

FNS

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The Big House



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Cover: The Big House - beautiful historic home of Mary Breckinridge.
Photo by Dan Eldridge 5/96

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Field Notes

Correction: In the last issue of the Quarterly Bulletin "Field Notes", when I listed those who attended the party in honor of Mrs. Breckinridge's birthday, I listed Mack Mosley and wife. This should have been Nick and Kathleen Lewis.

According to the calendar, Spring did arrive but somehow it by-passed Leslie County. Perhaps we all blinked in unison at the wrong moment. Everything blossomed but were quickly finished off by snow, sleet, hail, a deluge of rain and some mighty powerful winds. We jumped right into summer and are now trying to keep up with the grass mowing.

At long last the re-wiring of the Garden House got started. The men began with the courier rooms, proceeded to the attic and are now working on the offices. It was decided to work in my office first, to see just how long it would take (and how much of a mess could be made)! In about two days, holes were drilled, two conduits were pulled and drop ceiling installed and it was completed. It took Christine and me just about that long to clean up but then my office wasn't in pristine condition to start off with. The rule at Wendover is; if you don't know what to do with it, put it in Susie's office. Anyway, the outcome was quite spectacular and everyone wanted their office done next! All should be finished within a few weeks and we'll all be a lot more comfortable knowing that the computers won't fade when an air conditioner turns on.

March breezed in and with it a number of events. We started with two instructors and two students from Viterbo College, Wisconsin, here for a three day stay. They steeped themselves in our history, toured everywhere and spent a day at the Beechfork Clinic. The next week, former courier Damonica Huff brought her U.K. work team for Tea and Dinner. They came to Leslie County to repair houses on their Spring week and for the third year we've been delighted to host an evening for them. Later that week I did a presentation on the history of FNS to the Hazard Rotary Club and then we had a dinner for the Midwifery Bound

students and faculty. This event is always such fun, the excitement of the students finally being where it all started truly is infectious. We also had ten students from Sandy Springs Friends School join us on their intersession (see next page). During their visit, the students asked me what I miss from my life before FNS. Easy to answer - sunrises, sunsets, smell of salt air, and Pepperridge Farm cookies. A few days after they returned home, a large box arrived with an assortment of 22 varieties of Pepperridge Farm cookies! They freeze well so I'm still treating myself.

April was not any less busy. We hosted a Doctor's Appreciation dinner, tours for three nursing schools, another exciting Midwifery Bound and the Spring Board of Governor's meeting. This year I also had the privilege of addressing the DCW's at their annual champagne brunch honoring the FNS in Washington, DC. I was delighted to see so many of the DCW's who have come to Kentucky and to meet others that I hope will come in the future. Last summer I was contacted by Mrs. Clarence J. Smith, President of the Virginia Chapter, asking if we had need of knitted baby caps. My answer was a definite yes. With about 300 babies born each year there was no way I could ever knit that many myself. At the end of the Brunch you can imagine how stunned I was when the Virginia ladies gave me over 150 caps they had knitted! Grateful is simply not adequate to express how I feel. Thank you all from the very bottom of my heart.

May has brought us four more nursing school tours, a sale at Beechfork to raise money for plantings there, another rummage sale at the hospital, two Monday evening Tea and Dinners for CNEP Level III students and a Sunday lunch for a tour from Minnesota.

-Susie Hudgins

Susan Moody from the Sandy Spring Friends School wrote the following, describing the student's experiences during their week at FNS.

"It is so healthy to be reminded of the range of life-styles that exist in the United States, rural Kentucky is a world away." Thus commented a Sandy Spring Friends School student with us on a service intersession for a week in March with the FNS.

Every year our Quaker school allots a week to intersession activities. Incorporated into the school calendar, intersessions are designated as a time for learning and reaching out in an entirely different setting. Service is one category of intersession opportunities. All upper school faculty are expected to participate. All students must complete one service intersession before graduation.

This year my husband, Bill, French teacher and head of the Foreign Language Department and I, the Yearbook teacher, decided to head for the mountains. We selected FNS for a number of reasons: no one from the School had ever been there; we would have the opportunity to see how rural medicine can work under daunting conditions; and we could complete a service requirement. Accordingly, after consulting with Susie Hudgins, we selected ten students.

Our group was eclectic in many ways. Students were from the three upper grades (10-12), four guys and six girls, including three international students (Ghana, Syria and Thailand). Two had been delivered at home by FNS trained midwives.

Growing up in Boston the FNS had always been a part of my family. My great aunt, Mrs. E. A. Codman, had led the local committee for a number of years. Later my sister, Timmy Balch, with her love and knowledge of horses and jeeps, was selected as a courier in 1951. I still remember with awe that she helped deliver twins in a mountain cabin two weeks before her eighteenth birthday.

We learned through her the technique for surviving a rising creek without stalling a jeep (drive slowly and steadily). She wrote us of the horses she cared for, and the night rides with the

nurses to bring medical care up the hollers. She discussed knowing the locations of many stills - but never reporting them to the local authorities. Likewise, she described driving through angry coalminer picket lines, safely passing through as a neutral and caring "FNSer". These stories stayed with me so it seemed natural, 45 years later, to select FNS as a place to visit and help.

We found it much different from Timmy's descriptions. The large barn at Wendover is gone. A road now runs through its former location heading back on up the creek beyond the Big House. The jeeps too, have been superseded by ordinary, albeit extra-sturdy, cars and trucks. The hollers have roads although after some of our visits back into the hills we weren't too convinced how passable some of them really are. The Big House is now on the National Registry, and is no one's full time residence anymore. We found no stills nor striking mines.

We found some things little changed. We still ate our evening meals in the dog trot at the Big House and the food was really good. Cassie's circle pie received the biggest compliment from our group. The students appreciated the architecture (most were not familiar with log house construction) and the charm of Mrs. Breckinridge's home. More importantly, the friendliness of the mountain people has remained the same.



Dinner at Wendover

We worked for the FNS scraping and painting the porches at Haggin Dorm and nearby Mardi Cottage. The boys still talk about the fun of loudly singing as they worked, supervised by the greatly respected Michael Mase. The first day we females cleaned up the chapel, badly in need of such. We swept, washed windows and then oiled the window frames as well as the chairs. As a final touch some of the group found flowers and arranged them in two vases on the altar. The next day we joined the painters and scrapers, as well as doing some gardening around the dorm.

Throughout the week, each student had the opportunity to travel with a home health aide or nurse for one day. These visits were definite eye-openers for us all. Everyone commented on the professionalism and caring of their nurses. They also appreciated the friendliness and interest of the people they visited.

A number of other activities gave us some insight into life in Appalachia as well. A fish fry and singing at Sherman Wooton's mountain cabin was a new experience for all of us. Sherman and his friends were great hosts for us. It was great! A Wednesday evening Bible study class at the Running Rock Baptist Church was another first. The weather being cold and rainy on Thursday, we couldn't paint so instead visited Berea. We enjoyed the beautiful crafts, as well as the student managed Inn where we ate lunch. We also visited a strip mine where we saw first hand the results of a mountain leveled to fields. "Terrifying", is how one student described it.

Haggin Dorm was our home for the week. The dorm was marvelous, comfortable, warm with a great kitchen.

We would all like to thank Susie for her time and stories. She kept us enthralled with her mountain tales in the evening as well as keeping us busy during the days.

We left at the end of the week, hoping that we may have helped a little - at least the porches looked a lot better. But mainly we felt that we had gained a small insight into life in the Appalachians in the mid 90s. Hopefully, we will be able to return with another group sometime.

-Susan Moody

News from the Courier Program

The Couriers would like to thank whichever donor it was who sent Spring our way. It was very thoughtful since we had completely given up on Mother Nature. Mae, our development office secretary, is admittedly a little confused about how to make out the receipt.

Now that Spring has arrived, life at Wendover has returned to normal. The trees are budding and the migratory Midwifery classes have been flying through on their pilgrimages to Wendover. More importantly, the Couriers have finally been able to run around Leslie County on a routine basis.

The Past Couriers have sent their thoughtful letters back to Wendover.

Kate Ireland ('51) and *Jane Leigh Powell* ('54) have tied with each other in the unofficial nationwide Courier Turkey Shoot. Both have managed to "collect" three large birds. This means that next season we will have to have a shoot off to determine the winner of the yet to be determined prize.

Christina Jachman ('87 & '89) sent along a note to say she is planning to get married in June, with Cari Michaels ('88 Coordinator '90) as one of her bridesmaids. Our warmest wishes go out to her.

Carrie Williams ('90) passed along to us that she is presently working in Massachusetts at the Cambridge Hospital psychiatry ward. She is also busy applying to medical school.

Emily Davis, RN (aka. Big City Nurse) ('93) continues to live with us here at Wendover. She keeps herself very busy helping deliver babies all night long and then seems to have enough energy to run around with the Couriers. She is presently nursing into the world a whole family of tomato plants.

Jen Galvin ('95) sent us a nice postcard of the Newfound Harbor Marine Institute in Big Pine Key, Florida. She is spending a few months there teaching marine biology and running around exploring the Keys.

Mitch McClure ('95) was very thoughtful and dropped us a very nice card from the "Yard" at Harvard. He claims that it took him a full six months to get over Kentucky and all of its charm. Mitch is planning to run home to Kansas with his "friend" Elizabeth (who he met here) and then is planning to settle down on the East Coast while further exploring the world of health care. We wish him luck.

Bhavin Mehta ('96) has also kept in touch with us. He is presently back home in North Carolina taking some required courses that he needs for Podiatry School. He has kept us amused by a barage of amusing postcards and letters. We miss all of his stories and wish him luck in the admission process.

The Current Clutch



Karen Thomissee, 21, came to us in February from North Carolina and has continued to run around the community with her unabated enthusiasm. She has spent a great deal of much appreciated time at the Stinnett Elementary School and has been of great help around the Kate Ireland Women's Center. In addition to this, she has been an active member of the traditional Alabam Quilting

Club and has even co-hosted the Acoustic Attitude radio show with Susan Ziegler (FNP) out of the Appalshop in Whitesburg, Kentucky.

Tarah Somers, 22, fled to Wendover as an exile from the cruel Boston winter. While the weather might not be everything that she had hoped for, we hope that she has made up for it with all her experiences. Tarah has spent a great deal of time with Marina (CNM) at the KIWC and has even been able to witness some births. She has also spent a great deal of time zipping around the countryside with the home health nurses. In her spare time, Tarah has been visiting the various/numerous cemeteries in the area which she developed an interest in while writing her thesis at Hampshire College.

Daniel Boss, 19, was a little late in migrating south from Michigan but he seems to have made up for lost time. Other than confusing almost everyone with his name (remarkably similar to the Courier Coordinator's) he has been spending his time going on rounds with the doctors, observing surgery, trundling around the countryside with the home health nurses, and has even joined the exclusive Alabam Quilting Club.

Kate Gamble, 21, arrived at Wendover only in the last part of March but has proceeded to astonish some of us with her productivity. Not only has she kept a full schedule with the doctors, midwives, and nurses, but she has also been able to complete a number of small baby quilts with Alabam, and both a stool and paddle with the help of Sherman. Luckily, Katie drives a station wagon since at this rate it will be filled with Kentucky memories and mementoes when she returns home to Maryland.

Elizabeth Tartell, 21, just arrived at Wendover from Ithaca, New York where she recently graduated from Cornell. Elizabeth will be spending the summer with us and hopes to get some first hand exposure to the world of medicine. She is currently applying to medical schools and has a great interest in public health.

-Dan Eldridge

Beyond the Mountains

"Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." *Chinese Proverb.*

This Proverb encapsulates the activities of the FNS during these past many months.

The Board of Governors has been meeting since December 1993 to develop strategic planning for the FNS. This has been a very arduous process. The process was led by The Preston Group of Lexington, Kentucky and was initiated with a thorough and exhaustive research process. Experts from within and beyond the mountains contributed information to the Strategic Planning Committee regarding current conditions and future trends in health care and education. After eighteen months of research and assessment, in July 1995, the Board adopted a strategic plan for the FNS, appointed strategic planning committees for the subsidiary Boards of the Frontier School of Midwifery and Family Nursing and Mary Breckinridge Healthcare, and charged these committees to carry out strategic planning within the principles set forth by the Board of Governors.

Mary Breckinridge Healthcare, Inc.

The Strategic Planning Committee for Mary Breckinridge Healthcare, Inc. (MBHC) was chaired by Mr. Kenneth Tuggle, senior partner with the law firm of Brown, Todd & Heyburn in Louisville, Kentucky. Strategic Planning for MBHC was accomplished, concurrent with FNS strategic planning and recommendations, were presented to the Board and adopted in July 1995.

A review of our health care service history only pointed out to us what we already knew. In the late 1970's and throughout the 1980's, Mary Breckinridge Hospital, the clinics and the home health agency were in deep financial trouble, as were many small hospitals in the United States. Over 1,000 small hospitals closed during this time, but thanks to our donors, we kept our doors open. In 1993, we approached the Appalachian Regional Healthcare (ARH) system, and opened discussions with them regarding the

hospital. We were just coming out of our financial quagmire, and after reviewing our audits, ARH offered to manage the hospital for 25 to 99 years with a payment to FNS of \$10.00 per year. We would retain many of the financial liabilities. The Board did not feel this agreement supported the Board's fiduciary responsibility to our community, our employees or our donors. We decided to continue efforts to improve the physical and fiscal condition of the hospital in order to make it more attractive to strong, committed systems.

As the Strategic Planning Committee reviewed health care delivery and financing trends, it became clear that it was only a matter of time until Mary Breckinridge Healthcare would have to join a larger system to survive. To our knowledge, Mary Breckinridge Healthcare is the only sole proprietary hospital system left in the region. The planning culminated in July 1995 with a recommendation to seek requests for proposals from health care systems within Kentucky and outside. Philosophical compatibility was the number one priority for FNS. The most enthusiastic and prompt proposal received was from Community Care of America (CCA). In January 1996, FNS signed a Letter of Intent with CCA, and for more than three months we shared information with each other. At the end of that time the Board was convinced that if Mary Breckinridge Healthcare was sold to CCA, the hospital, clinics and home health agency would continue to be operated and that care for indigent patients would continue to be provided. Furthermore, CCA and FNS wished to establish liaisons which 1) ensure that midwives and family nurse practitioners continue to use the hospital, clinics and home health agency as a training site; 2) explore joint development of birthing centers regionally and nationally in rural areas; and 3) continue the Courier Program.

These are serious negotiations, not taken lightly by either side, and they continue. Regardless of whether an agreement is reached between the FNS and CCA, the Board believes the hospital, clinics and home health agency have a better opportunity to flourish in today's environment because of the Board's actions.

Any proceeds from a sale will be used to expand philanthropic work. Mrs. Breckinridge knew there were needs she was

unable to address. She writes in *Wide Neighborhoods*, chapter 36, II, "The thing that we most want - - more than all our plans - - is to better the work we do now in the years to come. Which of you has not felt, as we so often do, the bafflement that comes from having really tried to do better and failed? . . . Since the first aim of the Frontier Nursing Service is to help children, we struggle continually to improve our techniques in their behalf. In common with all who study the loss of infants at birth, we know that some of these deaths need not be, and perhaps one field in which we can make real progress in the years to come lies in the prevention of some of this waste of human life." On a small scale, the FNS has offered nursing scholarships to Eastern Kentuckians; however, there are many opportunities for augmenting our work in the mountains and beyond.

Frontier School of Midwifery and Family Nursing

The Strategic Planning Committee for the Frontier School of Midwifery and Family Nursing, Inc. was co-chaired by Mr. Bill Hall, Vice-President Trust Manager, Fifth Third Central Kentucky Trust, Lexington, Kentucky and Mr. Robert Johnson, former Vice-Chancellor at the University of California at Berkeley and immediate past CEO and President of Appalachian Regional Healthcare, Lexington, Kentucky. In July 1995, the Board of Governors charged the Strategic Planning Committee for FSMFN to pursue the broad recommendations of the Board. The following is the Strategic Plan adopted for the FSMFN by the Board of Governors in July 1995.

Strategic Plan

- 1) Strategic Planning to continue with respect to the Frontier School of Midwifery and Family Nursing by the establishment of a FSMFN Strategic Planning Committee (SPC) to make recommendations concerning FSMFN to the Board of Governors by June 1995. The FSMFN SPC will work in conjunction with any other ongoing planning considering a permanent or semi-permanent location for FNS corporate headquarters to investigate and make recommendations concerning the permanent, or

semi-permanent location of the FSMFN. Also, the FSMFN SPC shall make recommendations concerning at least the following: A midwifery program (MP), including the existing Community - Based Nurse-Midwifery Education Program (CNEP), a Family Nurse Practitioner Program (FNPP), an International Midwifery/Nurse Practitioner Program (IMNPP) and a possible fourth education program involving an allied health program such as public health. With respect to each program, the FSMFN SPC shall investigate, and make recommendations concerning whether the Program will permit direct entry by prospective students holding one or more college degrees from areas unrelated to health care; provided, however, that the national and state credentialing bodies for such a program permit direct entry. Finally, the FSMFN SPC shall investigate and recommend whether FSMFN should/must become an institution granting academic degrees to program graduates.

2) Each FSMFN program shall operate as a separate division under a common FNS, or perhaps FSMFN, administrative umbrella for operational oversight, even if program administration and instruction occur in diverse geographical locations, but that academic control of each program remain with its faculty, subject to the review and approval of the FNS and FSMFN Board. Additionally, subject to the approval of the FNS and FSMFN Boards: a) each program determines its prospective student group(s) the student minimum qualifications; and b) each program establishes permanent or semi-permanent location(s) for administration and instruction.

MP/CNEP

1) CNEP to continue as a certificate program for prospective midwifery students holding ADN or BSN degrees, provided that: a) MP/CNEP midwifery strategic planning continues with the establishment of a midwifery strategic subcommittee, operating under the auspices of, and subject to the review and approval of, the FSMFN SPC, to make recommendations to the FSMFN SPC by June 1995. b) CNEP stabilizes its operation by taking at least the following steps: establishing CNEP as a self-sustaining

tuition-driven program with sufficient excess of revenues over expenses to maintain necessary research and development; determine optimum enrollment needed to sustain its operation; determine the qualification of the CNEP faculty it needs and number of FTE's with various qualifications it needs to continue operations; stabilize CNEP curriculum content and presentation technology; and establish a CNEP recruiting program for replacement faculty members and new students.

FNPP

1) An FNP program be established as a program for appropriately qualified prospective students, provided that: a) FNPP establishes itself, within a twelve month period following conclusion of FSMFN Strategic Planning, as a self-sustaining, tuition-driven program with sufficient excess of revenues over expenses to maintain necessary research and development; b) FNPP determines the optimum enrollment it needs to sustain its operation; c) FNPP develops its curriculum content with great stress placed on state of the art multimedia education technology.

IMNPP

1) The strategic planning process shall continue with the establishment of an IMNPP study group within the FSMFN Board charged with assessing needs, determining requirements and identifying opportunities for FSMFN in the international arena consistent with the member comments developed during the December 18, 1993 Board meeting:

"Potential worldwide training in midwifery-family practitioner-birth control/family planning."

"FNS will be defined as a model for primary healthcare education in delivery, with maternal child health as the core component; a model that will be recognized globally for its innovation and success."

"The School expands internationally and is not limited to midwifery. The national program is not limited to midwifery. The healthcare consists of consulting internationally regarding rural systems. The Courier Program is international. . ."

"FNS should become involved in midwifery care for the U. S. and the world as its major mission."

"A leader in developing alternative health care delivery systems that can be utilized locally, nationally and globally.

2) Establishment of an IMNP program is a long-range project which will require several months to a year of foundation study in a number of areas in order to permit the FNS and FSMFN strategic plans to come into focus and commence operation and in order to develop background data necessary to evaluate possible program alternatives, educational versus practice components, potential international service areas, etc. The IMNPP study committee shall make its report to the FNS and FSMFN Boards at quarterly meetings and a final report on or before the December 1995 meetings.

In December 1995 the Board recommended the Committee's recommendations to: 1) continue with planning to implement a FNP Program; 2) continue the investigation regarding the feasibility of implementing a Physician's Assistant/Midwifery Program; and 3) to locate the FSMFN administration headquarters in Lexington.

The decision concerning the location of the CNEP administrative offices has caused the greatest internal discussion. Actually, there have been requests to locate the FSMFN at various places over the years. In 1990, the FSMFN planted a seed program in Albuquerque, New Mexico by transferring the traditional program and providing the University of New Mexico with the third year of DON Grant funding. At the same time the Board felt CNEP was exciting and adopted the CNEP as the official midwifery program of the FSMFN. CNEP was then moved from Perkiomenville, Pennsylvania to Hyden in May 1991.

There was a great deal of Board reluctance to open the office in Conshohocken. The Board acquiesced to help with individual concerns: Ms. McHugh was the Academic Director at the time and needed office space; the other three staff members in the area needed a meeting place (they had been meeting in a chapel

at the mall); and the staff were working out of their homes. Therefore, the Board agreed to open a small office in Conshohocken which would accommodate personal considerations and give space for people to meet. When Ms. McHugh took the job as Program Director for CNEP the Board discussed again the history of FNS and emphasized that FSMFN would be Kentucky-based and that included CNEP. The Program, Clinical and Academic Directors were asked to locate in Lexington. The Clinical Director position was vacant at the time. Unfortunately, Kate McHugh and Jerri Hobdy notified me in February that they would be unable to locate in Lexington.

Thanks to Ms. McHugh, Ms. Hobdy and Ms. Carr, interim directors have agreed to serve while we recruit for these three key positions. These Interim Directors are Ms. Phyllis Long, Ms. Kerri Schuiling and Ms. Cindy Farley. Mrs. Kitty Ernst has agreed to serve as my Executive Assistant during this transition time. The Board and I are very appreciative of the commitment shown by our faculty and staff during this transition period.

In 1939 in a historical perspective written by Peggy Elmore, she quotes Mrs. Breckinridge, "I wanted the School to start an established basis, in Lexington, affiliated with the University of Kentucky. The President of the University endorsed the idea. The physicians on our Medical Advisory Committee wanted it so much that they were willing to work for the indispensable hospital connections. Our plan called for the graduate nurse students to get most of their field work with the FNS in the mountains. A university school in Lexington did not come about because I failed, after several attempts, to get financed."

In 1952, Mrs. Breckinridge spoke of goals for the future and said, "A second plan, which we want to bring about soon, is to start a course in rural district nursing analogous to the course in midwifery which we have successfully carried for years." The Board's Strategic Plan policy brings the FSMFN back on track with Mrs. Breckinridge's big picture.

The Board wants to focus on having the infrastructure and knowledge to serve many people. We are pleased about where the FSMFN is today, and know there is an opportunity to bring about

other exciting programs. We will need the assistance of the CNEP in the implementation of the PA/Midwifery and the FNP Programs. The Board wants to see infrastructures in Lexington that will support CNEP and new programs. A goal of the Board is to stabilize CNEP, its administrations, communications, infrastructure, all those things, in one place, with one home, in Kentucky, forever.

In conclusion

For the past two decades the FNS has been fortunate to have at the helm of leadership Miss Jane Leigh Powell, current Chairman of the Board of Governors; and Miss Kate Ireland, immediate past Chairman of the Board of Governors and current Chairman of the Frontier Nursing Service Foundation. Both Miss Powell and Miss Ireland arrived on Mrs. Breckinridge's door in the 1950's. Both were here in the mountains as jeeps replaced horses, both served on the Board during the financially tumultuous 1970's and 1980's, and both have served as visionaries during this strategic planning process. Many of us long for what some remember as the halcyon days of the FNS. But as Miss Ireland said recently "To not change is to die." The Board is not finished with strategic planning for strategic planning is a dynamic, fluid, continuous event. However, the Board has faced tough issues and struggled to remain true to the FNS vision as written by Mary Breckinridge's own hand while recognizing times and needs change.

As Lord Alfred Tennyson said "Forward, forward let us range, let the great world spin forever down the ringing grooves of change." *The Lotus-Eaters* (1833).

-Deanna Severance, President

Frontier Nursing Service at Brutus by Betty Barger Pace

During my early childhood I was curious about the big white house that sat high on the hill at Brutus. Many times I stood on the road below the house and wondered what secrets it held.

"Who lives there, mommie?" I asked.

"Nurses," Mommie would reply. "Nurses like Miss Fredrick and Miss Gallaher that come from different parts of the country to take care of us."

"What's the house called, Mommie?"

"The Frontier Nursing Service."

Time passed and being the tomboy that I was, I climbed a fence, fell and landed on a piece of glass. Blood oozed from my leg as my neighbor, Mrs. Gay, tied a cloth around it. Papa John jumped on his horse and Mrs. Gay helped me on the back and away we galloped down the dirt road.

"Where are we going?" I asked.

"To the Frontier Nursing Service," said Papa John.

"Oh!" I mumbled. "To the big white house on top of the hill."

When we reached the big white house Uncle Jake was sitting on the front porch sporting a toothless grin and smoking a corn cob pipe.

"What happened, child?" he asked while all the time coughing and wheezing from the pipe smoke that was blowing back in his face. "I fell and cut my leg," I replied, as I tugged tight on to Papa John's hand.

Miss Fredrick met us at the door and called for Nurse Gallaher to get warm water and other items needed to stitch my leg. It took ten stitches and boy did it hurt.



For several days Miss Frederick stopped by my house to change my bandage and check on me. She always wore a blue uniform with her pant legs stuck down into tall black boots. She galloped through the dirt road with the horse's hoofs clattering through the silence of the Leslie County mountains.

"Miss Fredrick's coming, Mommie," I would yell. "I can hear the teeth chattering on her horse."

"It's not teeth, it's the clattering of the horse's hoofs," Mommie replied.

We always had coffee and fried apple hand pies for the nurses and I would draw a picture for them.

Miss Fredrick not only nursed me back to health, she was always there when anyone in our community needed her.

Times changed during my childhood days. A horse's trail changed to a road suitable for jeeps. More hospitals were built and more doctors came to the nearby town of Hyden.

The nursing service closed down at Brutus with a more advanced service being built at Wendover. The nursing service serves many people and I appreciate it. I am very glad this service is still offered in Leslie County.

Miscellaneous Tidbits

The following was written from James (Jim) Parton, former courier, to Mrs. Mardi Perry, former courier and Boston Committee member.

... Yes, I found that being at Wendover for two summers way back as the first couriers very rewarding. I was brought along by my oldest and still dearest friend Brooke Alexander, (he and I are now in our 84th year) who is a cousin of Mrs. Breckinridge. We got off the train at Hazard, being met by someone from Mrs. Breckinridge's staff with two horses for the long ride to Wendover.

Miss Kip Kelso Boden, Tucson, Arizona, and Mr. Leland Duane Crist were married March 17, 1996, in Budapest, Hungary. Mrs. Boden-Crist served at FNS as a member of the Philadelphia Committee for several years. She is a friend and supporter of the FNS.

Attention!! former Couriers . . .

Courier Coordinator position available

Dan recently announced that he wants to pursue his interest in International Development by going to South America in September. He will be leaving FNS during August.

If you are interested, please contact me as soon as you receive this Quarterly Bulletin. Starting date for new Coordinator will be July 1.

-Barb Gibson

FNS Remembers

It saddens me to notify you of the death of Phyllis Benson on February 19, 1996. She graduated from the Nurse-Midwifery Program in the late 40's and was with the FNS from 1947 to the early 50's. She suffered for a number of years with a disease called Progressive Supranuclear Palsy. Her sister has given me permission to send a story Phyllis wrote about one of her experiences. I shall remember Phyllis with many fine memories. She was a real dedicated nurse with a charming personality. I feel I have lost a true friend.

-Gwen (Bucky) Buchanan

It was in May, this day of which I am now thinking. The hills were already quite green. An early spring had quietly come, and had just as silently gone, taking along the dainty blossoms of the dogwood and redbud, but there were still some apple blossoms which accented the greens of trees. Of course on this day the sky was as blue as it ever is, the roads and trails were brown and muddy in places, and the creeks were gray. (Had it been a cloudy day, the creeks would have been a jade color.) Against the sky were great billowy clouds and it was the sort of day that city folks long for - hills and horses to ride. The air was crisp, the sun warm. But, we were lucky -- we didn't have to wish for such a setting. We lived in it. It was our duty to ride on the beckoning trails beneath that gay sky.

Guess I'd better stop talking about the scenery and get down to the events. My house companion, Odessa Ramsey (from Oklahoma) and I, on this particular day, were expecting our field supervisor from headquarters (58 miles away) to visit us. We enjoyed these visits, for we then were able to catch up on news from the other outpost centers, the hospital, and the administrative headquarters at Wendover. She usually brought one or two others with her -- guests of the Frontier Nursing Service, or a hospital nurse who had the chance to get away for a day and night. We had plenty of extra food to help us out. But, we kept a good supply of canned goods to tide us over. Our shopping trips came once a

month. (It was too soon to expect our vegetable garden to give forth yet.) As I started to say, since we were expecting company, and our maid had asked for the day off to travel the 30 miles to the nearest town to shop. We let her go, but that meant that we had to do the house cleaning that day, which slowed up the day's routing we had planned. After the house was polished as well as usual, we heard a knock on the door. It happened to be the ten year-old boy of Mary, one of my prenatales. It didn't surprised me to see him because I had visited Mary the day before and had done a routine examination. I had asked her to send today for a medication which I had run out of during the day sometime before I had reached her house. Mary was, in my opinion, ready to deliver and was in as good condition as could be expected considering the fact that this would be her 10th delivery.

When L. C. left, my companion and I finished preparing for the day. Suppose you might wonder what we would wear as we rode our horses over the mountains every day. Merely simple riding clothes - - uniform of course, consisting of blue tunic and trousers, tailored white shirt, and a man's black tie, and black boots. We carry all equipment for our daily rounds in a pair of saddle bags which fit over the horse's saddle. These weigh about 35 pounds. For deliveries we have other saddle bags which contain only equipment for deliveries.

Well, we were about to ask our barn man, Jim, to saddle our horses for us, when another knock was heard - - a very urgent knock it was, too. It was a neighbor of our Mary who, between gasps for air let us know that after L. C. had left, Mary had "took" and needed me. The poor man had run all the way, because L. C. had the only mule in the neighborhood. Well, it didn't take long to get out my delivery saddle bags, and throw them over my horse's back and take off. Odessa went with me because at a twin delivery one always needs a second pair of hands, and she had planned ahead of time to go when the big day dawned.

As we rode along the level part of the road at a fast clip of four miles an hour, I was glad that L. C. had taken the bag of extras because it would be there when we arrived. But, as I was having this thought, who should I see leaning against a post by the side of

the road, as if nothing in the world mattered except that he stand there gazing. Before we got up to him he told us that the neighbor had taken the mule to go farther down the creek to a store. The only thing for us to do was to indicate to L. C. as we approached him, to hand the bundle up to me, which he did, and we hardly had to slow down. But, the rope which had been around it was loose - L. C. had probably been investigating the bag. This complicated our transportation problem, for it would be only a short time until the whole contents would be strewn along the Bullsken road if time were not taken to tie the bag up again. Odessa was in hysterics because of the way we had swooped down upon the boy, and the matter of the untied bundle, but she generously said that she would stay behind to fix the thing, and for me to go on.

Well, as Maude (my horse) and I went on I remember wishing that on this trip especially we could break the rules and go faster. But a horse is valuable, and my only means of transportation. Under no circumstances did I allow her to over do it. Even at that, we made very good time, because we cut her rest stops to a bare minimum while crossing the high hill. She was, as a mountain woman once said, "the travelinist, horse I ever seen." As we descended the other side of the mountain, the sight of Mary's house warmed me, but what should happen now - - an example of one minor tribulation which occasionally occurs - - the only trail was blocked by a wagon coming up the hill. The man who was driving the wagon lived some distance away, and it seemed to me a very poor day for him to choose to come over Leatherwood Hill. But, the problem turned out to be a slight one, because when we got closer to the wagon I saw that if I got off of Maude and led her through some brush, we could blaze our own trail for a distance of forty yards or so and be on our way.

As Maude and I approached the house, Mary's husband, Joe, greeted me, and as I slid from the saddle he smiled calmly and said, "the fust ones already in thar." In the cabin Mary smiled at me from the bed, and as Joe had said, the first one was "thar" and reported, by two neighbor women, to have come head first as we expected it would, and other details which made me wonder after Mary had said she was alone when the child had been born.

After scrubbing and gowning I examined those two important persons and verified the opinions of our helpers that all was well. But no sign of the second twin's impatience to join us. So, we waited. It was according to my findings that it would be a breech.

Odessa had come about ten minutes after I and prepared to take care of the male child. He had been very quiet until the instillation of the silver nitrate in his eyes, then he yelled as if he were pinched- - but they all do.

When the second twin came, bottoms up, all of us rejoiced. The first one weighed six pounds, but this one weighed 7 1/2 pounds. We determined they were identical by examination of the afterbirth.

It was almost dark by this time, so instead of spending time eating as we often did, we quickly packed our things after the three were bathed and we were certain they were in satisfactory condition. The father paid the \$15.00 due us (two for the price of one).

We were exhausted but the ride home was a pleasure, cool and quiet, the only sounds on the homeward trail were the clinking of horses' hoofs against the stones in the trail, or the clod of their hoofs in the sand, then the evening bird songs, and of course the memory of the lusty newborn's cries. When we got home we found that our expected guests hadn't come after all. We were disappointed because it is so much fun to tell somebody about a recent delivery, but it was good, after grooming our horse, to grab a bite to eat, bathe and go to bed. The next morning we discussed the twins with our supervisor because she came as we were eating breakfast. I had to go visit the twins, thereby cutting the enjoyment of our guest's visit in two.

I remember thinking during this visit as I bathed the three and examined them and saw how well they all were doing, that there surely is a very special angel who watches over these mountain mothers who live so far from help they need, and I am absolutely certain that there is also a very special angel who goes with nurse-midwives over this rough country, aware of the lurking dangers along the trails at night, and who somehow love even the moments of emergency.

-Phyllis Benson

Mrs. Homer (Mary) A. Biggerstaff, Berea, Kentucky, was a friend and supporter of the Frontier Nursing Service for many years and served as a Honorary Trustee.

"After Christmas with us and several of our children my mother, Mary L. Biggerstaff, died quietly while sleeping peacefully with a smile on her face. She had been well and enjoyed conversations with us and the many visitors to the house throughout the holiday season. Mother enjoyed trips out to see the lights and decorations that are so special during Christmas.

On New Year's Eve she developed a slight cold or flu not extreme enough to require a doctors visit. New Year's day and the following day she was up and maintained her normal schedule except for feeling weak. Early Wednesday morning, 4:30 a.m. she awoke and visited with her nurse for a period then laid down saying "I believe I will go back to sleep for a while." The nurse checked on her again about 6:00 a.m. and determined that she had expired."

-The Biggerstaff Family

Mrs. Prudence Montague, Alexandria, Virginia, died recently. She served as a member of the Washington Committee in the 1960's. Her husband Robert, was a cousin of Mrs. Breckinridge. Mrs. Montague was a long time friend and supporter of the Frontier Nursing Service.

Mr. Willis Weatherford, Black Mountain, North Carolina died Wednesday, May 22. Mr. Weatherford was a member of the FNS Board of Governors from 1967-1984 and a honorary member until his death. He also served on the Pine Mountain Settlement School and Berea College Boards. He was a devoted board member who was a particular help to all of these boards due to his knowledge of the mountain areas. Mr. Weatherford was extremely supportive of the Frontier School of Midwifery and Family Nursing. He was described as being a very wise counselor.

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.

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IN HONOR OF:

Jim Odell and Nancy Wass

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In Memoriam

If you wish to make a contribution to the Frontier Nursing Service in memory of a friend or loved one, please fill out and return this section to the Development Office at FNS.

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

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

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Life Insurance.** You may have life insurance made payable direct to the Service.

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

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

Gifts of stock should be sent to:

FRONTIER NURSING SERVICE
Mr. William Hall, Treasurer
Fifth Third Bank
269 West Main Street
Lexington, Kentucky 40507

STAFF OPPORTUNITIES

Because text for the *Bulletin* must go to the printer several weeks before publication, it is not possible for any issue to contain an up-to-date list of job opportunities. Instead, we list types of positions that are most likely to be available and invite anyone qualified and interested to write for current information.

Staff Opportunities: Family Nurse Practitioners, Registered Nurses, and Physicians. For current information or to apply for a position, contact Department of Human Resources, Wendover, KY 41775 (phone 606-672-2317).

Courier Program: This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a minimum of 8 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator/Courier Program, FNS, Inc., Wendover, Kentucky 41775 (phone 672-2317).

Nursing Volunteer Program: This is a program that has been recently designed to meet the needs of nurses and nursing students who only have a short length of time in which to come to FNS and gain experience. In this program if accepted, there is no required amount of time. For current information, write or call Director of Nursing, Mary Breckinridge Healthcare, Inc., Hyden, Kentucky 41749 (phone 606-672-3162).

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Because of your generosity, we sometimes receive more gifts for a particular item than we need. In those instances, your gift will be applied toward another urgent need listed below. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

Beechfork Clinic:	Cost
Children's Toys	200
Emergency Room:	
Dinamapp	1600
Cauterizer	1,000
FSMFN:	
10 Floor Lamps for Haggin	1,000
Hyden Clinic:	
Infant Neonatal Blood Pressure Cuff	70
Kate Ireland Women's Center:	
Fetoscope Doppler	500
2 Doppler Speaker Boxes	250
Large Blood Pressure Cuff	75
Lab:	
RPR Rotator	400
Medical Surgical:	
Four (4) Blood Pressure Cuffs	600
Obstetrics:	
Addressograph Machine	500
2 Blood Pressure Cuffs	300
4 Adult Stethoscopes	200
4 Newborn Stethoscopes	300

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.
- 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

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