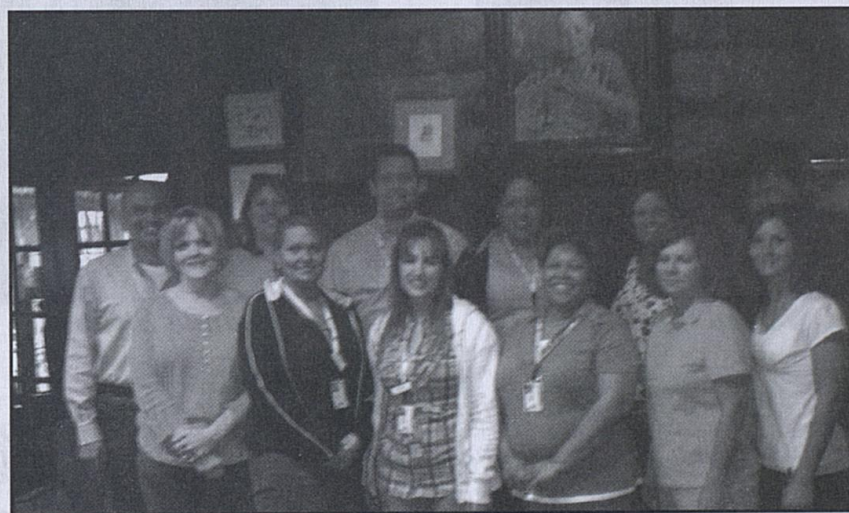
Author Heather Henson

Former Courier Michelle Gazzool ('83), Benton Harbor, Michigan, visited Wendover with her daughter.

Tours included: Berea College, Berea, KY; Buckhorn State Park, Buckhorn, KY; Carson Newman College, Jefferson City, TN; Shawnee State University, Portsmouth, OH; University of Maryland, College Park, MD; Dartmouth College, Hanover, NH; Big Sandy Community College, Prestonsburg, KY; University of Tennessee, Knoxville, TN; McKendree Universities, Louisville, KY and Lebanon, IL; Southeast Community College, Somerset, KY; Illinois State University, Normal, IL; Lee County Career and Technical Center, Ben Hur, VA and Leslie County Area Technology Center, Hyden, KY



Dartmouth Medical School



McKendree College



Shawnee University



University of Maryland

Courier Program Update

The Courier Program continues to provide rural healthcare experiences to young men and women. Two couriers are currently participating in the Program: Jordan Minor from Lee County, Virginia. Jordan plans to attend medical school in the fall at the Virginia Commonwealth University School of Medicine. Amanda Strauss is from Birmingham, Alabama, and graduated from Colorado College in Colorado Springs, Colorado. Several additional couriers are scheduled for this summer (June).



Jordan Minor



Amanda Strauss

Letter of Appreciation from a Nursing Student

Excerpts from a letter written to Linda Craft, Director of Nursing, from Timothy A. Hall, a nursing student who spent a week at the Frontier Nursing Service:

... As the week progressed and I spent time on the Med/Surg Unit, traveled with the Home Health Nurses to the deep reaches of never ending "hollers," assisted with patient care and education in the Emergency Room Department, and spent time on the Obstetrics Unit pondering how great God is to give us the miracle of life, my life was changed. I have now dedicated my future to providing care to my patients in a manner in which I observed while spending time in Hyden, Kentucky.

. . . I have noticed that at the heart of this hospital is what really matters - holistic care for the patient. The bonds and relationships that I observed between doctors, nurses, and patients will forever remain in my heart. There are so many things that stop me dead in my tracks out of pure amazement about what is occurring in the tiny town in Southeastern Kentucky.

. . . My eyes were opened as to how blessed I am through this experience and to what opportunity that I, just one person, have to change the lives of my patients. If only one life is changed, if one life is spared from the grasp of poverty, if only one life is rescued from the cycle of drugs, alcohol, and violence, my entire career as a nurse will be well worth it. I have FNS to thank for this realization of the power one person can have on so many. Looking back and reading the story of the famous Mary Breckinridge I can see how powerfully evident and possible that is. I will take back with me more than the beautiful pictures on my camera - I will take back with me the basics of what it means to be a servant.

Regional Library Conference

Michael Claussen, Guest Services Coordinator/Development Assistant, presented an educational session called *The Frontier Nursing Service: Bringing History to Life*, at the Hazard Community and Technical College's Regional Library Conference on May 9, 2009. Michael shared the rich history and heritage of the FNS through stories and artifacts from Wendover. He also discussed how librarians can share the stories from their community by developing a passion for their organization's mission.

Employee Wellness Program

179 employees throughout FNS are enrolled in the Employee Wellness Program. Total weight loss to date is 4,208 lbs. Eight employees have begun the Smoking Cessation Aide since January 2009.

The Leslie County Homemakers Donate Blankets

The Leslie County Homemakers donated 30 handmade baby blankets to the Mary Breckinridge Hospital Maternity Unit. They plan to present future newborns with a blanket.

Annual Community Egg Hunt

On April 10th, Mary Breckinridge Hospital hosted the 6th Annual Community Egg Hunt with over 250 children participating. Thanks to the Ladies Auxiliary for purchasing eggs and treat bags for the children and to the City of Hyden for donating the prize baskets and money prize eggs.



***Ayden Langdon and
Johnessa Napier***



Tate Combs

FNS Rural Healthcare Centers Update

A review of practice trends has been performed which identifies revenue and expenses by provider. This information will be used to improve billing and collections.

The School-Located Clinics continue to be a worthwhile endeavor in achieving outreach objectives. Recently, the School-Located Clinics were featured in "The Advocate", the Kentucky School Boards Association monthly publication.

Annual Civic Night

On April 16th, the Leslie County Chamber of Commerce held their Annual Civic Night. The theme this year was "The Magic of Change". The following employees at Mary Breckinridge Hospital received awards:

Kevin Couch, Controller; Brenda Morgan, Admitting Manager; and Edith Hensley, RN, Emergency Room Supervisor received Employee Recognition awards. Ms. Hensley received an award for being the first nurse at Mary Breckinridge Hospital to graduate (in October) as a Family Nurse Practitioner from the Frontier School of Midwifery & Family Nursing. Both Arthur Melton, Jr., Maintenance/Security Employee for 20 years and Karen Sizemore, X-Ray Technician for 16 years, were honored with Longevity Awards.



*Kevin Couch, Brenda Morgan, Mallie Noble
(Administrator), Edith Hensley, Karen Sizemore*

Stories from a Former FNS Nurse

The following are excerpts from the diary of Gladys R. Ross, FNS Nurse in 1956:

Breakdown En Route to Brutus

... Dark clouds were forming on the horizon. It was a good sign of an impending storm. I kept driving along the dirt road hoping not to run into heavy rain. Suddenly, the jeep stopped and would not re-start. There was a strong odor of gasoline. I lifted the hood and found the hose had disconnected from the fuel pump to the carburetor.

... I pondered the situation and thought about the stethoscope tubing. With the help of bandage scissors, I cut a length and attached it to the carburetor. I reinforced the end with adhesive plaster. The engine re-started and was running smoothly. The storm broke with all its fury. I just "sat it out". It passed quickly, leaving heavy, deep puddles of rain behind. Slowly, I made my way back to the Nursing Center . . .

Emergency at Double Creek

While packing my bags into the jeep one early morning, my attention was drawn to loud voices coming from the path which led to the Red Bird Nursing Center. Never expecting to be summoned to a most unusual nursing assignment, I proceeded to walk toward the Barn to investigate the cause of loud voices.

I was met by Annie who excitedly told me that she needed our help at her place. "Honey, ah shore hates to ask u'ns this, but mah mule's neck is cut right bad, and hit needs sewin up". Hardly knowing what to reply I asked what happened. After a spell, Annie told me that her men were hauling logs when the chains around the mule's neck had cut deep into it's neck. At this stage the only alternative was to accompany Annie home.

. . . Now my problem was to find a suitable cutting edge needle and suture. The only needle and suture kept at the Center was a small Mayo designed for small lacerations. After carefully searching the clinic I found a tube of obstetrical suture attached to a large cutting edge needle. "Well, I thought, this won't do". I found some black silk suture which I was able to attach to the cutting edge needle.

. . . En route to Double Creek we were momentarily delayed by a lumber truck which was stalled in the middle of the dirt road. Consequently, we were forced to detour through a nearby cornfield. Having arrived at our destination, we found our patient with a jagged laceration about four inches long on the inferior aspect of the neck. The wound was cleansed with Zephiran Sol, and dried. I placed several sutures with great difficulty due to the thickness of the hide. Slowly, all went well and the mule withstood the suturing well.

SAVE THE DATE

FNS'ers who worked during the 70's and/or 80's are planning a Reunion Weekend at Wendover, Friday, October 2nd in conjunction with the Annual Mary Breckinridge Festival.

If you are interested in participating, contact Betty Couch at Mary Breckinridge Hospital, 130 Kate Ireland Drive, Hyden, Kentucky 41749. Email betty.couch@frontiernursing.org or call at 606-672-2901.

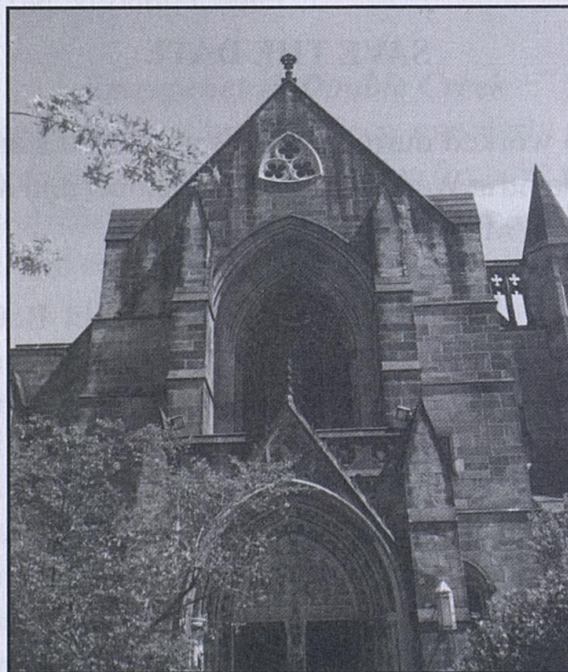
More details in the next *Quarterly Bulletin*.

Beyond the Mountains

Visit to St. Luke's Hospital School of Nursing

On Saturday, May 2nd, Nathan Lee traveled to New York City to participate in a Homecoming Celebration of the 120th anniversary of the founding of the St. Luke's Hospital School of Nursing, where Mary Breckinridge graduated in 1910. Given that the School has been closed since 1974 and the youngest graduates are in their mid-fifties, this was be the last event on such a grand scale. Because of St. Luke's long tradition of support for nursing causes, the Board of Directors felt it appropriate to sponsor three organizations with ties to the School and that included the Frontier Nursing Service.

The event was held on the grounds of the Cathedral of St. John the Divine and included class reunions, tours of the hospital and cathedral, display of memorabilia housed at the Center for Nursing History at the Foundation of New York State Nurses and ended with a gala dinner in the Cathedral itself.



Cathedral of St. John the Divine

A Success Story

The Frontier Nursing Service Information Technology Department was recently featured by Astaro Internet Security regarding their switching to Astaro Security Gateway as an all-in-one security solution. Astaro currently protects over 400 users at FNS. Prior to switching to Astaro Security Gateway, the reporting capabilities were inadequate and did not allow for proper network needs.

Washington, D.C. Committee Luncheon

On May 9th, Nathan Lee and Barb Gibson traveled to Glen Echo, Maryland, for the Annual Washington, D.C. Committee Luncheon held this year at The Irish Inn in Glen Echo. We were thrilled to meet with the following friends, some who have been involved with FNS for many years, and some who just recently became involved:

Anne Clemmitt, Mr. & Mrs. Fred Harris, Mr. & Mrs. Bertam Donn, Trudie Musson, Joan McPhee, Karen Fennell, Patricia Malloy, Catherine Barry Davis, Heather Swartz, Mrs. William Ashby Beal, Beth Hadley, Priscilla Becker, Posy Mendoza, Chip and Dorothy Mudd, Marion McCartney, Jackie Musselman, Mr. & Mrs. Phillip Combs, Susie Quinlan Hill, Sarah Steck, Ruth Harker Newell, Molly Singerling, Mary Carson and Dr. Susan Crawford.

Mr. Lee spoke of the financial condition of FNS in today's economy and expressed appreciation, on behalf of the FNS, for friends who continue to be committed to supporting this great organization.

We were especially delighted to meet Ms. Mary Carson, a cousin to our founder, Mary Breckinridge.

See photos on next page.

FRONTIER NURSING SERVICE



The Irish Inn



Mary Carson - Cousin to Mrs. Breckinridge

Parish Nurse Day

March 29th, Dr. Julie Marfell, Frontier School of Midwifery & Family Nursing (FSMFN) Chairperson of Family Nursing and Family Nurse Practitioner, and Doctor of Nursing students Shirley Pollard Ramsey and Ellen Urquhart participated in a Parish Nurse Day at Central Christian Church in Lexington, Kentucky. Ruth Beeman, MPH, CNM and FSMFN Dean Emeritus, is an active member of the Parish Nurse Program at Central Christian Church and invited the group to participate. The emphasis of the FSMFN presentation was on the importance of nurse practitioners and nurse-midwives in the healthcare system and in the history of FNS.



Left to right: Shirley Pollard Ramsey, Dr. Julie Marfell, Ruth Beeman and Ellen Urquhart

Frontier School of Midwifery & Family Nursing News

Your Best Birth Event Recap

by Brett Morris, Marketing Director

May 13, 2009, expectant mothers, birth advocates and local professionals gathered at Joseph-Beth Booksellers in Lexington to participate in a live Internet Q&A with Ricki Lake and Abby Epstein, authors of the new book, *Your Best Birth*. Lake and Epstein, producers of the popular 2008 film, *The Business of Being Born*, answered questions from groups around the country via live chat and email about topics involving the midwifery model of care, breastfeeding, the role of doulas, fear and pain coping methods and the birthing process. An impassioned and often exuberant duo, the authors relayed details from their experiences between the release of the film and the book, including their own birth stories. The book, subtitled *Know All Your Options, Discover The Natural Choices and Take Back the Birth Experience* urges expectant mothers to be informed about the birthing process and make informed decisions about their birth plan.

Although the authors signed off after nearly 40 minutes, a panel of local experts was on hand to continue the discussion well into the evening. Dr. Susan Stone and Aggie Hoeger of the Frontier School of Midwifery and Family Nursing (FSMFN), Lexington Psychologist Dr. Colby Cohen-Archer and Doraine Bailey, Breastfeeding Support Services Coordinator for the Lexington-Fayette County Health Department, conducted lively and often candid discussions with the birth enthusiasts in attendance.

The Frontier School of Midwifery & Family Nursing prides itself on being a good corporate citizen in its Lexington and Hyden community and relishes the opportunity to bring together a collection of people committed to education and enlightenment. For more information about the FSMFN, go to www.frontierschool.edu. For more information about *Your Best Birth*, you can log onto www.mybestbirth.com.

Alumni Homecoming Weekend and Courier Conclave

The Annual Alumni Homecoming Weekend and Courier Conclave was held May 8-10 in Hyden. Frontier School of Midwifery & Family Nursing Alumni Jean Fee ('59) and Lillian Link ('77) along with former Couriers Carlyle Carter ('65), Heather Brine Martin ('78), Frances Marshman ('78), Jennifer Swisher Lynes ('98) and Anna Carey ('03) took part in several activities held at Wendover and the Frontier School of Midwifery.

The Weekend began Friday evening with dinner at The Big House and then a memorable visit to George Wooton's Farm. Saturday morning started off with an adventurous Elk Tour, where a herd of about 20 Elk was spotted. Later in the morning, Nathan Lee, FNS CEO & President, presided over a special prayer service at the St. Christopher's Chapel on Hospital Hill followed by a lunch in the Haggin Dormitory Dining Room. Dr. Susan Stone, Frontier School of Midwifery & Family Nursing President & Dean, led a tour of the campus and then a trip out to the old Beech Fork Nursing Center. Many memories were shared.

Both Jean Fee and Lillian Link had worked at the Beech Fork Center. As they looked out the window, they both decided that not much had changed as far as the beautiful mountainous terrain surrounding the Beech Fork Center. Heather and Frances remembered playing Santa and Mrs. Santa Claus for the local children at Christmas. Returning to Wendover late in the afternoon, the Alumni and Couriers enjoyed a "Welcome Home" reception and dinner with music provided by FNS Board Member Rhonda Brashear and FNS Rural Healthcare Centers Director Ben Peak. After dinner, Dr. Stone and Mr. Lee led discussions that harvested a multitude of fond memories of time well spent with the FNS.

The Alumni Homecoming Weekend/Courier Conclave is an annual event sponsored by FNS and the Frontier School of Midwifery & Family Nursing. We hope you can plan to join next year for this exciting event! See photos on next page.

FRONTIER NURSING SERVICE



Dr. Stone with Alumni Lillian Link and Jean Fee



Couriers Front Row - Jordan Minor, Jennifer Lynes, Francis Marshman, Caryle Carter. Back Row - Amanda Strauss, Heather Brine Martin, Anna Carey

Footprints

Excerpts from Wide Neighborhoods
by Mary Breckinridge, Founder

Chapter 30, Part V

It was during the years of what has rightly been called the Depression that my young associates in the Frontier Nursing Service met a financial crisis as gallantly as they meet "nature with a small 'n.'" Up until then we had been able to pay salaries at what was considered a high level twenty-odd years ago, and income taxes then were low. Our staff were able to set aside enough money to take the long vacations they needed during the six weeks, annually, that we have always allowed for vacations. They were able to set aside money for their old age. But when hard times came "a knocking at the door" the Frontier Nursing Service shared in the common disaster. Nearly all our subscribers stood by us but most of them had to reduce their subscriptions drastically. In one case that I recall, a trustee who had been able to give a thousand dollars a year could only give twenty-five. Fortunately, our people had recovered from the drought so that we no longer needed to meet costs of things like milk and shoes on a vast scale. The Alpha Omicron Pi National Sorority, through its Social Service Secretary, continued its financial assistance. This enabled us to handle cases of acute distress, so that we were not haunted by people poorer than we were for whom there was no relief. But we could not carry on as we had done.

It was during the depression that we cut our field work, closing out our fine affiliation with Red Bird Mission at Beverly and reducing the staff to one nurse at each of the six outpost centers where there had been two. This meant lopping off territory and patients carried from these centers. This was heartbreaking. In the course of time, and in the following order, we put a second nurse back at Possum Bend, Brutus, and Beechfork. But Red Bird, Flat Creek and Bowlingtown each have only one nurse even now and, in consequence, a heavy fringe territory to handle as best they can.

We cut the administrative end of our work to the bone, placing a mighty load of work on the few who remained. As for Hyden Hospital, so many hospital nurses were unemployed that we could take care of our sick patients by engaging nurses, in rotation, for little more than their maintenance, and letting them go wherein they got employment outside. More than once we had the help of a nurse who came as a volunteer, just because she knew we were up against it and she had the means, not only to give her service, but to pay her own travel expenses. One volunteer nurse of this period, Betty Washburn, came all the way from Minneapolis to help us and has been a supporter of our work since then and is one of its trustees.

As I have said elsewhere, we closed our outside offices after the bank failures, because of which our Belgenland cruise made no money. We were heavily indebted to several of the wholesale firms with which we dealt, to some of our trustees, to banks, and to our staff. As to the wholesale firms, some of them let their bills ride for more than a year while they continued to give us credit. After we got back to a monthly payment basis of our accounts, our loyalty to these old firms could never be shaken. As to the trustees, they gave the money they had lent. As to bank loans, these we repaid, but some of them we had to renew. We still carry one bank loan as a sort of scar from our depression wounds. As to the staff, theirs is a tale of heroism.

When our salaries had fallen badly in arrears and we were cutting down everything we could short of folding altogether, with some prospect even of that, we told our nurses and secretaries that if they remained with us it would have to be on the basis of two-thirds of their salaries with no assurance that they would receive even that. However, our Executive Committee assumed legal responsibility for the payment of salaries on a two-thirds basis, and this was eventually done. Our National Chairman, Mrs. Ballard, wanted each member of the staff to be financially free to accept or reject these terms. She said she would give all salary in arrears, and a

month's salary in advance, to any who rejected them. This she did at a cost to her of ten thousand dollars. Those who stayed on with the Frontier Nursing Service elected to share its chances of success or failure at a time when failure seemed nearer than success. We were so young a philanthropy that we had the barest start on an endowment, and no reserves. So many more of our staff chose to remain with us than chose to leave that we had to send some away who wanted to see the thing through. There lies, imbedded in the minutes of the Executive Committee, excerpts from some of the letters I received from my young associates at that time, of which this is one:

I could no more dream of giving up the Frontier Nursing Service than I could expect to fly by flapping my arms. As I wrote you when I asked to come down here two years ago, I feel that it is the most real bit of work in the country and we can do the greatest good by our services here in the mountains.

This letter, given in full, was written by the young secretary who came to Wendover every day - on horseback or by boat - from across the river:

My desire to remain with the Frontier Nursing Service is twofold: My interest in the Service as an organization, and the welfare of the mountain people. Watching the growth of the Frontier Nursing Service has not been without interest from the dawn of a lovely July morning, which brought you to us on Teddy Bear, to the present time. I remember too well the difficulties and tragedies we faced without proper medical attention before you came to the mountains. My willingness to stay with the Service through the crisis is unbounded. Please let me thank you for giving me this opportunity to try to express my appreciation to you, the Executive Committee and the Service, for the marvelous work that has been done for the people here, which are, truthfully speaking, my own.

Legacies

by Nathan Lee, President & CEO

Margaret Gage was a school teacher from New York. She was a personal friend of Mary Breckinridge and she was, and is, one of the most generous believers in the work of the FNS in our history.

As a teacher, Miss Gage found something interesting in most everyone she met. During her many visits to Wendover, it was not unusual for Miss Gage to find time for private "chats" with staff and couriers, often asking probing questions to try to know her subject better. As a personal friend of our founder, she was often a confidant for some of Mrs. Breckinridge's most important decisions. Indeed, Margaret Gage is one of two named in accolades of thanks for their review of *Wide Neighborhoods*. Mrs. Breckinridge's own words of acknowledgment read as follows, "And to my friends, Margaret Gage and Gerald Herald, who followed the progress of the book from its inception, read and advised on the story-in-batches and sustained me by their encouragement."

But it is as a believer in the work of the FNS that Margaret Gage has perhaps made the most lasting impression. Upon her death, Miss Gage provided that a series of remainder trusts be established. The income from these trusts has benefited her loved ones over the course of their lives. Upon their deaths, FNS stands to be a beneficiary of the unrestricted corpus. In addition, Miss Gage created a permanently restricted endowment benefiting the Frontier Nursing Service. The corpus of her initial gift stands intact, while its income has helped sustain and will continue to help fund our work in perpetuity.

The legacy of Margaret Gage to the FNS is truly one that will live forever.

In Memoriam

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

Polly E. Fleming, Spring Mills, PA, died November 19, 2008. After receiving her RN in 1957, Ms. Fleming spent three years with the Frontier Nursing Service and graduated from the Frontier School of Midwifery & Family Nursing as a Nurse-Midwife in 1958.

In Memory of:

The following people gave contributions to the FNS in memory of their friends or loved ones. The names in bold are the deceased:

Curt Calhoun

Steve & Linda Longstreth

Ethel Gilbert

Mr & Mrs. William Nine

Jim Hayes

Miss P. Anne Cundle

Miss Kate Ireland

Georgeanna Page

Mrs. Maureen Harvey

Newman Walker

Steve & Linda Longstreth

Louise Pugh Worthing

William W. & Elizabeth Pugh

Lisa Worthing

Mrs. Pamela M. Von Thelen

Dara Wooton

Mrs. Noel Smith Fernandez

John Winter

Steve & Linda Longstreth

In Honor of:

The following people gave contributions to the FNS in honor of their friends or loved ones. The names in bold are the honorees.

Mallie Noble

Miss Jane Leigh Powell

Miss Kate Ireland and

Miss P. Anne Cundle

M. Elizabeth Culbreth

FRONTIER NURSING SERVICE

FNS, Inc.

(the parent)

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Beulah Couch, *Human Resources*
Starla Selby, *Controller*

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Mary Breckinridge Hospital:

Mallie Noble, *Administrator*
Linda Craft, *Director of Nursing*

Frontier Nursing Healthcare, Inc. (Clinics):

Benjamin Peak, *Director*

Providers at Hospital and Clinics:

Linda Ahrens, <i>FNP</i>	Celeste Lindahl, <i>PA</i>
Ric Ascani, <i>OB/GYN</i>	Larissa Miller, <i>PA</i>
Karon Champlin, <i>FNP</i>	Srinivas Naval, <i>MD, Internist</i>
Anita Cornett, <i>Internist</i>	Sarah Noggle, <i>FNP</i>
Heidi Froemke, <i>FNP</i>	Deena Parsons, <i>CNM</i>
Sr. Joan Gripshover, <i>FNP</i>	Clara Jefferis, <i>FNP</i>
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Roy Varghese, <i>MD, Internist</i>	

Mary Breckinridge Home Health Agency:

Willa Morris, *Director*

Form of Bequest

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

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

How Endowment Gifts May be Made

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

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

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

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

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

FRONTIER NURSING SERVICE

URGENT NEEDS

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. We sometimes receive more gifts for a particular item than needed. In those instances, your gift will be applied toward another need.

Admitting Department:

Admission Document Scanner 1,300.00

Beech Fork Clinic:

Exam Tables (2) 4,000.00

Emergency Department:

Welch Allyn 300 Vital Signs Monitor 2,769.31

Stainless Steel Blanket & Fluid Warmer 9,155.00

Frontier School of Midwifery & Family Nursing:

Projector 599.99

Magnavox HD TV x 2 2,396.00

Home Health:

Portable O2 SAT Machine 320.70

Kate Ireland Healthcare:

Hemocue - Hemoglobin Analyzer 500.00

Maternity Services:

Body Pillow for Labor Patients x 2 142.72

Jaundice Meter 4,989.00

Welch Allyn Handheld Thermometer (1) 304.90

Portable Blanket Warmer 7,840.00

3M Littman Pediatric Stethoscopes (4) 414.00

Infant Emergency Evacuation Apron (2) 470.00

QUARTERLY BULLETIN

Medical Surgical:

Otoscope & Ophthalmoscope Desk Set	702.00
Pediatric Patient Gowns - Small & Medium	305.00
Foot Pillows (2)	59.64
Easy to Read Dial Scales	156.36

Nursing Administration:

Advanced Cardiac Life Support Manuals (10)	280.50
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Operating Room:

Allen Stirrups	5,869.00
Foot Hugger Bootpads	549.00
Easy Lock Sockets for Allen Stirrups	798.00
Stainless Steel Sponge Bucket	194.00

School-Located Clinics:

Handheld Wood's Lamp Plus Supplies (2)	900.00
Exam Table	999.00
Refrigerator for Storage of Allergy Shots	195.00

SPECIAL THANKS

Mary Beth Gorke Felice, Woodstock, CT, for the purchase of Strep Tests for the School-Located Clinics.

Mrs. Maxwell Bloom, San Jose, CA, for the purchase of Month's Supply of Children's Pain Reliever.

Mrs. Allyn J. Shephard, Harbor Springs, MI, for the purchase of a Sure Temp Plus Thermometer for the Emergency Department and an Exergen Infrared Artery Thermometer for Medical Surgical.

FNS WEBSITE
www.frontiernursing.org

*WE THANK YOU
FOR YOUR SUPPORT*



Postage
Required.
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not deliver
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FRONTIER NURSING SERVICE INC
PO BOX 890653
CHARLOTTE NC 28289-0653



Loose Item

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

Name _____

P. O. Box or Street _____

City & State _____

Zip Code _____

Phone and/or e-mail _____

Enclosed is my gift of \$ _____ restricted to:

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

Your gift is tax deductible

Visit us at our websites:

www.frontiernursing.org

www.midwives.org

www.frontierschool.edu

Loose Item

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Isaiah 40:11

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives and nurse practitioners for rural areas where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and educational programs for nurse-midwives and nurse-practitioners; to carry out preventive public health measures; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service; to obtain medical, dental and surgical services for those who need them, at a price they can afford to pay; to promote the general welfare of the elderly and handicapped; to ameliorate economic conditions inimical to health and growth, and to conduct research toward that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them to cooperate with individuals and with organizations, private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

From the Articles of Incorporations
of the Frontier Nursing Service.
Article III as amended April 1999