



#### A CHILD'S PRAYER, 1940

Now I lay me down to sleep,  
 I pray Thee, Lord, the souls to keep  
 Of other children far away  
 Who have no homes in which to stay,  
 Nor know where is their daily bread,  
 Or where at night to lay their head;  
 But wander through a broken land  
 Alone and helpless. Take their hand,  
 Dear Father-Mother God, I pray;  
 Keep them safe by night and day,  
 And give them courage when they wake.  
 This I ask for Jesus' sake  
 Who was a little Child, like them.  
 God bless us all tonight. Amen.



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**COVER:** This drawing and poem appeared on the 1940 Autumn cover.

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## Courier Goes on Home Health Rounds

*The courier position is that of a volunteer who commits their time to FNS for about six to eight weeks. Their duties are varied and can be arranged according to interest. Home Health is one such opportunity for couriers to work with people and to gain exposure to the nursing field. For further information regarding courier opportunities, contact Susie Hudgins, Courier Coordinator.*

Driving up the steep, rough road to the Brock's home is quite a trek. You're never quite sure if you'll make it even in the best of weather conditions. At the top of the driveway sits a two-story house with an outside porch that is enclosed in clear plastic. This is where the clothes are hung to dry. Dogs are everywhere and the squawking of chickens is heard nearby. As Mae knocks on the door a voice from inside answers, "Yeah, Mae. Come on in." Everyone is expecting us. We walk in out of the cold into the bright green welcoming room. Everyone is sitting around and we

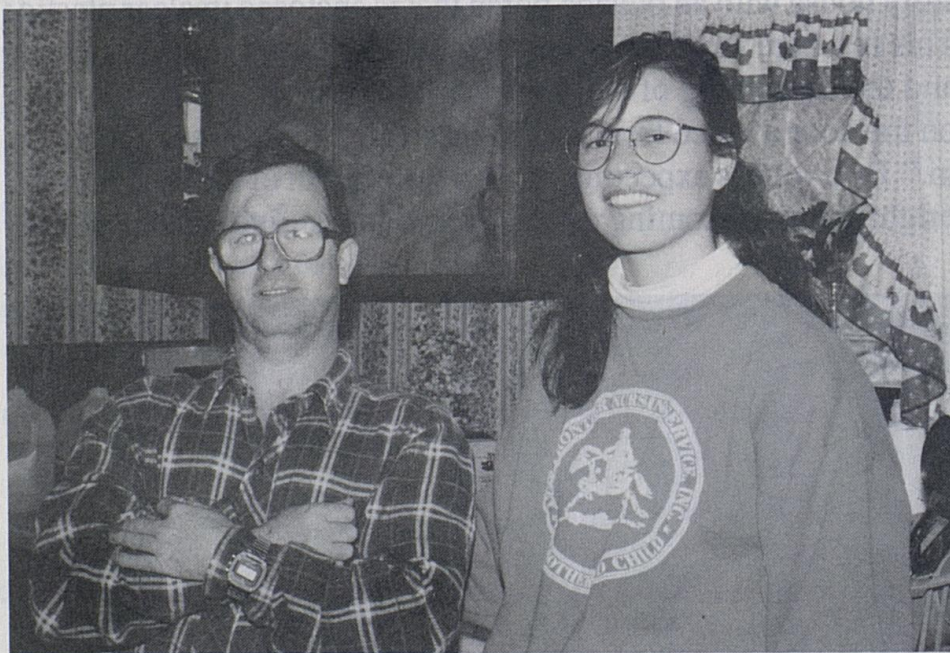


FNS Courier Flora Jewell chats with Grannie Brock.



join them for coffee. The house is very warm and smells like biscuits, gravy, and bacon. There is a large coal stove in the center of the room and even though we are there quite early, all the beds are made and the house is spotless. There are all kinds of pictures on the walls - mainly photographs of family members and pictures of Jesus. There are National Geographics on the shelves and a Bible rests on a table next to the bed.

The conversation revolves around happenings in the holler, the weather, news, and the cost of things. It is a very cheerful and welcoming place. Neighbors come and go to check on the Brock's. Everyone knows Mae, the Home Health aide. We are here to check on Cornelius Brock who is about 75 years old and has had a stroke. He is bedridden and unable to move so his wife and daughter take care of him. He recognizes Mae as she tends to

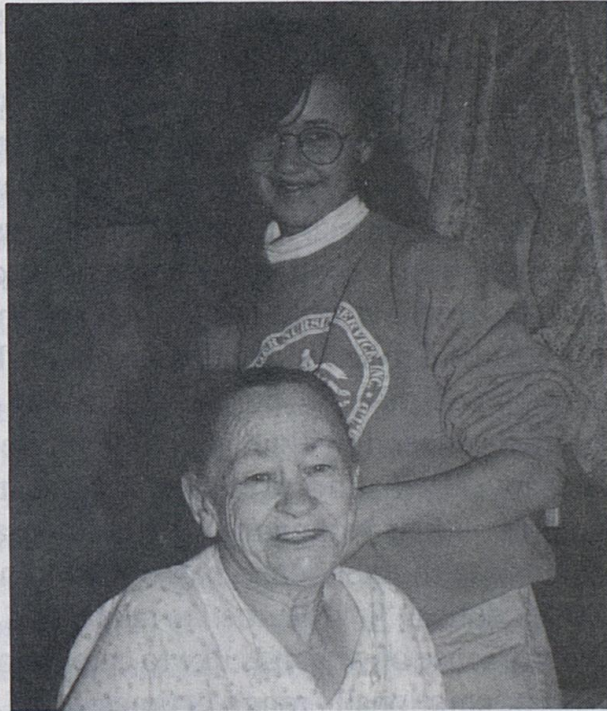


Flora with one of the Hoskins boys.

him. He is only able to communicate with his eyes and facial expressions. Even so, we all know what he needs or if he is happy or sad. Mae shaves him and takes his blood pressure while I sit and chat with his family. We stay at this house for about an hour mostly taking care of the patient's personal needs. We then head to the Hoskins home, further down the holler.



At the Hoskins home there are four boys who are mentally retarded and deaf and one is blind. Their ages range from 40-50 years old. Their mother, known as Granny, as all older women in the hollers are called, has taken care of them their entire lives. This past September she became sick and is now on an oxygen machine. Her daughter Marilyn came home from Arizona to take care of them. These boys really look forward to Mae's visit and on this day they had been waiting and watching out the window for her to pull up. Although the boys don't know sign language, they have a language of signs all their own. It is



Flora braids Granny Hoskins' hair.

remarkable. I love talking and working with the boys. They are really loving and respond well to me. Mae cuts their hair and shaves them and I wash them. While Mae works with Danny, the blind boy who is quite shy, I brush and plait Granny's hair then I wash her face and feet. Afterwards we all have breakfast together and then Mae and I go on our way to the next house.

It is really exciting when the people remember you and want to know what you've been up to or how your Christmas was. Everywhere I went I was called 'little girl.' At one house I had only been to once before, one of the girls is blind, her Granny said to her when we walked in, "Mae's here with that little girl we like so much." I was really touched.

The people I visit think it's weird that I'm eighteen years old and still not married. They also think it is odd that I'm so far away from my family and for such a long time. When I tell them



I'm from Colorado, they always want to know what the weather is like there and want to know if I like it here. They are really special people to me and I value the time I get to spend with them.

This is a description of a Home Health experience told by Flora Jewell, FNS courier, who has been quite involved with the Home Health Agency since her arrival in October. She says that she really enjoys this kind of work even though it can be emotionally and physically exhausting. She feels the experience has really opened her eyes to the tremendous love that families have for their kin, even if not directly related. "People just don't put their loved-ones in homes or institutions to be taken care of. They dedicate their time and love to them and do all that they can to care for them. It is beautiful to see and quite touching." Flora also says that she has enjoyed meeting the people in the community and looks forward to spending time with the families. "These people have so many fascinating stories to tell and they love showing off pictures of their 'younguns.' I feel really attached to them." The Home Health experience has been Flora's favorite part of her courier duties. "I've learned to take blood pressure and pulse and I have a sense of what it is like to care for older people. Although it can be emotionally rough at times, I find it a most rewarding ex-



Mae Bowling, caring for her patients. The people trust and love her and she gives the same back to them. It is won-

perience. I have tremendous respect for the aides and the nurses who work for Home Health. They do an invaluable service and their patients know it. The job is not only limited to medical care. Mae also gives these families confidence and a sense of security as well as being a good friend. The people



derful.”

Flora is referring to Mae Bowling, one of the Home Health aides with whom she normally goes out. Even after she leaves her courier duties, Flora plans to keep in touch with Mae. Mae has been a Home Health aide for ten years and hopes to earn her R.N. degree soon. As a Home Health aide, Mae works hard and has a lot of responsibility. She had to study extensively and pass many tests in order to become an aide. Presently Mae is attending college, and on some of their long drives Flora will quiz her in history or psychology. Flora feels a real bond to Mae and it is evident that the two work well together. “We have many personal jokes from working together. We spend most of our driving time laughing. It’s a lot of fun!”

The Home Health Agency offers important and much needed health care to the people of Leslie County and parts of Clay and Perry Counties. The agency provides skilled nursing care to patients who are homebound, that is, who are unable to leave home without assistance. This nursing care is initiated with a “Plan of Care” developed jointly by a nurse and a physician.

Traditionally at the Frontier Nursing Service, the care of the chronic and acutely ill patients in the home has been the province of the district nursing staff. Because it became increasingly difficult to accurately identify the cost of care for the official homebound patients versus patients who could go to a clinic for care, the FNS Home Health Agency was opened in the summer of 1976, separate from other district activities.

It now has its own staff, currently consisting of a director of Home Health, four registered nurses, six Home Health aides, a secretary and a unit manager. Each Home Health nurse is responsible for a geographic area and has one or two Home Health aides who help manage their regular caseload. Support for the Home Health staff and the services they provide come from Mary Breckinridge Healthcare.

Sue Snider, the Director of Home Health, has been with FNS for four years. She was a social worker with an emphasis in psychology, but went back to school to pursue a nursing degree so she could work with Home Health. Sue loves her work and not



only serves as the director, but also has her own caseload of patients, which keeps her very busy. But as she says, "I feel very self-fulfilled and the people I work with are terrific. They are dedicated and devoted which makes my job a lot easier. I intend to stay here for a while because of my love of the area and the people and because Home Health is such an important service."

Referrals to Home Health come from a variety of sources including families, physicians from the University of Kentucky Medical Center, Hazard Appalachian Regional Hospital/Medical Center, Mary Breckinridge Healthcare, and other medical facilities in and out of Kentucky. Home Health referrals continue to increase, as we are able to offer more complex services to patients sent home from the hospital with problems requiring additional follow-up by medical professionals. A great deal of the nurses' time is spent educating families in how to care for their sick loved ones.

The Home Health Agency currently has 94 active patients in Leslie, Clay, and Perry Counties. Sue says "Our active patient status has increased this year alone, from an average of 70-75 patients to an average of 85-90 patients. The average number of visits per month for this fiscal year is 900. Our caseload of patients vary in age from a 3 month old to 95 years of age. Some of the most common health problems of our patients are diabetes, hypertension, and Chronic Obstructive Pulmonary Disease, while we continue to serve those with rare types of problems such as William's Syndrome in a pediatric case. We continue to look for ways to improve and expand our service as the needs of our community change."

As is obvious through Flora's account of her experience and work, FNS continues the tradition of dedicated care for patients in their homes.

-by Catherine Croft

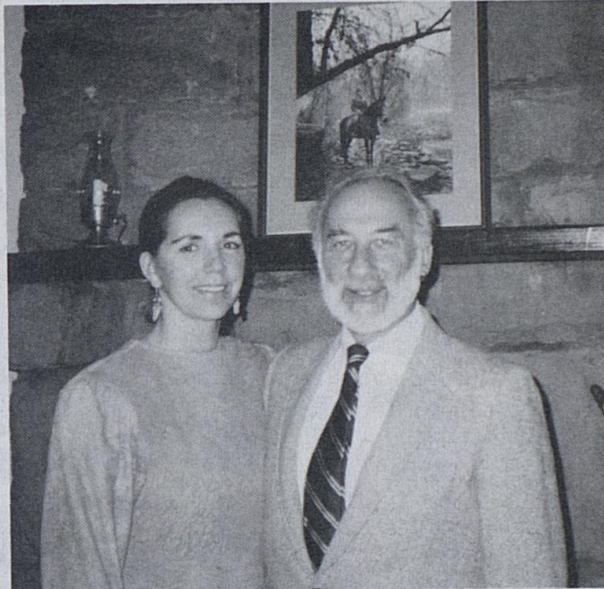
*This article is dedicated to Bill, one of the patients mentioned in this article, who passed away March 5, 1991.*

*Note: The names of the actual patients and families have been changed to protect their confidentiality.*



## FNS Welcomes Joan and Harry I. Zeltzer Volunteer Midwife and Optometrist

January, 1991, the Frontier Nursing Service was fortunate to be able to offer free vision screenings at the Hyden Clinic under the guidance of Harry I. Zeltzer, O.D., F.A.A.O. Dr. Zeltzer, with the help of couriers, was able to extensively screen about 125 people. He also held screenings at three of the district



Joan and Harry Zeltzer

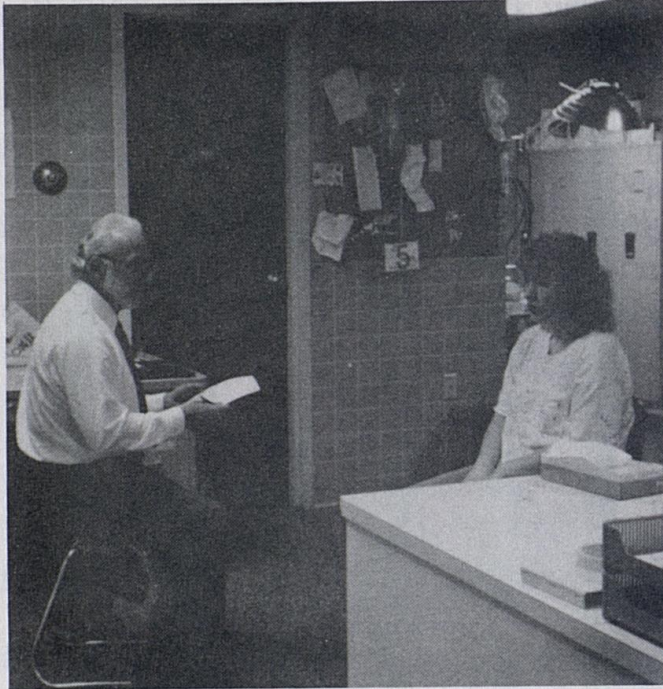
clinics. Dr. Zeltzer noted, "It was surprising to find such a large number of people who ignore vision care but who really need attention. Most people don't have regular eye examinations."

Dr. Zeltzer also noted that the adults in the community have their children's eyes checked but neglect their own. "The common ailments I saw were refractive errors. In other words many people who needed glasses didn't have them, or used outdated lenses for their particular eye-sight. In one instance I saw a girl of three years of age with strabismus. She was referred for eye glasses which will straighten the eye and restore good vision, thus avoiding surgery. One year of waiting would have been too late. I also examined many people with presbyopia, a condition where vision becomes fuzzy at close-range. This occurred at an earlier age in this population compared to some of the other places I've worked. I also found eye problems that related to health problems, such as diabetes which is more common in the area. In one instance a patient with significant leaking blood vessels was referred for emergency laser treatment."

Dr. Zeltzer retired from thirty-three years of optometry practice in Watham, Massachusetts in 1984 and has been volunteering his services in a variety of different settings. He is the



director of Eyecare Mexico which works independently and also with international organizations, such as VOSH (Volunteer Op-



Dr. Zeltzer examines patient's vision.

tometric Services for Humanity) which has 23 chapters. Dr. Zeltzer is also the inventor of the X-Chrom lens - a contact lens aid for color blindness.

Dr. Zeltzer's wife, Joan, was working for FNS as a midwife during the month of January. She is a principal founder of the North Shore Birth Center at Beverly Hospital in Massachusetts. Joan and Harry reside in Ipswich, Massachusetts. The two have had a wide variety of experiences with Third-World health care. This past year they worked with the Maya in Mexico promoting and implementing proper health care practice. Joan has also worked in Pakistan with Afghan rebels as a nurse who trained medics. She says that her experience there was quite complicated. "I had to be accompanied by a body-guard at all times because I could be kidnapped by Afghan or Pakistani Communists who might mistake me for CIA." FNS was very glad to have Joan and Harry. They provided invaluable services and offered much to FNS in experience and insight. We hope they are able to come back soon.

-by Catherine Croft



## First Impressions of a Mountain Veterinarian's Wife

"How did you come to Frontier Nursing Service?" and "What does your husband do?" are the two questions most commonly asked of me upon meeting people from beyond the mountains. Interestingly enough, it was my husband, Dr. Carlton Severance, who saw the advertisement for the director's position at the FNS, and it was he who convinced me to travel to Wendover for the interview.

Most of Carl's career has been spent with the military service and in public health. To this day, he serves as a Lieutenant Colonel in the Air Force Reserves. His early interest in veterinary medicine was sparked by his love for horses while a student at St. John's College in Albuquerque, New Mexico. His life travels have resulted in some small animal practice, but it is only now, in the mountains of Eastern Kentucky, that he is able to return to his love of large animal medicine. Because of the war in the Persian Gulf, Carl has not been able to develop the full-scale animal practice for which he eventually hopes. Nevertheless, the practice is busy!

The veterinary practice started small in the summer of 1990. Space had not been identified for a clinic. Therefore, a 10' x 10' tent was purchased, and vaccination clinics for dogs were held under the big top. The first clinic was held on the "barking lot" of Kemper's furniture store. Harold Kemper, storeowner, advertised a furniture sale and the clinic at the same time! I took two days away from Wendover to help as a veterinary assistant. Only dogs were allowed due to the outside conditions. Dogs and cats under the same tent could have been a disaster. The Hyden Elementary School Cheerleaders sponsored a "dog wash and tick dip". The first day was crowded, hot and humid. Dogs were barking. Girls were cheering and splashing. Fun was had by all. The second day the sky was gray and ominous. It began to rain in the early afternoon, but still people kept coming. Carl kept looking skeptically at the tent. Water was collecting. Collapse seemed eminent. Undaunted, I simply kept pushing the tent up and the water off. Heaven help anyone standing under the edge.



Then the wind began to blow. People kept coming, and Carl kept vaccinating. At one point there were seven people and twelve dogs under the tent! I grabbed the papers and stuck them between my legs to keep them dry. We huddled in the center of the tent, up to our ankles in water, and kept going. An auspicious beginning. We vaccinated over 100 dogs in two days. I love animals and had great fun!

Ronnie Lewis, manager of Lewis Market and Feedstore and owner of a Shar Pei dog, offered Carl rental space at Lewis Market. This has turned out to be wonderful space with great parking. While the space was being prepared, vaccinations and other minor procedures were performed in the laundry room of our home, the Henry and Helen Joy House. Renovations were done on the Joy House in the early 1980s, and the hardwood floors were carpeted. I was very touched by the fact that many of the local people removed their shoes before entering the house to walk down the hall to the laundry room.

One evening after dark, an older man brought a much-loved, elderly hound to the house. The dog had been hit by a car and was suffering greatly. The decision was made to put the dog down. A friend of the family stayed with Carl and me and held the dog in her arms while Carl humanely ministered to the animal. The older gentleman left the room with tears in his eyes. The dog was taken home to be buried on the side of the mountain he had loved. As the man left, he gently shook Carl's hand and said, "Thanks, Doc."

One day Carl called to say he might be a little late getting home because he had to give the lions shots. "Did you say lions?" I asked, "L-I-O-N-S?" Affirmative. A family on Bull Creek, former owners of a private zoo, have two lions, a llama, exotic birds, etc. I was glad to have my husband home that evening with all body parts in tact. "How did you give the lions their shots?" was my first question. "With great caution", he replied. The owners have the lions inside a tall chain length fence. They are big pets and rub up against the fence to be scratched. Carl gave the vaccinations through the fence. One lion did not seem to notice, but the second lion jerked his head around, mouth open wide, teeth



barred, and began growling when the needle went in. Carl is thinking about making a pole syringe before the next visit. What does one give lions? The same vaccinations as cats, just larger doses!

This past Saturday evening Carl received a call around 9 p.m. A man up Cutshin had a cow who had been in active labor since about 1 p.m. He had seen a foot once. This had disappeared, and labor did not seem to be progressing. As I said previously, the War in the Gulf has postponed purchase of some essential equipment. Carl referred the man to Dr. Gene Smith in Hazard who has a large and small animal practice. However, Carl told the man if he could not reach Dr. Smith to call him back. Thirty minutes later the phone rang, and we found ourselves leaving for a birth. Sarah, our thirteen year old daughter was spending the night with a friend so I went along to provide nursing care!

We dropped by the clinic to pick up those supplies we had available and arrived at the farm about 10:40 p.m. This was one of the coldest weekends of the winter. The temperature was 26 degrees. The stall in the barn had electric lights, solid oak plank walls, fresh straw on the floor, and was approximately 12' x 12'. Mabel, the heifer, was not cooperative. Mabel had never had on a halter or been led. Carl and the owner were able to put Carl's rope halter over her head, but neither man was strong enough to hold her still for an examination. Many attempts were made, but Mabel butted and ran. The decision was made to give Mabel a mild tranquilizer. This calmed Mabel enough to perform the examination. The calf was backwards. Carl was able to get the back feet out. He does not have a tool which is called a "calf puller". He took his lariat, tied the little legs, and he and another local man who was present, gently pulled the calf out! "We've got a live calf here! Deanna, come stimulate it while I help the mama" (who was a little drunk from the tranquilizer). I yanked my gloves off and began rubbing the calf down. The sister of the man who owns the cow brought out two towels. They were soon soaked. I had on two sweaters reinforced by a sweatshirt. I pulled off the sweatshirt and continued to rub down the calf. It was taking a while to get mama interested in her calf. The calf started



shivering. So did I. It was 26 degrees, remember! The woman brought out a blanket which we tossed over the calf. It continued to shiver. It went through my mind that body heat would keep the little thing warm until its mama could start licking life into it. I gently laid down over the calf. The shivering seemed to get better. Mama cow was now showing interest. The calf was moved under her nose, and she began to moo and drool. The calf struggled to stand. Carl gave final instructions, and we left for home. We were tired but happy when we dropped into bed at 4 a.m. A telephone call the next day revealed that the calf had stood alone to nurse at about 5 a.m. We had a healthy mother and a healthy baby. Both of which would have perished without veterinary care. I love being able to share these experiences with my husband. These ties bind us ever closer to these wonderful people of the mountains of Eastern Kentucky.

*-by Deanna Severance*



One of Carl's newest patient's - Charlie Dog of Wendover



**Wendover Pooch in Residence-Charlie**



Charlie and his momma, Cathy Croft.

Wendover is thrilled to introduce Charlie, our newest resident. Charlie comes from Elisha's Creek in Leslie County where he was living as a stray mountain dog. He is presently serving as the official Wendover Welcome Wagon and is doing a fine job. Sue Snider and Sandy Mathis, Home Health nurses, brought him to

be checked out by Dr. Carl Severance, D.V.M. and he is in tip-top shape. Charlie's official breed, as suggested by his physician, is blue merle collie. His new owner, Catherine Croft - PR specialist and assistant editor of the *Quarterly Bulletin*, has been feeding him quite well and spoiling him rotten. Welcome Charlie Dog!!



### **Kim McQuoid - Family Nurse-Midwife**

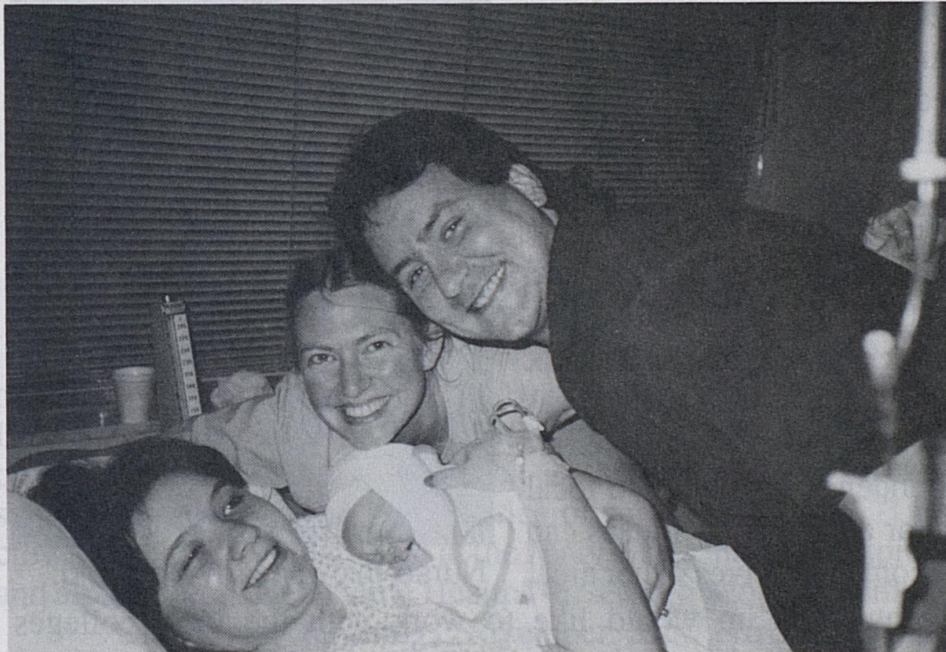
I don't know what I would have done if Kim hadn't been there. I was in so much pain and I just couldn't seem to relax myself. It was her voice that I remember most. It was soothing and comforting and I could do what she said. Whenever she left the room even for a few minutes I went crazy. I just lost control and couldn't handle what was happening to me. But as soon as she'd appear, I would be okay again and I could concentrate on my contractions and my breathing. I could even feel myself come out of my body and connect with her. Looking back I had a very positive birthing experience!

This is an account given by Malinda Meehan, a first-time mother, who gave birth to a nine pound-five ounce, twenty-two inch long son on Tuesday, February 19th, 1991 at 10:20 p.m. Malinda had been due around January 31st and had to be chemically induced to go into labor with pitocin, a labor inducing drug. Malinda and her husband Jim had come in to the Mary Breckinridge Hospital on Sunday evening and after two long days, finally delivered a bouncing baby boy who was named James Joseph Meehan. Malinda is originally from Indiana but has lived in Hazard for the past five years. She attended Hazard Community College for two years and then went to Morehead for another two years. Currently she teaches sixth grade at A.B. Combs Elementary School in Combs, Kentucky. Her husband Jim, originally from Michigan, works for Whitehall Mobile Homes in Hazard. The two met after college and have been married for about a year. The Meehans were very thankful for Kim's comforting presence. "It made what I would have believed an impossible feat, a truly wonderful experience!" beamed Malinda the following day.

The Frontier Nursing Service has been quite fortunate to have Kim working as a nurse-midwife at the Community Health Center and Mary Breckinridge Hospital for the past four months.



Kim graduated last August from the Frontier School of Midwifery and Family Nursing and is in the process of completing her graduate work. Originally, she was supposed to go to Cleveland to do this, but was able to stay here and earn her Master's degree while through the Community Based Nurse-Midwifery Education Program (CNEP). Kim says "Because I received such a great education from the Frontier School, I wanted to give something back, so I stayed." Kim also states that the school has a global reputation of generating well trained and well rounded family nurse-midwives.



Kim with the Meehans and their new baby.

"The Frontier School of Midwifery and Family Nursing offered me a diverse education. As a student, I worked in the inner city of Detroit, in the different counties of Eastern Kentucky, and with the Navajo in Arizona. These varied communities opened my eyes to the necessity of culturally sensitive care. Because various cultures approach life, family, and birth differently, it is vital to tailor one's practice to reflect their uniqueness. I have been touched and changed by these experiences."

During the graduation ceremony in August, Kim was presented the Helen E. Browne Award which the students vote to



award to their fellow classmate whom they feel best exemplifies their ideals of midwifery. "Midwifery has been a fourteen year dream of mine. I made the decision to go for it in 1976 after I had spent some time in Arkansas and I saw mothers and babies suffering postpartum neonatal infections due to a lack of health care knowledge. I knew that their suffering could have been avoided with a trained midwife and with education about hygiene and nutrition." Kim has committed to work for FNS through May, 1991 and then plans to return to her home and farm in Illinois. She wants to start a midwifery service in this rural setting and work with three other obstetricians as backup. She would also like to serve as a CNEP preceptor or correspondence instructor so local labor and delivery nurses can become midwives in her area.



Nurse-midwife Kim McQuoid.

Eventually Kim would like to work with the local colleges educating nursing students on advanced roles in nursing and teaching maternal child health. "As advanced nurse-practitioners, we need to be visible in our communities. We are pushing forward in maternal child health and the use of nurse-midwives is becoming a national trend."

Kim feels that her time with FNS has been wonderful and her most cherished times are the walks she takes up behind Wendover. "I can feel the past midwives that have walked these very same paths. It is a kind of spiritual awakening for me." Kim is a very interesting person aside from her incredible drive and commitment to nurse-midwifery. Years ago she worked as a goat herder in California, hitchhiked across the country, and spent a



year and a half with her husband traveling and living in the back of their pick-up truck. Her home base is in Cobden, Illinois where she has a farm, a vegetable garden, and bee hives. Kim is a very self-sufficient and resourceful young woman and has had a real variety of life experiences. "I even worked as an evening supervisor in an obstetrical department in a level two hospital for high risk patients. The range of my experiences I feel has prepared me to take on this role as a midwife. Midwifery is more than just technical skills, it is a philosophy of approach that envelops the mother/child/family and global unit. It is a major responsibility!"

*-by Catherine Croft*



### **NBC Visits the Frontier Nursing Service**

In late October Lucky Severson and members of an NBC crew from New York spent three days filming and interviewing Leslie Countians and the Frontier Nursing Service staff. The object of their inquiry was to look at the role of FNS on the surrounding counties and its practice of rural health care. The crew spent much of their time at the Mary Breckinridge Hospital and also accompanied Home Health Nurses into people's homes.

On Sunday morning, November 25th, NBC aired the segment on the "Sunday Today" program with Garrick Utley. Everyone at FNS felt that the program was very well done and that the people for the most part were accurately depicted. We have video tapes of the program available for those interested. Contact Catherine Croft, PR specialist, for further information.

*-by Catherine Croft*



### Mrs. Georgia Hart Rodes Contributes to FNS

Through the generosity of former courier, Mrs. Georgia Hart Rodes, future generations of Frontier Nursing Service couriers will be glad to know the Wendover kitchen in the Big House now has a new dishwasher and three compartment sink.



Cassie Mosley, Wendover cook, and the new dishwasher and sink.

Mrs. Rodes remembers her equestrian skills were investigated. No problem for the daughter of a riding instructor. Georgia's mother taught at their farm "Rodesia" in Danville, KY. A relative of Mary Breckinridge, Mrs. Rodes' involvement with the service began very early. At birth her parents signed her up to be a courier.

Mrs. Rodes has many fond memories of her summer at FNS. From her home in Danville she caught the bus in Lexington bound for Manchester only to find her ride not there. After a considerable wait and an enlightening ride, she finally arrived at Wendover. She remembers the dedication of Leigh Powell and others in the service at that time. A trip to Hazard to pick up a cake for a wedding to be held at Wendover proved how difficult

Mrs. Rodes was a courier in 1956. Courier requirements in the 50's included a year of college, the ability to drive a gear shift vehicle, and horseback riding experience. Riding ability was important and Mrs. Rodes re-



crossing the river in a Jeep can be. But she adds, "Both cake and wedding were beautiful." Mrs. Rodes enjoyed riding the horses and did much of the duties couriers do today: delivering mail, doing rounds, and accompanying the nurses. Due to a warning before she arrived at Wendover, her fear that summer was of snakes.

Mrs. Rodes keeps very busy with philanthropic activities. She is involved with the Midway College in Midway, Kentucky. The women's college has an excellent nursing program and has a hall named after her great uncle, John Stark, an early supporter. Mrs. Rodes is also involved in the Headly-Whitney Museum as a life member and is presently in docent training. She is able to enjoy the museum frequently as it is down the road from her beautiful home on Mason Headly Road in Lexington, Kentucky.

Mrs. Rodes is very excited about the future of Frontier Nursing Service. She feels Deanna Severance is the catalyst the service needed. She enjoys serving as a trustee and feels that the success of an organization is based around an active, hard working board. Mrs. Rodes was thrilled with the restoration of the Wendover grounds and buildings she observed during her last visit to Leslie County in September of 1990. She would like to continue to help with the improvements and to see traditions such as daily tea return.

Mrs. Rodes' family has a strong tradition of helping the Frontier Nursing Service. Her great grandmother, Betty Stark Rodes and her great uncle, John Price Stark, both gave memorial funds in the 1930's. Mrs. Rodes hopes to have her grandfather, James Walter Rodes remembered in the same fashion.

*-by Meriwether Wash*



### Meet the Board of Governors

*The FNS Board of Governors is responsible for establishing the policies by which FNS is governed, as well as approving the annual budget and overseeing expenditures. Each member of the board brings unique gifts and a personal history of involvement with FNS to his or her position of leadership; and each has a key role to play in the governance of the Service. This is another in our series of profiles on the members of the Board of Governors.*

#### Leigh Powell

"My most memorable experience while working for the Frontier Nursing Service as a courier was when I almost had to deliver a baby, with the help of Mrs. Breckinridge, out at the Brutus Clinic. The nurse-midwife at that time was out on a call and there was no one else available. Mrs. Breckinridge told me that I would have to deliver it because she couldn't see well enough, but she would instruct me. Well at the last minute Bridie Gallagher arrived and "caught" the baby. It was very exciting and something I will never forget!"

Jane "Leigh" Powell served FNS as a courier for three years right after she finished college at Briarcliff. She was born in England where her mother had been attended by a nurse-midwife. She presently lives in New York and remains involved with FNS as a member of the FNS's Board of Governors. She also serves on the Board of the Maternity Center Association in New York City and the National Association of Childbearing Centers, which is an offshoot of the Maternity Center started by Kitty Ernst, another FNS diehard.

Leigh recalls FNS and its founder with great fondness. "The presence of horses and cows and all the other animals created quite an atmosphere. Even if there were an emergency, we all had to take it easy because it was not safe to ride 50 miles an hour on horseback up the creeks and hollows. But we still managed to get the job done to the best of our capabilities." Leigh still has a love for horses and is now involved with horse competitions and carriage driving.



Leigh feels that her time with FNS was incredibly eye-opening and a wonderful learning experience. "As a courier I saw FNS's tremendous concern and care for the people and the community on all levels. FNS not only delivers babies and takes care of the sick, but is involved when a family's house burns down or when a flood destroys a home. It is a place where one can see and do anything. I was exposed and involved in the everyday lives of the people and I will never forget that experience."



Leigh is now a very active Board Member and says she really enjoys her visits to Wendover. She believes that there is terrific input by the Board and that everyone on it is deeply connected with the organization. "The attendance at the FNS Board Meetings are the best of any board I've served on. FNS can and has withstood the years because of everyone's profound commitment to the work that Mary Breckinridge started so many years ago. As for me, I have tremendous faith and respect for FNS. It still serves as a model of health care to the U.S. and the world."

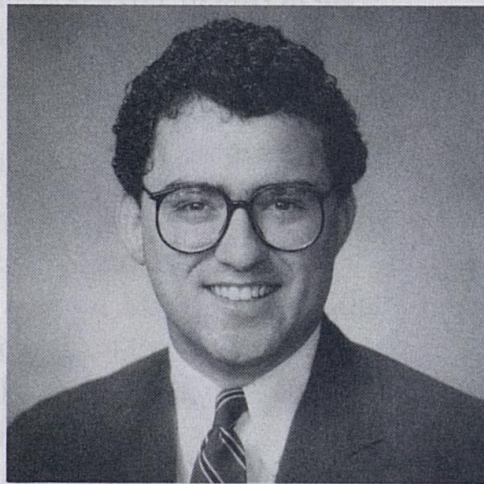
### John Foley

John Foley's first memorable experience with the Frontier Nursing Service occurred last April during the Board Meeting. He had just been nominated Assistant Treasurer of the FNS Board of Governors and was sitting in the living room of the Big House, "The room was dark, except for the spotlight that lit up the face of Mary Breckinridge above the fireplace. Even though this was my first time at Wendover and my first visit to FNS, I felt an incredible presence in that room. It was like Mrs. Breckinridge was watching over everything. The history behind FNS is incredible and I felt it the instant I entered that room."

John Foley was born in Lexington, KY and attended the



University of Kentucky where he earned his B.A. in Economics and Finance, graduating in 1985. He is also a graduate of the Cannon Financial Institute Trust School and has worked for First Security since graduation from U.K. He is an Assistant Vice President and Trust Officer in the Trust and Investment Management Group. Mainly he works with investment management for individuals and institutions. He first became acquainted with FNS through fellow First Security employee, Homer Drew, FNS's former Board of Governors member and Treasurer from 1974 to 1989. Homer got John involved with the management of the Service's investment funds and today John works closely with the FNS development office to manage endowment assets and assist with gift processing.



John, his wife, Mindy, and their Brittany Spaniel, Henry Clay, live in Lexington where he enjoys golf and bird hunting in his free time. His wife works with Cardinal Hill Hospital in Lexington. John looks forward to his next visit to Wendover this Spring. "FNS is the most fascinating organization with which I've ever been involved. Even though it has gone through some rough financial times, it always seems to come through and continue to fulfill Mary Breckinridge's dream. The mission is still the same - to provide quality rural health care at an affordable cost. The Board members, nurses, doctors, and administrators never give up, even during the worst of times. There is incredible drive and loyalty that makes FNS a reality. It is a very special place."

*-by Catherine Croft*



**THE CHARITABLE REMAINDER TRUST. . . .****THE CHARITABLE GIFT FOR FNS AND YOU**

*John Foley is Assistant Treasurer, FNS Foundation and FNS Board of Governors. He is a trust officer at First Security National Bank & Trust Company in Lexington.*

To give away money is an easy matter and in any man's power. But to decide to whom to give it, and how large and when, and for what purpose and how, is neither in every man's power nor an easy matter.

Aristotle

Charitable tax planning has remained a viable part of the financial planning process. The recent tax law changes along with the Tax Reform Act of 1986 have enhanced the role of charitable tax planning. The preferential tax treatment that donors receive for making gifts has remained largely unscathed. Thus, the Charitable Remainder Trust has become a popular charitable tax planning tool.

**What is a Charitable Remainder Trust?**

The Charitable Remainder Trust (CRT) is an arrangement by which assets such as stocks and bonds are gifted to a Trust. The Donor receives the income from the Trust for their lifetime. The Donor receives an immediate charitable income tax deduction the year the gift was made. At the Donor's death the assets for the Trust revert to the charity. The CRT assets are not included in the donor's taxable estate and therefore escape the Federal Estate Tax.

**Who will benefit from a Charitable Trust?**

The CRT can benefit anyone who owns highly appreciated assets and wants to avoid capital gains and estate taxes. The contributed assets can be sold by the Trust without incurring a capital gains tax because the Trust is tax-exempt. The proceeds can be re-invested at prevailing rates to provide income to the Donor. For example, John Donor owns \$500,000 of ABC stock with a cost basis of \$100,000 and a current yield of 4%. John Donor has been a long time supporter of the Frontier Nursing Service and is greatly interested in continuing his support but also is



desirous of maintaining his current level of income. The creation of a CRT would enable John to significantly increase his present level of income without incurring capital gain taxes. John would also receive a current income tax deduction for the deferred gift to the Frontier Nursing Service.

John Donor

Present

\$500,000 ABC stock

\$100,000 cost basis

\$ 20,000 current income at 4%

John Donor

with Charitable Remainder Trust

\$500,000 ABC stock sold & re-invested

- 0 - capital gain tax

\$ 40,000 current income at 8%

John Donor would receive a current income tax deduction based upon his age and the amount of income received.

The \$500,000 CRT would not be subject to Federal Estate Tax in John Donor's estate and therefore would pass tax-free to the FNS.

**Planned Giving Considerations**

Charitable tax planning can be advantageous for donors:

- \* sizeable income tax deductions can be taken
- \* assets may be diversified without incurring capital gain tax
- \* current yield on assets may be increased
- \* estate tax may be reduced
- \* FNS eventually receives needed support

When considering charitable tax planning techniques such as the CRT, the Donor must evaluate the factors as they specifically relate to their financial make-up. Consultation with your tax planning attorney and accountant can be a good source of advise as to how the CRT can be of value to you.

If you have any question about a Charitable Remainder Trust or are interested in including the Frontier Nursing Service in your Estate Plan, please contact me and I will be glad to assist you.

*-by John Foley*



## FORM OF BEQUEST

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

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

### HOW ENDOWMENT GIFTS MAY BE MADE

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

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

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

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

Gifts of stock should be sent to:  
FRONTIER NURSING SERVICE  
Mr. John Foley, Assistant Treasurer  
First Security National Bank & Trust Co.  
One First Security Plaza  
Lexington, Kentucky 40507



### Holiday Happenings at FNS

The Frontier Nursing Service began celebrating the holiday season on Friday, December 7, 1990 at the Mary Breckinridge Hospital. A tree-trimming party was held and FNS staff and patients helped decorate the tree in the lobby. Cookies and punch were served and a good time was had by all.

The district clinics had their Christmas parties during the week of the 16th. The children of the four districts and the Hyden Clinic received presents when Santa made his special visit. Everyone at FNS would like to thank those who contributed to



Christmas Pageant at Wendover, the community children act out the Nativity.

clothes, toys or money to our Christmas fund. Everyone's incredible generosity enabled all the children to take a little something home with them. At the suggestion of Susie Hudgins, Courier Coordinator, we would like to urge all former couriers to send two inexpensive toys appropriate for children, infants to age six. The families of Camp Creek participated in the Wendover Christmas pageant on Saturday, December 15th at 10:00 a.m. There were original stories, poems, and songs to accompany the pageant and a visit by St. Nicholas was a terrific surprise for the children.

St. Christopher's Chapel held a midnight Christmas Eve service at 11:30 p.m. on Monday the 24th. Prior to the service at 9 p.m. there was caroling in the Chapel and a Christmas celebration at the Frontier School. All in all the holiday spirit was felt by everyone and we at FNS are thankful to those who donated gifts or their time. You have helped put smiles on the faces of young and old alike!

-by Catherine Croft



### Beyond the Mountains

My travels beyond the mountains are diminished by those of the 53 men and women from Leslie County who have traveled beyond the mountains this winter in service to their country. It is harder in some ways to recall travel to visit with friends and supporters of the Frontier Nursing Service knowing that our local friends and relatives have traveled to a foreign shore under conditions difficult to imagine. I know this loss of friends and loved ones is true for you, our loyal supporters, also. My prayers travel beyond the mountains for each one gone, for victory and peace. May this conflict be settled by the time this *Quarterly Bulletin* arrives!

The week after Thanksgiving, I left for a whirlwind trip to meet with the Boston, Washington, and Philadelphia Committees.

Tuesday, November 27, I was the guest of Mrs. Hanson (Whitney) Robbins in Medfield, Massachusetts. It is always a particular pleasure to be able to spend time with Whitney, because as chairperson of the "search committee", she was the first person I spoke with concerning coming to the FNS as director! Upon arrival in Boston, we traveled downtown and had a wonderful late, light supper of chowder. The Boston Committee met for lunch at the Robbins' home on Wednesday. Our wonderful Boston Chairman, Mrs. Kenneth Isaacs, has had to give up her post due to an increasingly busy graduate school and family schedule. She is succeeded by Mrs. Nicholas (Rhonda) LaVerghetta and Mrs. Helen H. Bond as co-chairpersons. Mrs. Charles Heinle Carter, Mrs. John L. Grandin, Mrs. John E. Dawson, and Mrs. Hanson Robbins attended the luncheon. Great interest was expressed in the NBC "Sunday Today" video segment featuring FNS, which the committee viewed.

Mrs. Robbins is on the faculty of the School of Public Health at Boston University. Wednesday evening, I spoke to a graduate school class about the Frontier Nursing Service. Much interest was expressed in our work. I have since had a lovely "thank you" letter from Dr. Jon Parham. Dr. Parham offered some



very concrete recruitment ideas. Many thanks!

Wednesday evening onto Washington, D.C. for a Thursday luncheon meeting at the home of Mrs. Theodore Sedgwick. Under the leadership of Mrs. Sedgwick the Washington Committee is thriving. Mrs. Jefferson Patterson was able to attend for a short while. A television interview caused her early departure. Mrs. Patterson has again offered her home for the Derby Day Benefit. While reading the Autumn, 1940 issue of the *Quarterly Bulletin*, I came across the following paragraph:

“From Marvin Breckinridge, now Mrs. Jefferson Patterson, whose husband is attached to the American Embassy in Berlin, we have several letters, and guardedly though they are written, we feel it is better not to quote from them, except just this one little bit about the radio work for the Columbia Broadcasting System she did before her marriage: ‘I’m glad to know you liked my radio work, which was the most fascinating career for the six months I had it, and I would have stayed with it if I had not gone in for matrimony instead. Now my government does not wish me to broadcast because I am married to a Foreign Service officer, but I hope to go back to the air some time later when the world situation is less tense.’”

I was struck by the fact that Mrs. Patterson was in Berlin at the beginning of World War II. Today, her lovely home is next door to the residence of the Iraqi ambassador in Washington. As we walked into Mrs. Sedgwick’s home, I asked if she had been disturbed by the proximity of the residence. Far from it! Mrs. Patterson was recently invited to the Ambassador’s residence for dinner. He was interested in her opinions about the situation in the Persian Gulf.

Before leaving for the airport and an evening meeting with the Philadelphia Committee, Mrs. Sedgwick offered me the opportunity to rest in her lovely home.



The Philadelphia Committee had the largest attendance, and here I had the least time to stay. Mrs. John Hodge, chairman of the Philadelphia Committee, provided transportation from the airport to the home of Mrs. Ernest von Starck. It was my good fortune to be able to spend a few minutes speaking with Mrs. Townsend (Bubbles) Moore, former courier. What a wonderful opportunity to talk about the beautiful changes occurring on the Wendover grounds. Due to an appointment with the Dean of the University of Kentucky Medical School, I left immediately following the meeting to return to Lexington! The Philadelphia Committee is thinking of exciting changes, such as a June tea in conjunction with the Devon Horse Show.

Friday found Charlie Wilson, administrator of Mary Breckinridge Hospital and president of Mary Breckinridge Healthcare, Inc., and me in the office of Dr. Emory Wilson, Vice Chancellor and Dean of the Medical School at the University of Kentucky. This meeting resulted in Dr. Wilson; Dr. Frank Miller, chairman of the Department of Obstetrics and Gynecology; Mr. Frank Butler, administrator of the Albert B. Chandler University Hospital System; Mr. Tony Gaetz, Director of the University of Kentucky Area Health Education Center; and Mr. Wayne Meyers, Director of the University of Kentucky Center for Rural Health at Hazard visiting FNS on December 27, to discuss linkages with the University of Kentucky. This continuing dialogue has been a fine experience. New vistas have been opened and all of us are developing a fuller understanding of the nature of the struggle occurring in rural health care.

On December 6, Dr. Carolyn Williams, Trustee of the Frontier Nursing Service and Dean of the University of Kentucky School of Nursing, joined Dr. Judith Treistman and me for lunch at Wendover. The University of Kentucky School of Nursing is implementing a new RN to master of science degree in Eastern Kentucky! This program should be significant for the RN's in Eastern Kentucky. Most of the RN's who are employed by the FNS have received their associate degree in nursing from Hazard Community College. Up to this time, RN's have had to leave Eastern Kentucky to be able to continue their education towards



a bachelor of science degree in nursing, much less a master of science degree. Dr. Treistman and Dr. Williams discussed future linkages between the University of Kentucky School of Nursing and the Frontier School of Midwifery and Family Nursing.

Sheila Allen, Director of Development, and I traveled to Lexington and Berea on December 19, to meet with supporters. Our day began at the Commerce National Bank with Mr. Roger B. Dalton. Mr. Dalton recently succeeded long time supporter of FNS, Mr. Robert Showalter as president of Commerce National Bank. Mr. Showalter recently relocated to Cleveland, Ohio where he assumed the position of President/CEO of Ohio Citizens Bank and Chairman of the Board. This was an opportunity to make a new friend and talk about the important work of our Service.

Each year the Keeneland Association has a function to recognize organizations in Kentucky which are the recipients of Keeneland's generosity. Ms. Allen and I were honored to again be a part of this occasion. It was with particular pleasure that we had the opportunity to personally thank Mr. William Greely, president of Keeneland; Mr. Jim Williams, Mr. Jim Johnson, and Mr. Rogers Beasley, II. The name Rogers Beasley will be familiar to many readers! Mr. Beasley is the son of Dr. Rogers Beasley, medical director of FNS during the 1970s.

After the lovely brunch at Keeneland, Ms. Allen and I visited with Mrs. Robert McDowell Rodes (Georgia Hart). Mrs. Rodes was a courier at FNS and is a relative of Mrs. Breckinridge. It is thanks to the generosity of Mrs. Rodes that the Wendover kitchen now has a Hobart dishwasher! Previous Quarterly Bulletins have cartoon drawing of couriers wrestling with everything from horses to ice cubes. What courier cannot recall staying at the Big House until the wee hours of the morning washing dishes after a dinner for 60 people. Happy times and comraderie may be remembered. Certainly, as we move towards possible designation as a national landmark, we foresee serving more and more guests. Couriers from this point forward will be thankful to Mrs. Rodes for this invaluable gift! Gifts from the Rodes family are not new to the FNS. A plaque commemorating The John Price Starks and Betty Starks Rodes Memorial Baby Crib Fund to this day hangs in the maternity service.



Our evening ended in Berea at the home of Mrs. John B. Stevenson, wife of the President of Berea College. We were joined for tea by Mrs. Norbert F. Stammer, president of the Berea College Appalachian Fund and by Mrs. Stevenson's mother, who was visiting from North Carolina. Christmas is a beautiful time in Berea. The President's home was magnificent! Berea College and the Frontier Nursing Service have much in common, including Miss Kate Ireland who serves as Chairman of the Board of Trustees for Berea College and as National Chairman of the FNS Board of Governors. The Frontier Nursing Service would be unable to carry forth our work without supporters like the Appalachian Fund. This year the Home Health Agency is the recipient of funds to purchase a vehicle and the Pine Mountain Clinic has received salary assistance for a nurse's aide.

The first week of the new year my family and I spent at Disney World in Florida. Texas is a long way from Florida and California. I must admit I had never been to Disney World or Disneyland. New Year's eve found us under the stars and fireworks in the Magic Kingdom. A restful week occurred and I returned with renewed vigor.

The first trip beyond the mountains during 1991 was to Cleveland, Ohio for a meeting of the Community-Based Nurse Midwifery Education Program on the campus of Case Western University at the School of Nursing. All CNEP Council members were in attendance: Mrs. Eunice "Kitty" Ernst, Dr. Joyce Fitzpatrick, Rosemary Hogan, Dr. Claire Andrews, Dr. Ruth Lubic, Dr. Judith Treistman, and myself. The meeting resulted in time frames being firmly established to complete the transition of the CNEP administration to Hyden. As I end this article I am struck by the fact that CNEP was conceived by Mrs. Ernst beyond the mountains even though her midwifery roots are here at the FNS. Mrs. Ernst was a "student" of Mrs. Breckinridge. I am profoundly grateful to Mrs. Ernst for founding of this creative, imaginative and visionary program. It seems right that the program should come to maturity here in the mountains of Eastern Kentucky.

-by Deanna Severance



### Sayings of the Children

It was a warm winter Saturday afternoon. Carl and I had been to the veterinary clinic to check on a sick dog. I was sitting in the car with the window down waiting while Carl locked the office door. Just as he finished, a towheaded boy of about six years of age ran down the sidewalk in front of the feedstore. "Doctor!" he called, "look at my hand!" Carl kneeled to the ground and examined the little hand which had been burned. He spoke softly inquiring as to how the injury occurred and the subsequent treatment. The young boy spoke solemnly and said, "It's okay now, doctor." There is an old sign which says, "Physician: treat man or beast." And in this case I add, "comforts young children".



The following poem was included in a letter from Edward Turner. Mr. Turner, a native Eastern Kentuckian, taught school in the mountains before moving west. At the age of 82 he writes, "My heart and soul will always be in the hills of Kentucky."

*Yes God's good to Arizona  
And it's true he freely gives  
To the other states his blessing  
But Kentucky's where he lives*

*Yes God came to Arizona  
And He blessed the Grass- each blade  
But he came last to Kentucky  
And just sat down there and stayed.*

*Author unknown*



### Notes from the School

CNEP is coming home! At the January meeting of the CNEP Council, representatives of the four cooperating agencies that developed the CNEP (FNS, Maternity Center Association, the Frances Payne Bolton School of Nursing of Case Western Reserve University, and the National Association of Childbearing Centers) decided to complete the transition of the CNEP from the educational center in Perkiomenville, Pennsylvania to Hyden by April 30th, 1991. To quote Kitty Ernst, Director of the Pilot CNEP,

This is an exciting event for us because it signals continued commitment to further development and growth of the program by the Frontier and Bolton schools...The past two years of collaboration between the cooperating institutions has also generated a heightened interest in the birth center concept. It has become very clear that we not only share the goal of 10,000 midwives by the year 2000, but the birth center goal of 'Access to Care for Every Woman', the theme for the 1991 NACC convention in October.

The move means that we here in Hyden must prepare our physical plant for a greatly expanded educational program while we also prepare to apply for full ACNM accreditation in the autumn. In order to complete the first phase of these preparations, we plan to renovate the School library, making room for many additional volumes, journals and audio-visual materials and to enlarge the study area. In a program as far-flung as CNEP, the library becomes one of the most important resources for our students and faculty. Just as important will be the creation of adequate secure storage space for student records. Did you know that the School keeps student files dating all the way back to 1939? This is a treasure-trove of information, and I hope that soon we can begin to think about having a "Historian-in-Residence" to explore this unique data. In the meantime we will be renovating two basement rooms in Haggin Dormitory to provide space.(See



Urgent Needs!)

The students in the CNEP pilot are moving along quite nicely, and the first candidates for examination will come up in March and April. We hope to have the first graduation ceremony in October...forty students and their families on the knoll outside the Big House! It will be an important day for the FSMFN.

On the weekend of August 24th, we will admit the third CNEP class, and hold Midwifery Bound here at the School. The admissions committee will begin meeting this month to start looking at applications. We have already had over 800 inquiries into the program and the applications keep coming in. There is no doubt that the Community Based Nurse-Midwifery Education Program is answering a great need.

In the meanwhile, the Precertification Program for foreign-trained nurse-midwives is also expanding. Debra Browning, FNP, has taken on the administrative responsibility for this program and is doing a splendid job. There are students at Tampa General Hospital, Boston City Hospital, Phoenix Indian Hospital, and St. Paul-Ramsey in Minnesota.

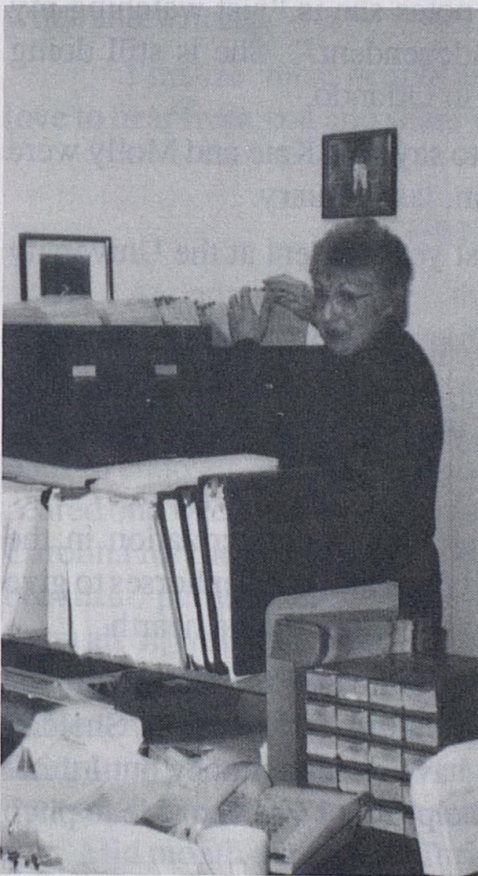
From New Mexico, Dr. Nancy Clark reports that all is going well, and the eleven students anticipate graduation in October.

*-by Judith Treistman*



## FNS Says Goodbye to Ruth Morgan

Ruth Morgan, of Camp Creek, retired this past October from her position as Wendover Office Manager. Everyone at Wendover and within FNS was sorry to see her leave because she contributed so much to the organization in time and devotion. Ruth had been with FNS for eighteen years primarily in the donor office. She served as a very important link between FNS and its donors.



Ruth Morgan hard at work.

Originally from Indiana, she came to work for Mary Breckinridge in 1951 as the book secretary for "Wide Neighborhoods." She then left to return to her native state and came back once again in 1973 to work as an office secretary in the donor office for the next 17 years. Whether she stayed because of her love of FNS or her love of a local boy named Jahugh (Jakie) Morgan, whom she married, nobody really knows. But everyone at Wendover does know of her love of the area and her loyalty and commitment to FNS. Recently she and Jakie designed and built a new house up Camp Creek where they now spend most of their time working.

Although we are sad to see her go, we are thankful for the time we had with her while she worked at Wendover. As Jakie always says, "She must have taken a drink from the Middle Fork of the Kentucky River, because she came to visit but stayed to live."

-by Catherine Croft



### Courier News

Every courier's dream has come true thanks to the generosity of former courier Georgia Hart Rodes. Early in January, a dishwasher and three compartment sink unit were installed in the Big House! The camaraderie of the dinner clean up still exists, just of shorter duration these days.

**Lorna ( Miller ) Eckian, '64**, notes she is "just watching my children get bigger and more independent." She is still doing home health care with the UNA in Orlando.

**Nan Sersig '69**, dropped a note to say that Kate and Molly were joined by a brother, Conlin Erwin, last January.

**Kate McIntosh, '87**, is now a 1st year student at the University of Colorado Medical School.

**Jeanne Black-Crave, '69 -70**, is enjoying married life on Martha's Vineyard. She writes that she misses the mountains with the snow on them. Hopefully she'll have one of her boys come down as a courier.

**Cornelia Hamilton, '67**, is busy with computerization in the hospital where she works. Luckily she still has her horses to give her serenity and five cats to keep her warm by the hearth.

**Danna Larson**, former Courier coordinator, is still working as Chaplin at a small college in Sitka, Alaska. "Like FNS, Sheldon Jackson College never seems to have enough money but I think my experience at FNS has been helpful as I've been able to pitch in and help in many areas."

**Nell Lloyd, '47** met Deanna Severance at the Philadelphia committee meeting in December and said, "She renewed our interest and it was nice to see all the old loyal members of the committee."

**Sarah ( Bullard ) Steck, '71** writes that Healthy Companies, Inc. has been awarded a multi-year grant from the MacArthur Foundation. "They will establish partnerships with business and academic leaders interested in building healthy organizations."



Nancy Dammann,'41 had an exciting adventure while traveling across Washington state last summer. This adventure included her new RV catching fire and burning, tending to her dogs, needing to charter a small plane to get to Seattle, well let's just say it was a trip to remember. But through all the adversity, people were wonderful to her and everything worked out just fine. She says, "otherwise nothing new. I keep busy golfing, doing volunteer work and writing."

I realize most people are more than busy but we would love to hear from you and share your news. Please drop us a note.

*-by Susie Hudgins*

### Field Notes

As spring approaches, the past holidays seem so far away. Thanksgiving was enjoyed quietly by the Wendover family—a day of friendship and fun. Our peaceful aura didn't last long as we prepared for Christmas. The couriers made wreaths and roping for both Wendover and the Hospital. Fred Jordon, courier, disappeared one weekend and brought back a fresh cut tree from North Carolina for the living room at the Big House. This was the most beautiful, perfect tree most of us could ever remember seeing. Soon all of Wendover was festooned. During the next few weeks we held a number of Holiday parties. The Hyden Chamber of Commerce came for tea and dinner, as did the staff from Hazard Community College and the nursing staff of the Hospital. Our own staff party was a success with everyone joining in the festivities. Mid month the annual Christmas pageant was held for FNS friends.

December 14th we sadly bid farewell to Hazel Bowling, our head housekeeper of 15 years. She decided it was time to retire and enjoy her granddaughters. At a farewell luncheon she entertained us with stories of the past. Needless to say she is sorely missed but she stops by ever so often to say Hi. It is great to see her looking so well rested.

Right after Christmas, J.G. Morgan, his assistant Jr. Phipps, and assorted members of the hospital maintenance staff, set to work installing the new dishwasher and three compartment



sink in the Big House kitchen. No sooner was that project completed than work began on the lower part of the Barn. The existing stall area is being converted into four offices with a half bath and storage area. It's been slow going with the cold and rain but now the cement floor is in, the wiring and plumbing are completed, so the drywall will go up soon. We expect to have an April 1st move in date.

As the warmer weather approaches we are getting geared for the usual spring activities. Nursing groups from Kentucky, Tennessee and Virginia have booked tours and we expect students from the University of Louisville School of Nursing to come for a few days. Along with these events, we are preparing the grounds for the flower plantings, roses and fruit trees, and we want to start a small vegetable garden as well. Needless to say it's a busy time of year and we all look forward to the coming months.

*-by Susie Hudgins*



**IN MEMORIAM**

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

Holly Petersen  
LaGrange, Indiana

Dr. Petersen, FNS courier in 1983, received her medical degree in 1989. Upon completion of her education she planned to return to FNS.

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

Frank H. Glover  
Plandome, NY

**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:

**Mr. Harry Caudill**

Ms. Elizabeth J. Perry

**Mr. W. F. Brashear**

Mrs. W. F. Brashear

**Ms. Ophra Horton**

Mrs. W. F. Brashear

**Mrs. Cynthia S. Mocek**

Dr. Anne Wasson

**Mrs. Mary F. Marshall**

Dr. Anne Wasson

**Mr. Frank N. Cricenti**

Dr. Anne Wasson

**Miss Pamela Dee Love**

Dr. Anne Wasson

**Mr. John A. Oldham**

Mrs. David M. Watts

**Mr. Bill Eichler**

Mrs. David M. Watts

**Mrs. Gavin H. Cochran**

Mr. and Mrs. Hackley Muir

**Ms. Margo Squibb**

Mr. and Mrs. Gordon J. McKinley

**Senator John Sherman Cooper**

Mr. and Mrs. Henry R. Heyburn



**FNS, INC.**

Director/Chief Executive Officer: Deanna Severance, BSN, MS

**FNS, INC. (the parent)**

President: Deanna S. Severance, BSN, MS

Administrative Assistant: Virginia Roberts

Accounting/Fiscal Services:

Chief Operating Officer: Dave Southern

Data Processing: Alice Stidham

Purchasing: Nannie Homsby

**Development Office:**

Director: Sheila Allen, BA

Quarterly Bulletin Editor:

Meriwether Wash, BS

Assistant Editor: Catherine Croft, BA

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**Wendover, Courier and Volunteer Program**

Manager: Susie Hudgins

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Family Nurse Instructor

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Head Nurse, OB: Sidney Baker, RN

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Sr. Sonia Miley, FNP

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successor to The Caroline Butler Atwood

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### 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.

**FNS Staff:** Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, physicians, laboratory technicians, X-ray technicians, and others. For current information, write Eva Morgan, Human Resources Manager, Wendover, KY 41775 (Phone 606-672-2317).

**Couriers and Volunteers:** 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 6- to 8-week minimum period and would like to be exposed to the work of the Frontier Nursing Service. ("You tell us what you can do, and we'll find a job for you.") For current information, write Susie Hudgins, Coordinator of Wendover and the Courier / Volunteer Program, Wendover, Kentucky 41775 (phone 606-672-2318).



## URGENT NEEDS

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

### Frontier School:

Lighting Units	Estimated Cost:	\$765
Shelving		\$300
Carpeting		\$718
2 Dehumidifiers		\$418

### Wooton Clinic:

1 Typewriter	Estimated Cost:	\$300
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### Beech Fork Clinic:

1 Vacuum Cleaner	Estimated Cost:	\$400
Bulletin Boards		\$30
1 Printer		\$500
1 TV for Patient Education		\$300
1 Refrigerator		\$700
1 Lift Chair		\$800

### Community Health Center:

1 Glucometer	Estimated Cost:	\$150
1 IBM Compatible PC Printer		\$3,000

### Home Health Agency:

5 Oscopes	Estimated Cost:	\$1,000
1 Pediatric Blood Pressure Cuff		\$100
3 Hairclippers		each \$20
1991 Illustrated Manuel of Nursing Practice		\$43
7 Electric Razors		each \$75

### Operating Room:

1 Dozen Scrub Pants and Tops (Sizes Needed: XXL, XL, M, S)	Estimated Cost:	\$25 per dozen
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### Wendover:

1 Stormdoor	Estimated Cost:	\$140
13 Combination Storm/Screen Windows		each \$50
1 Belt Sander		\$80
1 Jig Sander		\$50

### Hyden Clinic:

Audiometer, Glucometer, and Tape Strips	Estimated Cost:	\$900
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### Pine Mountain Clinic:

1 IBM PC and Printer	Estimated Cost:	\$3000
1 Accucheck II		\$200



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.
- Estate Planning.
- Life Income Gift Opportunities.
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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.

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## 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