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Cover: *Susan Stone, Deanna Severance, Dr. Julie Marfell and Mallie Noble in front of Carl Meyers in Lexington, Kentucky.*

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### Frontier Nursing Service

*If you have never been introduced to the Frontier Nursing Service we would like to take this opportunity to brief you on the history and the on-going work of the Service. Please share this information with a friend.*

Born in 1881 into a prominent American family, Mary Breckinridge spent her early years in many parts of the world - Russia, France, Switzerland and the British Isles. After the death of her two children, she abandoned the homebound life expected of women of her class to devote herself to the service of others, particularly children.

Mrs. Breckinridge established the Frontier Nursing Service (FNS) in Leslie County, Kentucky in 1925, then one of the poorest and most inaccessible areas in the United States. Mrs. Breckinridge introduced the first nurse-midwives in this country. Riding their horses up mountains and across streams in blizzard, fog or flood, the FNS nurses brought modern healthcare to families throughout an area of 700 square miles.

Until her death in 1965, Mary Breckinridge was the driving force behind the work of the Service whose influence today extends far beyond eastern Kentucky. Through the Frontier School of Midwifery and Family Nursing, hundreds of nurses have been trained and this important concept of family healthcare has been carried throughout the world.

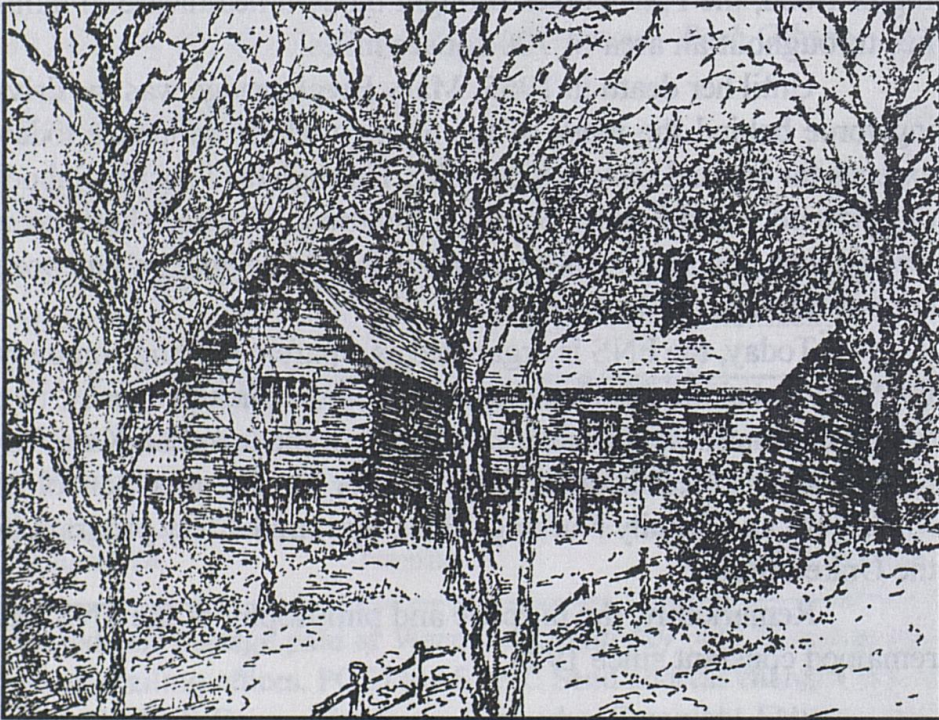
Today, the FNS is organized as a parent holding company for Mary Breckinridge Healthcare, Inc., (home health agency, two out-post clinics, one primary care clinic in the hospital, Kate Ireland Women's Healthcare Clinic) and for the Frontier School of Midwifery and Family Nursing - the largest midwifery program in the United States.

Remarkably, the purpose and philosophy of the FNS has remained constant since 1925.





*Mary Breckinridge - Founder of FNS*



*The Big House - Home of Mary Breckinridge*



## Beyond the Mountains

by Deanna Severance, CEO/President

*"Time flies. It's up to you to be the navigator"* Robert Orben

### *Knitting*

Many thanks to those who are knitting lap shawls for our family nurse-practitioner students to give to a special person during their clinical rotation. Several of our readers have asked about patterns for the lap shawls. Dr. Anne has prepared a pattern. The lap quilt size should be approximately 40" by 42".

Yarn should be worsted weight. You may contact Christine Collins at 132 FNS Drive, Wendover, Kentucky, 41775, for questions. If you have patterns, please send them to us. We will share them with others!



### *The Holidays*

The holiday season is one of my favorite times at FNS. We all move into the spirit of thankfulness and things slow down just a little. We had scrumptious Thanksgiving and Christmas lunches at Wendover this year. The history of The Big House kitchen is filled with delicious meal service. We are reprinting the Wendover Cookbook that was published in 1980. This will be available for purchase at the Wendover Gift Shop, or you can contact Christine Collins and she will mail it to you. The price is \$10.00 plus \$3.00 for shipping and handling.

If you are looking for a great party game, try out "white elephant". Julie Marfell, FNP Program Director, brought this game to us from her Chicago days at Rush University. In the past, we have drawn names at Christmas. This year we decided to try something different. Each party-goer brings a wrapped gift from home. The gift should be something someone might like to have, but for you it is clutter, a dust catcher, or not your style. In other words, it is your "white elephant". A number is given to each guest as they



arrive. The gifts are stacked under the tree or on the table. The guest with the number one chooses a gift and opens it before the group. The guest with number two may choose another gift or may take the gift from the other guest. This continues until all gifts have been taken. This may take awhile with all the "stealing" of gifts from the other guests. We laughed until tears ran down our cheeks. The staff said it was our best Christmas party ever!

### ***Employee Awards Dinner***

On the evening of December 7, Wendover hosted a dinner for FNS employees celebrating 5, 10, 15, 20, 25, 30, 35 and 40 years of service. We had a wonderful time reminiscing. June will be my twelfth anniversary with FNS, but with this group I was young!

### ***Strategic Planning***

The Board of Governors continues to meet in strategic planning sessions. The first sessions have targeted important policy issues for operations today. The Board reviewed and revised by-laws and has reviewed and established salary scales for physicians employed by Mary Breckinridge Healthcare. We are now working on the review of the application of the Frontier School of Midwifery and Family Nursing to the Southern Association for the Accreditation of Colleges and Schools.

### ***The Big House Foundation Update***

William Campbell's crew with the firm of Phase IV in Lexington, Kentucky, is beginning work on The Big House foundation. For those of you following our story, the tunnel is complete. The work of stabilizing the foundation is ready to begin.

### ***Kentucky Hospital Association***

The Kentucky Hospital Association (KHA) is a true advocate for rural and disadvantaged hospitals. The FNS is fortunate to have Mike Rust, KHA Executive Director, sit on the Board of Governors. Shortly after the first of the New Year, the Medicaid Program in Kentucky notified the KHA of a serious funding short



fall. Additionally, the Kentucky legislature began having annual sessions in 2001. Mike and staff are very busy reviewing issues and planning potential remedies. I have traveled to Louisville, several times to participate as a member of the Legislative Committee. A reduction in payments would seriously endanger Mary Breckinridge Hospital's ability to provide care since the majority of our patients are covered under Medicaid or Medicare.

### *Keeneland Association*

December 19, Bill Hall and I attended the Keeneland Association award ceremony. Keeneland is very generous to many charitable organizations. This year the Frontier School of Midwifery and Family Nursing received a very generous scholarship. Nick Nicholson, the new President and CEO of Keeneland, gave us a real treat. Bill and I had our picture taken with Santa Claus.



*Deanna Severance, Santa Claus and Bill Hall*



### *Nancy Hines - Japan*

Our much-beloved Board member Nancy Hines is in Japan with her husband, Floyd. Floyd is on faculty with Troy State University for one year. Here is an excerpt from a recent e-mail I received. "Checking in. Have more snow (one or two inches almost every day, six and eight inches each last Sat & Sun) but not as cold (low 20's to low 30's) as we had expected - thus far. Drove alone on "other" side of road first time yesterday. All switches are reversed. Takes full concentration, especially in parking lots, to stay where you're supposed to be on traffic lanes."

Nancy plans to attend the April Board meeting at Wendover. We miss you!

### *The Big House Bed & Breakfast*

The Big House is now licensed as a Bed & Breakfast Inn. Contact Christine Collins and come stay with us! Soon the dogwood and the redbuds will be blooming. You can sit on the front patio and look across the river at the mountain. It's a great place for relaxation and meditation. Accommodations cost \$65.00 a night and include breakfast.



### Wendover News

*by Barb Gibson and Christine Collins*

We are happy to announce that Wendover has been officially licensed as a Bed & Breakfast Inn. Make your reservations soon!

During January, Christine Collins became Supervisor of housekeeping, grounds and gardens. Linda Sawyers, housekeeping, became the new Wendover Cook. She is doing a great job already! Carolyn Wells replaced Linda's position in housekeeping.

The bulbs, tulips, crocuses and daffodils are beginning to come alive. Spring is on its way and Wendover is ready! You can purchase Wendover flower seeds in our Gift Shop. Contact Christine for ordering. The beavers have paid us another visit and cut down several trees on the river bank. Maintenance has been busy clearing the brush debris.

Below is a list of guests/dinners and tours since the last of November:

- |             |  |
|-------------|--|
| November 17 | Elisa Brody, CNEP Student, and a friend from Cary, North Carolina, spent the night.  |
| November 18 | Karen Thomisee, former Courier Coordinator, spent some time at Wendover.   |
| December 5  | Marc Cobane and Amy Clayton, Fifth Third Bank, Lexington, Kentucky, were here to discuss the 401K Plan with employees and spent the night. |
| December 7  | An employee awards dinner was held with 13 in attendance.  |
| December 12 | Larry Holt and wife Laurie and their two   |



- daughters, Amber and Jessica White, Davie, Florida; Mr. & Mrs. Kelly Fields, Corbin, Kentucky; Jeanne Guerrero & husband, Pompano Beach, Florida; and Thomas Moorman, Pompano Beach, Florida, all spent the night while attending a funeral service.
- December 14 Wendover hosted the annual employee Christmas luncheon and party. Staff from the Frontier School of Midwifery and Family Nursing were present.
- December 16 Jeff and Linda Asher, St. Cloud, Florida, spent the night while visiting family in the area.
- December 17 Carmen Rushton, Fishers, Indiana, and Angela Meacham, Jackson, Ohio, stayed at Wendover while working at MBHC. Both are nursing students.
- December 26 David Hume, Physical Therapist, spent the night while working at MBHC.
- January 16 A luncheon meeting with Universal Staff Solutions.
- January 24 A luncheon meeting for Deanna Severance, County Judge Executive Onzie Sizemore, State Representatives Barbara Colter, and Brandon Smith, regarding "Highways & Byways".
- January 25 A luncheon meeting with Universal Staff Solutions.



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- February 1 CNEP Level III dinner.
- February 2 Former courier Beth Delaney, Mt. Pleasant, South Carolina, spent the night.
- February 2 Dr. Karmo, Peditrician, spent the night while interviewing at MBHC.
- February 5 Dr. Praskant Dixit, Northville, Michigan, spent the night while here for an interview at MBHC.
- February 7 A luncheon for Universal Staff Solutions.
- February 8 Dr. Robert Kendrick, San Antonia, Texas, spent the night while interviewing at MBHC.
- February 8 CNEP Level III dinner.
- February 15 10 faculty/students from Lee's College, Jackson, Kentucky.
- February 19 Irene Haberle, Milwaukee, Wisconsin, spent the night while attending a party for her sister, Jeannette Woods, Registrar at the FSMFN.
- February 20 Employee recognition party was held for Jeannette Woods.
- February 23 Georgia Norsavage and her husband, Peter, spent the night. Mrs. Narsavage is a faculty member at Case Western Reserve University, Cleveland, Ohio.



February 23 A Midwifery Bound dinner was hosted.

### Tours

February 15 Lees College, Jackson, Kentucky.

February 19 Mr. & Mrs. Elmo Moretz, Berea,  
Kentucky.

February 21 Berea College, Berea, Kentucky.  
16 nursing students/faculty.

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*The following is re-written from the FNS Quarterly Bulletin  
1942 Winter issue by Mrs. Breckinridge:*

Age is a quality of mind  
If you have left your dreams behind,  
If life is cold,  
If you no longer look ahead,  
If your ambition fires are dead,  
Then you are old.  
But if from life you take the best,  
And if for life you keep the zest,  
If love you hold,  
No matter how the years go by,  
No matter how the birthdays fly,  
You are not old.



**Frontier School of Midwifery and Family Nursing  
CNEP/CFNP News**

*Susan Stone, FSMFN Dean and  
Dr. Julie Marfell, CFNP Educational Director*



*Susan Stone*



*Dr. Julie Marfell*

During the month of February, we celebrated Jeanette Woods' 25th year with the Frontier School of Midwifery and Family Nursing (FSMFN). Jeanette has worked at the FSMFN for the past 25 years starting her tenure on February 23, 1976. She has served in many roles over the years from Secretary to Librarian to the current role as Registrar and Office Manager of the Hyden



*Jeanette Woods, FSMFN Registrar*



Office. Jeanette's strong work ethics have served the FSMFN well over these many years. She is always there with the correct information when any of us need her. She knows the entire history of the FSMFN and has a memory that cannot be beat.

Jeannette works with all of the students to insure that their admission process goes well, their financial aid process is without a hitch, and all of their many administrative needs are met during their educational program. The truth is that Jeanette is the person who oriented Susan Stone when she became the Program Director of CNEP in 1996 to all of her administrative duties associated with the operation of the Hyden Campus. All of the students, alumni, faculty and staff appreciate Jeannette's many important contributions.

Our mantra this past year at FSMFN has been "change is good". We continue to develop and offer a new curriculum that meets both the competencies of nurse-midwifery education established by American College of Nurse-Midwives (ACNM) and those domains and competencies established by the National Organization of Nurse-Practitioner Faculties (NONPF).

Both the Community-based Nurse-Midwifery Education Program (CNEP) and the Community-based Family Nurse-Practitioner Program (CFNP) continue to strive towards excellence in their respective curriculums. With the addition of the primary care content to the CNEP Program and the increased content hours for the care of childbearing women to the FNP Program, we are convinced that we have one of the the strongest clinical programs for both CNM and FNP in the country. The CNEP students and the CFNP students are learning from both CNM and FNP and this provides richness to the program that is not offered in other institutions.

During the past two years, the Level III groups have chosen to redecorate one of the rooms in the Haggin Dormitory as their contribution to our school environment. This has resulted in our dormitory becoming more beautiful month by month. The February 2001 group of students at Level III chose the sitting room on the second floor as their room to redecorate. The group painted pictures of herbs on the walls, and painted a fireplace screen. They



also made a quilt and hung this on one of the walls. Each student contributed a square to the quilt. This sitting room is much cozier and displays the warm hearts and dedication felt by this group of future midwives. Thank you to all the Level III students for your wonderful contributions.

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### WEBSITES

Frontier Nursing Service - [www.frontiernursing.org](http://www.frontiernursing.org)

FSMFN Community-Based Nurse-Midwifery Education Program (CNEP) - [www.midwives.org](http://www.midwives.org)

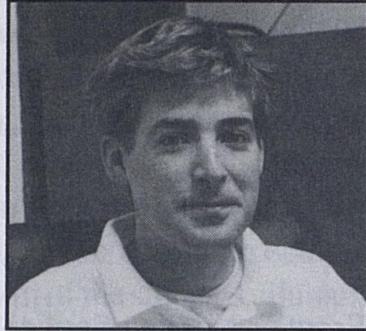
FSMFN Community-Based Nurse-Practitioner Program (CFNP) - [www.frontierfnp.org](http://www.frontierfnp.org)



## Courier Program News

-*Mitch Plummer*

After the absence of a Courier Coordinator for some time I was happy to accept the position on an interim basis. I am from Lexington, Kentucky, and was a Courier from September - December. I attended college at the University of Texas in Austin and plan to go to medical school at the Univer-



sity of Kentucky in the fall. I will be working as Coordinator from January until early summer. Hopefully, a Courier Coordinator position will allow us to tailor the Program to better suit individual interests as well as freeing up some of Barb's time.

Although we have received some excellent applications for the spring and summer, I would like to encourage all courier alumni to actively advertise the Program. The more applications we receive, the more likely we are to have couriers throughout the year and the more projects we will be able to undertake. Courier Program e-mail: [courierprogram@yahoo.com](mailto:courierprogram@yahoo.com). Below is an update of the Couriers we've had since January:

**Lindsey Duca**, Carpinteria, California, arrived on December 5 and will leave in early March. A graduate of Stanford University, Lindsey has traveled extensively and lived throughout Europe as well as worked with Planned Parenthood. Lindsey spends most of her time shadowing midwives and working at the FSMFN. Upon her return to California, Lindsey is looking for another job in the non-profit sector and plans on pursuing a law degree.

**Polly Fiveash**, North Hampton, Massachusetts, arrived on January 13 and will leave in mid-April. Polly is a graduate of Wesleyan University and is interested in a career in midwifery. As an apprentice Doula, Polly has been spending the majority of her time shadowing the midwives and has thus far observed one birth.



In addition to her interest in womens' health, Polly is also an accomplished singer and plans to keep doing music parttime upon her return to Massachusetts.

### *Former Courier News*

**Sarah Bacon ('93)** wrote during January that she is living in Brooklyn, New York, and is working as Director of Communications at Creative Time. Creative Time is a New York based non-profit organization which presents multi-disciplinary experimental arts by international artists in the public realm.

**Erin Lyons ('99)** wrote during January that she is attending Yale University's Graduate School of Epidemiology and Public Health. When Erin graduates she plans to work in the area of policies affecting adolescent mental health problems. She wrote that **Carrie Szejik ('99)** is also at Yale University studying nursing and **Garry Finke ('99)** is at the University of Tennessee Medical School.

**Cassie Frank ('99)** recently wrote from Atlanta, Georgia, that for the past two years she has been pursuing a Masters in Public Health. Cassie's e-mail address - [cfrank@sph.emory.edu](mailto:cfrank@sph.emory.edu).

**Sonja Herbert ('92)** wrote during December from Berkeley, California, and said she has finished her Masters in Public Health.

**Megan Stumm ('00)** wrote during December that she is applying to medical school and that she thinks about her Kentucky experience often.

**Carrie Lou (Morgan) Whitcomb, ('66)** was recently featured as the cover story in the Fall 2000 University of Kentucky Alumnus Magazine. Carrie's vast accomplishments with the US Postal Service's Headquarter Laboratory as a Forensic Scientist,



and her recent appointment as the Director of the National Center for Forensic Scientists in Orlando, Florida, were highlighted in the article. In addition to her professional accomplishments, Carrie was the first Courier from Leslie County and served as the driving force behind the commissioning of the Mary Breckinridge stamp.

### **Courier Program News Addendum**

Most of you have read or heard that in 1926, the Courier Program of the Frontier Nursing Service grew out of Mary Breckinridge's experiences with the *C.A.R.D* Motor Corps after World War I. She witnessed able-bodied girl chauffeurs form links between all parts of the American Committee for Devastated France by providing reliable transportation. Mary Breckinridge seized upon this and realized that this same system could greatly help FNS.

During World War I, ten French departments had been declared disaster zones. The land had to be rebuilt, repopulated and reborn. The following are excerpts from an article written in the *International Herald Tribune*, November 11, 2000, by Mary Blume and sent to FNS by Cheryl Mitchell Olds, CNEP Class 31 Student, and Kitty Ernst, CNEP Faculty:

In all this grief and ill will, there erupted in July of 1917, a small group of women determined to do good. They were, of course, American and were led by J. P. Morgan's stately daughter, Anne. Their group, le Comite American pour les Regions Devastees (*C.A.R.D.*), set up headquarters in the Chateau of Blerancourtin in Aisne, the most severely damaged of all the departments. They wore horizon blue which Miss Morgan accessorized with white gloves and pearls and, if they were as bossy as bureaucrats, they were a lot more effective, blessed with good health, excellent connections and a fierce but practical determination to make things better.

They weren't involved in anything as fancy as urban planning or burdened by anything as obdurate as peasant rivalries. They



simply sailed in and gave seven years of total devotion to a relatively small area, setting up dispensaries, schools, machine shops to repair tools, sawmills, dairies, agricultural cooperatives, getting incubators for poultry farmers and seeds for kitchen gardens.

They provided prefabricated huts for the homeless and lived in them themselves (Miss Morgan's, designed by a Champs Elysees architect, had two wings and a fine dining room). They didn't think about architectural styles but about brooms and pans and plows and books, about teaching children the use of the bathtub and creating a network to serve 60,000 people in 127 villages.

No sooner had a cry for help gone out than a truck driven by young women arrived with all the necessities. Some carried in the material while others cleaned, set up the bed and dining table, installed heating and fixed a meal. After it had been eaten and they were sure all was in working order, they took off, having left on the table a bunch of flowers in a vase.

Looking to the future, Anne Morgan brought over Jessie Carson from the New York Public Library who set up the first libraries in the area, including childrens' sections, and introduced the locals to the confusing joys of the Dewey decimal system. The *C.A.R.D.* ladies set up youth centers and promoted team sports and athletic competitions with trophies. They even introduced, to some bafflement, maypole dancing.



## Mary Breckinridge Healthcare News

by *Mallie Noble, Administrator*

During the holiday season, members of the Mary Breckinridge Hospital C.A.R.E. Committee and employees from the Social Services and Children with Disabilities Departments helped over fifty families throughout Leslie County have a brighter holiday season. Special thanks go to Jerry Santini, Cincinnati, Ohio, who sponsored gifts for one entire family. We appreciate his kindness. C.A.R.E. baskets were also delivered to some of the Home Health patients. Thanks to Dietary Staff for the preparation of a delightful Christmas Lunch.



### *Congratulations*

Leroy Couch, Rotating Clerk/CNA; Linda Adams, Ward Clerk/CNA; and Juanita Sizemore, Rotating Tech/CNA, recently completed their certified nurses aide training at the Hazard Vocational Tech Center.



*Leroy Couch, Linda Adams, Juanita Sizemore*



Congratulations to Michelle Wells on the birth of her daughter in December; to Amy Fugate for a son born during January and to Caryene Coots for a son born during January.

Congratulations to Juanita Johnson who was selected to be the Employee of the Year for 2000. Juanita has been with FNS for 30 years.

A Sick Time Rewards policy was recently put into effect. Deanna Severance, CEO; Jennifer Mercer, Assistant Controller; Vicky Riley, Assistant to CEO; and Brian Lane, Controller, conducted the drawing for the Sick Time Rewards for the year 2000. The awards were presented to employees on February 14 by Mrs. Severance. The first class award was four prizes of \$500 per recipient. The second prize was five \$100 prizes and the third was two additional days of vacation for several employees.

The \$500 cash awards went to Louise Clark, Betty Lashon, Pamela Napier and Lillian Johnson Miniard. The \$100 cash awards went to Julia Rae Dixon, Lena Bishop, Deanna Adams, Debra Begley and Tina Wallace. The two additional vacation days went to Robert Howard, Sherri Davis and Julie Cornett.

The administrative staff express their sincere appreciation for these employee's dedication to their job, the FNS and to their fellow co-workers.



*Mrs. Severance presented \$500.00 check to Betty Lashon*



### *New Employees*

The staff at Mary Breckinridge Healthcare welcomes Michael Feltner, Maintenance, Della Roberts, Hyden Clinic, Mary Napier, Home Health Aide and Martha Bailey, Home Health Aide.

### *Sympathy*

Our deepest sympathy goes out to the following employees who recently lost loved ones:

Pam Collins, Billing Clerk - grandmother; Dr. Anita Cornett, Christian Health Care - cousin; Vicky Lewis Simpson, Dietary - stepfather; Kim Dewess, Dietary - stepmother and mother-in-law; Geraldine Sizemore, Aide - son; Julia Cornett, Aide - sister; Alice Brown, Aide - father-in-law; Linda Sizemore, Dietary - ex-husband; Sonya Stidham and Robin Wegford - grandmother; Heidi Froemke - father and Rhoda Souder - husband.

### *Survey of Obstetrical Services*

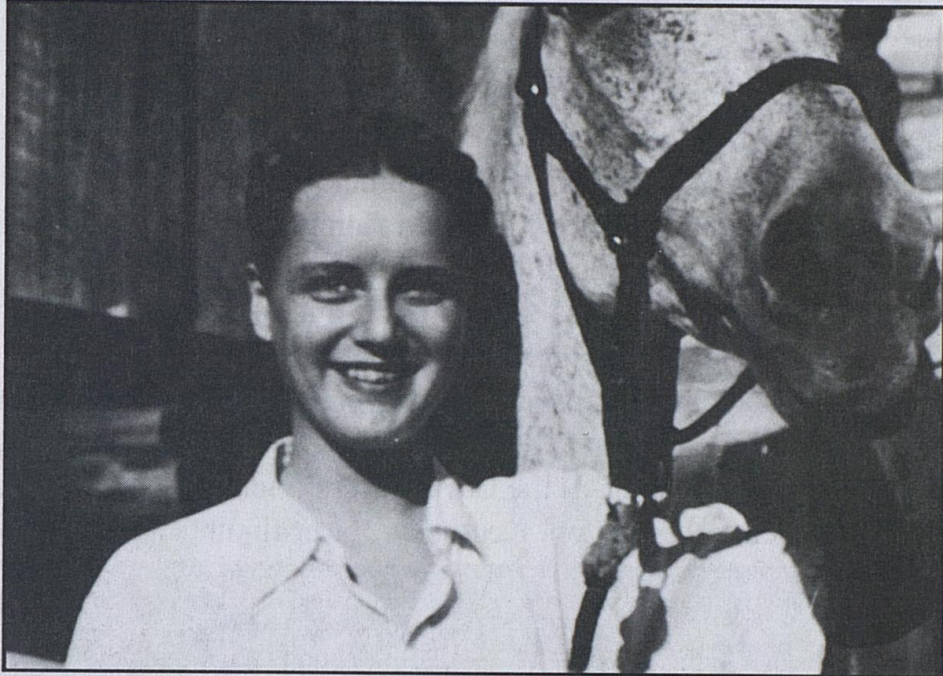
Mrs. Susan Stone, Dean of the Frontier School of Midwifery and Family Nursing, recently conducted a patient satisfaction survey of midwifery and obstetrical services provided by MBHC. A drawing for \$100.00 was held for all those who participated in the survey. The winner, Ethel Turner from Yeaddiss, Kentucky, was presented with a check for \$100.00. Mrs. Turner delivered a baby boy, Austin Turner, on January 18, 2000, at MBHC.



*Ethel Turner and Mallie Noble, MBHC Administrator*



**Photo Identification**



*Photo to be identified*



*Photo to be Identified*



### FNS Nursing Uniforms - Carl Meyers

When Mary Breckinridge recruited her nurses at the Frontier Nursing Service, strong durable material was needed to endure the rough riding conditions the nurses would face. She contacted Carl Meyers in Lexington, Kentucky, a company that still exists today and provides the finest in riding apparel.

Carl Meyers was founded in 1932 by Emanuel Myers. Mr. Myers designed the first riding habit made specifically for Saddlebreds. He also designed and patented the KY Jod.

Mrs. Pamela Jo Creech has worked at Carl Meyers in their critique department since 1989. Riding suits and ladies and mens clothing are made at the Carl Meyers Factory in New York and sent back to Lexington, Kentucky, for critiquing.



*Pamela Jo Creech in the "critiquing" department at Carl Meyers*

During July 1999, Carl Meyers designed FNS uniforms for: Deanna Severance, CEO; Dr. Julie Marfell, CFNP Program Director; Susan Stone, FSMFN Dean; and Mrs. Mallie Noble, MBHC Administrator (see photo on next page).





*Left to right: Susan Stone, Deanna Severance, Pamela Jo Creech, Dr. Julie Marfell and Mallie Noble*

Today, Carl Meyers continues to deliver "excellence" to their customers with their items such as crocodile belts, baracuda jackets made from soft pig suede and several styles of riding apparel.

*-Barb Gibson*



**In Memory of Doris E. Reid and Mildred Disbrow  
FNS Nurse-Midwives**

*Doris E. Reid*, Burt Lake, Michigan, died January 20, 2001. She graduated from the Frontier School of Midwifery and Family Nursing in 1943. Mrs. Reid wrote a book called "*Saddlebags Full of Memories*", a collection of stories of her midwifery experiences while at FNS.

When Mrs. Reid returned home from FNS in the 1950's, she was northern Michigan's only certified midwife. In 1951, she served as a public health nurse for District Health Department in Rogers City, Michigan, and continued working there in different capacities until her retirement in 1973. In recognition of her devotion and contributions, the health department in 1992 dedicated its new Cheboygan building as the "Doris E. Reid Center".

Other honors included being named by the American Nurses Association as the "Most Be-involved Nurse, State of Michigan, 1970" and inducted as an Honorary Fellow at the ACNM's 43rd convention.

Mrs. Reid served on many boards and was involved in community services. Her farm home is the site of an 80 year tradition of an annual corn roast and is known as Community Central. It has been the place to go for refuge, thoughtful wisdom, lessons by example and unconditional love.

*Excerpts from the Cheboygan Daily Tribune*

*Mildred Disbrow*, Seattle, Washington, died October 3, 2000. She graduated from the Frontier School of Midwifery & Family Nursing in 1950. After graduating, Mrs. Disbrow became a founding member and the first treasurer of the American College of Nurse-Midwives. She was also a professor in the School of Nursing at the University of Washington and helped develop the doctorate in nursing science program. As a UW professor emeritus, she had been providing an oral history to nurse-midwifery students about the formation of the American College of Nurse-Midwives, and her days at the Frontier Nursing Service.



While at FNS in 1950, Miss Disbrow wrote a story in the *FNS Quarterly Bulletin*, volume 25, number 3, entitled "When the Stork flew over Flackie". We have included excerpts from that article below:

... Halloween goblins weren't the only things flying over Flackie shortly after midnight in late October. No! The stork, three horses, two nurses, and father-to-be were flying too, but low, that is! Four of our midwifery class had already had their first deliveries. Hospital ones they were, which I had observed, so I wasn't too much worried about being on call for my own first delivery.

... So, carefully laying out my white uniform and accompanying garments, I calmly retired at 11:30 pm to await the call summoning me to the Hospital. About midnight I heard Edna (another student) on the telephone saying, "Yes, Disbrow's on call."

... As I dashed into the Hospital I found a calm man sitting there grinning. He was attired in mining clothes, a cap complete with carbide light sitting on the back of his head. Off we went to saddle the horses. I found our equine companions to be Lacy for Alice and Doc for me. Doc is a huge animal 17 hands high.

... As we rode off, I learned that Doc doesn't like to follow but wants to lead. So lead he did, over a trail I had never seen before. We forded the Middle Fork of the Kentucky River, followed Owl's Nest creek and then rode up a small mountain in the Appalachian Range over to Flackie.

... Without stopping to do more than hitch up the horses, we dashed into the house to see the new baby which we were sure had preceded us. However, we found a thirty-four year old woman lying quietly in bed smiling at us. When questioned, she replied, "Oh no, my babies never get here fast."

... Looking around the house I found that it consisted of three rooms: a kitchen with a coal stove, large table, smaller table for milk and water pails; an end room with a bed on which lay an older boy and later on, the father for a few hours; the middle room, in which we were, held three beds, one for the mother, one for one of the older girls, and one for, my eyes nearly popped out! There



were, one, two, three, four, five “younguns” asleep on that bed!

... At 7:30 am, a cute little blonde-haired girl made her way into the world to be greeted by a very enthusiastic family. It seems hard to believe that in this age of small families a ninth child would receive such an ovation.

... As we finished our chores, we were ushered into the kitchen by the eldest girl and found waiting for us a table laden with fried eggs, fried chicken, the best biscuits I’ve ever eaten, and coffee. We more than did justice to this meal. As we ate, the children gathered round, refusing to join us, but grinning their welcome and their thanks for a new baby sister.

... They say that after many deliveries you forget the first one, but I have a feeling that is one experience that I’ll never forget. I’ll bet Doc won’t either. -Mildred Disbrow, RN and Student Nurse-Midwife.

---

### *Free Gift*

This gorgeous, sweet natured dog has been with us for about a month and is needing a good home. He is waiting for someone to love him forever. We call him “Cody”.





### Miscellaneous Tidbits

FNS received a large quantity of linens and some clothing from special donors. All of them couldn't be used at FNS and Mrs. Severance donated some to different areas in Hyden including the Adult Learning Center. Mrs. Severance received the following note from the teacher at the Learning Center:

. . . Thank you so much for telling me about the linens FNS is donating. Not only did we receive the linens, Mrs. Collins, Housekeeping Supervisor, gave some nice clothes. She is very nice! Enclosed is a photograph of some of our students who benefited from the shirts you donated.

-Flo Sizemore



*Back row, left to right: Mary Nolan, Ben Nolan, Russel Baker, Laura Gross. Front row, left to right: Betty Bowling, Mary Baker, June Moore, Brenda Owens.*



**Miscellaneous Tidbits - continued**

Dr. Anne received this letter from a CNEP graduate:

At Level III in November of 1999, I won a sweater from you. I picked a lavender one, my favorite color. I did not know at that time that my daughter-in-law was already pregnant! My granddaughter Erin was born May 28th. You and God were already telling me about Erin. That sweater is precious and I shall proudly pass it from grandchild to grandchild, boy or girl!

*-Elaine Wakeland*

***Memories That Linger***  
***by Georgia Ledford***

When you walk into the outpost clinics of FNS - mainly Community Health Center (CHC), your mind takes you back to years gone past. You hear the friendly "hello, how are you", which shows us that the kindness, caring and special attention that Mary Breckinridge showed is still practiced today.

However, there is a distinct difference in physical ways. The crowds are not as large and there are not as many people walking in with muddy shoes that was so common since the roads back then were not as they are now. Now there are no horses hitched to the rails and hitching posts.

There still remains the caring and kindness and kinship of love and service that came from Mary Breckinridge and has been passed down, not only to mothers and babies but also to all who came and to those who still come. Thank you FNS for coming to our hills.



---

**IN MEMORIAM**

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

**Doris E. Reid**, Burt Lake, Michigan, died January 20, 2001. Mrs. Reid graduated from the Frontier School of Midwifery and Family Nursing in 1943 (see article).

**Mildred Disbrow**, Seattle, Washington, died October 2, 2000. Mrs. Disbrow graduated from the Frontier School of Midwifery and Family Nursing in 1950 (see article).

**IN MEMORY OF:**
**Janet Stillson**

Virginia D. Eakin

**Dr. W. B. Rogers Beasley**

Dr. Brad Gasgoigne

**Donald Lowe**

Dr. Anne Wasson

**Joseph Coleman Carter III**

Joseph Coleman Carter IV

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Duncan P. Crawford

**Mary Angela Carrico**

Mary Ann Carrico Mitchell

**IN HONOR OF:****Caroline (Freddy) Holdship**

Charlotte Goodwin Craig

**Pat Tyson**

Mary Kilbourn-Huey

**Mrs. S. Russell Smith**

Mrs. Joseph Severance, Jr.

**Kate Ireland & Anne Cundle**

Cloma Moore



**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.

In memory of \_\_\_\_\_

Contributor's name \_\_\_\_\_

Person (s) to whom you wish acknowledgment sent

Name \_\_\_\_\_

Address \_\_\_\_\_

**In Honor**

If you wish to make a contribution to the Frontier Nursing Service in honor of someone's accomplishments or achievements, please fill out and return this section to the Development Office at FNS.

In honor of \_\_\_\_\_

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**FNS, Inc.**

(the parent)

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### **Form of Bequest**

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

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

### **How Endowment Gifts May be Made**

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

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

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

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

Gifts of stock should be sent to:  
Frontier Nursing Service  
Mr. William Hall, Treasurer  
Fifth Third Central Kentucky Trust  
250 West Main Street, Suite 100  
Lexington, KY 40507



### Staff Opportunities

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

**Staff opportunities:** Family Nurse-Practitioners, Registered Nurses, and Physicians. For current information or to apply for a position, contact the Department of Human Resources, Wendover, KY 41775 (606-672-2913).

**Courier Program:** This Program encourages applications from anyone who is willing to volunteer for a minimum of 8 weeks and would like to be exposed to the work of the Frontier Nursing Service. For current information, write or call Courier Coordinator, FNS, Inc., 132 FNS Drive, Wendover, KY 41775 (606-672-2317). Courier Program e-mail - [courierprogram@yahoo.com](mailto:courierprogram@yahoo.com).

**Nursing Volunteer Program:** This Program is designed to meet the needs of nurses and nursing students who only have a short length of time in which to come to FNS and gain experience. In this Program, if accepted, there is no required amount of time. For current information, write or call the Director of Nursing, Mary Breckinridge Healthcare, Inc., 130 Kate Ireland Drive, Hyden, KY 41749 (606-672-3162).



## URGENT NEEDS

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

### **Beech Fork Clinic:**

Welch Allen Speculum Light 127.44

### **Community Health Center:**

Welch Allen Speculum Light 127.44

Wall Mounted Oscopes (2) 574.59

### **Emergency Room:**

Warming Blankets 657.74

Alligator Forceps (ear, nose) 560.87

Electric Ring Cutter 475.00

### **Home Health:**

Pulse Oximeter Machine 300.00

Drug Reference Books (4) 140.00

Stethoscopes (2) 88.00

### **Hyden Clinic:**

Chair Scales 459.99

Two Welch Allen Speculum Lights 215.06

### **Kate Ireland Women's Center:**

Four Welch Speculum Lights 430.12

### **Lab:**

Lab Cell Counter 235.08

### **Obstetrics:**

Ultrasound Sonic Stethoscope  
532.00

### **Physical Therapy:**

Saunders Portable Cervical Traction 395.00

Cuff Weights 275.00

### **Respiratory Care:**

O2 Analyzer 314.00

### **X-Ray**

Cone Instrument 654.00



WE THANK YOU  
FOR YOUR PARTICIPATION



PLACE  
FIRST-  
CLASS  
POSTAGE  
HERE

FRONTIER NURSING SERVICE INC  
DEPT 1398  
WENDOVER  
PO BOX 143  
LEXINGTON KY 40588-0143



Loose Item



Please send me more information about:

- The FNS Courier and Volunteer programs.
- Visiting and Touring the FNS.
- Books and other literature concerning FNS.
- Change of address.

As an interested friend, my subscription of \$5.00 a year is enclosed.

- New
- Renewal

As a supporter, you will receive the *Frontier Nursing Service Quarterly Bulletin* unless you request otherwise.

Enclosed is my gift of \$ \_\_\_\_\_



Mary Breckinridge's home at Wendover.  
Historic Landmark - Restored in 1981.

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

From the Articles of Incorporations  
of the Frontier Nursing Service.  
Article III as amended June 8, 1984