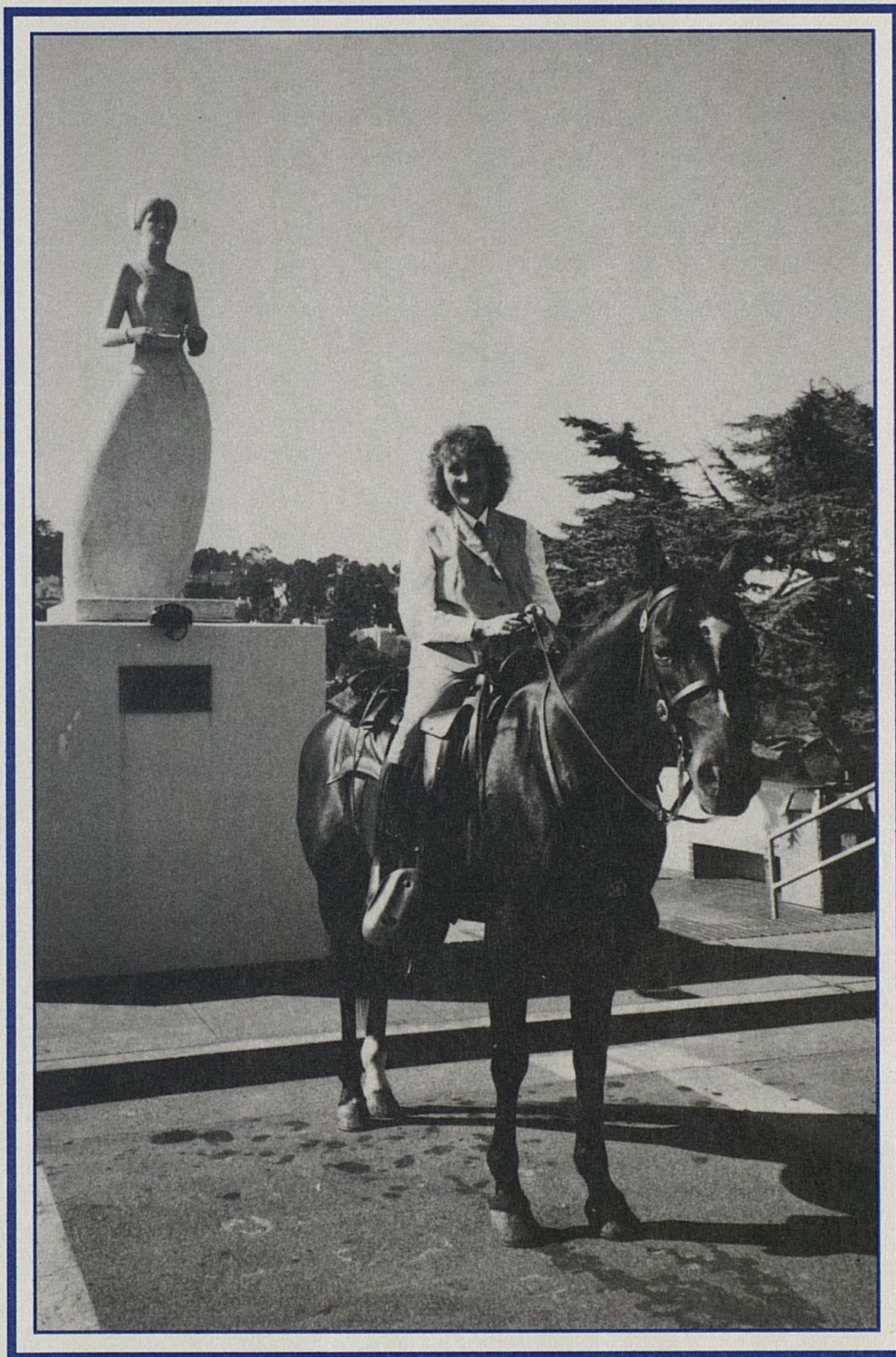


FNS **FRONTIER NURSING SERVICE**
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Cover: *Deanna Severance representing the FNS at the American Public Health Associations's annual meeting in San Francisco. Statue of Florence Nightingale in background.*

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Beyond the Mountains

Dr. Anne Wasson and I traveled to Florida May 31, for the annual meeting of the American College of Nurse Midwives. Dr. Anne commented on how wonderful it was to visit with the former graduates of the Frontier School of Midwifery and Family Nursing that she had known as students! I had the pleasure of meeting Ron and Bernadette Hart, both FNSers from the 1970's. Dr. Anne describes Ron as a person who empowers personnel, and Bernadette as a marvelous CNM preceptor.

The Philadelphia Committee hosted a marvelous fund raising event June 13 at "Barbados Hill", the home of Mr. and Mrs. Nicholas E. Chimicles in Devon, Pennsylvania. Mrs. Chimicles is a member of the Philadelphia Committee. A special thanks to Mrs. John Hodge, chairman of the committee, our sponsors, and to those who attended. On Sunday, September 19 the committee attended a cocktail party hosted by Mr. and Mrs. John G. Harkins, Jr., at Lowbrook in Devon. Mary Hodge, chairman of the committee says they had a fun time and have recruited a few prospective members including Mrs. Frank Boyer and Miss Alexandria Lammers. The committee accepted with regret the resignation of one of its long time members, Mrs. Joseph Kohn. Some of those attending the cocktail party were, Mr. and Mrs. John H. Hodge, Mary B. Hodge, Mr. and Mrs. Joseph Moore, Mrs. David Dohan, Mr. and Mrs. Andrew H. Dohan, Mr. and Mrs. Frank Boyer, Mrs. E. T. Moore, Mrs. E. Norton Hunt, Mrs. Suzanne K. Lammers, Miss Alexandria Lammers and Mrs. Gary Horn.

On June 18 and 19, the Board of Governors met in Lexington. This year the Board awarded two scholarships to Leslie County women, allowing them to complete their nursing educations. The recipients are Mrs. Glenna Combs and Miss Joanne Farmer. Mrs. Combs is currently the Director of Nursing at Mary Breckinridge Healthcare, Inc. She will receive her Master of Science degree in Nursing from Bellarmine College, a program designed for nurses who are working. Miss Farmer is working toward her BSN degree and will continue employment at FNS.

Board Chairman Ken Tuggle (Frontier School of Midwifery & Family Nursing), CNEP co-director Penny Armstrong and I met with Dr. Joyce Fitzpatrick (Dean of the Frances Payne Bolton School of Nursing at Case Western Reserve University) and Ms. Rosemary Hogan (Assistant Dean in Cleveland) on July 30. On several previous occasions I have written about the relationship between the Frontier School of Midwifery and Family Nursing and Case Western Reserve University. Again, I want all of our readers to know that the CNEP would not have come into being with a Master of Science exit degree had it not been for the leadership and vision of Dr. Fitzpatrick. Under this program when students enroll in the Frontier School of Midwifery and Family Nursing certificate program they have the opportunity to enroll concurrently in the Case Western Reserve University Master of Science nursing program. A representative from the registrar's office at Case Western Reserve University comes to Midwifery Bound in Hyden to facilitate enrollment. After fulfilling the FNS midwifery program requirements, the student may enroll in nine additional hours at the Frances Payne Bolton School of Nursing, and upon successful completion may graduate with a MSN.

The Bluegrass Committee Luncheon was held at Spindletop Inn, Lexington, Kentucky on September 1. A special thanks to Mrs. George Hart Rodes and Mrs. Margaret Sori for providing the meeting place and assisting with the menu. Other attendees were, Dr. Mary Fox, Diane McCollen, Judy Stammer, Betty Ligon, Eleanor Ligon, Marjorie Vogt, Betty Christie, Florence Rawleigh, Frances Lockett, Mary Carter, Roberta Watts, Stacia Kaufman, John and Ruth Nolan, Carl and Stephanie Wedekind, Audrey and Dick Bean, Vera Sanders, Elizabeth Wiggins, Lucy McKinstry, Wick Johnston, Mary Evelyn Rogers, Helena Mink, Ruth Devine, Dr. and Mrs. Edward Jackson, Mark Inmon, Ruth Roach, Anne Gregory and Ruth Rodes.

The American Public Health Association's annual meeting was held in San Francisco October 23-28. On Monday, October 25, I was asked to represent Mrs. Breckinridge in a presentation on historical nurses. Other famous nurses portrayed were Florence Nightingale by Leslie Frick, Lillian Wald by

Jane Bernard, Sari Gamp by Nancy Ruhle and Jessie Scales by Rita Times. This was a wonderful opportunity for me to introduce Mrs. Breckinridge's personal history, inspiration and motivation which resulted in the success of the Frontier Nursing Service as we know it today. Many thanks to Mr. James C. Klotter, member of the FNS Board of Governors, and Director of the Kentucky State Historical Society for his book The Breckinridges of Kentucky 1760-1981, which enhanced my presentation. It was a special treat to have dinner with the California Public Health Association at the California Culinary Academy. After dinner, Kaiser Permanente's Educational Theater Program presented "Secrets", an AIDS Theatre Production based on true stories. The play was an informative and eye opening discussion of AIDS, the epidemiology and consequences of the disease. My wish is that all young people in America could see this fine production. The handout distributed at the show states that "Every ten minutes, a person dies from AIDS. Many of these people were infected while they were in high school". People are encouraged to call the AIDS hotline number, 1-800-342-2437 for answers to their questions.

The Kentucky Chapter of the Daughters of Colonial Wars held their fall luncheon at the University of Kentucky Faculty Club on October 30. Thanks to Mrs. Gladys Zinc, President of the organization who chaired the meeting. Among those attending were, Mrs. Ernest Bijington, Mrs. Whitney Dunlap, Mrs. Shelvie Tuson, Mrs. Ewell Gibson, Mrs. Marvin Graves, Miss Frances Johnson, Mrs. French Maggard, Mrs. Charles Stagner, Mrs. Duncan Stokes, Mrs. Ruth Ann Storrow, Miss Bettie Tuttle, Mrs. W.T. Buckner and Mrs. Stacia Kaufmann.

And finally, the first snowfall of the season occurred! I am grateful that all returned to their homes safely. So many, many thanks to the DCW's for their support!

-Deanna Severance

Letter from a Friend

Dear Friends,

Every time I read your Quarterly Reports, I am reminded again of how I learned about you, what a joy it is to hear about your progress and to read the letters of those who have worked with you.

My mother, Sylvia Reed Ballou, first learned about you when she was a student at Miss Bennett's School in Millbrook, New York. Mary Breckinridge came to the school to tell about what she was then doing in 1913 or 1914. I went to the same school, then called Bennett J. College, in 1938 and again, someone came to tell us about your progress.

I lost track of you then, married and moved from Massachusetts to Pennsylvania. In 1977, my mother moved to a retirement community near me. She had been a widow for some 14 years and was losing her eyesight. When I took over her accounts, I discovered that she had been making small contributions to the Frontier Nursing Service and I became interested anew in what you were doing and had become. Since her death in 1985 (she would have been 100 years old next year!) I have continued her support. If a trip ever takes me and my husband in your direction in the next few years, it would be exciting to stop and visit you. Thank you for the inspiration you give!

-Joanna B. Savery



Correction

In the summer issue of the Quarterly Bulletin, there was a story about a horse named Doc, written by Mary E. Heisey. The caption printed under the photograph is inaccurate. The photograph says that Helen Stone is riding Diane and leading Doc but Kate Ireland knew Doc well and during our September board meeting she pointed out that Helen Stone is actually riding Doc and leading Diane.

-Barb Gibson

My Experience as a Courier

My name is Emily Davis and I grew up in Tenafly, New Jersey right outside of New York City. After I had graduated from Smith College last May, I spent four months working on a small family farm in Maine and then decided to come to the Frontier Nursing Service. I came to learn more about another culture and to learn about nursing. I first became interested in Nursing at



Emily Davis

college while taking an anthropology class. Before my arrival I had been as far west as Australia, but in this country I had never been further south of Philadelphia, Pennsylvania. I've spent close to six months here, which is a long time for me to be in any one place. At this point in my life I find it difficult to summarize my feelings about my experience as a courier in just a few words. When I look back on my arrival it seems like a long time ago and that I was younger. I've learned a tremendous amount here in the past months, not only about healthcare, rural living and this area of Kentucky, but about myself.

I remember clearly the first part of the journey: stopping over in Atlanta and walking around the airport for an hour. I felt strangely out of place and must have looked like something off the set of "Northern Exposure". I was still wearing the clothes that were comfortable to me on the farm in Maine, a black and white plaid shirt and old jeans and my hair in a ponytail. I think I must have been the only female in the airport who wasn't wearing make-up and hadn't used any hairspray that morning. I wondered if this was what "the South" was going to be like. Growing up in the North and going to school in New England I had learned all kinds of stereotypes about the "South", all of them pretty negative. I was determined to unlearn as many of those preconceptions as I could during my time here.

What did I learn while I was here? What did I do? I met a lot of people that I grew to care very deeply about and who took me, to my surprise, into their homes and their hearts with little hesitation. I could use this space to tell you about what I did on home health, at the clinic or the midwifery school, but I would rather tell you about these wonderful people and take the time to thank them for their love and support.

Some of the first people I met here were the staff at the Beechfork Clinic. I had spent a day going to different clinics with Dr. Mills and found myself to be pretty much useless until I got to Beechfork, which happened to be swamped with patients that day. They immediately handed me a chart and had me working up patients. Overwhelmed by all the other opportunities here, I didn't spend much time there again until about two months later. For the first few weeks whenever I walked in the door Betty Morgan would always say, "Are you here to help? Well, bless your heart." Betty and Ethel Collett taught me more than I will probably learn in my first semester at nursing school: how to take a blood pressure, temperature, pulse, weight, how to do a finger stick and check iron and sugar levels, how to do a urinalysis and most importantly, how to nicely hold down a screaming kid while they get a shot. Thank you both, Ethel and Betty, for teaching me those useful skills. I don't know what to thank Pam Morgan and Linda Lewis for because they always had me stuck in the medical record room. They told me that when I come back as a midwife they'll make me file dictation between seeing patients. Thank you also, Sister Sonia, for letting me practice my shaky vital-taking skills on your patients. I ended up spending so much time at Beechfork, not so much for the clinical experience but because I loved spending time with the staff. I hope you're all still there when I return. I'll be so happy to see you, I'll even file charts for you!

I also want to thank Shirley Kelly for letting me in on a very special and memorable experience. She was on bed rest for the last month of her pregnancy and I helped her out with the house work a few days a week while she tried to stay still. This was not an easy feat with the antics of her lovable five year old son David

She called me from the hospital when she began to go into labor and I had the fortunate experience of being with her through the birth. Her beautiful baby boy will always hold a special place in my heart.

I would like to thank Phyllis Morgan for taking me out on home health rounds with her. I always looked forward to my time with Phyllis who cared so well for her patients. I was very impressed by the positive attitude she had about a job that could be very difficult and depressing. I hope that some of my caretaking skills as a future nurse are inspired by her thoughtful and giving talents.

I want to thank all the staff at the Midwifery school for always being so welcoming and friendly to couriers. I'm sure you all can't imagine why I kept coming up there to do tedious filing and xeroxing work, but honestly it was because I enjoyed spending time with you. The school was always such a nice, homey atmosphere to come to and spend the afternoon.

I promise all of you that I'll do my best to keep in touch and to return someday soon. I find as I get ready to leave that what I take with me is not a "cultural experience" or clinical skills, but is in my heart. You have all touched me in more ways than you can imagine. I leave knowing that this place will never leave me and that I will carry it in my heart wherever I go. *-Emily Davis*



Kate Ireland-Recognition

Congratulations to Kate for being named "Distinguished Regional Leader" at the recent annual meeting of the Kentucky River Area Development District, Hazard, Kentucky. She was recognized for her pioneering spirit and vision that has left a lasting mark on the region, and on her personal contribution to its development. The present day leaders hope to build upon Kate's work so that twenty-five years from now, their region will be a shining example of success born from Kate's visionary leadership.

-Barb Gibson

In the next few issues of the Quarterly Bulletin we will focus on one particular area of the Frontier Nursing Service in order to better acquaint friends and supporters with our staff and services.

Professional Staff at Mary Breckinridge Healthcare, Inc.

Dr. Roy Varghese, Internist, is from Kerala, India. He and his wife Lilly have four children, Lisa, Nisha, Linda and Asha.

Prior to coming to work in the Hyden Clinic during March, 1992, Dr. Varghese worked at the Hazard ARH Medical Center. He did his internship and residency at the Lutheran Medical Center in Cleveland, Ohio, and obtained a Fellowship in Infectious Diseases from the University of Louisville.

While he was at the Trivandrum Medical School he earned his M.B.B.S, did his internship and residency in Internal Medicine, became Board Certified in Internal Medicine, tutored in Infectious Disease Medicine, and was a Professor of Medicine in Infectious Diseases and Administrative Medical Officer in charge of Infectious Diseases. In addition, Dr. Varghese has published 16 articles and has made approximately 22 presentations on topics related to infectious diseases.

Dr. Marek Kacki, Nephrologist, began work part-time in the Hyden Clinic in 1985. He is from Poland and lives in Lexington, Kentucky.

Dr. Kacki also works at the St. Claire's Medical Center in Morehead, Kentucky and is closely affiliated with the University of Kentucky Medical Center and Humana Hospital in Lexington.

He did a Fellowship in Nephrology at the University of Kentucky and has worked at the Huntington Hospital, Huntington, West Virginia, at the Florida Heart Institute, Orlando, Florida, and at the Ephraim McDowell Hospital in Danville, Kentucky. Dr. Kacki attended the Silesian Academy of Medicine in Poland for his medical education. He was a resident in Internal Medicine and did his post graduate training at the Marshall University School of Medicine in Huntington, West Virginia.

Dr. James Chaney, Family Practice, is a resident of Perry County, Kentucky.

He began work in the Hyden Clinic December 20, 1992. Prior to coming to work for FNS he worked at St. Mary's Hospital, Cabell Huntington Hospital and the VA Medical Center, all of Huntington, West Virginia.

Dr. Chaney attended the St. George University School of Medicine in the West Indies and transferred to the Marshall University School of Medicine in Huntington for his medical training and internship in Internal Medicine. He also received his B.S. from the University of Kentucky College of Arts.

Dr. Albino G. Nunez, Family Practice, is originally from the Philippines and lives in Harlan, Kentucky. He and his wife have three children, ages 17, 22 and 25.

He joined our staff during May, 1989 and works in the Emergency Room. Before coming to work at FNS he worked at the Daniel Boone Clinic in Harlan.

Dr. Nunez earned his Doctor of Medicine at the Manila Central University in the Philippines and his Master of Science in Microbiology from the University of Southwestern Louisiana. He did a rotating internship at Diew Sister's Hospital in New Orleans and his general practice residency at the Lafayette Charity Hospital, Lafayette, Louisiana. Dr. Nunez also did a fellowship in internal medicine at Louisiana State University College of Medicine.

Before going to work for Daniel Boone Clinic in Harlan, Dr. Nunez worked as a research microbiologist at Tulane University in New Orleans, he was a hospital microbiologist at Abbeville General Hospital, Abbeville, Louisiana, worked as a diagnostic microbiologist at the University of Texas Medical Branch, Galveston, Texas, he was a consulting microbiologist at Galveston County Memorial Hospital, Lamarque, Texas and was a staff physician at the East Moline State Hospital, East Moline, Illinois.

Dr. James Chaney

Dr. Albino G. Nunez

Dr. Salim A. Bakali, Internal Medicine, began working at FNS during November, 1992. He works in the Hyden Clinic and also at the District Clinics.

He graduated from the University of Karachi, Dow Medical College in Pakistan. He was a resident physician and resident surgeon at the Civil Hospital in Karachi, a medical officer at the Rimpa Plaza Clinic in Karachi, a clinical associate at the LaPuente Medical Center in Lapuente, California and did his internship and residency in Internal Medicine at St. Luke's Hospital, St. Louis, Missouri.

Dr. Bakali has published his research on the study of Parasitic Diseases and Spontaneous Internal Jugular Vein Thrombosis.

Dr. Karan Baucom, OB/GYN, joined our staff at the Kate Ireland Women's Healthcare Center during February, 1992. She is from Kansas City, Kansas.

Before coming to work for FNS, Dr. Baucom had a private practice in Topeka, Kansas. She was also an Assistant Professor at the University of Kansas. She earned her medical training, internship and post graduate degree at the University of Missouri.

Dr. Baucom is the Public Health Officer for Leslie County, and participates in several community activities. She has received several outstanding recognition awards from Vocational Education Health Services.

Dr. Hector Ortiz, Pediatrician, joined our staff in the Hyden Clinic during March, 1992. He is from Columbia, South America.

Dr. Ortiz attended the University of Medicine in New Jersey for his pediatric training. He worked in the Pulmonary clinic at the Children's Hospital in New Jersey, and was an in-house pediatrician at the Hackensack Medical Center, Hackensack, New Jersey. Dr. Ortiz has extensive experience and qualifications in treating children with respiratory difficulties.

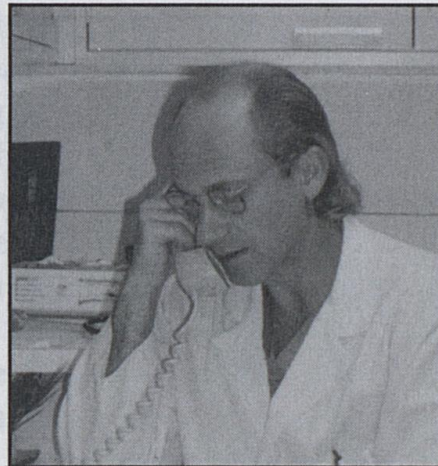
Delight Erickson, Certified Family Nurse Practitioner from Pine River, Minnesota began working at FNS October 1, 1992 as a "float" Nurse Practitioner. She works several days a week in the Hyden Clinic at the Mary Breckinridge Hospital and spends the rest of her time working at the district clinics and in the Emergency Room.

Delight received her nursing training in 1967 from the Hartnell College School of Nursing in California. She received her Family Nursing training and masters in public health from Tulane University School of Public Health in New Orleans. She also has a bachelors in Sociology from the College of St. Catherine in St. Paul, Minnesota.

-Barb Gibson



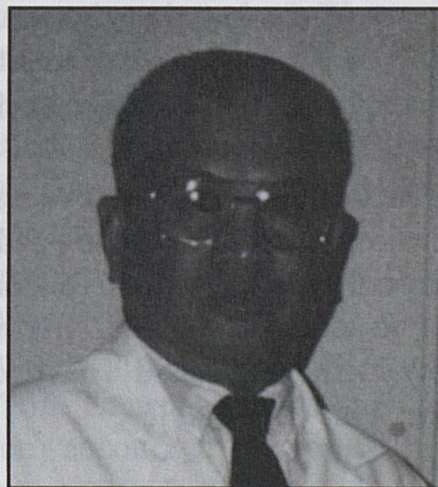
Dr. Roy Varghese



Dr. Marek Kacki



Dr. James Chaney



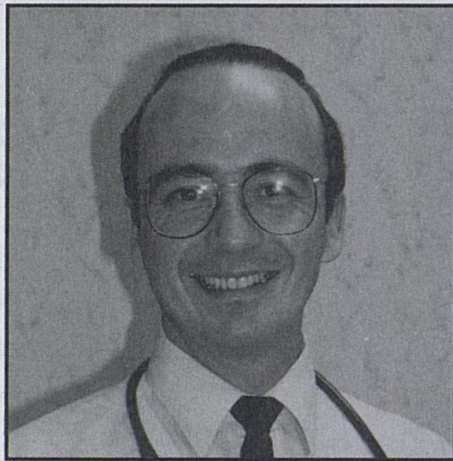
Dr. Albino G. Nunez



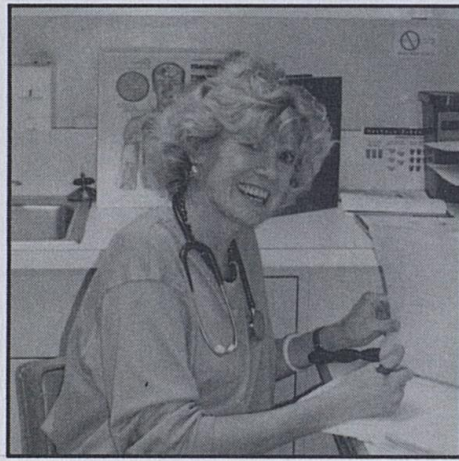
Dr. Salim A. Bakali



Dr. Karan Baucom



Dr. Hector Ortiz



Delight Erickson, FNP



Sayings of the Children

Dave Southern's son John, went swimming at the recreation center here in Hyden one afternoon with Amy and Regina Morgan. After the pool closed, Amy and Regina stayed to talk with some friends before taking John home. After waiting and waiting John became very impatient and said "I have been waiting for so long my clothes have gone out of style".

-Barb Gibson

Notes from the School

A Tale of Two Places (or, why does a city girl work in Kentucky?)
by Kate McHugh CNM, MSN Acting Program Director.

The last six months have been a hectic, yet fulfilling, time for Penny Armstrong and myself. As the Acting Program Directors of the Frontier School of Midwifery and Family Nursing's Community-Based Nurse-Midwifery Education Program (CNEP) we have spent many hours ruminating on the unique nature of working for Frontier Nursing Service. I'd like to share some reflections with you...

Working for the School means being involved in the largest midwifery school in the nation, and one of only two providing a total distance learning program. Our 303 students live all over the United States, many of them in small, non-urban areas. Issues that can interfere with their education include the need to get crops in, roads that are impassable in winter and caring for elderly relatives. They are students in mid-life with all of the issues and demands of mature adults.

Working with our students means grappling with the issues of women in our society: patterns of over-extension and too many responsibilities. We stop and ask them, "What are you willing to set aside in order to give birth to yourself as a midwife?" The question sometimes hurts but needs to be asked. We try as early as their pre-admission interview to help them identify lifestyle changes that will insure success.

Working for Frontier School of Midwifery and Family Nursing means rarely seeing your co-workers-everybody lives somewhere else. The telephone becomes an extension of your body and your tone of voice becomes critical. Our motto is: "Join CNEP and see the world" because of the extraordinary travel requirements for Academic Faculty and our Regional Clinical Coordinators. Recently the New York Times published an article on the virtual office. We must be "au courant" because that is certainly our current reality-work on the go from home, airports, train stations and multiple midwifery practices we visit.

The faculty share an enormous dedication to a belief—the belief that all over this country there are great nurses who have been stopped on their pathway to nurse-midwifery because of finances and their inability to relocate their family to a university town. The dedication to the belief that we are serving these nurses keeps the faculty moving in this unusual job in nursing education! Faculty constantly debate the interesting question: how do you nurture and lead students you see only rarely? Wonderful changes have been made to the curriculum to add a "voice" to each course, and the addition of teaching associates has increased our abilities to provide the personal touch on student papers.

Working in the school's administration calls for knowledge that few other nurse-midwifery educators need to master! Working in a school this large means constant exposure to the operation of a busy business. Penny and I have had some interesting moments this summer worrying about hornet's nests in the windows, painting the porches, renting a school bus for Midwifery Bound and minding the financial sheets. The staff has been quick to help and we've all been quick to laugh. Nothing in my previous life as an academic would have involved discussing the number of beans served for dinner or the effects of lightening strikes on the computers in the mountains!

When I arrive in Hyden from my city life in Philadelphia I feel its worth the trip. Being in the mountains, driving along the Daniel Boone Parkway moves me to a new mood. Every person I've ever known who traveled to the school says the same thing: "I couldn't understand how much the spirit of the school is alive in those buildings until I came here myself." We are doing something never done before in midwifery in this country. I guess we're following in the footsteps of Mary Breckinridge out here on a new frontier.

FNS Employee-Betty Couch

In this issue, we would like to pay tribute to two of our employees, Betty Couch and Peggy Hacker.

Betty Helen Couch has worked with the Frontier Nursing Service since 1971. She began working in the Medical Record Department at the old hospital and has since worked in several different areas.

Betty became an Accredited Record Technician in 1975 and is now the Director of Quality Assurance/Improvement Program at the Mary Breckinridge Healthcare, Inc. She coordinates and reviews the medical staff peer review activities, handles patient complaints and incident reports, oversees the professional staff credentialing process and is in charge of recruitment and physician scheduling. She is the chairperson and secretary for the Quality Improvement Committee, secretary to the Professional Staff and the Medical Record Committees, and is a member of the Emergency Room, Safety, Infection Control, Medicine, Obstetrical/Surgical and Care Committees.

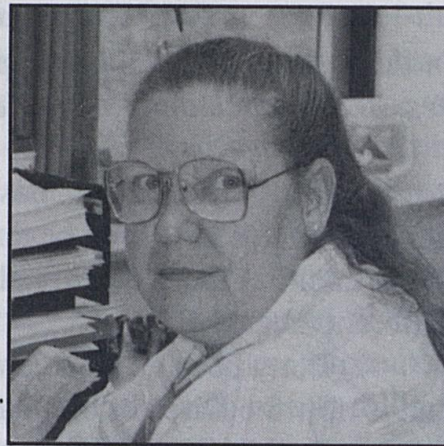
Betty is also a member of The American Health Information Management Association, the Southeastern Kentucky Health Information Management Association and the Kentucky Association for Healthcare Quality. One of her notable accomplishments was obtaining a grant for the purchase of up-dated microfilming equipment. She also assisted with the design and development of a medical record deficiency tracking system using a personal computer with the Lotus 123 program, and changed the medical record filing system to an improved system.

Betty is married to Kermit and they have four children Kevin, Kathy, Kim and Keith, as well as two granddaughters. She has lived in Leslie County for most of her life. She has had many opportunities to move to another job but says FNS is her family and home. Thanks Betty!

-Barb Gibson



Betty Helen Couch



Peggy Hacker

FNS Employee-Peggy Hacker

Peggy started working for the Frontier Nursing Service in October, 1971 as a receptionist in the old hospital clinic. In 1983, she started doing out-patient coding for insurance billing and graduated during July, 1992, from the Eastern Kentucky University as a certified CPT coder.

Peggy handles the ICD-9 coding for diagnosis and CPT-4 coding for professional and procedure charges, both of which are required of all visits.

Peggy is originally from Perry County. She is married to John Hacker, a retired carpenter. They have two sons, Joe and John Glen and one daughter, Judy. John Glen has majored in communications but has recently decided he would rather be a school teacher. Currently he is substituting while he works toward his teacher's certificate. Joe is one of our maintenance crew at FNS and Judy teaches at the Leslie County High and Middle School. Peggy and John also have four grandchildren.

Peggy has been a dedicated, reliable employee for 22 years. We appreciate you Peggy!

-Barb Gibson

Field Notes

I'm not sure just where Fall went to this year. Wendover has been so busy, the weeks have disappeared quickly. Dr. Anne Wasson came to visit, and was with us for Midwifery Bound in late August and for the September Board meeting. Thankfully, the beautiful weather allowed us to socialize on the patio before dinner. Both affairs were a lot of work for the staff and couriers but all involved had a good time.

Mid-September started the annual tours for nursing students and this year there were more than ever! The Western Kentucky University Community Nursing class visited in small groups on six separate days, Lees College and Eastern Kentucky both three times, and Memorial Hospital University in Harrods gate, Tennessee. More are scheduled to come in the near future.

The Daughters of Colonial Wars were here in October for all too short a visit. The couriers were kept busy that weekend, chauffeuring, serving tea and catering a luncheon to the Nixon Center. We all had a wonderful time and enjoyed meeting people from all over the country.

The next week, the School's graduation gathering brought us a full house. Exercises were held in the new area in front of the Barn, with Tea and dinner following at the Big House. Graduation is always a special occasion at Wendover because as the new midwives go forth, they carry with them the spirit of Mary Breckinridge to other parts of the world.

For the maintenance crew the fall has been a time to finish up summer projects and prepare Wendover for the winter. Finally the expanded parking area was completed at the Barn, railings installed and fill dirt brought in. This improvement has been well worth all the time and effort as we now have plenty of convenient parking for the accounting staff and visitors as well. The painting of the Big House trim continues, as well as the usual grounds upkeep. As the weather gets colder, we are all looking forward to the Holiday season and the joyous good feelings it brings.

-Susie Hudgins

Letter of Appeal

Dear Friends of FNS,

Although the Frontier Nursing Service is still very viable today and our Community-Based Nurse-Midwifery Education Program is growing in leaps and bounds, we still need the support of our dear loyal friends.

In an effort to try to attract new donors to the FNS and to establish a personal relationship with them we are asking you to please send us the names of friends who you think would be interested in supporting FNS. We will write to them and assure them that their name will not be released to any mailing company.

We would greatly appreciate your assistance. Please fill out and detach this page and send to the Development Office if you wish to encourage someone else to become a donor.

Jane Leigh Powell *Doranna Swanson*
Kate *Irma*

My name is: _____

List of my friends names and addresses are:

Name: _____

Address: _____

Name: _____

Address: _____

Name: _____

Address: _____

When we write to your friends, may we tell them that you gave us their name? Yes _____ No _____

68th Annual Mary Breckinridge Festival

The Mary Breckinridge Festival began on Saturday, September 25 with a horse show, muzzle gun loading contest and other activities. In the days that followed, a carnival and a tricycle/bicycle race and puppet show were held in the city parking lot. The Mary Breckinridge Queen Pageant was held along with a pet show, folk music and quilt judging. As the festival came to an end the molasses stir-off was held and music was provided by The Troublesome Creek Cloggers, The Corbin Cloggers, and the local Sugar Shack Band. The highlight of the festivities was the performance of country music singer, Marlow Tackett.

On Saturday the festival began with the parade and ended with gospel and country concerts. Delight Erickson, FNP in the Hyden Clinic, led the parade with the riderless horse in remembrance of the doctors, nurses and employees who have come and gone. A moment of silence was observed and a special thank-you was given in their memory. I have included the memorial that was read during the parade.

The riderless horse is in honor of Mary Breckinridge and in remembrance of all the doctors, nurses and employees who have come and gone. We would like to take this opportunity to say "thank you" for all their efforts in promoting quality health care to the good people of Eastern Kentucky. In special memory of every pain they soothed, every pain they eased, for every problem they listened to and shared, and especially for every smile they helped create.

Also, in remembrance of Mrs. Mary Katherine Brashear, former teacher at the Leslie County High School, Mr. Perle Estridge, former educator and Mayor of Leslie County, Christy Pennington, a junior at the Leslie County High School and in memory of Brian Sizemore, an FNS baby born in 1972 who died at FNS July, 1992. (The horse that led the parade was owned by Brian).

-Barb Gibson



Delight Erickson leading riderless horse in parade



Community Health Center float in parade

DCW's Annual Meeting

The DCW's (Daughters of Colonial Wars) held their annual meeting in Hazard this year. The Frontier Nursing Service has been their national charity for many years. In the past they have donated money for office equipment, medical equipment, scholarships and jeeps. During the past few years they have provided money to purchase several new cars for the Home Health Agency.

The ladies arrived on Friday, October 15 at the Big House for tea. At 7 p.m. Deanna Severance, Dave Southern, Susie Hudgins and I were the guest speakers at their banquet, held at Holiday Inn in Hazard. Among those attending were, Mrs. Carter Ackel, Eva Bedford, Mrs. Edward Bingham, Mary Lee Birmingham, Lis Borden, Anne Bricker, Betty Mae Bridgers, Virginia Buckner, Ella Erskin, Mrs. Joseph Gilby, Ms. Edward Guentzler, Marguerite Hickey, Donna Hoffmann, Lacey Hudgins, Harriett Jurgeleit, Stacia Kaufmann, Helen Leach, Carolyn Lubker, Hattie McCoy, Anne McIntyre, Oriole Maggard, Frances Manning, Neoma O'Brien, Kathy Porter, Nancy Ragsdale, Mary Lu Robinson, Virginia Seymour, Ruth Ann Storrow, Frances Swan, Betsy Trimble, Susie Tukey, Ms. Clarence Vincent, Roberta Watts, Mary Wilson and Gladys Zink.

On Saturday, Susie Hudgins attended breakfast with the ladies at the Holiday Inn, and then Delight Erickson, FNP, and Dave Southern, President of MBHC, gave them the grand tour of the Mary Breckinridge Healthcare facilities. Cassie prepared food for lunch, which the couriers served at the Tim Lee Carter building. The film "Forgotten Frontier" was shown after lunch and the couriers introduced themselves and talked about their relationship with FNS. The ladies were then escorted to the Beechfork Clinic where Sister Sonia Miley gave a tour of the facility. Finally, on Saturday night Deanna, Susie and I attended another banquet at the Holiday Inn, where Carol Crowe-Carraco gave a presentation about the Frontier Nursing Service and Mary Breckinridge. Everyone had a great time and I was happy to meet the DCWs who have given invaluable contributions to the Frontier Nursing Service.

-Barb Gibson



DCW's at the banquet at Holiday Inn, Hazard, Kentucky



DCW's during lunch at the Tim Lee Carter Building, Hyden, Kentucky

Courier News

Nikki Douglas and **Liana Scrimageour** left early August leaving **Susie Quinlan** as the only courier until September 1st when the fall group of couriers began to arrive.

Stacie Zellman, Chapel Hill, North Carolina, was here from September 1-October 8 and loved the place so much that she returned in November for four more weeks. She heard of us through Marty Bledsoe, former nurse practitioner at FNS. She graduated from the University of North Carolina and plans to attend medical school.

Lisa Cobb, Kingston, Rhode Island, arrived September 2 and will be leaving December 16. She is taking time off from Tufts University and plans to attend medical school.

Katie Suski, West Hartford, Connecticut, arrived September 6 and plans to leave during December. She learned of us through Holly and Neil Buell's Interim Program. She attended Catholic University for one year and is taking time off from school.

Sarah Bacon from Milton, MA, came September 11th until the end of November. She heard of us from Kate Sedgwick, member of the FNS Board of Governors. Sarah graduated from Milton Academy and will be attending Amherst College. Her primary interest is education.

Terri Crimmons from Southampton, New York arrived September 15 and is staying until mid December. She took a semester off from Brown University. She worked mainly in the education system during her time here.

Amanda Olivo, North Sand Lake, New York arrived September 24 for two months. She just graduated from high school and doesn't yet know what she wants to do.

Matthew Cushing, Beverly Farms, Massachusetts, came in September and plans to be here for 6 months. He is taking time off before beginning medical school. His mother is a friend of Dr. Joyce Fitzpatrick at the Frances Payne Bolton School of Nursing at Case Western Reserve, Cleveland, Ohio. Matthew graduated from Williams College.

Tom Rizzotti, New Fairfield, Connecticut, came in October for three months. He attended Binghamton University and is pursuing his interest in education.

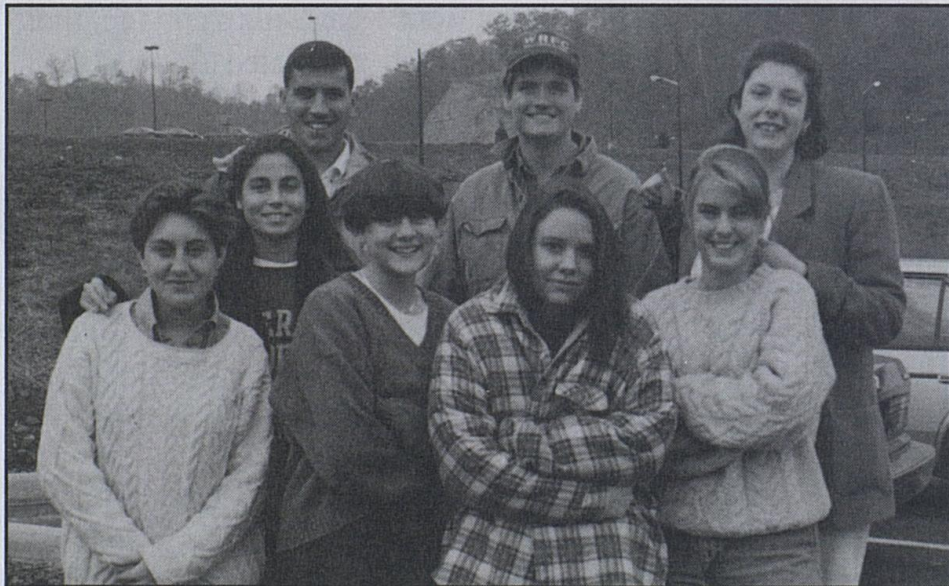
Katie Huffling, Alstead, New Hampshire, came mid-November and will be staying until January. She attended Colby College and will be applying to medical schools.

Allison Voehl, Manhattan, New York arrived the last of October and plans to stay for six months. She graduated from Duke University and hopes to enter medical school next fall.

Susie Quinlan left early October to start work as a social worker in therapeutic foster care at the Kennedy and Criegler Institute in Baltimore, Maryland. She was a marvelous "Interim Courier Coordinator" for three months. Again, Susie I really appreciate your help during that time.

By the time this bulletin goes to the printers, all the couriers will have left except Matthew Cushing, Tom Rizzotti, Katie Huffling and Allison Voehl. A new group will be arriving in January and we will again have a full house. I'm having a wonderful time working with these young people, introducing them to the FNS and to our community.

-Barb Gibson



Back row left to right: Tom Rizzotti, Matthew Cushing and Lisa Cobb. Front row left to right: Sarah Bacon, Katie Suski, Amanda Olivo, Terri Crimmins and Allison Voehl.

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.

Mrs. Brooke Alexander, New York, New York died September, 1993. She was the wife of Brooke Alexander, the first male courier at FNS. Mrs. Alexander was very active in the Mary Breckinridge Hospital campaign in the early 70's and was a good friend of the FNS.

Mrs. Grace Tufts Wheeler, Essex, Connecticut died October 30, 1993. She was the grandmother of Sarah Bacon, courier during Fall, 1993.

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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Mrs. Nicholas Hadley
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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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Contributor's name: _____

Address: _____

Person(s) to whom you wish acknowledgements sent:.

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FORM OF BEQUEST

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

The following are some of the ways of making gifts to the Endowment 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
Bank One Lexington, NA
201 East 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.

FNS Staff Opportunities:

Current Opportunities include: certified nurse-midwives, family nurse practitioners, registered nurses, x-ray technicians, physicians, and laboratory technicians. For current information or to apply for a position, contact Eva Morgan, Human Resources Manager, 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 Barb Gibson, Director of Public Relations, FNS/Inc., Wendover, Kentucky 41775 (phone 606-672-3280 or 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 informations, write or call Glenna Combs, Director of Nursing, Mary Breckinridge Healthcare, Inc., Hyden, Kentucky 41749 (phone 6060672-3162)

URGENT NEEDS

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.

Aunt Hattie's Barn:	Estimated Cost
Furnishings	2,000
Beech Fork Clinic:	
VCR for Patient Health Education	250
Ear Probe Thermometer	550
Microwave	200
Blood Pressure Cuffs	50
Community Health Clinic:	
EKG Machine	2,000
Ear Probe Thermometer	550
Emergency Room:	
Instruments	325
Infant Scale	300
Stethoscopes	300
Hyphacator	1,500
Medical Emergency Books	300
Home Health Agency:	
2 Otoscopes	400
O-2 Sat Machine	1,000
EKG Machine	2,000
Hyden Clinic:	
Instruments	300
Infant Scale	300
Stethoscopes	300
Kate Ireland Women's Center:	
Ear Probe Thermometer	1,200
Laboratory:	
Computer	1,800
Maternity:	
Blood Pressure Cuffs	240
Adult Stethoscopes	130
Newborn Stethoscopes	160
Medical Records:	
Laser Printer	1,400
Wendover-Human Resources:	
TV/VCR Combination for In-Service	400
Wendover-Workshop:	
Porter Cable Orbital Sander	150
Wooton Clinic:	
EKG Machine	2,000
VCR for Patient Education	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.
- 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